DIVISION OFGEN. TRIAS CITY

**Project ISuLAT Mo Gen. Trias Worksheets**

**(Intensified Support to Learning Alternatives Through Modules and Worksheets)**

Name: _____ Grade & Sec: _____

Teacher: _____ Score: _____

# WORKSHEET NO. 3: Explain the different organ systems work together

## START UP

At the end of this worksheet, the learners will be able to:

1. describe the parts and functions of the different organ system.
2. explain how the different organ systems work together.
3. illustrate how the different organ systems work together.
4. appreciate the importance of how the different organ system work together by showing healthful habits.

## CAPTURE

| Organ Systems | Parts | Functions |
|---|---|---|
| **The Digestive System** It is the process by which food is changed into simpler substances that can be used by the body cells to produce energy. | Mouth, esophagus, stomach, small intestine, large intestine (colon), pancreas, gall bladder, liver | - breaks down food into smaller portion - absorbs nutrients into the bloodstream and transfers nutrients to the cells to produce energy - aids in the elimination process of undigested food |
| **The Excretory System** It is the process of removal of wastes that become poisonous when they remain in the body for long. | Kidneys-renal artery, renal vein, ureter, Urinary bladder, Urethra | - responsible for eliminating wastes from the body. |
| **The Nervous System** It controls our actions, thoughts, feelings, and other functions that we are less aware of like breathing, heartbeat, digestion, and many more | Central Nervous System (CNS)- brain, spinal cord<br><br>Peripheral Nervous System (PNS)- sensory neurons, motor neurons, | - integrate and coordinate bodily activities. It coordinates the activities and communicates with the sense organs and the other body |

| | | |
|---|---|---|
| | interneurons | systems through neurons. |
| **The Respiratory System** The process of exchanging of gases in the body. | Nose, nasal cavity, mouth, throat (pharynx), voice box (larynx), windpipe (trachea), bronchial tubes (bronchi), bronchioles, air sacks (alveoli), lungs, diaphragms | - takes charge of the breathing process<br>- help for taking in oxygen and expelling carbon dioxide from the body |
| **The Circulatory System** It is the transport system of the human body. | Heart, blood vessels, blood | - carries oxygen from the lungs to all cell of the body and collects carbon dioxide from the cell to the lungs - absorbs digested food from the intestines and transports these nutrients and enzymes throughout the body |



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| | | |
|---|---|---|
| | | - regulates normal body temperature and maintain fluid balance<br>- eliminates waste products from cells<br>- helps the body fight diseases and infection |

Healthful habits that promote functioning of the muco-skeletal, integumentary, digestive circulatory, excretory, respiratory, and nervous system are as follows:

strength.

- Do regular exercise. It is good for the bones and muscles to become strong.
- Wear proper equipment when playing a game or riding a bike.
- Eat balanced diet and food rich in calcium and vitamin D.
- The muscles should be relaxed after hard work or activity to regain
- Avoid eating too much at a time to prevent indigestions.
- Avoid talking while eating to prevent choking.
- Live in a clean environment
- Avoid smoking of cigarettes or staying with smokers.

- Take a bath everyday
- Have a positive outlook in life.
- Avoid too much exposure ultraviolet rays of the sun.
- Avoid too much exposure ultraviolet rays of the sun.
- Drink at least eight glasses of water everyday.

● Breathe clean and fresh air.

● Cover your mouth and nose when sneezing

● Stay away from the people who are infected in corona virus.

● Get more sleep ● Use facemask and face shield. ● Eat slowly and chew the food well. ● Avoid accidents that may cause injury.

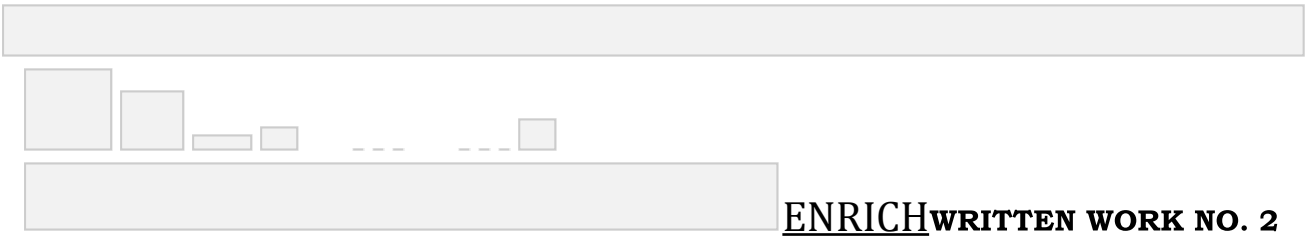
## INTEGRATE

**Direction:** Name what parts of the body system are in the pictures. Identify what body system it belongs and state its function.

