

Your Body's Systems

Did you know that the human body is made up of many systems? These systems work together to keep you alive and healthy. Each system has its own parts, and each part has its own job.

One system in your body is the skeletal system. The skeletal system is made up of all your bones. 206 of them to be exact. Your bones **support** and protect your body. They help you to stand **upright** and move. Drinking milk is a great way to help your bones grow and stay strong.

The body is also full of muscles. They make up the muscular system. Your muscles also help you move, play, and do work. Would you believe that you have more than 600 different muscles within your body? Eating food with protein, like



meat and eggs, can help your muscles get stronger as you grow.

The digestive system is in charge of getting energy from the food that you eat. Your mouth, throat, and stomach are just a few of the parts in the digestive system that help move and break apart food. As food passes through the digestive system, the body **absorbs** nutrients that it needs.

Your lungs are a big part of the respiratory system. Take in a deep breath. Let it out slowly. Did you feel your lungs **inflate** like balloons? The respiratory system's job is to take oxygen from the air that you breathe in and move it into your blood. This way the oxygen can reach all the parts of your body.

As you can see, the human body is very **complex**. Each system has its own parts and its own jobs. The systems of your body work together to keep you strong, healthy, and ready to enjoy life.