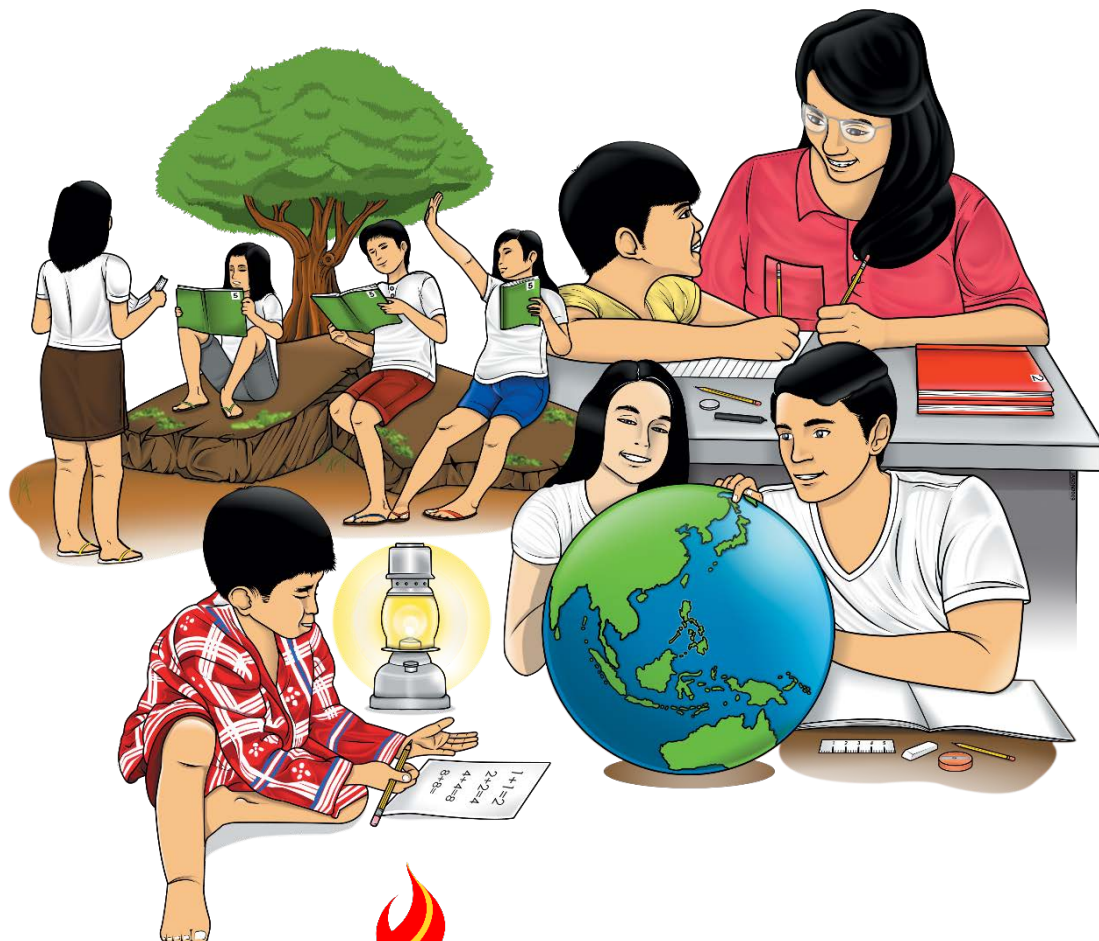


Science

Quarter 2 – Module 2

The Human Body Systems (Respiratory System, Circulatory System & Nervous System)



Science – Grade 6
Alternative Delivery Mode
Quarter 2 – Module 2: The Human Body Systems
First Edition, 2020

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6

Science
Quarter 2 – Module 2
The Human Body System
(Respiratory System, Circulatory System &
Nervous System)

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 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:



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.



What's In

This is a brief drill or review to help you link the current lesson with the previous one.



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.



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.



Additional Activities

In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned.



Answer Key

This contains answers to all activities in the module.

At the end of this module you will also find:

References

This 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 matter. The scope of this module permits it to be 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 module you are now using.

The module is about:

- Lesson 1 – Respiratory System
- Lesson 2 – Circulatory System
- Lesson 3 – Nervous System

After going through this module, you are expected to be able to:

- identify the different organs of the respiratory system, circulatory system, and nervous system
- describe the parts and functions of each organ of the respiratory system, circulatory system and nervous system
- explain how the organs of each organ system work together



What I Know

Directions: Read the following item and choose the letter of the correct answer. Write your answers in your Science journal.

