

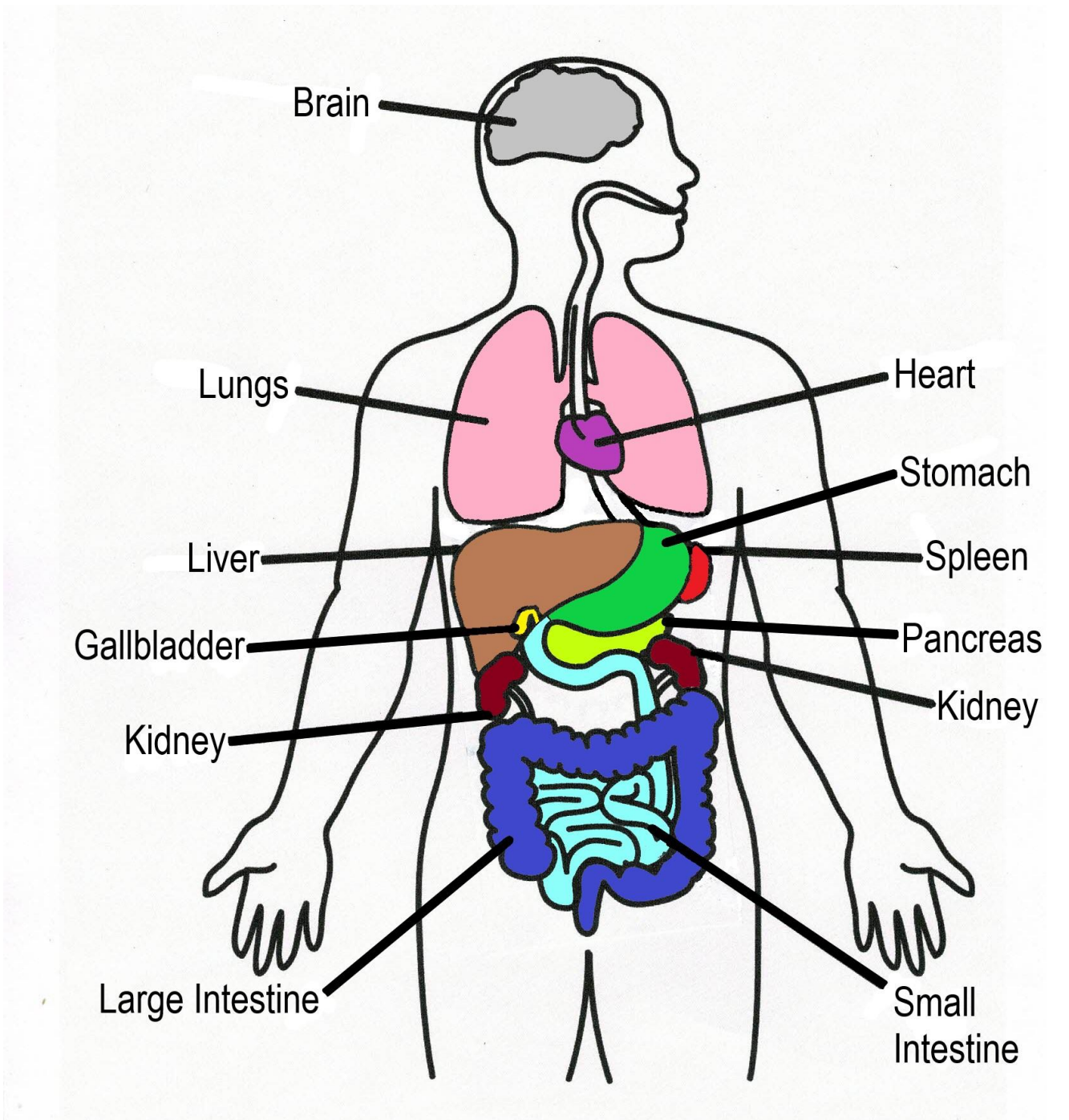
Notes for Trainer:

Individual Exercise 1

Description	Organ	Body system
21. Muscular organ designed to move blood around your body	Heart	Cardiovascular or Circulatory
22. Has two lobes and stores copper and iron needed to make blood	Liver	Digestive
23. Exchanges oxygen and carbon-dioxide	Lungs	Respiratory
24. Absorbs nutrients from food	Small intestines	Digestive
25. Body's largest organ	Skin	Integumentary
26. Stores bile until needed for digestion	Gall bladder	Digestive
27. Produces eggs	Ovaries	Reproductive
28. Secretes digestive enzymes into the small intestine to digest starch, fats and proteins	Pancreas	Digestive
29. Filters blood to remove excess water, salts and waste	Kidneys	Urinary
30. Organ responsible for extracting moisture from and excreting residual food particles	Large intestine	Digestive
31. Organ near the outside of the body as it needs to stay cool	Testes	Reproductive
32. Produces T-cells to fight childhood infections	Thymus	Lymphatic
33. Makes bile to break down fats and also removes toxins and harmful substances from the blood	Liver	Digestive
34. Controls the body's conscious and automatic activities	Brain	Nervous
35. Protects and contains the other organs.	Skin	Integumentary
36. Muscular female organ that can stretch to the size of a watermelon	Uterus or womb	Reproductive
37. The longest part of the digestive system	Small intestine	Digestive
38. Breaks down old and damaged red blood cells	Spleen	Lymphatic
39. Stores liquid waste in the human body	Bladder	Urinary

40. Has three layers of muscles which contract in different directions to break down food	Stomach	Digestive
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Individual Exercise 2⁶



⁶ Picture adjusted from Drawing the Human Body Coloring (www.oustormcrowd.com), <https://coloringhome.com/coloring-page/1790172?album=human-body-systems-coloring-pages#>