



Science Quarter 2 – Module 1 **The Human Body Systems**

(Skeletal, Integumentary and Digestive System)



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Development Team of the Module					
Authors: Nancy N. Torres, Judy C. Villanueva, Jamicah B. Barcenal,					
Juliemar D. Lestimoso					
Editor: Ma. Ana C. Ebon					
Reviewers: Marilou D. Aribas, Ana Maria M. Espende, Eleah Joy T. Poneles					
Illustrators: Ronald R. Castillo, Kharlo L. Gambale					
Layout Artist: Roxan E. Del Castillo, Lance Robert V. Legario					
Graphic Artist: Gilbert Paulo C. Pagapang					
Management Team: Ramir B. Uytico, Pedro T. Escobarte					
Allan B. Yap,Ermi V. Miranda Elena P. Gonzaga, Donald T. Genine					
Rovel R. Salcedo, Ma. Lourdes V.Teodoro					
Ma. Ana C. Ebon, Raymund L. Santiago					

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Department of Education – Region VI-Western Visayas

Office Address: Telefax: E-mail Address: Duran Street, Iloilo City, Philippines, 5000 (033) 336-2816, (033) 509-7653 deped6@deped.gov.ph

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Science

Quarter 2 – Module 1 The Human Body Systems



Introductory Message

This Self- Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises and discussion are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide your step by step as you discover and understand the lesson prepared for you.

Pre- test are provided to measure your prior knowledge on lesson on each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator on your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self –check your learning. Answer key are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Note to the teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module do not hesitate to consult your facilitator.

Thank you.

The following are the parts of this module that will help you finish your tasks. Read the following descriptions below to better understand each part.

This module has the following parts and corresponding icons:

C	What I Need to Know	This will give you an idea of the skills or competencies you are expected to learn in the module.
	What I Know	This part includes an activity that aims to check what you already know about the lesson to take. If you get all the answers correct (100%), you may decide to skip this module.
ere g	What's In	This is a brief drill or review to help you link the current lesson with the previous one.
R	What's New	In this portion, the new lesson will be introduced to you in various ways; a story, a song, a poem, a problem opener, an activity or a situation.
?	What is It	This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.
A BC	What's More	This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.
	What I Have Learned	This includes questions or blank sentence/paragraph to be filled in to process what you learned from the lesson.
	What I Can Do	This section provides an activity which will help you transfer your new knowledge or skill into real life situations or concerns.

	Assessment	This is a task which aims to evaluate your level of mastery in achieving the learning competency.
P	Additional Activities	In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned.
OF THE	Answer Key	This contains answers to all activities in the module.

At the end of this module you will also find:

ReferencesThis is a list of all sources used in
developing this module.

The following are some reminders in using this module:

- 1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
- 2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
- 3. Read the instruction carefully before doing each task.
- 4. Observe honesty and integrity in doing the tasks and checking your answers.
- 5. Finish the task at hand before proceeding to the next.
- 6. Return this module to your teacher/facilitator once you are through with it. If you encounter any difficulty in answering the tasks in this module, do not hesitate

to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



What I Need to Know

This module was designed and written with you in mind. It is here to help you master the human body systems. The scope of this module is used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

This module is divided into three lessons:

Lesson 1: Identifying the major parts of skeletal system

Explaining how each organ of the skeletal system works

- together Lesson 2: Describing the parts of the integumentary system Explaining how each part of the integumentary system works together
- Lesson 3: Naming the major parts of digestive system Explaining how each part of the digestive system works together

After going through this module, you are expected to:

- 1. Identify the major parts of skeletal system
- 2. Explain how each organ of the skeletal system works together
- 3. Describe the parts of the integumentary system
- 4. Explain how each part of the integumentary system works together
- 5. Name the major parts of the digestive system
- 6. Explain how each part of the digestive system works together



What I Know

Directions: Read the following questions/items. Choose the correct answer from the given choices. Write your answer in your Science journal.