| Parts | Name | System | Function |
|---|---|---|---|
| 1.  | | | |
| 2.  | | | |
| 3.  | | | |
| 4.  | | | |



| | | | |
|---|---|---|---|
| 5.  | | | |



## ENRICH WRITTEN WORK NO. 2

**Direction:** Choose the letter of the correct answer. Write your answer on the blank provided.

___ 1. How does the large intestine discharge waste?
A. It stores the feces when it is full
B. It passes through the small intestine
C. It moves the waste to the walls of the skin
D. It pushes the waste materials out of the urethra to the anus

___ 2. How does the digestive system work?

I. water is absorbed
II. food are broken into smaller pieces
III. wastes are removed from the body
IV. food are liquefied and digested into forms that cells can use.
V. Nutrients pass through the blood stream

A. I, IV, V, II, III C. II, IV, I, V, III
B. II, I, IV, V, III D. IV, I, V. II., III

___ 3. What stage is the digestive system involves the breakdown of large molecules in food into smaller substances by enzymes.
A. physical phase of digestion
B. chemical phase of digestion
C. mechanical phase of digestion
D. both mechanical and chemical

___ 4. What organ takes all the blood out of the bloodstream, clean it, and then return it to the bloodstream minus the waste products?
A. heart B. intestine C. lungs D. kidney

___ 5. How does excretion occur?
A. through skin C. through the large intestine
B. through lungs D. All of the above

___ 6. Why is it beneficial that reflex actions do not require thinking? A. Signals are not passed to the brain, allowing the body to respond more quickly. B. Signals bypass the entire central nervous system, so reactions are very slow. C. Signals are not passed to the brain, allowing the body to respond slowly. D. Signals are passed to the brain, allowing the body to respond more quickly.

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___ 7. A bright light is pointed into your eyes. Your pupils contract to control the amount of light entering. What is the response in this reflex action? A. the muscles around the pupil C. the pupil contracting
B. light receptors in the eyes D. the eyes blinking

___ 8. Why is the hairlike structure in the nasal cavity important?
A. It helps the nose moist.
B. It helps trapped dirt entering the nose.
C. It contracts and flattens when you inhale.
D. It plays an essential role in human speech.

___ 9. How does food and oxygen go to the different parts of your body? A. Through digestive system C. Through circulatory system B. Through respiratory system D, Through excretory system

___ 10. Why are white blood cells (leukocytes) the "soldiers of the body"? A. It helps to defend the body against diseases and foreign materials such as infectious agents, foreign bodies, and abnormal proteins.
B. It gives the blood its red color and this is the substance that is rich in iron.
C. It is the pathways or close tubes where blood flows throughout the body.
D. It contains proteins such as fibrinogen, albumin, globulin.

**PERFORMANCE TASKS NO. 2**

**Direction:** Complete the image below by illustrating how the different organ systems work together.

), lungs, diaphragms

**The Nervous System**
Central Nervous System (CNS)- brain, spinal cord

Peripheral Nervous System (PNS)- sensory neurons, motor neurons, interneurons

**The Digestive System**
Mouth, esophagus, stomach, small intestine, large intestine (colon), pancreas, gall bladder, liver

**The Circulatory System**
Heart, blood vessels, blood

**The Respiratory System**
Nose, nasal cavity, mouth, throat (pharynx), voice box (larynx), windpipe (trachea), bronchial tubes (bronchi), bronchioles, air sacks

**The Excretory System**

Kidneys-renal artery, renal vein, ureter,

Urinary bladder, Urethra



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**Rubrics for illustration Evaluation**

| Criteria | 4 | 3 | 2 | 1 |
|---|---|---|---|---|
| 1. Content | Shows better understanding of the concept | Shows good understanding of the concept | Shows fair understanding of the concept | Shows poor understanding of the concept |
| 2. Clarity | Illustration is easy to understand | Illustration makes-sense | Illustration is somehow makes-sense | Illustration is hardly makes sense |
| 3. Creativity | Shows expressiveness of imagination | Shows fair expressiveness of imagination | Shows little expressiveness of imagination | Shows poor expressiveness of imagination |

Possible Highest Score: 12
Possible Lowest Score: 3

References:

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**ANSWER KEYS:**

| Name | System | Function |
|---|---|---|
| lungs | Respiratory | It give enough supply of oxygen to the different parts of the body and get rid o the carbon dioxide and other waste from the blood. |
| heart | Circulatory | It acts as a pump by contracting and relaxing. |
| brain | Nervous | It controls body movement, emotions, feelings, and vital sign of life such as breathing. |
| kidneys | Excretory | eliminate water, urea, and other waste products in the form of urine, a liquid waste that passes from your body. |
| intestines | Digestive | The absorption of the nutrients occurs (small intestine) and reabsorbs water from the undigested food and stores waste until elimination (large intestine) |

ENRICH:
WRITTEN WORKS NO. 2
1. D 6. A
2. C 7. A
3. C 8. B
4. D 9. C
5. D 10. A

PERFORMANCE TASK NO. 2
Answers may vary, refer to the rubrics