1. Which part of the respiratory system where air, water, and food pass through?
 - a. larynx
 - b. trachea
 - c. pharynx
 - d. epiglottis

2. What is the main organ of the respiratory system?
 - a. alveoli
 - b. bronchi
 - c. diaphragm
 - d. lungs

3. These are small pouches or sacs in the lungs where exchange of carbon dioxide and oxygen takes place.
 - a. bronchial tube
 - b. nostrils
 - c. alveoli
 - d. nasal cavity

4. Which part of the circulatory system carries blood throughout the body?
 - a. blood vessels
 - b. heart
 - c. blood
 - d. veins

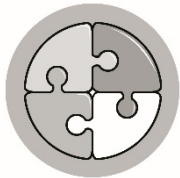
5. It is the pumping organ of the circulatory system.
 - a. heart
 - b. blood
 - c. blood vessels
 - d. veins

- 6.It is referred to as the river of life.
- blood vessels
 - heart
 - capillaries
 - blood
- 7.It is considered as the functional unit of the nervous system.
- brain
 - neurons
 - muscles
 - bones
8. It controls and coordinates the activities of the whole nervous system.
- central nervous system
 - sympathetic nervous system
 - nervous system
 - brain
- 9.It is a system that controls other parts of the body.
- nervous system
 - circulatory system
 - digestive system
 - respiratory system
- 10.It is the primary organ of the central nervous system contained within the skull.
- brain
 - axon
 - dendrites
 - cell body

Lesson**1**

The Respiratory System

Take a deep breath. Observe where the air goes as it enters your nose to the lungs. Breathing process involves different organs in the respiratory system as we take in oxygen and exhale carbon dioxide. The respiratory system is responsible for the exchange of these gases in the bloodstream, the body cells, and the atmosphere.



What's In

Respiratory system consists of organs that take in oxygen and give off carbon dioxide from the body. Encircle all the parts of the respiratory system from words inside the box.

stomach	alveoli	nostrils
lungs	small intestine	trachea
epiglottis	large intestine	anus



What's New

Directions: Guess the concept being described in each item. Unscramble the letters of the highlighted word to come up with the correct answer. Write your answers in your Science journal.

1. I am the gas that is given off during exhalation. ONBCAR EDDIOXI
2. I go through the air sacs and into the blood. XYGONE _____
3. I am a long tube connecting your mouth to your lung.
RATHCAE _____

4.I serve as a passageway for both food and air. NXAPHRY _____

5.I am made of body parts that help you breathe in oxygen and breathe out carbon dioxide. PISERAROTYRMETSYS _____



What is It

The respiratory system is a system that enables the respiration process in all living things. Breathing process is essential to both human and animals in order to live. The process of exchanges of gases with the environment is called respiration. Respiration is the intake of oxygen and its delivery to the cells of the different parts of the body and the release of carbon dioxide.

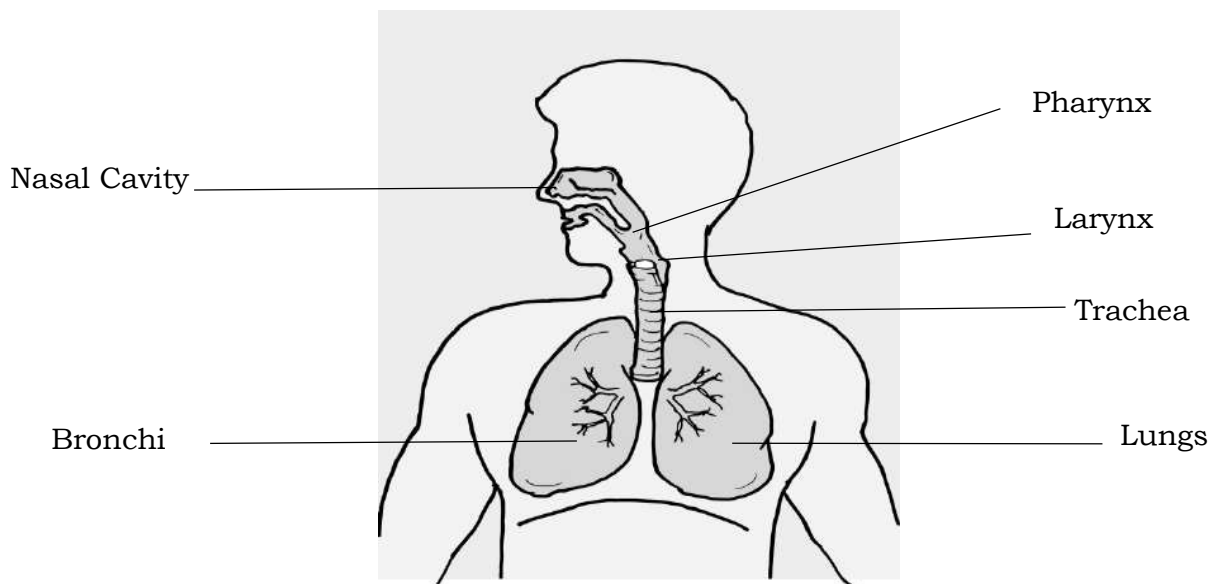


Figure 1: Main Parts of the Respiratory System

Nasal Cavity

The nostrils are the opening into the nasal passages that are lined with hairs. The nasal cavity is lined by glands that produce sticky mucus. Dust, pollen, and other materials are trapped by mucus. This trapping of air impurities helps in filtering the air you breathe.

Pharynx and Larynx

Pharynx is also called the throat. The common passageway for both food, water, and air. The larynx contains two vocal cords that vibrate when air passes by them.

Trachea

Trachea is known as the windpipe. It also filters the air we inhale and branches into the bronchi.

Bronchi

Bronchi are two tubes that carry air into the lungs.

