

# Anatomy + Physiology: In Everyday Life

## At-Home Thinking Activity

These activities are designed to be done at home. There is no grade given for these and they do not have to be turned in. The answer key has been emailed to your grown up.

### Eating After Playing

What do you think would happen if your body couldn't use food for energy?

#### Answer Key

##### Key ideas the child may express:

- The child might still eat, but:
  - Feel tired or weak
  - Not have energy to play or run
- Muscles would not get stronger or heal as well.
- The body would not feel “recharged” after eating.
- Hunger might continue because the body's cells are not getting energy.

##### Big idea to reinforce:

Food is not just for eating —  
your body **turns food into energy** to help you move, grow, and heal.

## Pre-assessment Quiz Anatomy and Physiology in Everyday Life

1. What does **anatomy** study?
  - A. How the body works
  - B. The parts of the body**
  - C. How fast you can run
  - D. What food tastes like
2. What does **physiology** study?
  - A. The names of bones
  - B. How body parts do their jobs**
  - C. How tall you are
  - D. How much you sleep

3. Which of these is a **body system**?
  - A. Shoe
  - B. Heart
  - C. Digestive system**
  - D. Playground
  
4. Which body system helps you **move your body**?
  - A. Immune
  - B. Muscular**
  - C. Digestive
  - D. Integumentary
  
5. Which body system sends **fast electrical messages** from your brain?
  - A. Nervous**
  - B. Skeletal
  - C. Respiratory
  - D. Digestive
  
6. When you run because you are late, what happens first?
  - A. Your stomach works harder
  - B. Your heart and breathing slow down
  - C. Your body gets ready to move**
  - D. Your body falls asleep
  
7. Why do you need to **eat food**?
  - A. So your body has energy**
  - B. So your bones disappear
  - C. So your muscles stop working
  - D. So your heart rests
  
8. What helps protect your body when you get a **cut**?
  - A. Muscles
  - B. Immune system**
  - C. Digestive system
  - D. Respiratory system
  
9. What does it mean when we say the body likes **balance**?
  - A. The body never changes
  - B. The body tries to keep things just right**
  - C. The body stops working
  - D. The body sleeps all day

10. Which sentence is true about body systems?

- A. They work alone
- B. Only one system works at a time
- C. They work together to help you**
- D. They only work when you are sick

## **Post-assessment Quiz Anatomy and Physiology in Everyday Life**

1. What does anatomy study?

- A. How the body works
- B. The parts of the body**
- C. How fast you can run
- D. What food tastes like

2. What does physiology study?

- A. The names of bones
- B. How body parts do their jobs**
- C. How tall you are
- D. How much you sleep

3. Which of these is a body system?

- A. Shoe
- B. Heart
- C. Digestive system**
- D. Playground

4. Which body system helps you move?

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A. Immune

**B. Muscular**

C. Digestive

D. Integumentary

5. Which body system sends fast messages from your brain?

**A. Nervous**

B. Skeletal

C. Respiratory

D. Digestive

6. When you run because you are late, what happens?

A. Your stomach works harder

**B. Your body gets ready to move**

C. Your heart stops

D. Your body falls asleep

7. Why do you need to eat food?

**A. So your body has energy**

B. So your bones disappear

C. So your muscles stop working

D. So your heart rests

8. What helps protect your body when you get a cut?

A. Muscles

**B. Immune system**

C. Digestive system

D. Respiratory system

9. What does it mean when the body likes balance?

A. The body never changes

**B. The body tries to keep things just right**

C. The body stops working

D. The body sleeps all day

10. Which sentence is true about body systems?

A. They work alone

B. Only one system works at a time

**C. They work together to help you**

D. They only work when you are sick