

Lesson 2 • How do some parts of our bodies change as we grow?

1 Our changing bodies. Circle, read, and write.

tsa contracting e p s k e l e t o n t u n o x y g e n e a d r e l a x i n g l f j o i n t m k i

- 1 Muscles get shorter by doing this. contracting
- 2 This is in the air we breathe. We need it to live. _____
- 3 This is where two bones meet. _____
- 4 Muscles go back to their normal length when doing this. _____
- 5 This is all the bones in your body. _____

2 How do our bodies work? Read and correct the sentences.

- 1 Your ~~heart~~ sends messages to your body to tell it what to do. brain
- 2 Food goes into your heart. _____
- 3 Your brain carries oxygen to all parts of your body. _____
- 4 Joints move parts of the body by contracting and relaxing. _____

3 How do muscles work? Read, look, and write the letters.

- ☐ 1 When the muscles in my arm contract, they get shorter.
- ☐ 2 When they relax, they go back to their normal length.

