DAILY Warm-Up 2

Name _____ Date _____

THE CENTRAL NERVOUS SYSTEM

The adult brain weighs about three pounds. This doesn't seem like much, but it is one of the most important organs in the human body. The brain is made up of millions of nerve cells. These nerve cells tell the rest of the body what to do. Without a brain, we could not live. The spinal chord is connected to the brain. It runs from our neck down through our back. The spinal chord and the brain make up what is called the central nervous system.

The brain is like the body's computer. It controls body temperature and reminds us to breathe. The brain allows the body to have voluntary movement, thought, language, and reasoning. Different parts of the brain have different jobs. The brain tells us when we are hungry and thirsty. It also is responsible for memory and emotion.

Our brain relies on food to give it energy. You need to eat healthy foods to keep your brain and the rest of your body working right. Healthy foods like fruits, vegetables, cereals, grains, milk, and other dairy products are all important foods for us to eat. We also need to keep our brains active. Research has shown that the less active our brain is, the less we are able to remember and do. So keep thinking, moving, and doing. It's great for your brain.

STORY QUESTIONS

1. After reading the passage, what do you think would happen if your brain was injured?
   a. It would immediately double in size.
   b. Our bodies might not be able to perform certain things.
   c. The heart would begin to take over the body.
   d. Doctors have not yet determined what happens in this case.
2. The main idea of this passage is . . .
   a. to inform the reader about what happens when they are thinking.
   b. to inform the reader about the connection between the heart and brain.
   c. to inform the reader about how important healthy food is to the brain.
   d. to share general information about the brain and the spinal chord and how they work.
3. Where can you find information about the spinal chord?
   a. second paragraph
   b. not in the passage
   c. third paragraph
   d. first paragraph

LIVEWORKSHEETS