



## **Human Body: Notes**

### **In this lesson...**

- Human Body
- Organs
- Muscles
- Bones
- Hair/Nails
- Hormones

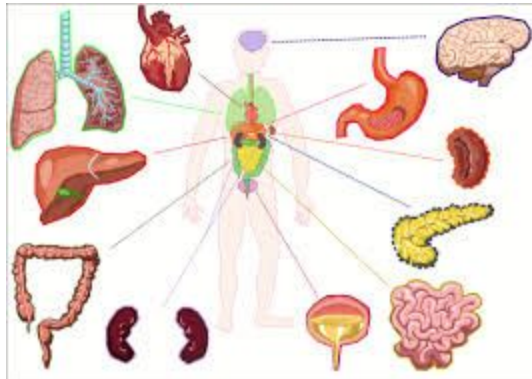
### **Human Body:**

- Build of a human

### **Organs:**

- **There are 9 organs:**
  - Brain
    - Control system of all of our actions and thoughts (physical and mental)
  - Lungs
    - The lungs release inhaled oxygen into the bloodstream and help exhale carbon dioxide
  - Liver
    - Makes sure blood composition stays the same
    - Breaks down fats
    - Creates urea
    - Filters harmful substances while maintaining the right amount of glucose in your bloodstream
  - Bladder
    - Stretches to store urine and contracts to release urine
  - Kidney
    - Maintains the human body's chemical balance by getting rid of waste products in the form of urine and feces
    - You can donate one of your kidneys, and you don't need them both
  - Heart
    - Pumps blood throughout the body in repeated contractions
  - Stomach
    - Breaks down and digests food that you eat
  - Large intestine
    - Absorbs water and waste
  - Small intestine

- Absorbs food



*Organs (Derived from Public Domain Vectors)*

### **Muscles:**

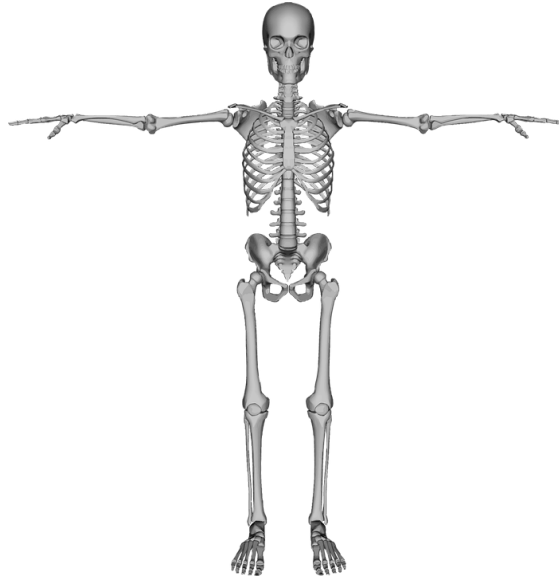
- The muscles, or the muscular system, control the movement of the human body while maintaining posture and circulating blood
- There are **700** named muscles that make up about half a person's body weight
- Muscles are made of muscle tissue, blood vessels, tendons, and nerves.



*Muscles (derived from public domain pictures)*

### **Bones:**

- The **internal frame of the human body**
- A person has **270** bones at birth and that decreases to **206** by adulthood, because some bones get fused together
- Bone mass reaches the maximum density when approaching adulthood



*Skeleton (derived from pixabay)*

### **Hair/Nails:**

- Hair and nails are **types of skin**
- Your hair is dead
- Hair and nails are both made of keratin, a tough protective protein

### **Hormones:**

- **Types of chemicals that are transported in your bloodstream to target organs and regulate behavior**
- There are **50** hormones