

# Man: The Living Machine.

Saathi

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A car, a grinder and a computer are all machines. Do you know that the human body too is a machine? It is a living machine. It can see, hear, smell, taste and feel. It can also move, grow, breathe and reproduce. No machine can do all these. The human body is made up of cells. Cells are of different kinds. Cells of the same kind join together to make a tissue. Tissues join together to make an organ. Many organs together form an organ system. Different organ systems work together to make it possible for the body to play, learn, grow and do many other things.

## Our Sense organs.

Everything we know about the world is through our senses.

The main sense organs are the eyes, the ears, the nose, the tongue and the skin. Our eyes help us to see.

Our ears help us to hear. Our nose helps us to smell. Our tongue

helps us to taste. Our skin helps us to feel temperature, pain, pressure and touch. All these sense organs are connected to the brain through the

nerves. The sense organs send messages to the brain. The brain makes us

understand pictures, sounds, smells, tastes and feelings. While our sense

organs help us know our surroundings, the organ systems inside our body

Carry out different functions. These Organ Systems are like the members of a team. Each one has its own function.

### The respiratory system.

The respiratory system supplies oxygen to various parts of our body. We take in air through our nose.

The hair in the nose prevent dust and germs from entering our body.

The air that we breathe in has a gas called oxygen. It burns up the food we eat and gives us energy.

The air we breathe out is impure and has carbon dioxide in it.

Breathing purifies our blood.

### Breathe correctly.

We should

- breathe in fresh air.
- breathe through our nose, not our mouth.
- keep the windows of our rooms open
- not cover our face while sleeping.

### The digestive system.

When we smell food, our mouth starts watering. This is the beginning of digestion. Digestion is the process of changing of food into a simple form so that it can be used by the body. The food that we chew, mixes with saliva and becomes soft. The food then goes to the stomach.

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In the stomach the food mixes with the digestive juices. After about four hours of eating the food goes into the small intestine. Here the digested food is taken in by the blood and carried to the other parts of the body. The undigested food goes to the large intestine and from there it is thrown out through the anus.