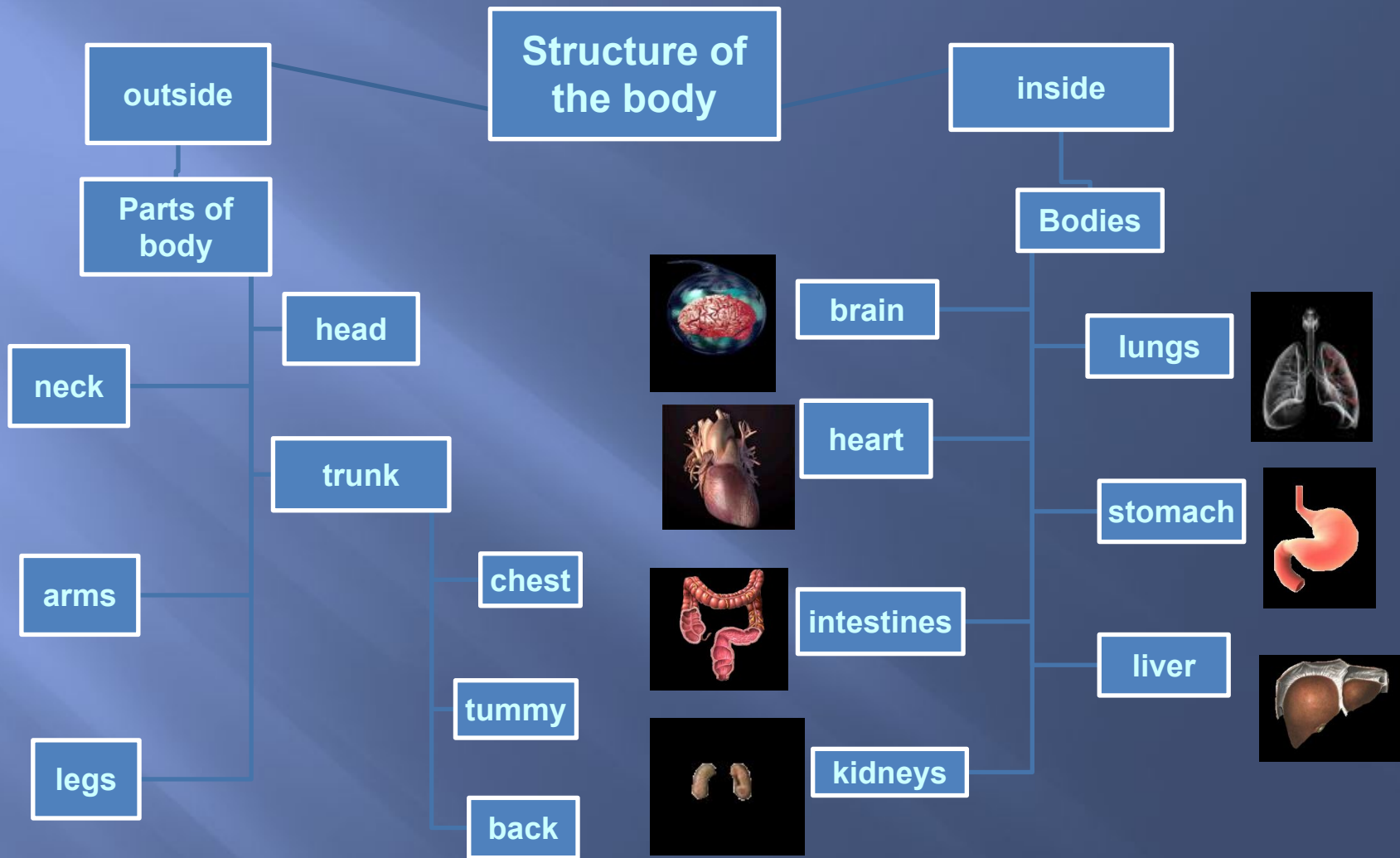


The structure of the body.