Bronchioles

Bronchioles are smaller tubes that branch off into alveoli

Alveoli

Alveoli are grapelike structures at the end of each bronchiole surrounded by capillaries. Between the alveoli and capillaries, the exchange of oxygen and carbon dioxide takes place.

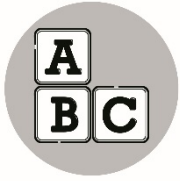
Lungs

Lungs are the main organ of the respiratory system. This is where exchange of gases occurs, oxygen is taken in and carbon dioxide is expelled out.

Diaphragm

Diaphragm is a dome-shaped muscle that controls breathing which is located at the bottom of the lungs. When we inhale, the diaphragm contracts and moves down allowing air to move into the lungs. When we exhale, the diaphragm expands, thus reducing the amount of space for the lungs and forces air out.

Breathing is very important in life. Each organ of respiratory systems works together to circulate oxygen throughout the body. The circulation of oxygen starts from the nostril going through the pharynx and larynx, down to the trachea, bronchi and bronchioles and lastly the air you breath goes at the tiny-walled sacs called alveoli where the exchange of oxygen and carbon dioxide takes place.



What's More

Activity 1: The parts of the respiratory system are listed below, but they are not in order. Rearrange the organs in order to show how the air circulates in our body.

- Bronchioles
- Trachea
- Pharynx
- Larynx
- Bronchi

Nostril → _____ → _____ → _____ → _____
→ _____ → Alveoli

Activity 2: Explain how the organs of respiratory work together as a system.



What I Have Learned

Directions: Fill in the blank with the missing words. Write your answers in your Science journal.

I learned that...

The parts of the respiratory system are the:

The respiratory system is the system responsible for the exchange of _____ to _____ in the blood to be used by the cells.

As you inhale, air enters the _____ and it passes through the nasal cavity, _____, larynx, _____, bronchial tube, bronchioles .



What I Can Do

Directions: Read and understand each question carefully and explain your answer clearly. Write your answers in your Science journal.

1.You are living in a crowded community. How can you protect yourself from respiratory diseases such as cold and pneumonia? Give at least 2 ways.

2.Your classmates catch colds and they sneeze and cough without covering their mouths and noses. What will you do?



Additional Activities

Directions: List down at least 5 health habits on how to make yourself free from viruses and other germs that cause respiratory diseases.

Write you answer on a separate sheet of paper.

Lesson

2

The Circulatory System

The circulatory system one of the most important systems in the human body. It transports the needed blood and nutrients in the body. It consists of the heart, blood, and blood vessels.



What's In

Directions: Write the term on the blank to complete every definition. Choose your answer from the words inside the box.

heart

blood vessel

blood

1. They carry blood from the rest of the body to the heart.
2. It is the liquid part that is constantly flowing throughout the body.
3. It keeps the blood moving throughout the body.



What's New

Directions: Identify what is being described in the following statements by arranging the given scrambled word/words. Write your answer in your Science journal.

1. These are the lower chambers of the heart. _____
(triclesven)
2. These are the upper chambers of the heart _____ (atmuir)
3. This is what makes the blood red. It carries oxygen and other nutrients in the blood _____ (moghebinlo)
4. These blood vessels carry blood to the heart _____ (vensi)
5. These blood vessels carry blood away from the heart. _____
(arrieste)
6. These components of blood help stop or prevent bleeding. _____
(platetel)
7. They are known as leucocytes that have a vital role in the body's immune system _____ (wihte boold ciles)
8. It is the main component of blood and consists mostly of water _____ (asplma)
9. It transports blood throughout the body. _____ (boold vsseel)
10. It is the pumping organ of the body. _____ (earth)



What is It

The circulatory system is a transport system of the body. It is responsible for the distribution of blood and other nutrients throughout the body. It is made up of heart, blood and blood vessels namely veins, arteries and capillaries. These vessels carry oxygenated and deoxygenated blood in the body.

