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Introduction

Each book in the *Power Practice*[™] series contains over 100 ready-to-use activity pages to provide students with skill practice. The fun activities can be used to supplement and enhance what you are teaching in your classroom. Give an activity page to students as independent class work, or send the pages home as homework to reinforce skills taught in class. An answer key is provided for quick reference.

The practical activities, charts, diagrams, and definition pages in *Human Body* supplement and enrich classroom teaching to enhance students' understanding of vocabulary, functions, and processes fundamental to the human organism. The following systems are covered in the activities:

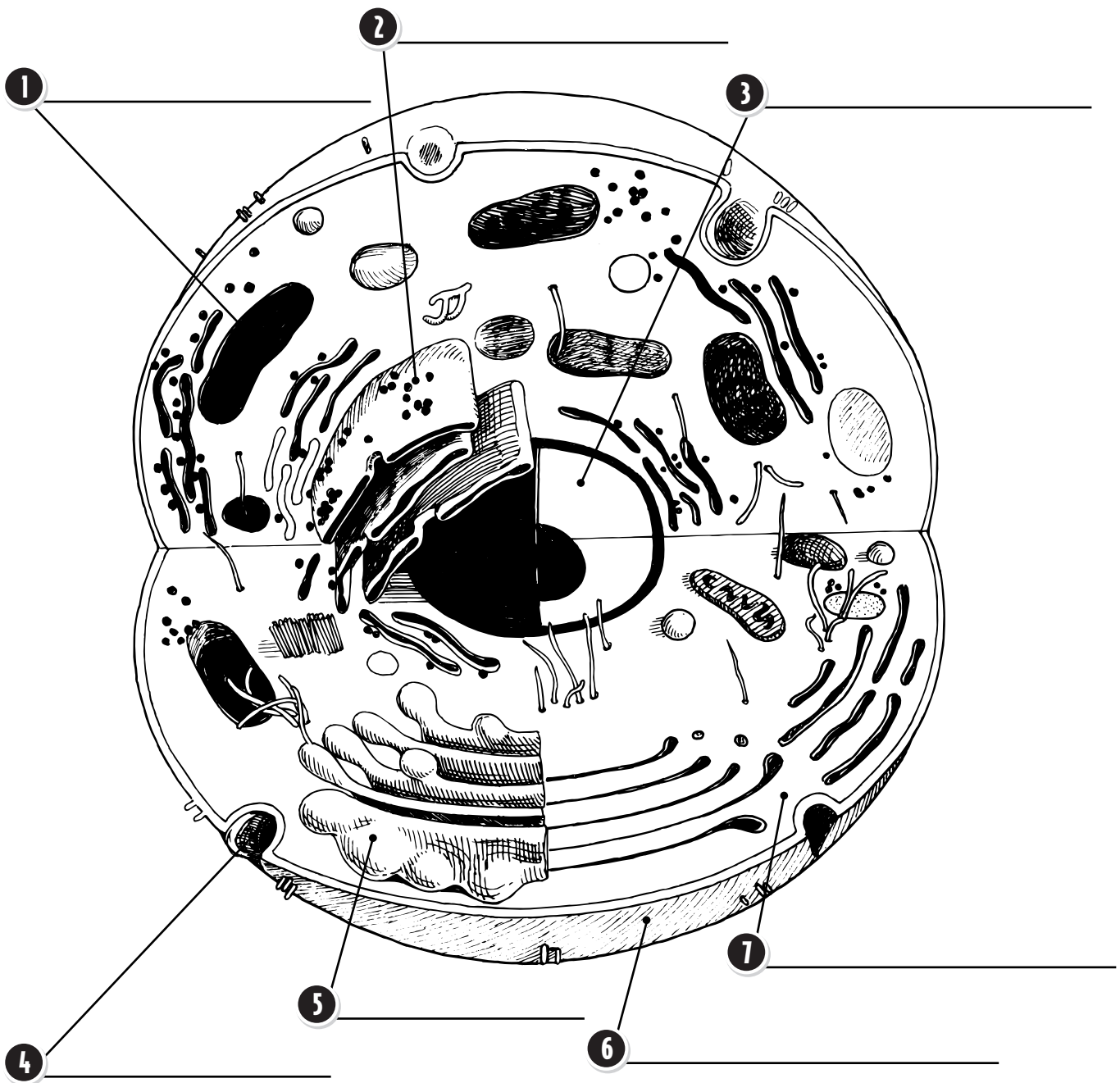
- skeletal
- muscular
- circulatory
- respiratory
- digestive
- urinary
- lymphatic
- endocrine
- central nervous
- sensory
- reproductive