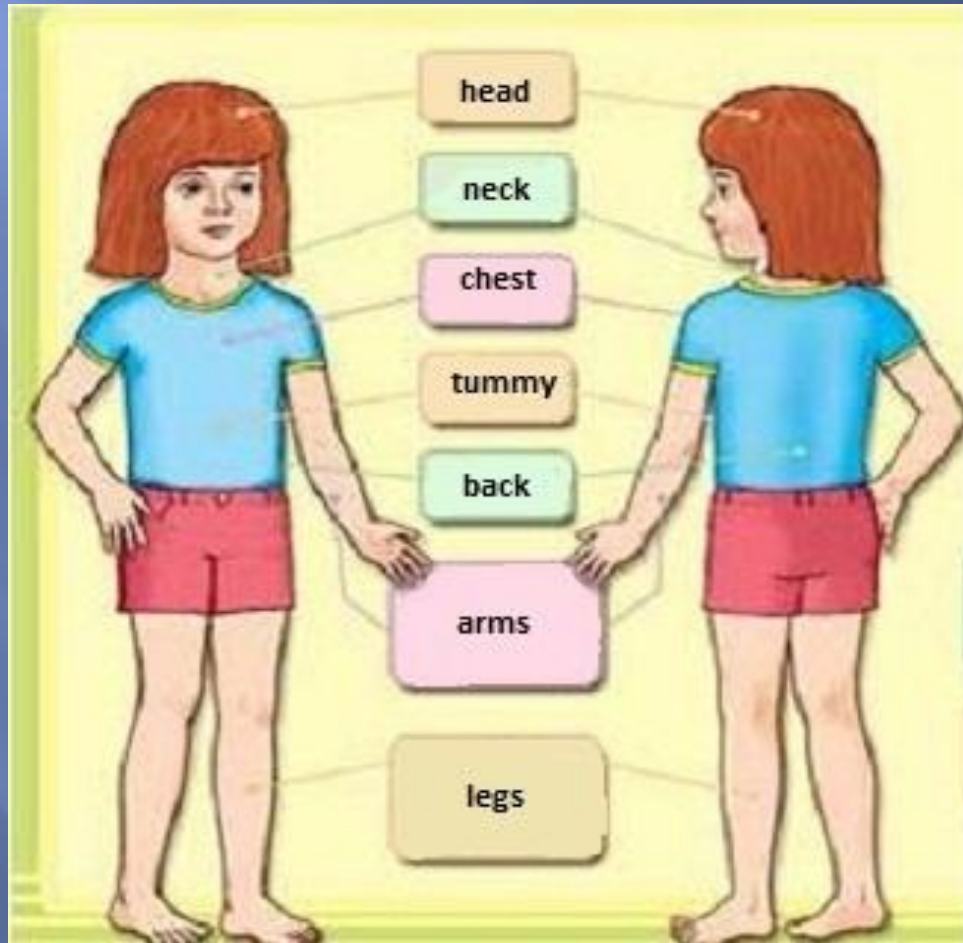


*Author: the schoolgirl 4a classes
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- Nowadays on the Earth there is a great variety of live creatures – from the smallest to the very big lives.
- The most difficult creature is a man. People are the most perfect creatures on the Earth.
- I suggest to begin the investigation of the world with the smallest – structure of the body.



External structure



Who operates your body?

Of course, it's you!

However, you can't control everything in your body.

You can't make your heart beat or make
your stomach digest food.

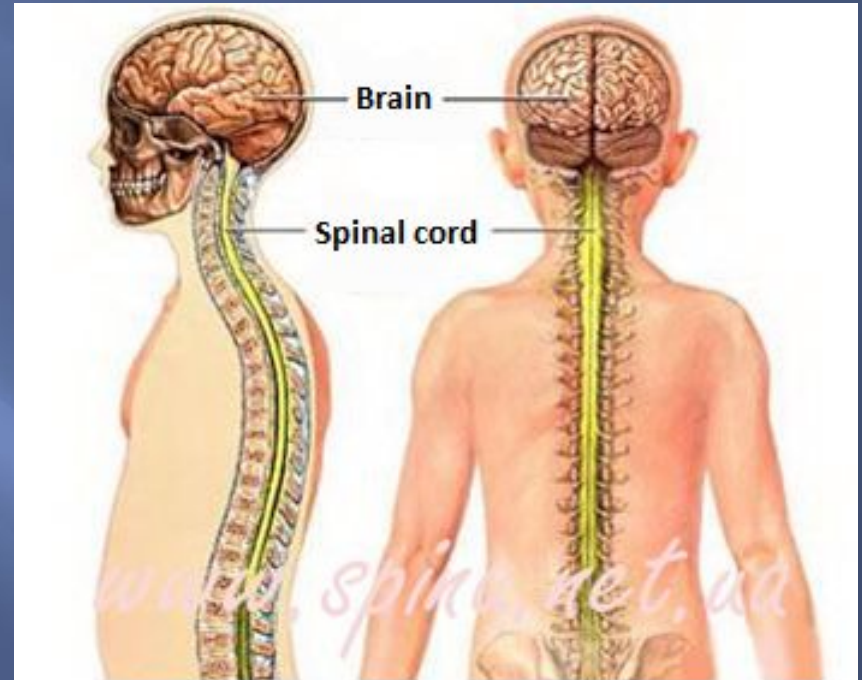
You never notice your breathing or winking.