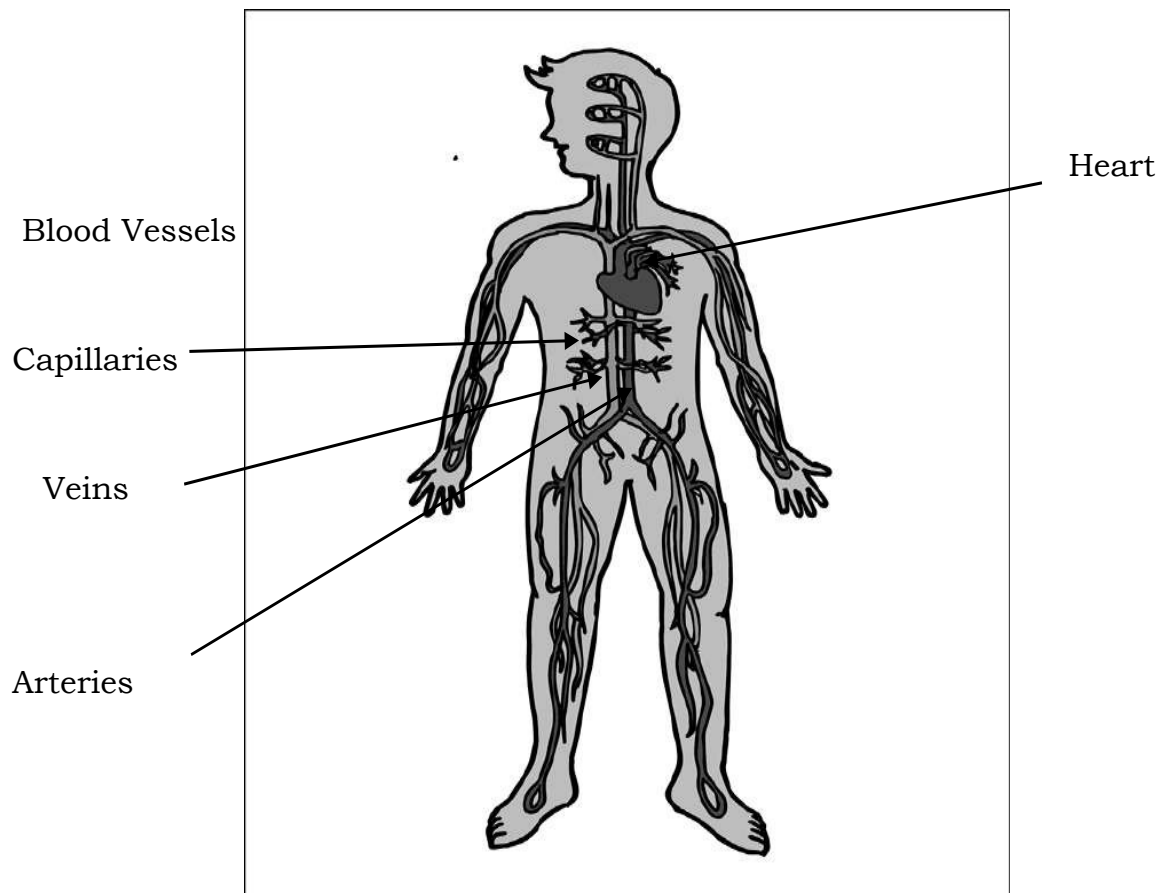


Figure 2: The Circulatory System

BLOOD

The blood is the liquid part that is constantly flowing throughout the body. It is composed of a liquid part called plasma and the solid parts of formed components which are the red blood cells known as the erythrocytes that transport gases to and from the cells. The white blood cells or leucocytes play a vital role in the body's immune system. They fight bad bacteria, viruses and others that cause infection. The last formed components are the platelets or thrombocytes. They are the smallest of formed components of blood that help in blood clotting.

BLOOD VESSELS

The blood vessels are the vast networks of small tubes that carry blood throughout the body. The arteries are blood vessels that carry oxygen-rich blood away from the heart. Veins carry deoxygenated blood back to the heart.

The capillaries are the smallest blood vessels which serve as a connection between arteries and veins. When blood passes through them, oxygen, food nutrients and wastes pass in and out through capillary walls.

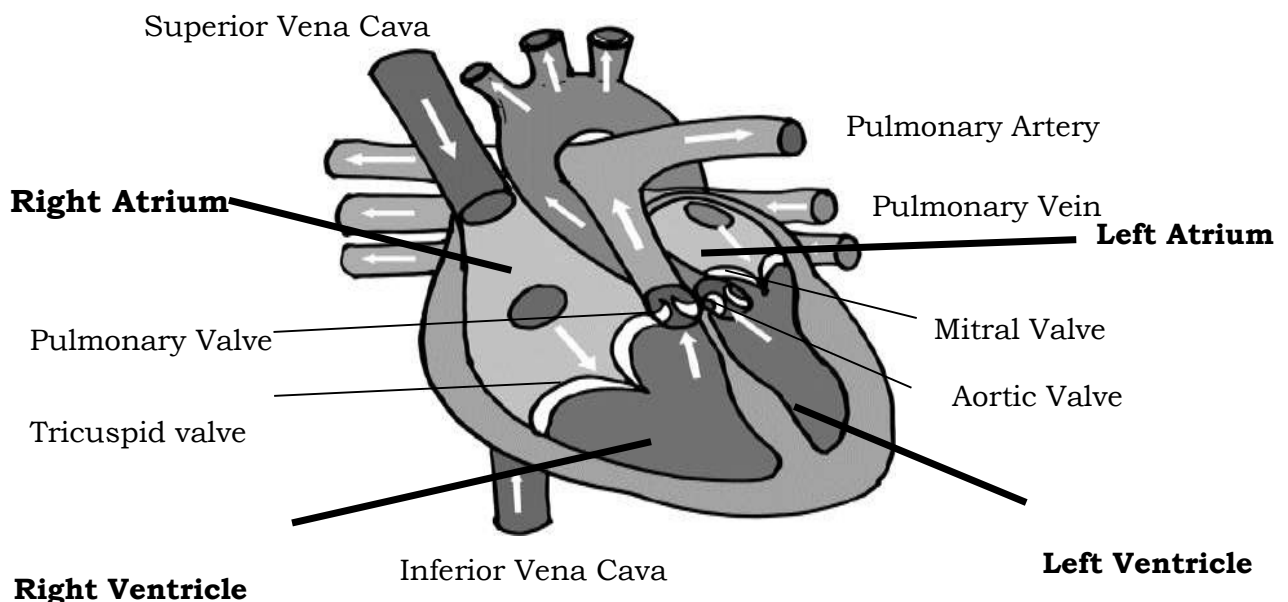
BLOOD CIRCULATION

The circulatory system has two types of circulation: the pulmonary circulation which is the movement of deoxygenated blood from the heart and into the lungs and systemic circulation which is the movement of oxygenated blood from the heart to the different parts of the body.