Use these ready-to-go activities to “recharge” skill review and give students the power to succeed!

The Human Cell

The cell is the smallest entity that still retains the properties of life. A cell can survive on its own or has the potential to do so. This diagram shows an example of an animal cell. While each type of cell differs somewhat, they all share similar structures and functions. Use the terms in the word box to label the diagram.

vacuole	Golgi body	cell membrane	cytoplasm
mitochondrion	endoplasmic reticulum	nucleus	



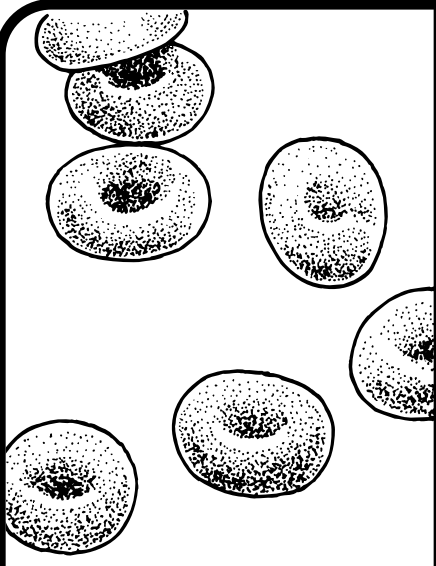
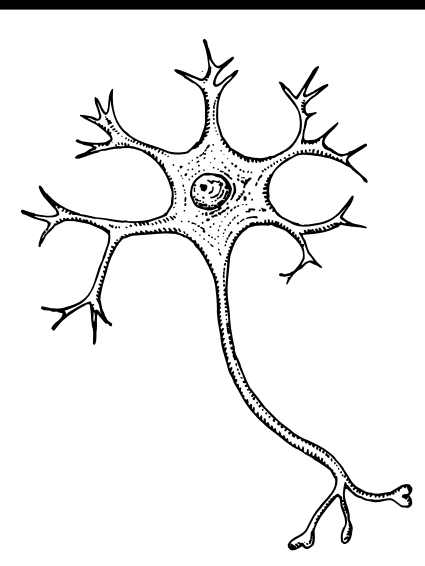
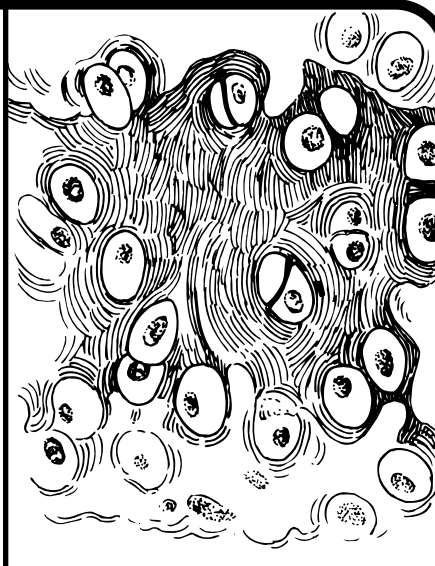
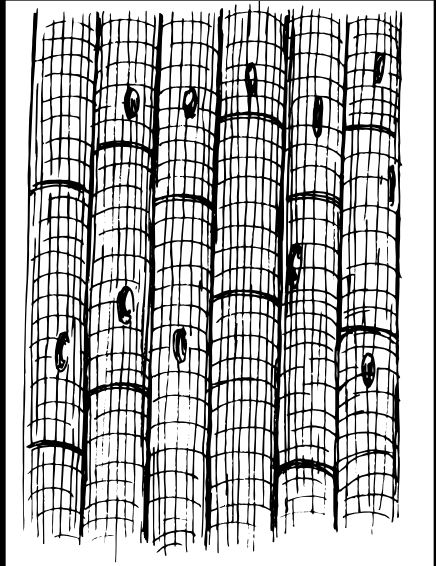
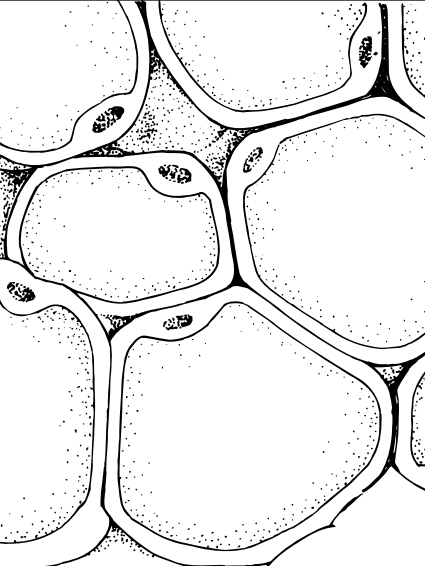
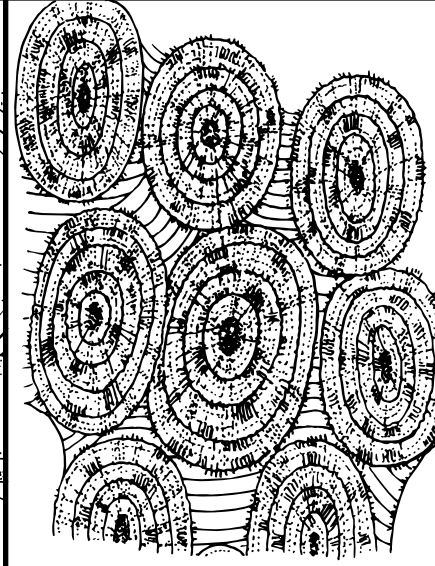
Types of Cells