Who controls the work of your body?

□ Brain!

- It's better to say brain and spinal cord. Spinal cord is in your backbone. Brain is in your skull.

Brain operates your ideas and senses. It is like a computer. It receives the information (smells, sounds and images) and saves it.



Spinal cord operates the work of the internals.

Internal structure of the body

BRAIN

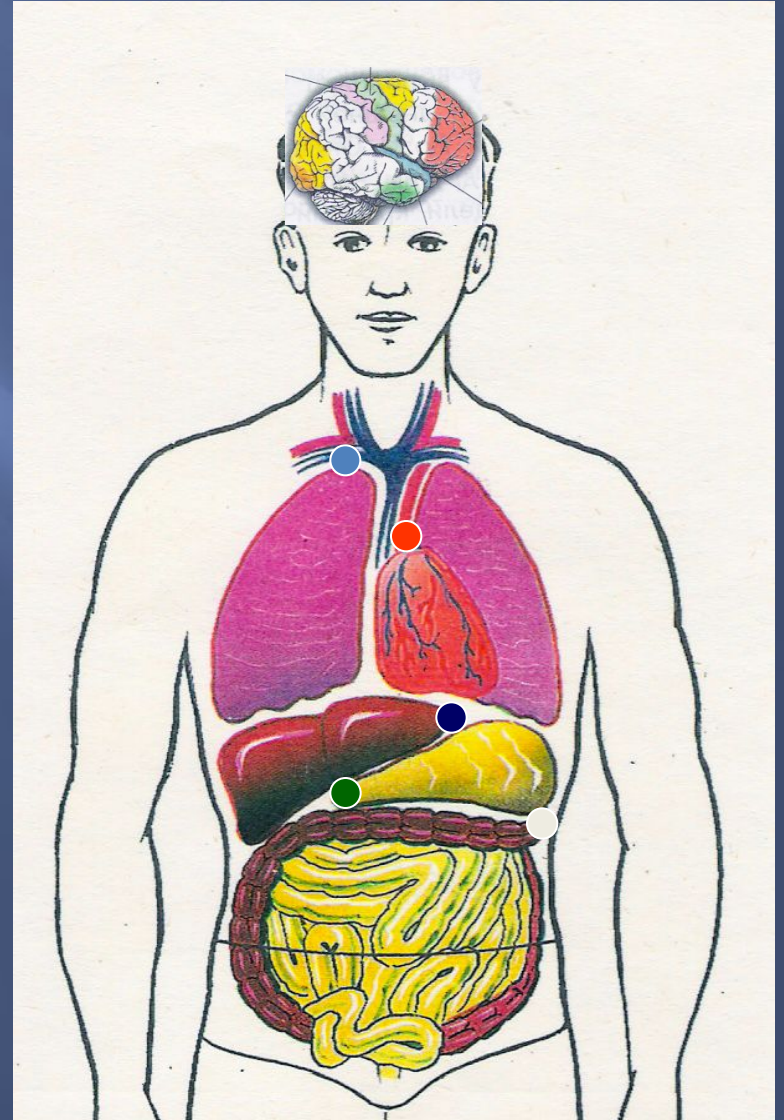
LUNGS

HEART

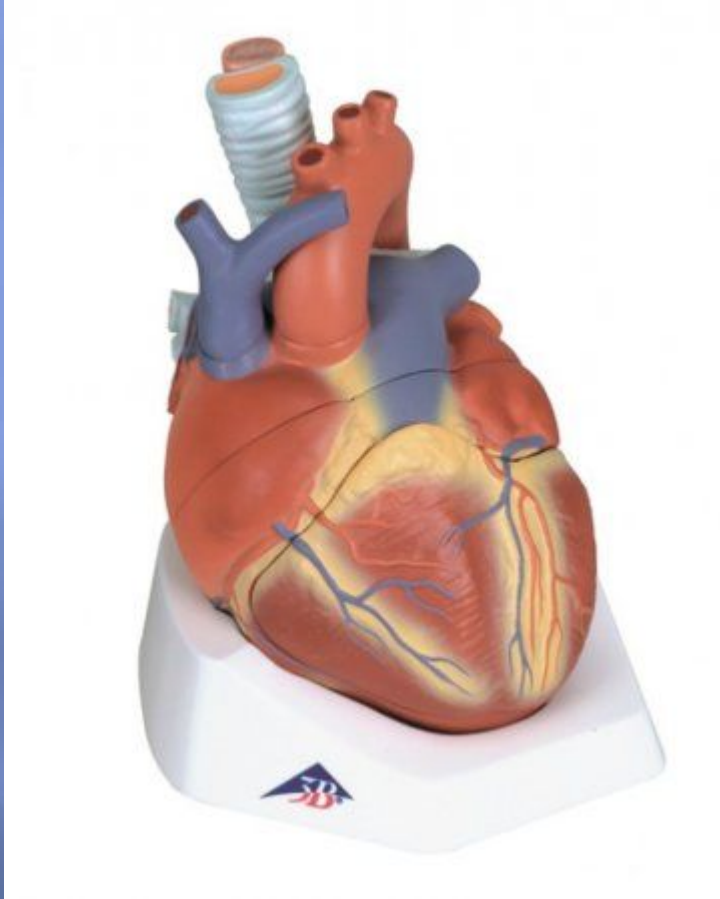
LIVER

STOMACH

INTESTINE



Heart.



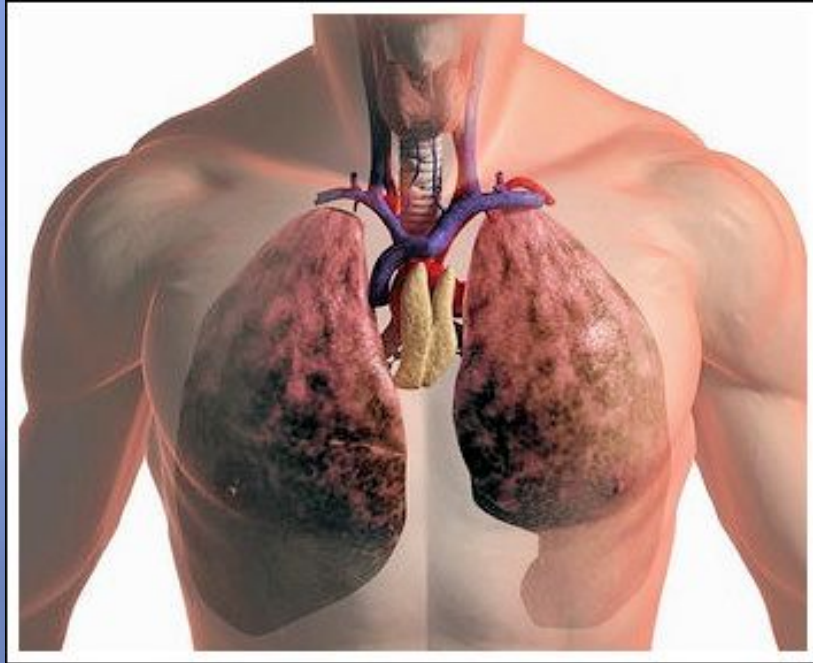
Heart is a hollow muscular organ.

It has an oval shape.

It weighs 250 – 350 grammes.

It's size is nearly a fist of an adult.

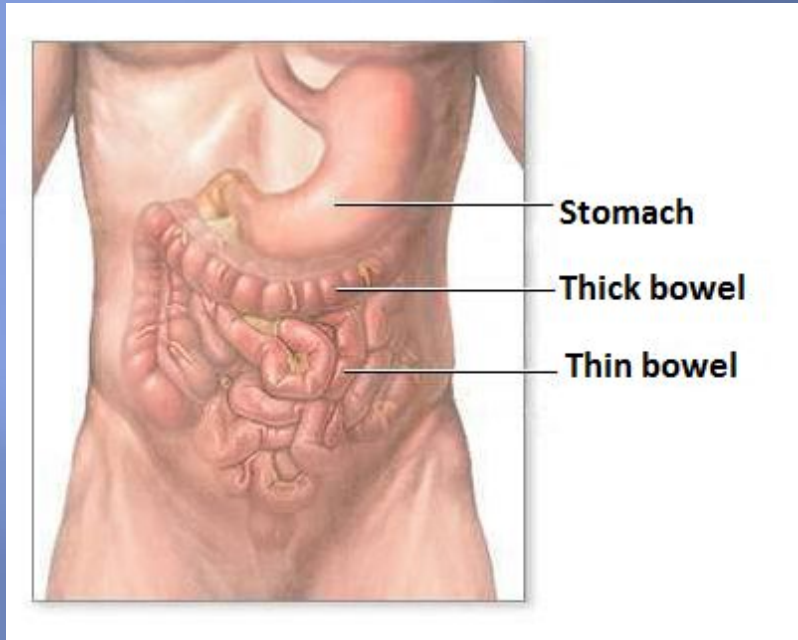
Lungs.



