**Core Knowledge**

**Facts to Know for Human Body Systems**

**Skeletal System:** The skeletal system gives the body its shape. There are 206 bones in the adult human skeleton. A joint is where two bones meet. The largest bone in the human body is the femur (thigh bone).

**Muscular System:** The muscular system helps our body move. By pulling our bones, muscles allow us to run, jump, and smile. The heart is an important muscle in the human body.

**Digestive System:** The digestive system works like a food processor. It breaks down the food we eat into small parts that our body can use. It also gets rid of waste that our body does not use. The digestive system begins in the mouth, and then continues through the esophagus, stomach, and intestines.

**Respiratory System:** The respiratory system controls our breathing. Our lungs take in oxygen and release carbon dioxide.

**Circulatory System:** The circulatory system moves blood through our body. When we exercise, our heart beat increases and works much faster to pump blood throughout our body.

**Nervous System:** the nervous system sends messages from the brain to all parts of the body. The brain controls the other systems in the human body. It controls our thoughts, actions, and the body’s five senses (Taste, touch, hearing, sight and smell).