Cells differ enormously in shape, size, and activities. Yet all cells are alike in three aspects. All start out with a plasma membrane, a region of DNA, and a region of cytoplasm. Many cells have a nucleus; some do not. Use the terms in the word box to label the types of cells.

red blood cells
nerve cells

bone cells
skeletal muscle cells

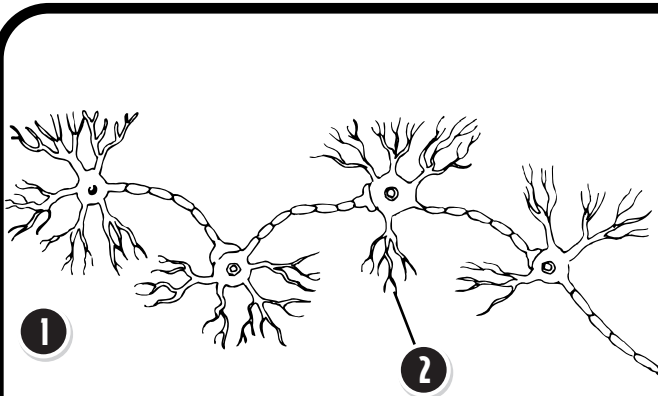
cartilage cells
adipose cells

 <p>1 _____</p>	 <p>2 _____</p>	 <p>3 _____</p>
 <p>4 _____</p>	 <p>5 _____</p>	 <p>6 _____</p>

Types of Tissue

Many of the body's organs are made of a variety of tissues working together. There are four types of tissue: connective, epithelial, muscle, and nerve. Each type has a specialized function. Match the terms in the word box to the diagrams and descriptions below.