HEART

The heart is known as the pumping organ of the body. It keeps the blood moving throughout the body and the average heartbeat of human is 60 to 100 times per minute. It has four chambers: the left and right atrium which are responsible for receiving used blood coming from all parts of the body and the left and right ventricles known as the pumping chambers. When it contracts, oxygen-rich blood is forced away from the heart for the distribution to the different parts of the body. Between atrium and ventricles are valves, the overlapping tissue that allows blood to flow in one direction.

The picture below shows the different chambers of the heart and the direction by which blood flows through circulatory system.



Right side of the heart

Blood enters the heart through two large veins, the inferior and superior vena cava, emptying oxygen-poor blood from the body into the right atrium of the heart.

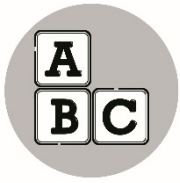
As the atrium contracts, blood flows from your right atrium into your right ventricle through the open tricuspid valve. When the ventricle is full, the tricuspid valve shuts. This prevents blood from flowing backward into the atria while the ventricle contracts. As the ventricle contracts, blood leaves the heart through the pulmonic valve, into the pulmonary artery and to the lungs where it is oxygenated. Note that oxygen-poor or CO₂ containing blood goes through the pulmonary artery to the lungs where CO₂ is exchanged for O₂.

Left side of the heart (operating at the same time as the right side of the heart)

The pulmonary vein empties oxygen-rich blood from the lungs into the left atrium of the heart. As the atrium contracts, blood flows from the left atrium into the left ventricle through the open mitral valve. When the ventricle is full, the mitral valve shuts. This prevents blood from flowing backward into the atrium while the ventricle contracts.

As the ventricle contracts, oxygen-rich blood leaves the heart through the aortic valve, into the aorta to the arteries and eventually into the veins to complete the blood circulation in the body.

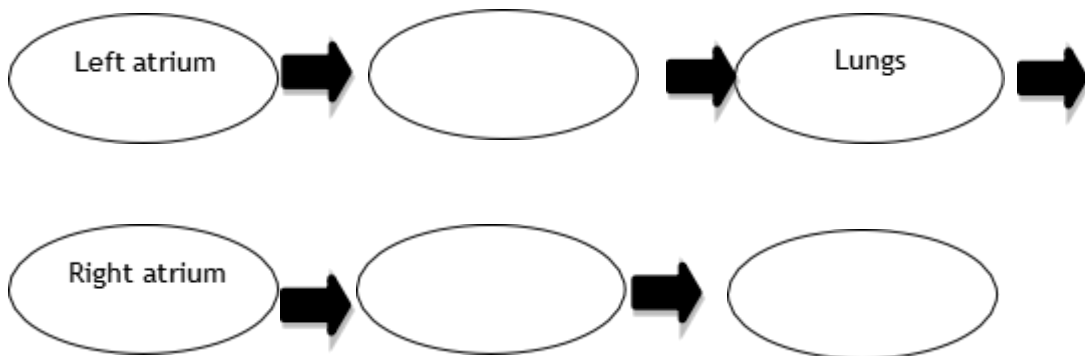
The circulatory system is a good example of how body systems interact with each other to keep the body alive. Each organ of the system works together to circulate blood throughout the body.



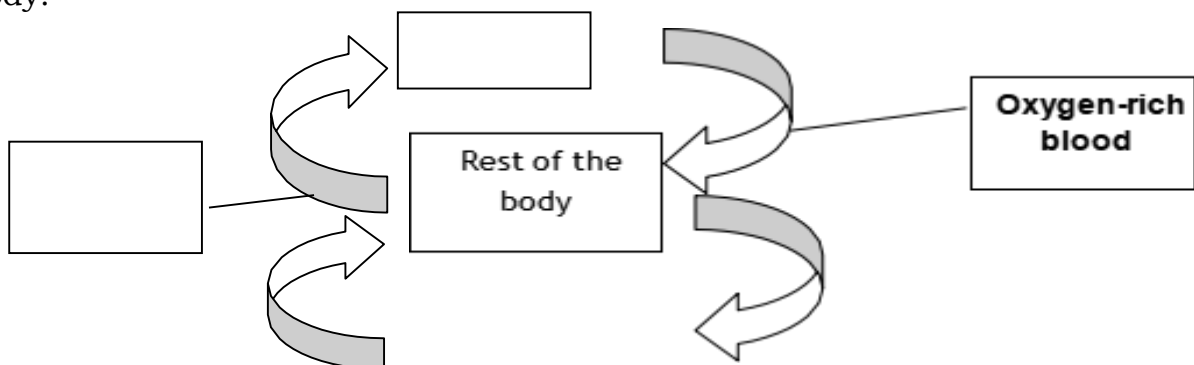
What's More

Activity 1: Complete the sequence below using the given words inside the box. Do it in your Science journal.