- 1. The following are the functions of the skeletal system, except
 - a. It gives shape to the body.
 - b. It serves as the framework of the body.
 - c. It protects the internal organ of the body.
 - d. It circulates oxygen and removes carbon dioxide.
- 2. Why is bone marrow important to the body?
 - a. It stores much fat.
 - b. It makes the bone strong.
 - c. It produces red blood cell.
 - d. It produces new bone cell.
- 3. It manufactures the blood cells in the body.
 - a. bone marrow
 - b. blood
 - c. blood cell
 - d. hinge joints
- 4. Which body system that protects the organs of the body such as the heart, lungs, and brain?
 - a. skeletal system
 - b. circulatory system
 - c. muscular system
 - d. digestive system

5. The skin is the largest organ in your body. Which of the following describe the function of the skin?

- I. Protects the body from physical and chemical injuries
- II. Makes the skin darker
- III. Acts as sensory response
- IV. Helps in the formation of Vitamin D
- V. Regulates body temperature
- VI. Carries the body wastes

a. I, III, V, VI, VI	c. II, III, IV, VI, VI
b. I, II, III, IV, V	d. I, II, III, V, VI

6. What is the integumentary system made of?

I. Teeth	
II. Skin	
III. Bones	
IV. Nails	
V. Hair	
VI. Eyes	
VII. Sweat Glands	
a. II, III, IV, V	c. III, IV, V, VI
b. II, IV, V, VII	d. I, IV, V, VII

7. What is the skin's natural oil?

a. Sweat	c. Melanin
b. Sebum	d. Vegetable oil

8. What system is composed of the mouth, esophagus, stomach, small intestine, and large intestine?

- a. Digestive System
- b. Respiratory System
- c. Circulatory System

d.Excretory System

9. Where does digestion begin?

- a. nose
- b. esophagus
- c. mouth
- d. rectum

10. Where does final digestion take place?

- a. small intestine
- b. large intestine
- c. esophagus
- d. mouth

Lesson

The Skeletal System

In your Grade 4 Science, you have learned the major organs of the body and how these organs work together to make the body function properly. You have also learned that plants and animals have body structures that help them survive in their particular habitat.

In the succeeding lessons, you will learn that the organs of the body are organized into different systems that perform specific functions.



What's In

A. Directions: Read the statements carefully. Write *TRUE* if the statement is correct and *FALSE* if it is wrong. Write your answer in your Science journal.

- 1. The heart is the organ of the body that pumps the blood.
- 2. The liver is the smallest gland in the body.
- 3. The kidneys are two bean-shaped organs in the renal system.
- 4. The small intestine is the narrow-coiled tube connected to the stomach.
- 5. The bones are important parts of the body.
- 6. The hinge joints are the joints that can be bent back and forth.
- 7. Ball and socket joints are the joints that allow circular and free movement.
- 8. Cartilages are soft, bony, and elastic pads between bones that serve as cushion.
- 9. The appendicular skeleton is composed of the fore limbs.
- 10. The axial skeleton is composed of the shoulder, pelvic girdle, backbone, skull, and rib cage.



What's New

The human body is made up of different kinds of bones. These bones are called skeleton. The human skeleton is the internal framework of the body. The adult human skeleton consists of 206 bones that are connected to one another by ligaments. At birth, infants have around 300 bones fused together when they become adults. These bones work together as a system called a skeletal system.

The skeletal system serves as the framework of the body. Its major functions are body support, facilitation of movement, protection of internal organs, storage of minerals and fats, and blood cell formation.

Activity

Directions: Label the parts of skeletal system. Write your answer in your Science journal.



What Is It



The skeletal system is mainly composed of bones which are classified into two divisions, the **axial** and the **appendicular** skeleton. The axial skeleton includes the skull, vertebral column, ribs, and sternum. These bones form the axes or framework of the trunk and head. The appendicular skeleton includes the bones of the shoulder, arms, hands, hips, legs, and feet. Below is an illustration showing the axial and appendicular skeleton:



Figure 1: Parts of Axial/Appendicular Skeleton

All other bones of skeletal system are classified into 4 as shown in the table below:

Classification of Bones	Illustration	Location
Long bones		limbs like arms and legs
Short bones		wrist and ankles
Flat bones		shoulder blades and skull
Irregular bones		face and vertebrae

Figure 2: Classification of Bones

One of the axial skeletons is the skull which consists of cranium and facial bones. The cranium is made up of eight bones joined together to form a rigid case that protects the brain. The face is made up of 14 facial bones. The eye socket protects the eyeball while mandible or jawbone is movable bone that holds the teeth.

