

SCIENCE · GRADE 5

Human Body Systems

Seven systems at a glance

The seven major systems

System	Main organs	Job	Healthy habit
Skeletal	Bones, joints, cartilage	Supports body, protects organs	Calcium-rich foods
Muscular	Muscles, tendons	Move the body	Regular exercise
Circulatory	Heart, blood, blood vessels	Carries oxygen and nutrients	Aerobic activity
Respiratory	Lungs, trachea, diaphragm	Brings in oxygen, removes CO ₂	Avoid smoking, fresh air
Digestive	Mouth, stomach, intestines, liver	Breaks down food into nutrients	Eat fiber, drink water
Nervous	Brain, spinal cord, nerves	Senses and controls everything	Sleep, mental rest
Excretory	Kidneys, bladder, skin	Removes waste	Drink plenty of water

Quick check

1. Which system delivers oxygen to every cell?
2. Which two systems work together to let you run?
3. Why does the digestive system need help from the circulatory system?
4. Which system controls all the others?

