

Skills Worksheet

Directed Reading A

Section: Introduction to Body Systems

1. The maintenance of a stable internal environment in the body is

_____.

STAYING IN BALANCE

2. Your body has many kinds of _____ to maintain homeostasis.

FALLING OUT OF BALANCE

3. What can happen to cells if homeostasis is disrupted?

BODY ORGANIZATION

_____ 4. A group of similar cells working together forms a

a. cell.	c. nutrient.
b. waste.	d. tissue.

_____ 5. What is a collection of tissues that work together to carry out a specialized function in the body?

a. a cell	c. an organ
b. connective tissue	d. a team

_____ 6. Muscle tissue helps your stomach digest food by

a. protecting the stomach.	c. breaking up food.
b. supplying oxygen.	d. producing acids.

Match the correct description with the correct term. Write the letter in the space provided.

_____ 7. joins, supports, and insulates organs	a. nervous tissue
_____ 8. covers and protects underlying tissue	b. muscle tissue
_____ 9. sends electrical signals through the body	c. epithelial tissue
_____ 10. produces movement	d. connective tissue

Directed Reading A *continued*

11. How does your body know when your stomach is full?

12. The wall of the stomach contains blood and another

_____ called collagen.

13. The inside of your stomach is lined with _____.

14. Organs that work together make up a(n) _____.

WORKING TOGETHER

Match the correct description with the correct term. Write the letter in the space provided.

_____ 15. includes the heart and blood vessels

_____ 16. removes wastes from blood

_____ 17. sends out chemical messages

_____ 18. includes skin

_____ 19. includes the heart, blood vessels,
and blood

_____ 20. supports and protects body parts

_____ 21. helps defend against disease

_____ 22. absorbs oxygen through the lungs

_____ 23. breaks down food into nutrients

_____ 24. helps the body move

_____ 25. produces eggs and protects the fetus

_____ 26. sends and receives electrical
messages throughout the body

27. How do organ systems work together to maintain homeostasis?
Give an example.

a. integumentary system

b. muscular system

c. skeletal system

d. cardiovascular system

e. respiratory system

f. urinary system

g. circulatory system

h. female reproductive system

i. nervous system

j. digestive system

k. lymphatic system

l. endocrine system