The **spinal column** or vertebrae (neck and backbone) are irregular bones that protect the spinal cord while the **ribcage** protects the lungs and the heart. Vertebrae are arranged on top of the other and move over each other slightly.

There are 33 vertebrae in the spinal column of a child and 26 in an adult. This is so because as the child grows, the last seven bones join together to form just two bones. Ribs are the bones at the side of the chest. There are 12 pairs of ribs.

The upper 7 pairs are the true ribs because they are connected to the breastbone and the last two pairs are not connected. These ribs are called floating ribs. The shoulder has the collarbone found in front of it. Scapula is the shoulder bone found at the back of your shoulder.

The appendages found in the lower extremities are composed of pelvic bones. **Pelvic bones** support the lower parts of the body and aid the movement of the legs. The upper arms have one long bone called the **humerus** and two bones in the lower arm are known as the **radius**

and ulna. Radius or radial bone is one of the two large bones of the forearm. The other bone is the ulna. The ulna is usually slightly longer than the radius while the latter is usually thicker.

The **wrist** connects the hand to the forearm. Each wrist or carpal consists of 8 bones. The palm or metacarpal has 5 bones.

Inside the bones are bone marrows that are very important for the body to manufacture blood cells. Bone marrows are of two types, the **red bone marrow** and the **yellow bone marrow**. The red bone marrow is found in the humerus, femur, pelvis and vertebrae while the yellow bone marrow is found in many other bones.

The human skeletal system has several important functions.

- 1. **Support** -The skeletal system provides the framework which supports and maintains shape of the body. It gives the body much needed support.
- 2. **Protection** -The skeletal system protects the internal organ of the body.
- 3. **Movement** The skeletal system provides an attachment for the muscle which makes body movements possible.
- 4. **Storage and Supply** The skeletal system stores important minerals like calcium and phosphorus and produces both red and white blood cells.



Activity 1

Directions: Study the name of the bones inside the box. Classify them into Axial or Appendicular. Write your answer in your Science Journal.

Skull	humerus Carpal	femur	ribs	
tibia	spine scapul	a tarsal	ulna	
	Axial			Appendicular
	Ex. Sku	J11		femur

Activity 2 Directions: Explain briefly how the skeletal system works based on their functions:

Functions of the Skeletal System	Explain briefly how the skeletal system works
A. support the body	Provides framework of the body
A. protect the internal	
organs	
B. enable movement	
C. store minerals	
D. supply red and white cell	



What I Have Learned

Directions: Complete the paragraph below by supplying the missing words. Write your answer in your Science journal.

I learned that...

The	provides the structural framework						
of the body and	body and protects internal organs, such as,						
and	<u> </u>	The	human	skeleton	consists	of	two
divisions –the		a	nd the				
skeleton.							



Directions: Answer the following questions in your Science journal.

1. Knowing the functions of the skeletal system, could you imagine yourself without a bone? Explain your answer in at least 3 sentences.

2. The table below shows some common bone injuries. Supply practices/activities that can help avoid these injuries.

Bone Injuries	Practices/Activities on How To Avoid the Injuries
Fracture	
Dislocation	
Sprain	



Additional Activities

Direction: Make a model of human skeletal system using recyclable materials. Then explain the importance of the materials used in making the model in relation to the function of the skeletal system.

(Rubrics for Skeletal Model): The output will be based on the Rubrics given below.

	1	2	3	4
Creativity	The invention shows little or no evidence of original thought.	The student's works lacks sincere originality.	The student demonstrates originality.	The student demonstrates a unique level of originality.
Effort	The student does not finish the work in a satisfactory answer.	The student finishes the project, but it lacks finishing touches or can be improved with little effort.	The student completes the project in an above average manner, yet more could have been done.	The student gives effort beyond the requirements of this project.
Skill	The student shows poor craftmanship.	The student shows average craftmanship.	The student shows above average craftmanship.	The student shows outstanding craftmanship.