The rest of the body, Left ventricle, Right ventricle



Activity 2: Based on what you have learned, complete the concept map below. Write the correct words in the box to show how blood flows throughout the body.





What I Have Learned

Directions: Fill in the blanks. Write your answer in your Science journal.

I learned that...

The circulatory system is composed of _____, _____, and _____.

The _____ is the liquid part that is constantly flowing throughout the body.

The heart is known as the _____ organ of the body.

The _____ are the vast networks of small tubes that carry blood throughout the body.



What I Can Do

Directions: Read, understand and answer the following questions. Write your answer in your Science journal.

1. Your heart is very important organ of the circulatory system. Enumerate 3 ways on how to take care of your heart so that it can stay healthy.

2. Why do people die if they lose too much blood?

3. Why is the circulatory system important?



Additional Activities

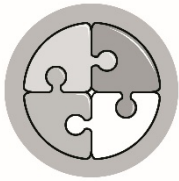
Make a list of 5 different activities you can do to make your circulatory system healthy. Write your answers on a separate sheet of paper.

Lesson

3

The Nervous System

Do you ever wonder how you could walk on a beam without losing your balance? Why is it that when you touch something hot, you pull your hand away even before you think about it? You will find the answers to these questions as you read this lesson.



What's In

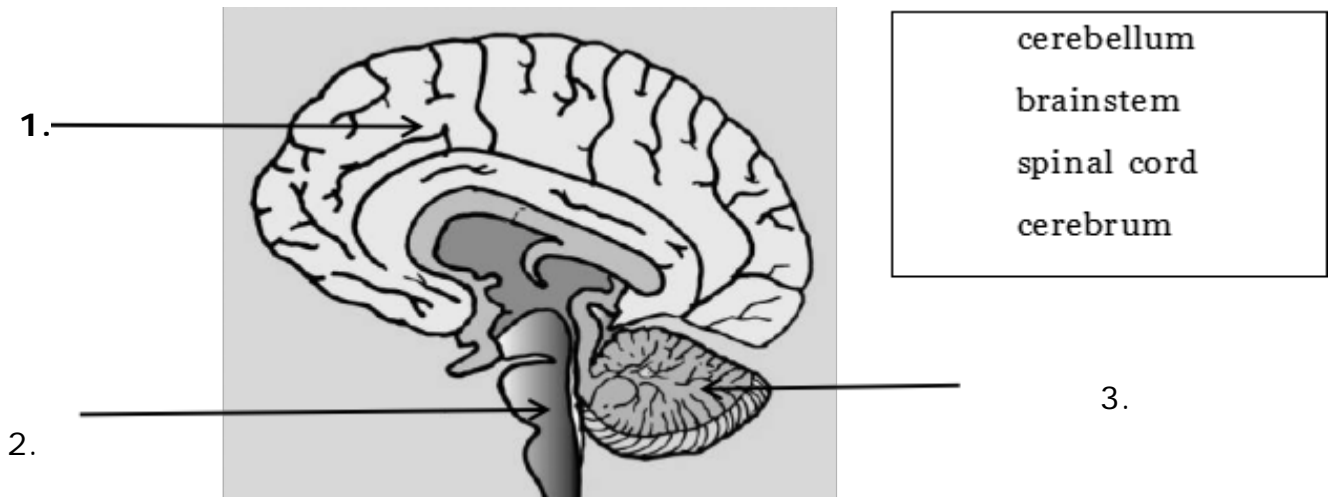
Directions: Read the following sentences. Write **TRUE** if the statement is correct and **FALSE** if it is Not. Write your answer in your Science journal.

1. The brain of people is smarter than a computer.
2. The nervous system is the body's internal data processor.
3. The spinal cord is the link between the brain and the nerve cell.
4. The brain is the basic unit of the nervous system.
5. The nerve cells transmit messages from the brain to the different muscles to make them move.



What's New

The brain is the primary organ of the central nervous system contained within the skull. Identify the different parts of the brain using the choices inside the box. Write your answer in your Science journal.



What is It

The body system that controls other parts of the body is the Nervous System. The nervous system receives signals from stimuli inside and outside of the body. The main function of the nervous system is to integrate and coordinate bodily activities. All information outside and inside the body are processed and interpreted by the nervous system.

The nervous system has two main parts: The central nervous system and the peripheral nervous system.

The central nervous system is made up of the brain and spinal cord.

The Brain

The brain is the primary organ of the central nervous system contained within the skull. It receives and interprets countless signals. The brain makes us conscious, emotional and smart. It is the control system for movement, sleep, hunger, thirst and every other vital activity necessary for survival. The brain controls all human emotions like love, hate, fear, anger, elation, and sadness.