Lungs are in the chest. We use them for breathing. Right lung consists of 3 parts and left lung consists of 2 parts. Left lung is smaller than right lung because of heart (it covers a part of chest).

Stomach and intestine.

Stomach is an organ of digestive system. In the stomach there are glands. They make the sour gastric juice, capable to digest food. Therefore the stomach pushes semi-digested food further by itself.



Intestine is an organ of digestive system too. It's length is nearly 8 metres. It is rolled up very tightly. Going this way, food becomes a clear liquid and spreads through out the body.

Liver.



Liver is the most important unpaired organ, which helps you to digest food in the intestines. It filters blood and cleans it from harmful things.

Mode of the day.

It is a schedule which consists of lessons, games, rest and other activities.

Mode of the day

- 7 – 8 – you get up, do morning exercises, wash your face and clean your teeth, have breakfast;
- 9 – 13 – you have lessons ;
- 13 – 14 – you come home and have lunch;
- 14 – 16 – you go for a walk, have rest or go in for sport;
- 16 – 18 – you do your homework;
- 18 – 19 – you have dinner;
- 19 – 20 – you read or watch TV;
- 21 – you go to bed.



Hygiene

You should clean your teeth twice a day: in the morning and in the evening.

You should wash your hands before meals.

You shouldn't speak during eating with a full mouth.

You shouldn't eat dirty fruit and vegetables.

Correct food is various food

Good advice:

It's better to eat at the same time for 3 times a day;

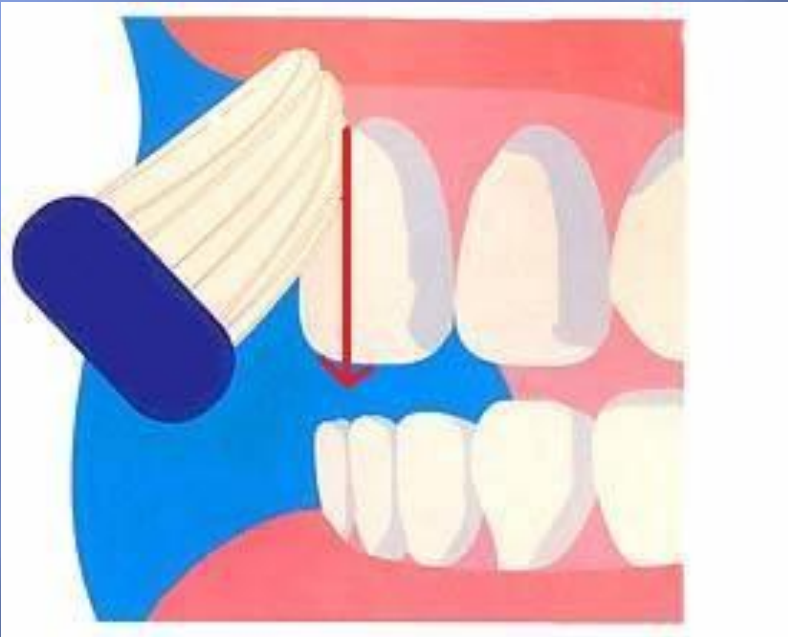
Try to eat more fruit and vegetables:



Let's have healthy teeth!



1. You should clean your teeth twice a day: in the morning and in the evening. You should clean down on your top teeth. You should clean up on your bottom teeth.



2. You should clean the insides and the outsides of your teeth.



3. You should use soft toothbrush. Change your toothbrush every 3 months. Use only your own toothbrush.



4. Don't crack nuts, sugar or hard sweets with your teeth.
5. Don't drink cold drinks after hot food.
6. Go to the dentist twice a year.





Teeth floss

Teeth floss is used for removing of a tooth touch and food from teeth, so that you should use floss after each meal.



*Which organ moves blood and
makes it run across all the body?*

stomach

heart

liver

Check yourself

**Which organ is called «the
main command point of all the
body»?**

heart

lungs

brain

Check yourself

*This organ looks like a twisting
labyrinth...*

brain

intestines

lungs

Check yourself

Where is the brain ?

In the neck

On the trunk

In the head

Check yourself

This organ looks like two pink sponges. It helps to breathe.

lungs

stomach

liver

Используемые материалы:

- ▣ [www.ikt.oblclit.ru/ works/shimko/urok.htm](http://www.ikt.oblclit.ru/works/shimko/urok.htm)
- ▣ Way Ahead 4 Pupil's Book Printha Ellis Mary Bowen