

## The Inside Story Vocabulary

This is a complete list of all vocabulary words taught throughout this unit. These words, in the form of word cards are also attached to each individual lesson plan for the unit. This composite list is being provided as a convenience for teachers to use during planning or for writing the words for the unit word wall, as well as for a master list for the review lesson plan, "Human Body Quiz."

### **Cells:** (lesson plan: Cells in the Making)

**Cell** – the basic unit of living things

**Cytoplasm** – the clear jellylike material that is inside the cell membrane

**Membrane** – the outer covering of the cell

**Nucleus** – the largest organelle in a cell - controls the cell's actions

**Organelles** – separate compartments in the cytoplasm that holds parts of the cell

**Urea** – waste produced by the body cells as they use food (also used in urinary system vocabulary)

**Waste** – not usable

### **Tissues and Organs:** (lesson plan: The Making of an Organ)

**Tissue** – a large group of cells that are joined and all doing the same job

**Organ** – a group of different tissues joined to do one specific job

**System** – a group of organs working together to perform a body process

### **Digestive System:** (lesson plan: Feed Your Cells)

**Digest** – the process of breaking down food so our cells can use it

**Digestive system** – the group of organs that work together to digest our food

**Mouth** – the opening through which food enters the body

**Tongue** – an organ in the mouth that aids in mixing food with saliva

**Esophagus** – the tube that connects the mouth to the stomach

**Stomach** – the main organ in the digestive system – most breaking down of food occurs here

**Pancreas** – an organ that sends chemicals into the stomach to aid in the breaking down of food

**Liver** – the largest organ of the body, sends bile to the stomach and also cleans our food before it passes to our cells

**Bile** – a thick liquid that is sent from the liver to the stomach to aid in breaking down food

**Gall bladder** – sac in which bile from the liver is stored

**Small intestines** – a tube, about 23 feet long that allows digested food to enter our blood vessels

**Large intestines** – a tube that removes water from waste before the waste leaves the body

**Rectum** – an organ that holds waste until it passes from the body

**Anus** – the opening that allows waste to be passed out of the body

## **Respiratory System** (lesson plan: I Need Air)

**Nose** – the body organ that contains the nostrils

**Nostrils** – the holes in our nose through which air enters our body

**Mouth** – the body organ that allows air to enter our body when the nostrils are not being used

**Throat** – the tube through which air passes from the nasal passage to the larynx

**Larynx** – also known as the voice box, air passes through this tube on its way to the trachea

**Trachea** – also known as the windpipe, this tube is the passage for air from the larynx to the bronchial tubes

**Bronchial tubes** – the tubes that connect the trachea to the lungs and allow air to enter the lungs

**Lungs** – the main organ of the respiratory system

**Lobes** – the name for the sections of the lungs, right lung has 3 and the left lung has 2

**Alveoli** – a grapelike group of thin-walled sacs in the lungs that inflate as we breathe and pass oxygen into the blood

**Diaphragm** – the large muscle of the chest cavity that contracts and expands to force air into and out of the lungs

**Air** – the gases in our atmosphere

**Oxygen** – the gas in the atmosphere that is used by our cells

**Carbon dioxide** – the gas that is the waste created as our cells use oxygen

**Ribs** – the bones that protect our lungs

**Inhale** – the breathing procedure of bringing air into the body

**Exhale** – the breathing procedure of removing air from the body

**Inflate** – fill with air

**Breathe** – the process of air entering and leaving the body

**Respiration** – the exchange of oxygen and carbon dioxide in the blood

**Respiratory system** – the group of organs that work together to bring oxygen to our cells

## **Circulatory System:** (lesson plan: Moving to the Beat of the Heart)

**Circulate** – the action of moving about, usually in a circle

**Heart** – the large muscle of the circulatory system that pumps blood

**Blood** – the name given to the cells and plasma that carry food, water, and oxygen to our body cells

**Blood vessels** – the tubes of the circulatory system that carry blood

**Artery** – the blood vessels that carry oxygen rich blood through the body

**Veins** – the blood vessels that carry blood from the cells back to the heart

**Capillary** – the blood vessels that exchange oxygen for carbon dioxide as they pass the body cells

**Systemic circulation** – oxygen rich blood pumped from the heart to each cell of the body

**Pulmonary circulation** – blood without oxygen returning to the heart

**Blood pressure** – the high pressure that blood is under when pumped from the heart

**Red blood cells** – blood cells carrying oxygen

**White blood cells** – blood cells that fight disease

**Platelets** – blood cells that cause blood to clot and bleeding to stop

**Plasma** – the liquid that carries blood cells

**Circulatory system** – the group of organs that work together to bring blood to our cells

### **Muscular System:** (lesson plan: On the Move)

**Muscle** – tissue or organ of the body with the ability to contract

**Tendon** – tissue that holds muscles to bones

**Cardiac muscles** – muscle tissue that makes the heart organ

**Smooth muscles** – involuntary muscles found in the skin, organs of the digestive system, blood vessels, and other internal organs

**Striated muscles** – voluntary muscles that move the bones and cartilage of the skeleton

**Contract** – to make smaller in size or length by squeezing or forcing together

**Voluntary** – done by one's own choice

**Involuntary** – not done by choice

**Tone** – muscles that have been exercised and are quick and powerful

**Muscular system** – the group of tissues and organs that contracts to move body parts

### **Skeletal System:** (lesson plan: The Skeleton Within)

**Skeleton** – name given to all the bones of the body

**Ligament** – tissue that holds bone to bone

**Cartilage** – protection that keeps bones from touching other bones

**Skeletal system** – body system that is the framework, makes blood cells and platelets, stores calcium, protects body organs, and allows muscles to attach

**Marrow** – jellylike center of the bone that produces blood cells and platelets

**Joint** – the point where two bones come together

**Movable joint** – point where two bones meet that allows movement of the bones

**Hinge joint** – movable joint such as the knee, jaw, and elbow, that move in one direction only

**Ball and socket joint** – movable joint that allows bones to move in many directions such as the hip and shoulder

### **Excretory/Urinary System:** (lesson plan: What a Waste!)

**Excretory system** – one name for the group of organs that produce urine to be eliminated from the body

**Urinary system** - one name for the group of organs that produce urine to be eliminated from the body

**Urine** – liquid body waste composed of 95% water plus salt and urea

**Kidney** – the organ that cleans blood and removes excess water before returning the blood to the heart

**Ureters** – tubes leading from the kidneys to the bladder

**Bladder** – holds urine until it is removed from the body

**Urethra** – the tub through which urine flows out of the body

**Urea** – waste produced by the body cells as they use food

### **Nervous System:** (lesson plan: You Have Nerve!)

**Nerves** – tissue made from neurons that form the paths of communication between our body cells and brain

**Brain** – the organ that controls thought and the functions of all the other parts of the body

**Spinal cord** – the nervous tissue that begins at the brain and runs lengthwise along the back inside the vertebra, carrying impulses to and from the brain

**Neurons** – cells that join together to form the communication system between the brain and body parts

**Sense organs** – organs through which we learn about our surroundings

**Reflexes** – involuntary actions of the body part caused by an outside action

**Nervous system** – the body system made up of the brain, spinal cord, and nerves that receives and interprets information, then sends impulses to our body parts