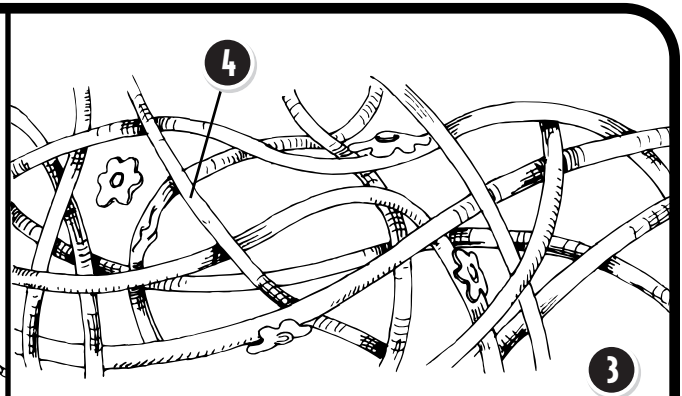
connective tissue epithelial tissue muscle tissue nerve tissue
 nerve fiber collagen nucleus cell



This tissue carries electrical impulses between the brain and body parts.

1 _____

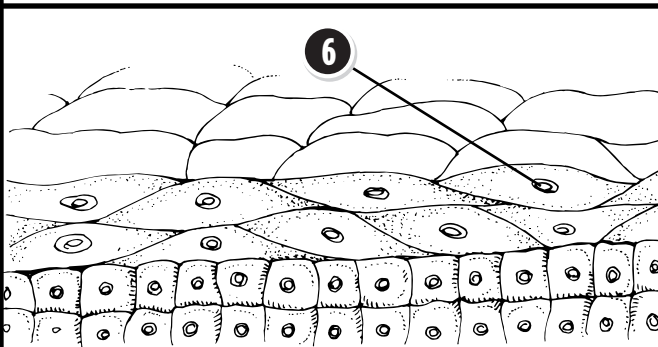
2 _____



This tissue is made up of relatively few cells. It supports and connects other tissues.

3 _____

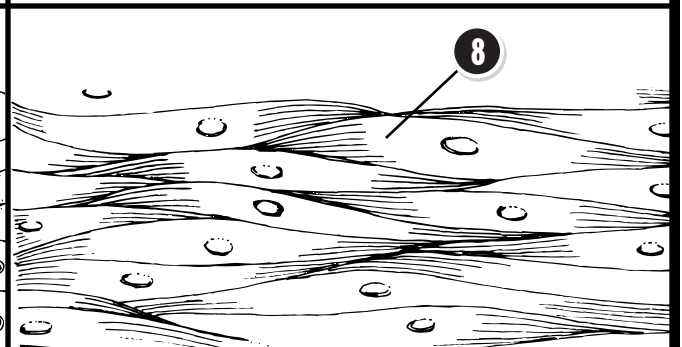
4 _____



This tissue consists of tightly packed cells that cover the skin and line the hollow internal organs.

5 _____

6 _____



This tissue is made up of cells that can contract and relax.

