



BODY TALK! FOLLOW-UP QUESTIONS

1. Water is made up of two things, hydrogen and? _____
2. Miss Bianca reminded us that strength equals?:
a) fun b) muscles c) longevity _____
3. The word “Aerobics” means?:
a) “with air” b) “with strength” c) “with energy” _____
4. The human body is made up of how much water?
a) 100% b) 50% c) 75% _____
5. True or False? Water helps to keep you organs clean? _____
6. True or False? Your brain releases something called “**endorphins**” when you exercise which can make you feel happier? _____
7. The _____ is the largest organ in the body that sends blood from your heart through two arteries.
a) the lung b) the liver c) the stomach
8. True or False? The body gets Proteins, Carbohydrates and Fats from the foods you eat? _____
9. True or False? “**Glucose**” is a natural sugar your body uses for energy? _____

- 10.** The Central Nervous System is made up of?
a) the spinal cord and brain b) the brain and lungs c) the brain and heart _____
- 11.** The five senses are smell, touch, taste, see and? _____
- 12.** True or False? Can you taste food without it being mixed with saliva? _____
- 13.** The smallest bones are located in your?
a) ear b) fingers c) toes _____
- 14.** True or False? Blood is made up of cells and plasma? _____
- 15.** The heart is located a little to the _____ of your chest?
a) left b) middle c) right _____
- 16.** True or False? The heart weighs ten pounds? _____
- 17.** True or False? The heart beats 100,000 times a day? _____
- 18.** It takes _____ seconds for your heart to send blood to your entire body.
a) 10 seconds b) 20 seconds c) 60 seconds _____
- 19.** True or False? The heart works like a pump? _____
- 20.** Rodney broke his?
a) arm b) leg c) wrist _____
- 21.** True or False? Bones are made of three layers called The Periosteum, Compact Bone and Bone Marrow. _____
- 22.** True or False? Eating a healthy diet from the four food groups helps to keep bones strong. _____

BONUS QUESTION:

What are the names of all the characters from the show?
