



# A Growing and Changing Body

## Directions

- Use lesson vocabulary in the Word Bank to complete each **Summary**.
- Read the directions provided to complete each **Lesson Details**.

## Word Bank

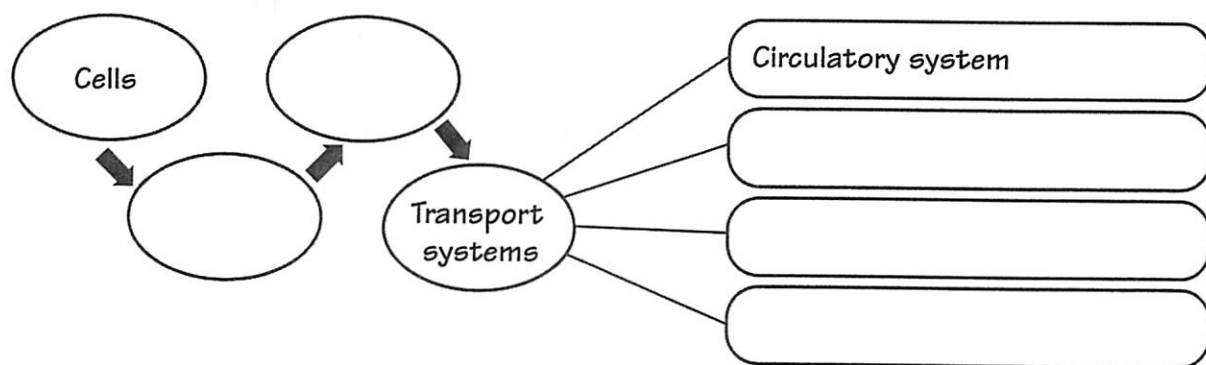
abstract thinking	environment	hormones	neurons	system
cell	growth spurt	joint	organs	tendons
concrete thinking	heredity	ligaments	prenatal	tissues

## Lesson 1 pp. 4-9

**Summary** The basic unit of structure of all living things is the \_\_\_\_\_.

Cells that look alike and work together make up the \_\_\_\_\_ that form body parts. A group of \_\_\_\_\_ form a body \_\_\_\_\_.

**Lesson Details** Use pages 4-9 to complete the graphic organizer.



## Lesson 2 pp. 10-13

**Summary** Two or more bones fit together at a \_\_\_\_\_. There, \_\_\_\_\_, which are strong bands of tissue, attach bones together. Muscles are attached to bones by \_\_\_\_\_. \_\_\_\_\_ send and receive messages to all parts of the body.

**Lesson Details** Use page 13 to explain what happens during a reflex action.

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**Lesson 3** pp. 14-19

**Summary** The passing of traits from parents to children is called \_\_\_\_\_.

Some traits and the way you grow are influenced by your \_\_\_\_\_.

Chemicals called \_\_\_\_\_, produced by your endocrine system, also influence growth.

**Lesson Details** Look at pages 18-19. Use another sheet of paper to explain why physical activity and proper nutrition are important as you grow.

**Lesson 4** pp. 20-24

**Summary** The time before birth is called the \_\_\_\_\_ stage. During this stage you experienced your first period of rapid growth, called a \_\_\_\_\_.

**Lesson Details** Use the chart on page 21 to match the phrases to the stage of life. Each stage has two phrases that match.

- |                 |                     |  |
|-----------------|---------------------|--|
| _____ and _____ | <b>1.</b> prenatal  | <b>a.</b> slow, constant growth                      |
|                 |                     | <b>b.</b> birth until two years                      |
| _____ and _____ | <b>2.</b> infancy   | <b>c.</b> nine months before birth until birth       |
|                 |                     | <b>d.</b> develop the systems needed to support life |
| _____ and _____ | <b>3.</b> childhood | <b>e.</b> two years until about ten years            |
|                 |                     | <b>f.</b> learn to sit up, crawl, walk, and talk     |

**Lesson 5** pp. 26-29

**Summary** Solving problems involving real objects that you can see and touch is called \_\_\_\_\_. Being able to imagine different solutions to problems is called \_\_\_\_\_.

**Lesson Details** Use the "Problem Solving Steps" on page 27 to put the list in its proper order.

- \_\_\_\_\_ Choose the best solution.
- \_\_\_\_\_ Brainstorm many possible solutions.
- \_\_\_\_\_ Test the solution. Think about what might happen if you try it.
- \_\_\_\_\_ Identify the problem. State it to yourself.

