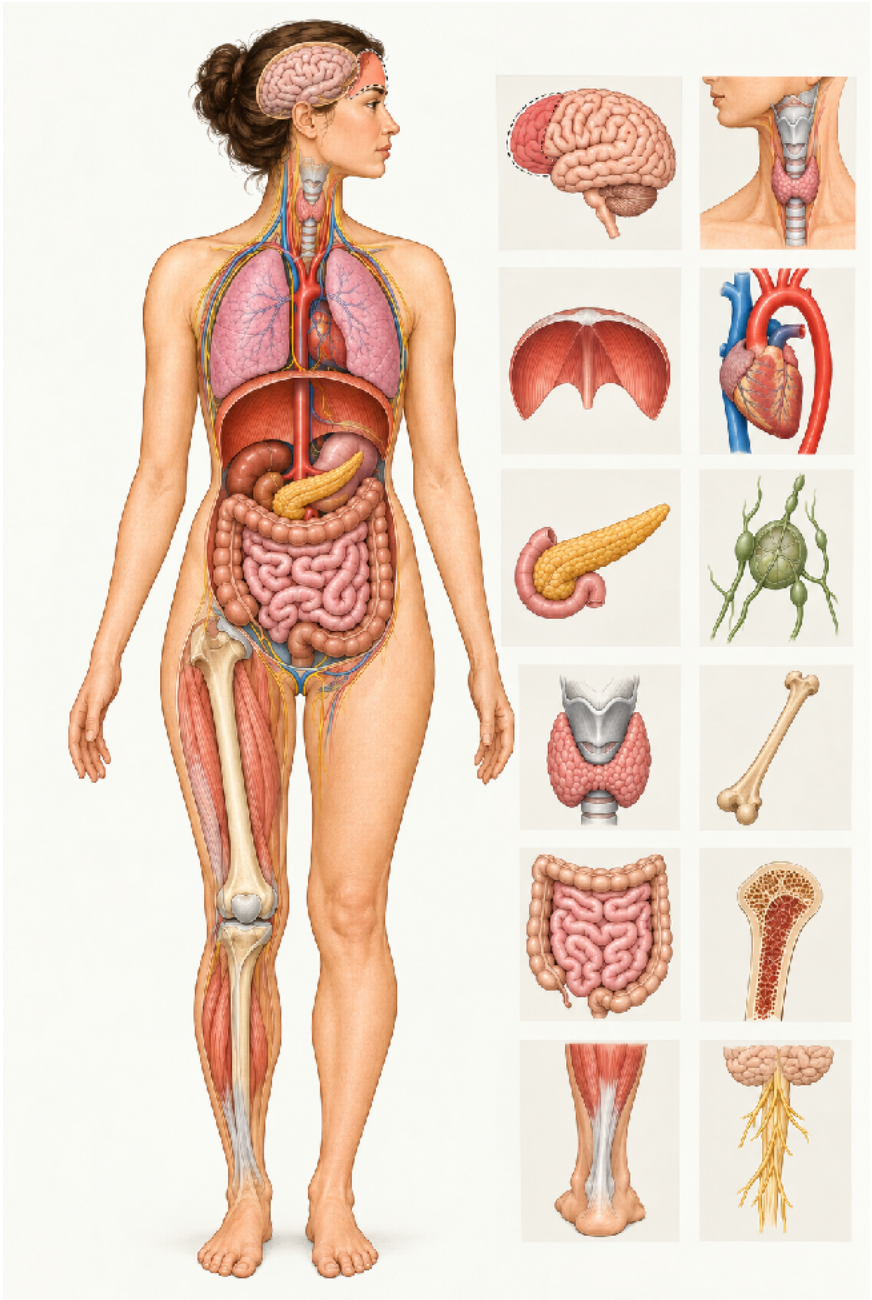


THE HUMAN BODY: BEYOND THE BASICS



Here are 12 parts of the human body. Some of these are organs, some are bones, some are nerves, some are blood vessels, and some are other types of tissue or structures.

Before you look anything up, try to work out where they are and what you already know about them.

