

Std. - IV (GK)

HUMAN BODY

1. The Human Body has millions of cells.
2. Our body has many important systems as CIRCULATORY, RESPIRATORY, NERVOUS SYSTEM.
3. Our body has 206 bones.
4. The weight of our brain is about 1400 grams.
5. The human heart beats 72 times per minute.
6. We have two kidneys.
7. When we smile, we use 17 muscles but when we frown, we use 43 muscles.

ORGAN SYSTEMS:-

- **Circulatory System** - It includes heart and blood vessels. It circulates blood in our body.
- **Respiratory System** - It includes nose, lungs, windpipe. It filters the air , helps in breaking down of food and thus helps in releasing energy.
- **Nervous System** - It includes our brain, nerves and spinal cord. It helps in sending and receiving messages to and from the brain.