Rubrics for Essay:

Features	4	3	2	1
	Expert	Accomplished	Capable	Beginner
Quality of	Very	Somewhat	Gives some	Gives no new
Writing	informative	informative and	new	information
	and well-	organized	information	and very poorly
	organized		but poorly	organized
			organized	
Grammar,	No spelling,	Few spelling	A number of	So many
Usage &	punctuation	and	spelling,	spelling,
Mechanics	or	punctuation	punctuation	punctuation
	grammatical	errors, minor	or	and
	errors	grammatical	grammatical	grammatical
		errors	errors	errors that
				interfere with
				the meaning

Lesson

2

The Integumentary System

You have learned from the previous module that the skeletal system provides framework and support to the body. You have also learned that bones are classified as axial and appendicular. Do you know what other organs comprise your body and how they function?

What organ covers your body? How does it protect you? The integumentary system is composed of organs that form the external covering of the body and protects it from many threats from our environment. Without it, our muscles and other internal organs will be exposed to outside environment.

As you walk through this module, you will be able to describe the parts and functions of the integumentary system.



What's In

Directions: Using the clues, fill in the missing letter (for the correct answer) to form the correct word. Write your answer in your Science journal.

Vocabulary Builder

- 1. The _ _ _ n is the largest organ of the body.
- 2. The outer layer of the skin is the e_____i _.
- 3. Hair, to enails and fi $_$ $_$ $_$ $_$ $_$ $_$ n s are also part of the skin.
- 4. The s _____ t as waste product of the body comes out of the pores of our skin.
- 5. They are tiny holes in the skin where tiny hairs are located.

pore, sweat, fingernails, epidermis, skin, hair



_ _ _ _

The **integumentary system** is composed of organs that form the external covering of the body and protect it from many threats such as infection, desiccation, abrasion, chemical assault and radiation damage. In humans the integumentary system comprises the skin and its appendages acting to protect the body from various kinds of damage such as loss of water and damages from the outside. It is also made of specialized cells that secrete melanin to protect the body from the carcinogenic effects of UV rays and cells that have an immune function. Sweat glands that excrete wastes and regulate body temperature are also part of the integumentary system. Directions: Analyze the picture of the skin and answer the following questions. Write your answer in your Science Journal.



- 1. The outer layer of the skin is_____
- 2. It is known as the layer directly below the epidermis_
- 3. Beneath the dermis is the_, a layer Of connective tissue that stores fat and helps the body in retaining heat.
- 4. The ______is a tabular structure located in the skin whose function is to and produces sweat.
- 5. The ______is the opening upon the skin of the hair follicle, which extends downward through several layers of skin.



The integumentary system consists of the skin, hair, nails, glands, and nerves. Its main function is to act as a barrier to protect the body from the outside environment. It also helps to retain body fluids, protects against disease, eliminates waste products, and regulates body temperature. In order to do these things, the integumentary system works with all the other systems of our body, each of them has a role to play in maintaining the internal conditions that a human body needs to function properly.

The integumentary system serves as one of the first lines of defense of our body against pathogens.

- Hair-helps keep you warm
- Nails- give structure to the ends of our fingers
- Glands- release oils for moisture and protection
- · Nerves- send and receive messages to the brain

FUNCTIONS OF THE INTEGUMENTARY SYSTEM

The integumentary system has many functions, most of them are involved in protecting you and regulating your body's internal functions in a variety of ways:

- 1. Protects the body's internal living tissues and organs
- 2. Protects against invasion by infectious organisms
- 3. Protects the body from dehydration
- 4. Protects the body against abrupt changes in temperature
- 5. Helps in disposing waste materials
- 6. Acts as a receptor for touch, pressure, pain, heat, and cold
- 7. Stores water and fat



Figure 3: Layers of the Skin

The human skin is composed of different essential parts such as the epidermis and the dermis.

The epidermis is composed of epithelial cells that serve as the outer layer of the skin. The outer layer of the epidermal cells secrete protein which is referred to as the keratin.