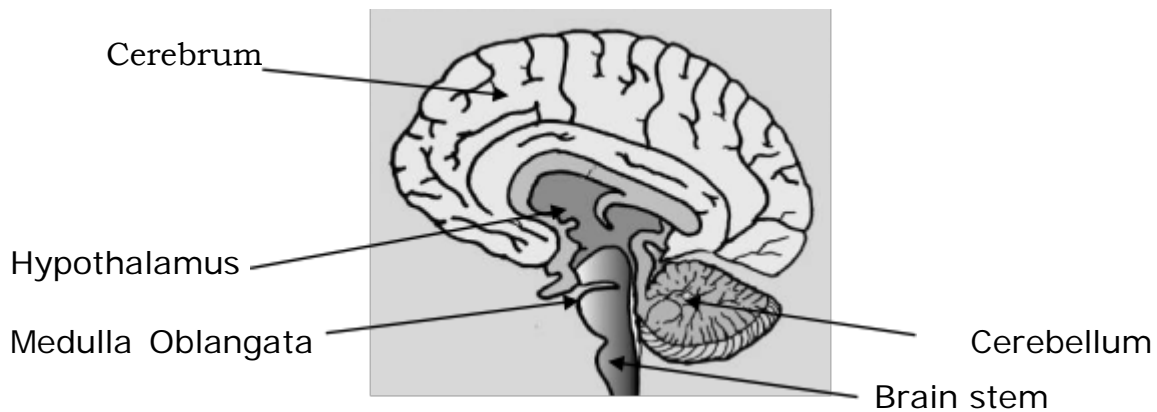


Figure 4: Parts of the Brain

1. Cerebrum (forebrain) – the largest part of the brain. This part receives sensory messages. It acts as the center of emotions, consciousness, learning and voluntary movement.

2. Cerebellum – located beneath the cerebrum. It is smaller than the cerebrum. It coordinates involuntary and muscle action. It is responsible for man's ability to learn habits and develop skills. It also helps maintain a person's sense of balance.

3. Brain stem – the elongated area at the base of the brain. It contains vital centers for autonomic functions.

The Spinal Cord

It is a cordlike material in the backbone. It extends downward from the medulla oblongata through four-fifth of the spinal column.

The Peripheral Nervous System collects information from the sense organ such as the eyes and the nose. This information is transmitted to the

organs of the central nervous system which deliver decisions to the body parts that will act on the message. It is made up of nerves that branch off from the spinal cord and extend to all parts of the body.

The neuron or nerve cell is the functional unit of the nervous system. The neuron has three parts.

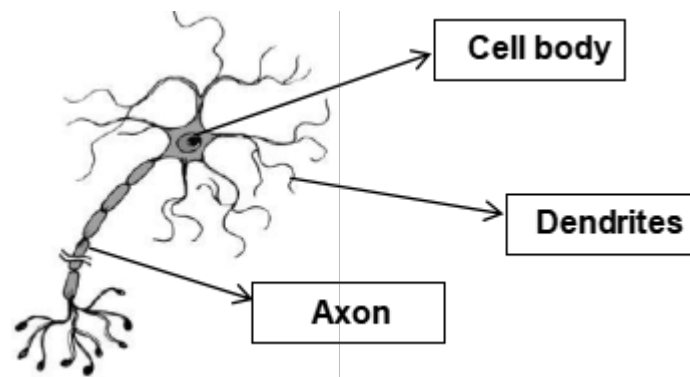


Figure 5: Neuron

The dendrites are the short fibers around the cell body. They carry messages into the nerve cell.

The cell body is the main component of neuron. It maintains the health of the neuron.

The axon is the long fiber of the neuron.

There are three types of neurons: sensory neurons, interneurons, and motor neurons.

A sensory neuron is typically having long dendrite and axons. A sensory neuron carries messages from the receptor organs (skins, eyes, nose, ears, and tongue) to the nerve center.

A motor neuron has short dendrites and long axons. A motor neuron receives information from the nerve centers and transmits it to the effector organs (muscles or glands).

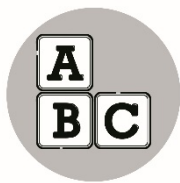
Interneurons are found only in central nervous system (brain or spinal cord). They connect sensory neurons to motor neurons.

The Autonomic Nervous System controls or regulates body's internal environment, including the body temperature, pulse and respiration rate, and

blood pressure. These are the vital signs. Vital signs reflect the condition your internal organs are in.

The Autonomic Nervous System has two divisions: the sympathetic and the parasympathetic nerves.

When a sympathetic nerve produces an effect, the parasympathetic nerve opposes it. For example, if the blood pressure is too high, a message to the brain stimulates the parasympathetic nerve to slow down the heart rate, thus reducing blood pressure. Both systems are directly involved in maintaining normal functions of cells.



What's More

Activity 1: Directions: Match the descriptions in Column A with the parts of the nervous system in Column B. Write only the letter of the correct answer in your Science journal.

A	B
1. It serves as the functional unit of the nervous system.	a. Sympathetic Nerve
2. It collects information from the sense organ such as the eyes and the nose.	b. Neurons
3. It serves as the primary organ of the central nervous system.	c. Peripheral Nervous System
4. It controls or regulates body's internal brain environment, including the body temperature, pulse and respiration rate, and blood pressure.	d. Nervous System
5. It is one of the systems that is directly involved in maintaining normal functions of cells.	e. Autonomic Nervous System
	f. Spinal cord

Activity 2: Identify what major organs of the brain are responsible in controlling the following activities. Write your answer in your Science journal

1. breathing
2. taking a test
3. playing basketball
4. smelling the aroma of a perfume
5. digestion of food



What I Have Learned

I learned that...

