

Chapter 1 The Human Body: An Orientation

Most of us are naturally curious about our bodies; we want to know what makes us tick. This curiosity is even seen in infants, who can keep themselves happy for a long time staring at their own hands or pulling their mother's nose. Older children wonder where food goes when they swallow it, and some believe that they will grow a watermelon in their belly if they swallow the seeds. They scream loudly when approached by medical personnel (fearing shots that sting), but they like to play doctor. Adults become upset when their hearts pound, when they have uncontrollable hot flashes, or when they cannot keep their weight down.

Anatomy and physiology, subdivisions of biology, explore many of these topics as they describe how our bodies are put together and how they work.

An Overview of Anatomy and Physiology

- Define *anatomy* and *physiology*.
 - **Anatomy** – the study of the structures and shape of the body and body parts and their relationship to one another
 - **Physiology** – the study of how the body and its parts work or function
- Explain how anatomy and physiology are related.
 - Always related – structure determines function



Levels of Structural Organization

- Name the levels of structural organization that make up the human body and explain how they are related.
 - Atoms – molecules – cells – tissues – organs – organ systems – organisms
 - Each level is more complex than the previous
- Name the organ systems of the body and briefly state the major functions of each system.
 - **Integumentary** – external covering of the body – skin – waterproofs the body, cushions, protects deeper tissues, excretes salts and urea in perspiration to regulate temperature
 - **Skeletal** – bones, cartilage, ligaments, joints – support, framework for skeletal muscles, protection, formation of blood cells, storehouse for minerals
 - **Muscular** – shorten or contract – movements inside and out of the body
 - **Nervous** – brain, spinal cord, nerves, sensory receptors – allow us to respond to stimuli inside and outside the body
 - **Endocrine** – hormones released from glands into the blood to target organs – control body's activities at a slower rate than nervous
 - **Cardiovascular** – heart and blood vessels – carries oxygen, nutrients, hormones, and other stuff, protect from foreign invaders
 - **Lymphatic** – lymphatic vessels, lymph nodes, spleen, tonsils – return fluid leaked from blood vessels to the blood vessels, cleanse the blood and house immune cells
 - **Respiratory** – keep body constantly supplied with oxygen and remove carbon dioxide – gas exchange
 - **Digestive** – break down food and deliver the products to the blood for dispersal to the body cells
 - **Urinary** – removes the nitrogen-containing wastes from the blood and flushes them from the body in urine – A.K.A. excretory system
 - **Reproductive** – produce offspring
- Classify by organ system all organs discussed.
 - See pages 5 – 6
- Identify the organs shown on a diagram or a dissectible torso.
 - See your book and assignments

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porridge rezepte für ein gesundes frühstück lecker - Oct 16 2023

web sep 20 2023 für das traditionelle porridge grundrezept brauchst du nur 4 zutaten haferflocken milch oder wasser eine prise salz sowie zimt die zubereitung von klassischem porridge gelingt in 10 minuten klassisches porridge

porridge recipes bbc food - Feb 25 2022

web porridge recipes porridge is a british breakfast staple in its simplest form it consists of just oats and water or milk these are heated in a pan or microwave until the oats are soft and

das perfekte frühstück mit porridge porridge rezepte - Apr 29 2022

web das perfekte fitness frühstück dass porridge gesund ist und für einen guten start in den tag sorgt ist gemeinhin bekannt auch viele sportler setzen auf porridge als power frühstück doch eignet sich porridge für fitness fitness porridge der richtige

brennstoff für das workout

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web 8 ratings start off the day with a warm tummy this porridge is packed with energy giving oats and fat free greek yogurt start the day with a bowl of porridge for a comforting high fibre breakfast to keep you going jazz up your oats with fresh fruit and nut toppings

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web die 8 leckersten porridge rezepte perfekt zum abnehmen und für eine gesunde ernährung brötchen butter marmelade porridge der aus england stammende haferbrei hat sich nicht ohne grund zu einem angesagten frühstück entwickelt porridge ist ein gesunder sattmacher liefert wertvolle nährstoffe und schmeckt außerdem wahnsinnig gut

zuckerfreies porridge selber machen grundrezept mit topping - May 11 2023

web apr 13 2021 egal ob du lieber ein süßes oder herzhaftes porridge selber machen willst durch das salz werden auch die anderen aromen nochmal hervorgehoben und mein persönlicher trick besonders lecker wird das porridge grundrezept wenn du die haferflocken vorher kurz in einer pfanne anröstest topping ideen so wird s bunt auf

kreative porridge rezepte für ein gesundes frühstück - Aug 14 2023

web bekomme leckere porridge und overnight oat rezepte um gesund in den tag zu starten fruchtig vollwertig und leicht vorzubereiten

die besten porridge rezepte ichkoche at - Dec 06 2022

web starten sie mit einem gesunden power frühstück in den tag der haferbrei porridge kommt aus schottland und wird traditionell mit haferflocken und wasser zubereitet es gibt aber zahlreiche abwandlungen etwa mit milch mandelmilch hafermilch co sowie mit anderen getreidesorten wie dinkel hirse oder amaranth