- prefrontal cortex
- larynx
- Achilles tendon
- diaphragm
- aorta
- pancreas
- lymph node
- thyroid gland
- femur
- small intestine
- bone marrow
- vagus nerve

What's that bit? - Definitions

A. *The part of the brain involved in planning, decision-making, self-control and other complex mental processes.*

_____

B. *A structure in the throat that contains the vocal cords and helps you produce sound.*

_____

C. *A strong band of tissue connecting the calf muscles to the heel bone.*

_____

D. *A large sheet of muscle below the lungs that contracts and relaxes to help you breathe.*

_____

E. *The body's largest artery, carrying oxygen-rich blood from the heart to the rest of the body.*

_____

F. *An organ behind the stomach that produces substances involved in digestion and helps regulate blood sugar.*

_____





G. *A small structure in the lymphatic system that filters lymph and helps the body fight infections.*

_____

H. *A gland in the neck that produces hormones that help control metabolism and energy use.*

_____

I. *The longest and strongest bone in the human body, running from the hip to the knee.*

_____

J. *A long, narrow organ where most digestion and absorption of nutrients take place.*

_____

K. *The soft tissue inside some bones where blood cells are produced.*

_____

L. *A major nerve connecting the brain with organs including the heart, lungs and digestive system.*

_____

Questions

1. Have you ever become very aware of a particular part of your body because something went wrong with it?

2. How much attention do you normally pay to what your body is telling you?

3. Do you think modern life makes us more or less aware of our bodies?

4. Have you ever been surprised by what your body was capable of doing?

5. Would you rather have an extremely strong body or an extremely resilient mind? Why?

6. How much do you think our physical state affects our mood and behaviour?

7. Would you like to know more about what is happening inside your body, or would you rather not think about it?

8. Do you think people today are too obsessed with their bodies, or not interested enough in them?



Fun Fact: Prefrontal Cortex

The prefrontal cortex, which plays an important role in planning, judgement and self-control, is one of the last parts of the brain to fully mature. This is one reason why teenagers can sometimes make decisions that seem obviously unwise to adults. Interestingly, the brain continues developing into the mid-to-late twenties.

- Does this explain anything about your teenage years?
- At what age should people be considered mature enough to make important decisions independently?

Fun Fact: Vagus Nerve

The vagus nerve is one of the main communication routes between your gut and your brain. Signals from the gut, including signals influenced by the microbes living there, can affect this gut–brain communication. Researchers are investigating whether this connection may play a role in mental health conditions such as depression.

- Have you noticed that stress affects your digestion, or that feeling physically unwell affects your mood?
- If gut microbes can influence communication between the gut and brain, how much of our mood and behaviour might be shaped by biological processes we cannot consciously control?

Fun Fact: Lymph Nodes

Your body contains around 600–700 lymph nodes, most of them too small to notice. Connected by a network of lymphatic vessels, they act as immune system checkpoints, filtering a fluid called lymph and bringing immune cells together to share information about potential threats.

- Have you ever noticed swollen lymph nodes when you were ill? Did you know what caused it?
- Why do you think we rarely notice these structures, despite their important role in protecting us?

Fun Fact: Femur

The femur is one of the bones most likely to survive after a body has decomposed. Its thick, dense shaft can remain intact even when many smaller or more fragile bones have disappeared. This is why archaeologists and forensic scientists often find and study femurs when excavating old graves.

- Why do you think evolution has made our thigh bones so robust?
- If archaeologists discovered your remains a thousand years from now, what do you think they could realistically learn about your life from your bones?

Answer Key

What's that bit?

A. *The part of the brain involved in planning, decision-making, self-control and other complex mental processes - PREFRONTAL CORTEX*

B. *A structure in the throat that contains the vocal cords and helps you produce sound - LARYNX*

C. *A strong band of tissue connecting the calf muscles to the heel bone - ACHILLES HEEL*

D. *A large sheet of muscle below the lungs that contracts and relaxes to help you breathe - DIAPHRAGM*

E. *The body's largest artery, carrying oxygen-rich blood from the heart to the rest of the body - AORTA*

F. *An organ behind the stomach that produces substances involved in digestion and helps regulate blood sugar - PANCREAS*

G. *A small structure in the lymphatic system that filters lymph and helps the body fight infections - LYMPH NODE*

H. *A gland in the neck that produces hormones that help control metabolism and energy use - THYROID GLAND*

I. *The longest and strongest bone in the human body, running from the hip to the knee FEMUR*

J. *A long, narrow organ where most digestion and absorption of nutrients take place - SMALL INTESTINE*

K. *The soft tissue inside some bones where blood cells are produced - BONE MARROW*

L. *A major nerve connecting the brain with organs including the heart, lungs and digestive system - VAGUS NERVE*

Korzystasz z materiałów, które dla ciebie tworzę? Postaw mi kawę.

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