# Sequence

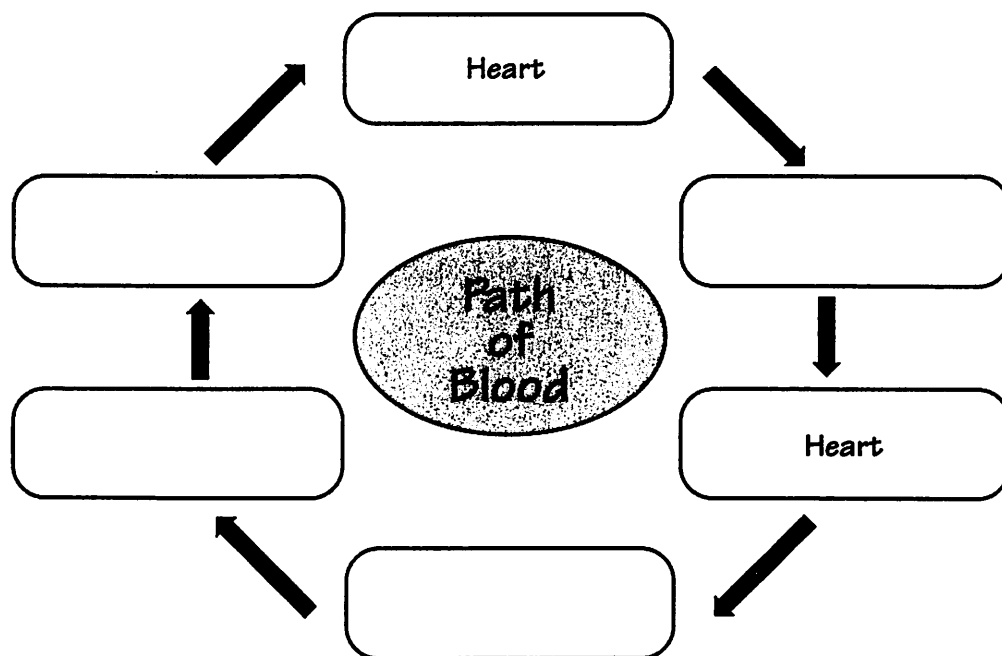
## Delivery Deluxe!

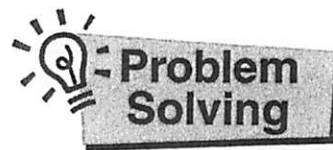
Blood delivers oxygen, materials from food, and hormones throughout the body. It also carries special cells that fight infections. Blood picks up carbon dioxide and other wastes from the cells and carries them to the lungs, kidneys, or skin, where they can leave the body. Blood is carried in one direction from the heart to the body and back to the heart. The blood is enclosed within blood vessels all the way.

How does blood pick up and deliver materials if it never leaves a blood vessel? It does this right through the vessel walls. Oxygen and other materials can move through the very tiny capillary walls, but blood cells cannot. When you accidentally cut your skin, you bleed because you have cut capillaries.

Blood travels first to the lungs, where it flows into capillaries, picks up oxygen, and leaves carbon dioxide. It then goes back to the heart, which pumps it out in arteries that branch into capillaries in every part of the body. The blood delivers the oxygen and other materials to the cells and picks up carbon dioxide and other wastes. Then it travels into capillaries that widen and join into veins. The veins join into one large vein that takes the blood back to the heart, where the process starts all over again. Blood picks up and delivers necessary materials all along the way.

Fill in the graphic organizer to show the sequence of blood flow through the body.





## Life Skill

**Resolve Conflicts****Steps for Resolving Conflicts**

1. Use "I" messages to tell how you feel.
2. Listen to the other person. Consider that person's point of view.
3. Negotiate.
4. Find a way for both sides to win.

**Tell how these students could use the steps to resolve conflicts.**

**A.** Alicia wants to borrow her sister Maria's pink shirt to wear on a field trip with her class. Maria is very careful with her things, and she doesn't want to lend her clothing to Alicia. Alicia says to Maria, "I know you think I won't take care of your shirt, but I will—I promise." Alicia listens while Maria explains, "But an accident could happen, and I bought this shirt with my own money!" Alicia becomes very angry and stomps away, complaining about her sister.

- Which steps did Alicia do right, and which could she improve?

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**B.** Antonio's friend Greg is angry. Greg's older brother has gotten a job on Saturday afternoons and has been leaving his Saturday chores for Greg to do. Greg has complained to Antonio.

- What could Antonio tell Greg that would help his friend resolve this conflict with his brother?

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## Activity Book • 5