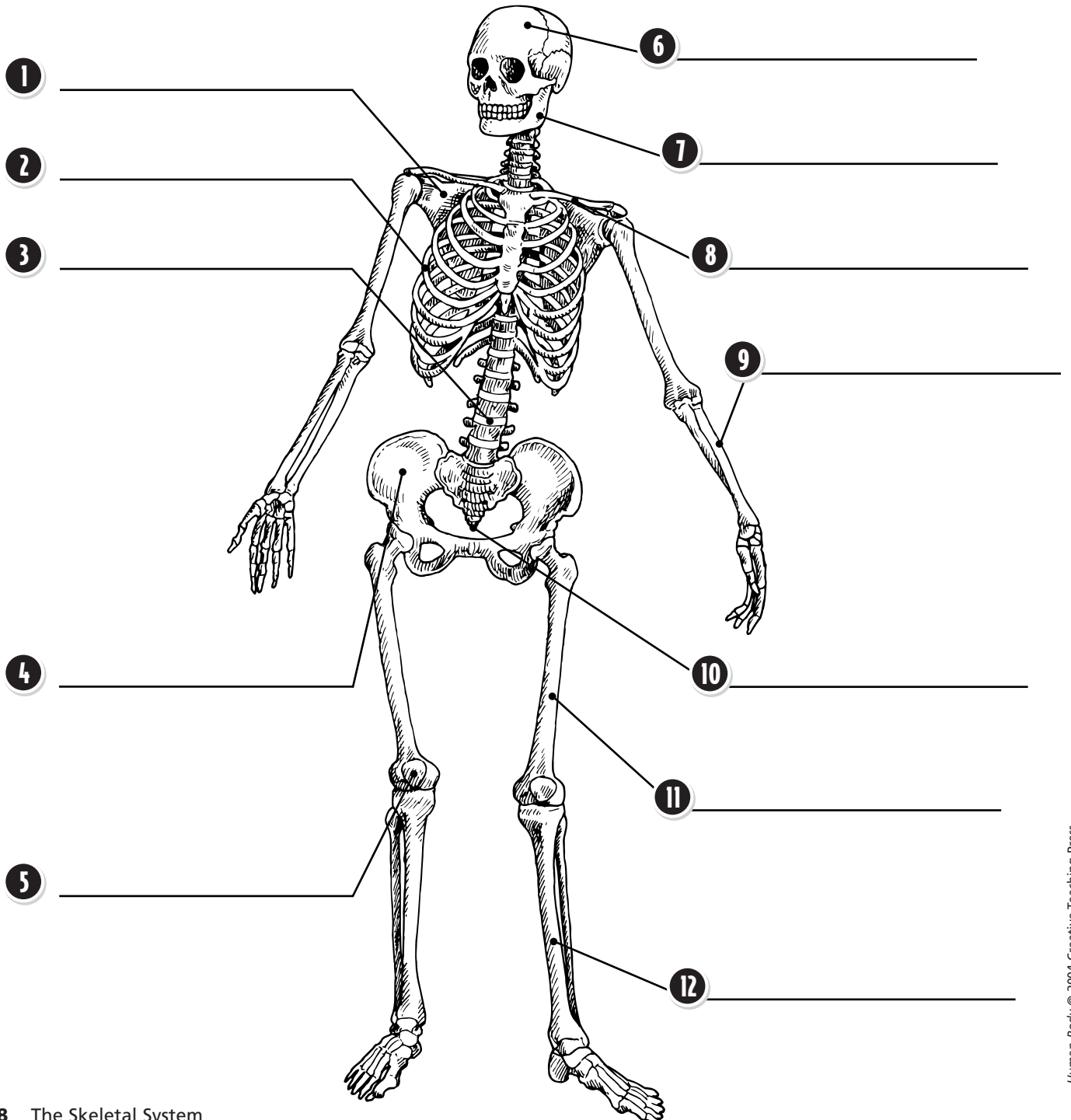
7 _____

8 _____

The Skeletal System

The skeletal system acts as our body's framework. The human adult skeleton has a total of 206 bones. Use the terms from the word box to label the major bones of the body.

- | | | | | | | |
|---------|--------|----------|----------|-------|-----------|----------|
| cranium | coccyx | patella | pelvis | femur | vertebrae | clavicle |
| scapula | radius | mandible | rib cage | | | tibia |

