

The Human Body: Building Blocks and Nutrition

In this unit, students will be introduced to a number of topics related to the human body.

What's the story?

Students will learn about how **cells** are the **building blocks of life** on Earth. They will also explore how cells form tissues, tissues form organs, and organs work within various **body systems**.

What will my student learn?

Students will learn about the **digestive and excretory systems**, focusing on the fundamental parts and functions of these body systems. They will also be taught the **five keys to good health**, the importance of **good nutrition**, and how to eat a well-balanced diet.

In this domain, students will create several entries in the *My Human Body Journal*, including entries where they **describe** the **five senses** and the important discovery **Anton van Leeuwenhoek** made.

Conversation starters

Ask your student questions about the unit to promote discussion and continued learning:

1. Why is the human body sometimes called *the human machine*?
Follow up: Do you think that is a good name for it? Why? Name one of the systems that is a part of your body.
2. What did Anton van Leeuwenhoek discover?
Follow up: What instrument did he use to make that discovery?
3. What are the four types of tissue you read about?
Follow up: How are cells connected to tissue? Why are cells called *microscopic*? How would you describe cells and tissues? Can you draw a picture of them?
4. Describe or draw a picture of a meal that contains a lot of nutrients.
Follow up: Why are nutrients important? What types of nutrients would you be getting if you ate that meal? Why is it important to eat a balanced diet?