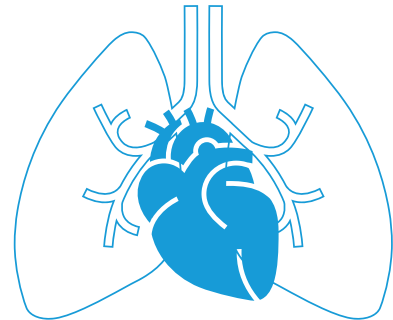


BODY SYSTEMS

VIRTUAL LESSON



AGE RANGE

10–13

OVERVIEW

How are the systems in our body connected? Students will learn about the human body's circulatory, digestive, and respiratory systems and build a paper model to demonstrate their understanding that the heart, lungs, and stomach work together for human wellness. They will demonstrate their understanding that physical activity and nutrition influence each system's functioning and can affect the risk for developing certain noncommunicable diseases (NCDs).

TIMING

40–50 minutes total (presented in two parts, 20–25 minutes)

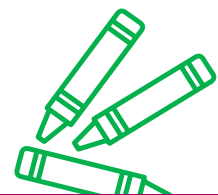
OBJECTIVES

Students will

- Describe how the circulatory, digestive, and respiratory systems work together for human wellness.
- Develop a model that explains how the heart, lungs, and stomach work together to provide energy and nutrients to maintain wellness.
- Explain how noncommunicable diseases can affect the interactions between the circulatory, digestive, and respiratory systems.
- Identify lifestyle habits that can prevent noncommunicable diseases and maintain the wellness of body systems.

MATERIALS NEEDED

- Pencils, one per student
- Dry erase marker or chalk, one per classroom educator
- **Body Systems Model Student Handout**, one per student*



For more information about the Future Well Kids program, please email
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