The _____ is the coordinating system of the body. It consists of the _____, _____, and the nerves.

The two divisions of nervous system are central nervous system and _____.

The _____ system takes in information through the senses. For example, if you touch a hot stove, the sense of the skin brings the message of pain to your brain. The brain then sends a message back telling the muscles in your hand to pull away.



What I Can Do

Directions: Read the situation below and answer the question that follows. Write your answer in your Science journal.

After a severe accident, a person can write and talk but has to learn to walk again. What part of the nervous system was probably affected? Explain why?



Assessment

Directions: Choose the letter of the best answer. Write your answer on a separate sheet.

1. Why is respiratory system very important to the body?
 - a. It enables carbon dioxide to get into the body.
 - b. It consists of body parts that help the body receive oxygen.
 - c. It helps distribute carbon dioxide to the blood.
 - d. It enables the blood to circulate in your body.
2. How does oxygen in the air get into the blood?
 - a. through the nose
 - b. through the throat
 - c. through the mouth
 - d. through the tiny capillaries
3. What will happen to the cells of the body when there is absence of oxygen?
 - a. The cells will continue to grow and multiply.
 - b. The cells will be inactive.
 - c. The cells will survive.
 - d. The cells will die.
4. How can you keep your heart strong?
 - a. eating heart-shaped candy
 - b. doing activities like playing outside, riding your bike, and swimming
 - c. smoking
 - d. sleeping 18 hours a day

5. What are tubes that carry blood back to the heart?
- arteries
 - veins
 - pipes
 - tubes
6. Which of the following describes the correct passage of blood originating from the left leg?
- Vena cava → left atrium → right atrium → lungs → left ventricle → right ventricle → aorta
 - Vena cava → right atrium → left atrium → lungs → right ventricle → left ventricle → aorta
 - Vena cava → left atrium → left ventricle → lungs → right atrium → right ventricle → aorta
 - Vena cava → right atrium → right ventricle → lungs → left atrium → left ventricle → aorta
7. What is the functional unit of the nervous system?
- brain
 - neurons
 - muscles
 - bones
8. What controls and coordinates the activities of the whole nervous system?
- central nervous system
 - sympathetic nervous system
 - nervous system
 - brain

9. Which of these is not a function of the peripheral nervous system?
- a. collects information from the sense organ
 - b. transmits information to the central nervous system
 - c. delivers decisions to the body part which will perform the action
 - d. delivers oxygen to the different parts of the body

10. How do sympathetic and parasympathetic nerves work?
- a. When the sympathetic nerve produces an effect, the parasympathetic nerve produces the same effect.
 - b. When the sympathetic nerve produces an effect, the parasympathetic nerve produces an opposite action.
 - c. They work separately.
 - d. They allow messages to pass through them freely.



Additional Activities

Directions: Identify what organ systems are involved in the following activities. Write your answer in your Science Journal.

1. swimming
2. drawing
3. computing math problems
4. singing
5. reciting a poem



Answer Key

<p>Lesson 1: Respiratory System What I Know: 1. C 2. D 3. C 4. A 5. A 6. C 7. B 8. A 9. A 10. A</p> <p>What's In Lungs, alveoli, nostrils, trachea</p> <p>What's New 1. carbon dioxide 2. oxygen 3. trachea 4. pharynx 5. respiratory system</p> <p>What's More Nostril-pharynx-larynx-trachea-bronchioles-alveoli</p> <p>What I Have Learned: Nostrils, nasal cavity, lungs, pharynx, larynx, bronchial tubes, bronchioles, alveoli</p> <p>Carbon dioxide-oxygen</p> <p>Nostrils, trachea, pharynx, alveoli</p> <p>What I Can Do: Answer may vary</p>	<p>Additional Activities Possible answers: 1. Avoid exposure to people who have flu or other viral infections 2. Wash your hands regularly 3. Eat healthy, balanced diet 4. Exercise regularly 5. Get enough rest</p> <p>Lesson 2 What's In Blood vessels Blood Heart</p> <p>What's New 1. ventricles 2. atrium 3. hemoglobin 4. veins 5. arteries 6. platelet 7. white blood cells 8. plasma 9. blood vessels 10. heart</p> <p>What's More I. right atrium, left ventricle, the rest of the body II. lungs, heart, oxygenated blood</p> <p>What I Have Learned -Heart, blood abd blood vessels -Blood pumping -Blood vessels</p> <p>What I Can do Answers may vary</p>	<p>Additional Activities Possible answers 1. Walking 2. Jogging 3. Drinking a lot of water 4. Eating healthy foods 5. Avoiding salty foods</p> <p>Lesson 3 What's In A. 1. TRUE 2. FALSE 3. TRUE 4. FALSE 5. TRUE</p> <p>What's New 1. cerebrum 2. brain stem 3. cerebellum</p> <p>What's More 1. neuron 2. peripheral nervous system 3. brain 4. autonomic nervous system 5. sympathetic nerve</p> <p>What I Have Learned -nervous system, brain, spinal cord -peripheral nervous system -nervous system</p> <p>What I Can Do Answer may vary</p> <p>Assessment 1. B 2. D 3. D 4. B 5. B 6. D 7. B 8. D 9. D 10. B</p> <p>Answers may vary</p>
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