The **dermis** is the layer directly below the epidermis. This layer is 15 to 40 times thicker than the epidermis. It is composed of connective tissues to prevent the skin from tearing and enable the skin to return to its normal state after being stretched. The hypo dermis is the layer beneath the dermis composed of connective tissue that stores fats and helps the body in retaining heat. glands, also known as sudoriferous or sudoriparous Sweat glands, are small tubular structures of the skin that produces sweat. The **hair root** is the part of the hair below the surface of the skin. It is the part that includes and/or interacts with many other associated structures within the dermis and hypodermis layers of skin. The

hair shaft is the visible part of the hair that protrudes through the skin. The skin's color is created by special cells called melanocytes which produce the pigment, melanin. Melanocytes are located in the epidermis.



Directions: Study each question carefully and explain your answer briefly. Write your answer in your Science Journal.

1. Describe the parts of the integumentary system.

2. Explain how the parts of integumentary system work together.

3. Why is the skin considered as the first line of defense of our body against microorganisms?



What I Have Learned

Complete the concept map below. Write your answer in your Science journal.

1. 2. 3. 4. 5.

Integumentary System

	Different Parts	
1.		
2.		
3.		
4.		
5.		

Functions	



What I Can Do

Directions: Read each statement carefully and discuss your answer briefly. Give at least 2 practices for each question. Write your answer in your Science Journal

1.Too much exposure to the sun can damage your skin. What should you do to protect your skin from sunburn?

B	

2. One of the most dangerous diseases of integumentary system is skin cancer. What would you do to avoid skin cancer?

A.____

В._____



Read the following statements carefully. Write TRUE if the statement is correct and FALSE if the statement is wrong. Write your answer in your Science Journal.

____1. Too much exposure to the ultraviolet rays of the sun is good for the skin.

____2. The fingernails must be properly trimmed to prevent the accumulation of dirt and other unwanted substances.

____3. In keeping our skin, nails and hair healthy, we must avoid using products with strong chemicals.

4. Consulting the dermatologist regularly is highly encouraged to maintain good health of your integumentary system.

5. Integumentary system is considered as one of the first lines of defense of our body against pathogens.

Lesson

The Digestive System

Did you ever wonder how the food we eat breaks down into smaller pieces? This is the work of the different organs of our digestive system. The substances which are needed by our body cannot be absorbed into our blood until they have broken down further into smaller pieces. The digestive system is composed of the mouth, esophagus, stomach, small intestine, and large intestine. These organs work together to break down the food we eat into smaller pieces for the use of our body.



What's In

Encircle the parts of the digestive system. Write your answer in your Science Journal.

mouth	lungs	trachea
nose	esophagus	anus
large intestine small intestine	bronchi alveoli	dermis stomac h



Whatever you do, you need energy. To have energy, you have to eat. You have learned that you get energy from the food you eat. Before food can be distributed and absorbed by the cells of the body, it must be changed first to soluble materials. The process of breaking down and dissolving the food so that it can be taken into the blood to be used by the body is called digestion.

The organs that do work for digestion make up the Digestive System. It includes the mouth, esophagus, stomach, and small and large intestines.

Activity: Look at the diagram of the digestive system. Identify the numbered parts. Write your answer in your Science journal.



- 3.____(large intestine, esophagus)
- 4.____(anus, stomach)
- 5. _____ (mouth, small intestine)



Figure 4: The Parts of the Digestive System

The digestive system is composed of the mouth, esophagus, stomach, small intestine and large intestine. The process of breaking down the food into a form that can be absorbed for use by the body is called digestion.

Digestion starts in the **mouth**. The **teeth** cut and grind the food. The saliva, a liquid in the mouth moistens the food and changes starch to sugar. The ptyalin as an enzyme in saliva helps in the digestion of starch. When the food is swallowed, it enters the esophagus, a long muscular tube that starts from the back of the throat and ends in the stomach. The food is pushed down the esophagus into the stomach by rhythmic, wave-like muscle movements known as peristalsis. The food then travels to the stomach, a muscular pouch that secretes gastric juice. In the **stomach**, the food is broken down into smaller pieces. The gastric juices in the starch act on the food and split proteins and fats. The food goes to the **small intestine**, a 7-meter coiled long tube in the lower abdomen where food is finally digested and absorbed. Undigested food goes to the large intestine. The **large intestine** is also, a temporary storage of water. The feces which are the waste product of digestion are stored in the lower part of the large intestine called rectum. The **rectum** stores this waste until it is eliminated through the anus.



