NAME: _____ **CLASS:** _____

READING COMPREHENSION: ***The Amazing Human Body***

The human body is a complex and fascinating system made up of many parts that work together to keep us alive. One important part is the **brain**, which acts like the control center of the body. It sends and receives messages through the nerves, allowing us to think, feel, and move. Without the brain, none of our body systems would be able to function properly.

Another essential system is the **circulatory system**, which includes the heart and blood vessels. The heart pumps blood throughout the body, carrying oxygen and nutrients to every cell. At the same time, it helps remove waste products such as carbon dioxide. This system works nonstop, even when we are sleeping.

The **respiratory system** is also crucial. It allows us to breathe in oxygen and breathe out carbon dioxide. When we inhale, air enters our lungs, where oxygen is absorbed into the blood. This oxygen then travels throughout the body to help produce energy.

The **digestive system** breaks down the food we eat into smaller pieces so that the body can use the nutrients for energy, growth, and repair. This system includes organs such as the stomach and intestines.

All these systems must work together for the human body to function well. Eating a balanced diet, drinking enough water, exercising regularly, and getting enough sleep are important steps to keep our bodies healthy.

EXERCISE A: Read the text and choose the best answers.

1. What is the brain described as in the text? a. The source of energy b. The control center of the body c. A part of the digestive system d. A type of muscle	**4. What is the main function of the digestive system?** a. Pumping blood b. Breaking down food c. Sending messages d. Controlling movement
2. Which system includes the heart and blood vessels? a. Respiratory system b. Nervous system c. Circulatory system d. Digestive system	**5. Which of the following helps keep the body healthy?** a. Skipping meals b. Avoiding sleep c. Drinking enough water d. Sitting all day
3. What happens when we inhale? a. Air leaves the lungs b. Carbon dioxide enters the body c. Oxygen is absorbed into the blood d. Food is broken down	

Exercise B: State whether the statements are true or false.

1. The circulatory system carries oxygen and nutrients to the body. _____
2. The heart only works when we are awake. _____
3. The digestive system includes the stomach and intestines. _____
4. The respiratory system helps us breathe. _____
5. All body systems work separately and do not depend on each other. _____

LIVEWORKSHEETS

Exercise C: Choose no more than three words and/or a number from the text for each answer.

1. _____ , the systems in our body cannot function properly.
2. The circulatory system does not stop working, even when _____.
3. The oxygen that travels throughout the body helps to _____.
4. Organs like the _____ can be found in the digestive system.
5. Ways to keep the body healthy is by eating a balanced diet, _____ , exercising regularly and getting enough sleep.

LIVEWORKSHEETS