



Name: \_\_\_\_\_  
Date Started: \_\_\_\_\_ Date Completed: \_\_\_\_\_ Score: \_\_\_\_\_

**Learning Activity Sheet**  
**How the Body Systems Work Together and How to Take Care of the Body Systems**

**A. Directions.** Read the sentence carefully. Put a check (/) if it shows how to take good care of the body system on the space provided and put cross (x) if not.

- \_\_\_\_\_ 1. Take a bath and keep my body clean daily.
- \_\_\_\_\_ 2. Eat french fries and hamburger and drink soft drinks every day.
- \_\_\_\_\_ 3. Play outdoor games at the playground
- \_\_\_\_\_ 4. Picnic with the family
- \_\_\_\_\_ 5. Eat fruits and vegetables
- \_\_\_\_\_ 6. Sleep late at night
- \_\_\_\_\_ 7. Drink a lot of water and fruit juices
- \_\_\_\_\_ 8. Drink alcoholic drinks
- \_\_\_\_\_ 9. Have enough rest and exercise
- \_\_\_\_\_ 10. Avoid smoking and secondhand smoke.

**B. Directions:** Write one healthful habits that you do to take good care of the given organ system.

Organ Systems	Healthful Habits
<b>Musculoskeletal System</b>	
<b>Digestive System</b>	
<b>Circulatory System</b>	
<b>Integumentary System</b>	
<b>Respiratory System</b>	
<b>Nervous System</b>	