

A.

1. I am made up of your brain, spinal cord, and nerves.
2. **Messages only travel down from the brain via the nerves.**
3. The brain is the control center and the nerves are the highway.

B.

1. The lungs are part of me.
2. I breathe air and distribute oxygen to your body.
3. **I can also breathe pure helium gas.**

C.

1. **I can eat grass and turn it into food for humans.**
2. I eliminate the waste your body cannot use.
3. I break down your food into fuel.

D.

1. I pump blood to all the parts of your body.
2. **Every body contains about 10 liters of blood.**
3. Every body contains about 5 liters of blood.

E.

1. I can help bring new life into the world.
2. My work is directed by hormones.
3. **My organs are located in your arms.**

F.

1. I can repair myself.
2. Bones support and protect your body and muscles move your body.
3. **There are no bones in your ear, just cartilage.**

G.

1. I'm happy when you drink 1 L of water a day.
4. **I stop working at night.**
5. There are nerves in my system, so you know when you gotta go.

H.

1. My job is to regulate metabolism, reproduction, growth and sleep.
2. Stress impacts this system.
3. **Hormones control the brain.**

I.

1. I permit movement, maintain posture, and circulate blood throughout the body.
2. Exercise is great for me!
3. **If injured, I can't be repaired.**

A. Nervous System

Lie: Messages only travel down from the brain via the nerves.

Messages are sent back and forth from the brain, through the spinal cord, to nerves throughout the body.

B. Respiratory System

Lie: I can also breathe pure helium gas.

Breathing in pure helium deprives the body of oxygen, as if you were holding your breath.

C. Digestive System

Lie: I can eat grass and turn it into food for humans.

Our digestive systems simply weren't designed for this.

D. Circulatory System

Lie: Every body contains about 10 liters of blood.

An average adult has just under 5 liters of blood circulating in their body.

E. Reproductive System

Lie: My organs are located in your arms.

Your reproductive organs are located in your pelvis.

F. Skeletal System

Lie: There are no bones in your ear, just cartilage.

There are three tiny bones in the ear.

G. Urinary System

Lie: I stop working at night.

The bladder continues to work at night, but the brain produces a hormone, antidiuretic hormone, which causes the body to make less pee at night.

H. Endocrine System

Lie: Hormones control the brain.

The brain tells the other endocrine glands in your body to make the hormones that affect and protect every aspect of your health.

I. Muscular System

Lie: If injured, I can't be repaired.

It's amazing that our muscles CAN repair themselves!