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(Available in Canada from Scholastic, Inc., in UK from Kingfisher Books, and in Australia from Ashton Scholastic Pty. Ltd.)

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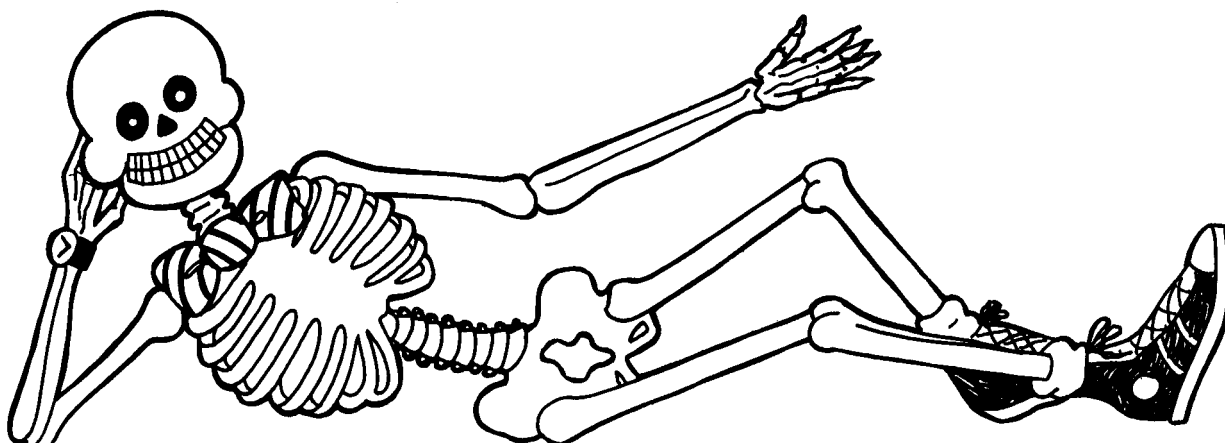
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Name _____

Number Sense and the Body

Look at the items on the left. Match each with what you think is the best approximate number on the right by writing the letter of your answer on the appropriate line.

- | | | |
|-----------|--|----------------|
| 1. _____ | number of bones in the body | A. 10,000 |
| 2. _____ | weight of the brain, in grams | B. 1,000 |
| 3. _____ | number of chambers in the heart | C. 250,000,000 |
| 4. _____ | number of vertebrae in a human being | D. 32 |
| 5. _____ | approximate time to digest a meal, in hours | E. 206 |
| 6. _____ | number of red blood cells in a drop of blood | F. 4 |
| 7. _____ | number of taste buds on our tongue | G. 1,400 |
| 8. _____ | number of muscles in the body | H. 26 |
| 9. _____ | number of teeth an adult might have | I. 650 |
| 10. _____ | number of calories a baby needs each day | J. 18 |



Name _____

Good for You, Heart

Blood moves through the blood vessels because your heart contracts and relaxes in a regular, even rhythm. You can feel this rhythm, called a “pulse,” wherever the veins get very near the surface of the skin. When a doctor or nurse takes your pulse, he or she will usually take it from the outside of your wrist as shown here.



Try the following experiment with your pulse. Choose a partner and take his or her pulse. Ask your partner to take your pulse. Count the heartbeats for thirty seconds and double the number. That is your heart rate, counted in beats per minute.

My heart rate is _____ beats per minute.

Try the following activities. After each, record your heart rate and write your ideas about the reasons for the heart rate results.

1. Jog in place or jump up and down for two minutes. You and the rest of the class might also take a brisk walk around the playground. Have your partner take your pulse again.

My heart rate after exercise is _____ beats per minute.

My conclusion is _____ .

2. Get a book and read quietly for ten minutes. Have your partner take your pulse once again.

My heart rate after reading is _____ beats per minute.

My conclusion is _____ .