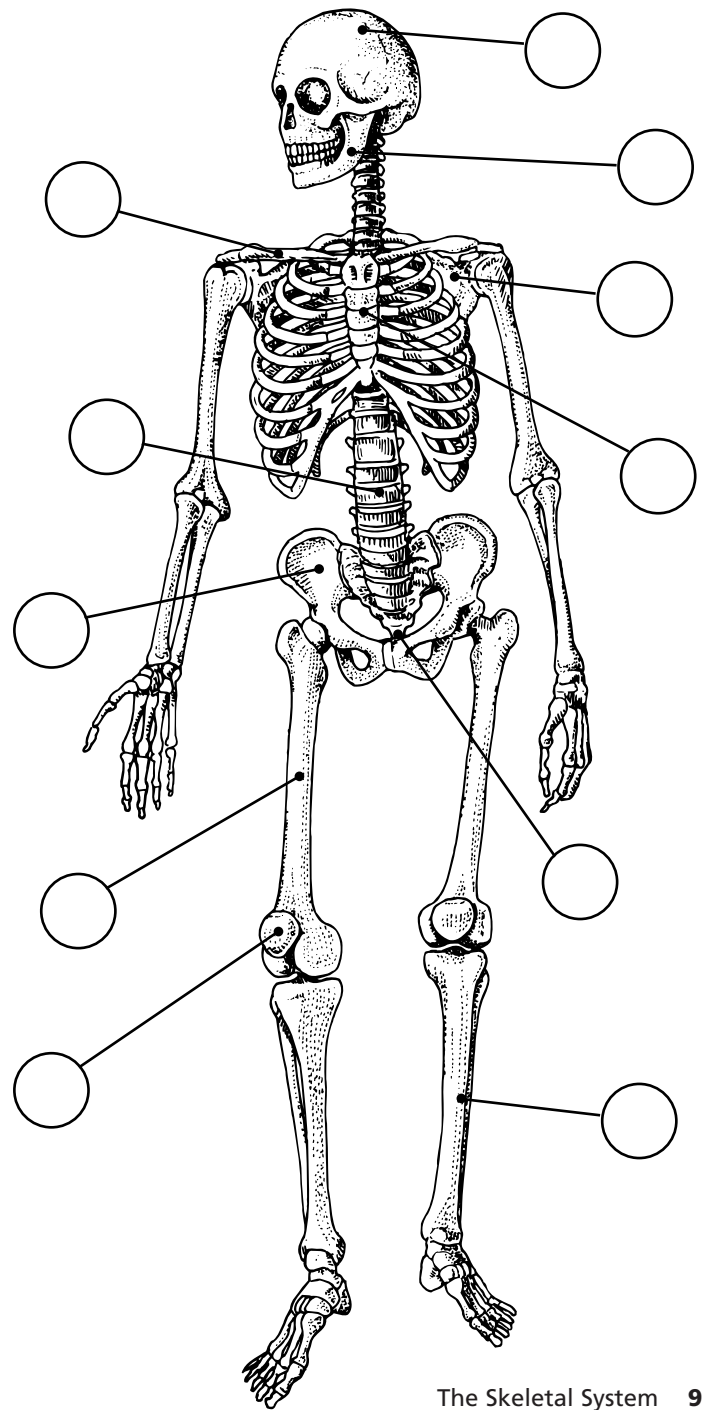


Common Names for Fancy Words

Many bones of the skeletal system are known by more common terms. Match each term in the word box with its more commonly known description. Then match the number to each corresponding part on the diagram.

skull	tailbone	kneecap	hip bones	jawbone	backbone
shinbone	collarbone	thighbone	breastbone	shoulder blade	