Identify each organ by writing its correct name in the blank provided. Write your answer in your Science journal.



1._____

- 2._____
- 3._____
- 4._____
- 5._____



What I Have Learned

Complete the statements below. Choose your answer from the given list. Write your answer in your Science journal.

small intestine	large intestine	stomach	anus	rectum
esophagus	mouth	ptyalin	peristalsi	digestion

The process of breaking down the food that can be absorbed for the use of the body is called______. Digestion starts in the ______. The______as an enzyme moistens the food. From the mouth, the food enters a long muscular tube that starts from the back of your throat. The food then travels to the ______where it is broken down into smaller pieces. The food is pushed down the esophagus into the stomach by rhythmic, wave-like movements known as_____. The food goes to the____, a 7-meter coiled long tube in the lower abdomen where final digestion takes place. Undigested food goes to the

_____. The undigested food is eliminated through the_____.



What I Can Do

Read the situation below and explain your answer briefly.

1. Maja accidentally swallowed the santol seed. What do you think will happen to the seed as it reaches the small intestine?

2. Why do you need to chew the food well?



Additional Activities

Put check under the **YES** column if the statement agrees with the function of each organ of the Digestive System and check under the **NO** column if not.

ORGANS	FUNCTIONS	YES	NO
Mouth	It is where the food is chewed and cut into smaller pieces.		
Esophagus	It is the passageway for air.		
Large Intestine	It stores the undigested food.		
Rectum	It is where the food enters.		
Small Intestine	It is where the final digestion of food takes place.		



Assessment

Choose the letter of the correct answer. Write your answer on a separate sheet.

1. It provides the structural framework of the body and protects internal organs such as heart, lungs and brain.

- a. skeletal system
- b. muscular

system c. heart

- d. bones
- 2. Which of the following bones protects the lungs?
- a. clavicle
- b. ribs
- c. scapula
- d. sternum
- 3. Which is not a function of the skeletal system?
- a. It controls movement and balance of the body.
- b. It serves as the framework of the body.
- c. It protects the internal organ of the body.
- d. It gives support to the body.
- 4. In which part does digestion begin?
- a. esophagus
- b. mouth
- c. anus
- d. intestine
- 5. Which of the following statements best describes the skin?
- a. the largest sense organ
- b. receives information about your environment
- c. protects your body in any way
- d. all of the above
- 6. Which one of the following is NOT a primary function of the integumentary system?
- a. protection c. reproduction
- b. secretion d. sensation
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7. Which is affected when a person suffers from first degree burns?

- a. epidermis
- b. excoriation
- c. dermis
- d. subcutaneous layer

8. Where is food finally digested and absorbed?

- a. small intestine
- b. esophagus
- c. large intestine
- d. mouth

9. Which shows the correct order of food travelling through the digestive system after it is swallowed?

- a. stomach, esophagus, large intestine, small intestine
- b. small intestine, large intestine, esophagus, stomach
- c. esophagus, stomach, large intestine, small intestine
- d. esophagus, stomach, small intestine, large intestine

10.Which of the following statements best describes the function of the digestive system?

- a. It releases acids and mixes food.
- b. It aids in absorption of nutrients from food.
- c. It carries food from stomach to the intestine.
- d. It breaks down food so that the body can absorb food nutrients.

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. Figure 1.	Pls. refer to	92ls7	VINAL I HAVE LEARNED
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9. ТRUE	4. TRUE	Answer may vary	4. smillisetine
8. TRUE	3. TRUE	What I Have Learned	3. large intestine
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Answer Key

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For inquiries or feedback, please write or call: Department of Education – Bureau of Learning Resources (DepEd-BLR) Ground Floor, Bonifacio Bldg, DepEd Complex Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: blr.lrqad@deped.gov.ph *blr.lrpd@deped.gov.ph

Aulanneval

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