



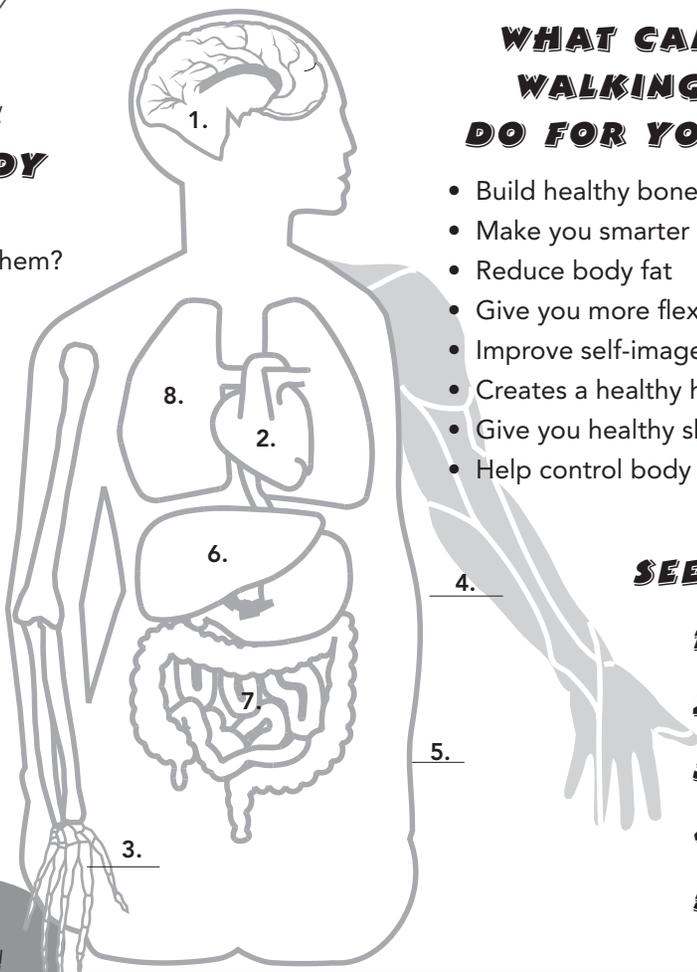
FUN WITH ANATOMY

WHAT ARE THESE BODY PARTS?

Can you identify them?

List them below.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____



WHAT CAN WALKING DO FOR YOU?

- Build healthy bones
- Make you smarter
- Reduce body fat
- Give you more flexibility
- Improve self-image
- Creates a healthy heart
- Give you healthy skin
- Help control body weight

TAKE A WALK ON THE SMELLY SIDE!

How many smells you can recognize? The nose knows!

Try this experiment...

What you need

- A friend or two
- A notebook
- A pencil or pen

What to do

1. Plan a walk and take your notebook, pen, or pencil. Your stroll could be inside or outside, maybe around your house or school.
2. As you walk, write down all the smells you and your friend find. How many smells did you smell? Which was the best one? Which was the worst one?

SEE WHAT YOU KNOW...

1. How many bones does an adult have?
2. Assuming you're not bald, how many hairs do you have on your head?
3. Which part of your digestive system is like a mixer?
4. Where can you find your pulse?
5. How fast is a sneeze?

TRY THIS!

What this experiment shows

How areas of your skin contain different numbers of touch receptors.

What you need

- Blindfold, plus a tennis ball, rock, sponge, pine cone, seashell, eraser, marble, etc.

What to do

1. Have a friend close his or her eyes.
2. Gently press each item to the skin on different areas of the body.
3. Can your friend identify the object?

Here are lists of the most-sensitive and least-sensitive parts of the body.

More sensitive: fingers, upper lip, cheek, palm, forehead, foot

Less sensitive: belly, upper arm, back, shoulder, thigh, calf

Answers to see what you know:
 1. 206
 2. about 100,000
 3. the stomach
 4. anywhere an artery comes close to the surface of your skin, such as the inside of your wrist (just below your thumb) or the side of your neck
 5. up to 100 miles per hour

Answers to body parts
 1. brain
 2. heart
 3. bones
 4. muscle
 5. skin
 6. liver
 7. intestines
 8. lung