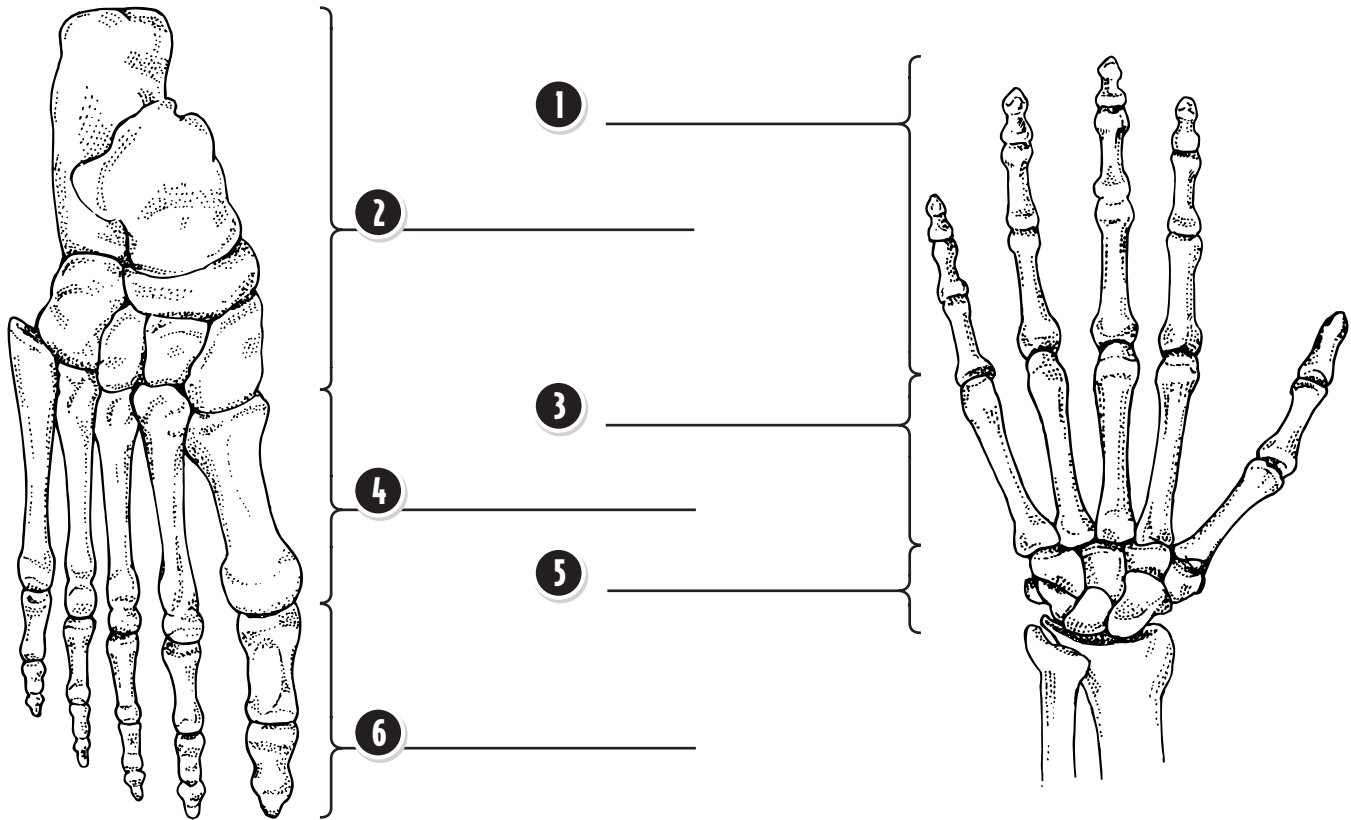
- 1 _____ cranium
- 2 _____ mandible
- 3 _____ vertebrae
- 4 _____ tibia
- 5 _____ patella
- 6 _____ pelvis
- 7 _____ scapula
- 8 _____ clavicle
- 9 _____ coccyx
- 10 _____ sternum
- 11 _____ femur



Bones of the Hands and Feet

The human hand contains 27 bones divided into three groups. The human foot contains 26 bones divided into three groups. Use the terms in the word box to label the bones of the hands and feet.

phalanges carpals metacarpals metatarsals tarsals



Use colored pencils or crayons to identify each section of the hand and foot. Use the common names in the word box to complete each sentence.

fingers wrist instep toes palm ankle

- 7 Color the phalanges blue. Phalanges are the scientific name for _____ and _____.
- 8 Color the carpels red. Carpels are the scientific name for the _____.
- 9 Color the metatarsals yellow. Metatarsals are also known as the _____.
- 10 Color the metacarpals purple. Metacarpals are also known as the _____.
- 11 Color the tarsals green. Tarsals is another name for the _____.

Bones of the Leg and Arm

The bones of the leg are designed for supporting the body and locomotion. The bones of the arm allow rotation and movement. The strongest bone in the body is the femur, located in the leg. Both the arm and the leg have a single bone in the upper portion and a pair of bones in the lower portion. Use the terms in the word box to label the diagram.

tibia fibula femur patella ulna humerus radius

