

The Inside Story Vocabulary

This is a complete list of all vocabulary words taught throughout this unit. These words, in the form of word cards are also attached to each individual lesson plan for the unit. This composite list is being provided as a convenience for teachers to use during planning or for writing the words for the unit word wall, as well as for a master list for the review lesson plan, "Human Body Quiz."

Cells: (lesson plan: Cells in the Making)

Cell – the basic unit of living things

Cytoplasm – the clear jellylike material that is inside the cell membrane

Membrane – the outer covering of the cell

Nucleus – the largest organelle in a cell - controls the cell's actions

Organelles – separate compartments in the cytoplasm that holds parts of the cell

Urea – waste produced by the body cells as they use food (also used in urinary system vocabulary)

Waste – not usable

Tissues and Organs: (lesson plan: The Making of an Organ)

Tissue – a large group of cells that are joined and all doing the same job

Organ – a group of different tissues joined to do one specific job

System – a group of organs working together to perform a body process

Digestive System: (lesson plan: Feed Your Cells)

Digest – the process of breaking down food so our cells can use it

Digestive system – the group of organs that work together to digest our food

Mouth – the opening through which food enters the body

Tongue – an organ in the mouth that aids in mixing food with saliva

Esophagus – the tube that connects the mouth to the stomach

Stomach – the main organ in the digestive system – most breaking down of food occurs here

Pancreas – an organ that sends chemicals into the stomach to aid in the breaking down of food

Liver – the largest organ of the body, sends bile to the stomach and also cleans our food before it passes to our cells

Bile – a thick liquid that is sent from the liver to the stomach to aid in breaking down food

Gall bladder – sac in which bile from the liver is stored

Small intestines – a tube, about 23 feet long that allows digested food to enter our blood vessels

Large intestines – a tube that removes water from waste before the waste leaves our body

Rectum – an organ that holds waste until it passes from our body

Anus – the opening that allows waste to be passed out of our body

Respiratory System (lesson plan: I Need Air)

Nose – the body organ that contains the nostrils

Nostrils – the holes in our nose through which air enters our body

Mouth – the body organ that allows air to enter our body when the nostrils are not being used

Throat – the tube through which air passes from the nasal passage to the larynx

Larynx – also known as the voice box, air passes through this tube on its way to the trachea

Trachea – also known as the windpipe, this tube is the passage for air from the larynx to the bronchial tubes

Bronchial tubes – the tubes that connect the trachea to the lungs and allows air to enter the lungs

Lungs – the main organ of the respiratory system

Lobes – the name for the sections of the lungs, right lung has 3 and the left lung has 2

Alveoli – a grapelike group of thin-walled sacs in the lungs that inflate as we breathe and pass oxygen into the blood

Diaphragm – the large muscle of the chest cavity that contracts and expands to force air into and out of the lungs

Air – the gases in our atmosphere

Oxygen – the gas in the atmosphere that is used by our cells

Carbon dioxide – the gas that is the waste created as our cells use oxygen

Ribs – the bones that protect our lungs

Inhale – the breathing procedure of bringing air into the body

Exhale – the breathing procedure of removing air from the body

Inflate – fill with air

Breathe – the process of air entering and leaving our body

Respiration – the exchange of oxygen and carbon dioxide in our blood

Respiratory system – the group of organs that work together to bring oxygen to our cells

Circulatory System: (lesson plan: Moving to the Beat of the Heart)

Circulate – the action of moving about, usually in a circle

Heart – the large muscle of the circulatory system that pumps blood

Blood – the name given to the cells and plasma that carry food, water, and oxygen to our body cells

Blood vessels – the tubes of the circulatory system that carry blood

Artery – the blood vessels that carry oxygen rich blood through the body

Veins – the blood vessels that carry blood from the cells back to the heart

Capillary – the blood vessels that exchange oxygen for carbon dioxide as they pass the body cells

Systemic circulation – oxygen rich blood pumped from the heart to each cell of the body

Pulmonary circulation – blood without oxygen returning to the heart

Blood pressure – the high pressure that blood is under when pumped from the heart

Red blood cells – blood cells carrying oxygen

White blood cells – blood cells that fight disease

Platelets – blood cells that cause blood to clot and bleeding to stop

Plasma – the liquid that carries blood cells

Circulatory system – the group of organs that work together to bring blood to our cells

Muscular System: (lesson plan: On the Move)

Muscle – tissue or organ of the body with the ability to contract

Tendon – tissue that holds muscles to bones

Cardiac muscles – muscle tissue that makes the heart organ

Smooth muscles – involuntary muscles found in the skin, organs of the digestive system, blood vessels, and other internal organs

Striated muscles – voluntary muscles that move the bones and cartilage of the skeleton

Contract – to make smaller in size or length by squeezing or forcing together

Voluntary – done by one's own choice

Involuntary – not done by choice

Tone – muscles that have been exercised and are quick and powerful

Muscular system – the group of tissues and organs that contracts to move body parts

Skeletal System: (lesson plan: The Skeleton Within)

Skeleton – name given to all the bones of the body

Ligament – tissue that holds bone to bone

Cartilage – protection that keeps bones from touching other bones

Skeletal system – body system that is the framework, makes blood cells and platelets, stores calcium, protects body organs, and allows muscles to attach

Marrow – jellylike center of the bone that produces blood cells and platelets

Joint – the point where two bones come together

Movable joint – point where two bones meet that allows movement of the bones

Hinge joint – movable joint such as the knee, jaw, and elbow, that move in one direction only

Ball and socket joint – movable joint that allows bones to move in many directions such as the hip and shoulder

Excretory/Urinary System: (lesson plan: What a Waste!)

Excretory system – one name for the group of organs that produce urine to be eliminated from the body

Urinary system - one name for the group of organs that produce urine to be eliminated from the body

Urine – liquid body waste composed of 95% water plus salt and urea

Kidney – the organ that cleans blood and removes excess water before returning the blood to the heart

Ureters – tubes leading from the kidneys to the bladder

Bladder – holds urine until it is removed from the body

Urethra – the tub through which urine flows out of the body

Urea – waste produced by the body cells as they use food

Nervous System: (lesson plan: You Have Nerve!)

Nerves – tissue made from neurons that form the paths of communication between our body cells and brain

Brain – the organ that controls thought and the functions of all the other parts of the body

Spinal cord – the nervous tissue that begins at the brain and runs lengthwise along the back inside the vertebra, carrying impulses to and from the brain

Neurons – cells that join together to form the communication system between the brain and body parts

Sense organs – organs through which we learn about our surroundings

Reflexes – involuntary actions of the body part caused by an outside action

Nervous system – the body system made up of the brain, spinal cord, and nerves that receives and interprets information, then sends impulses to our body parts