

## Biology School House Rock Lab

Hit Ctrl left click on the song title to hear each song. Each song is 3 minutes long. Songs do not need to be memorized. You can use the lyrics while performing the songs. Songs can be sung solo or in a group. All members of the group are expected to sing to earn credit.

Grades will be assigned by effort and details used in the props and the performance the grade will not depend on the tonal quality of the performance.

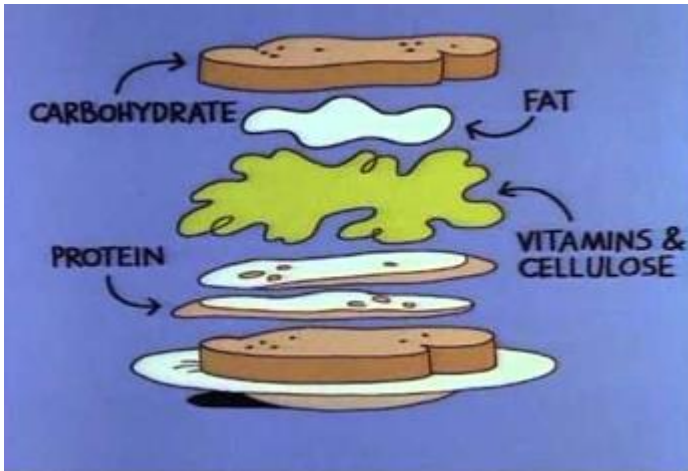
## THE BODY MACHINE



When you look down the street, what do you see?  
The street is overflowing with a lot of machines.  
Now I don't mean the buses, the trucks or cars.  
I'm talking about the people,  
Yeah, you know who they are.

I'm a machine, you're a machine  
Everybody that you know  
You know, they are machines.  
To keep your engine running you need energy  
For your high-powered, revved-up body machine.  
Your high-powered, revved-up body machine.

Now I'd be a fool, if I said that the fuel that  
We needed to burn was gasoline,  
Because the fuel we use is the stuff called food  
And it puts out the power for our machine.  
You make a stop at the filling station,  
**"Fill 'er up! One chicken sandwich to go!"**  
As you start to chew,  
Your body does it. All systems go!



Now that sandwich contains some very important kinds of food energy for your body. The chicken gives you protein; bread, carbohydrates; mayonnaise, fat; and the lettuce has vitamins, plus cellulose (or roughage). Together these things help keep your body machine running smoothly.

First the saliva, kind of like a driver  
**"Move to the rear of the mouth!"**  
But what it's doing

Along with teeth chewing,  
Is taking food and breaking it down.

Down to the stomach,  
The food is pushed, the esophagus does its stuff (**gulp, gulp**)  
And the stomach starts,  
**Look at those moving parts,**  
As the body machine churns up  
Gastric juices operate on proteins,  
Fats and carbohydrates.

In the stomach they do what they do.  
They take out nutrition and use it for you.  
And the cellulose, in those leaves you know,  
Will control the traffic flow.  
Helps the food to move along so the good stays in,  
And the bad gets goin'.

I'm a machine, you're a machine  
Everybody that you know  
You know, they are machines.  
To keep your engine running you need energy  
For your high-powered, revved-up body machine.  
Your high-powered, revved-up body machine.

Then the small intestine does most of your digesting,  
By sending all the nutrients  
In through the villi,  
**Which look a little silli**  
But act as little vents  
The bloodstream passes; the nutrients it catches  
And takes them to the cells you see,  
You use what it delivers,  
**And store some in the liver**  
For future energy.

I'm a machine, you're a machine  
Everybody that you know  
You know, they are machines.  
To keep your engine running you need energy  
For your high-powered, revved-up body machine.  
Your high-powered, revved-up body machine.  
Your high-powered, revved-up body machine.  
High-powered, revved-up, complicated tune-up,  
Fascinating body machine.

**Take care of that machine.**  
**You got such a great model there, honey!**  
**Give it the right fuel**  
**High protein, low calorie**  
**Take it out for a spin every day!**



## DO THE CIRCULATION

There's a great new craze  
That's sweeping the nation  
Come on do the Circulation!

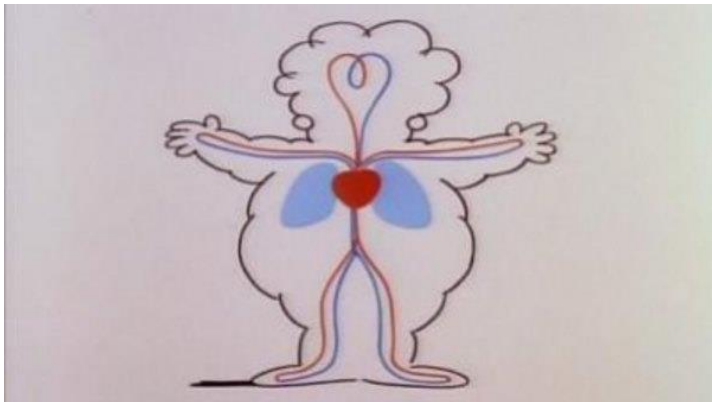


It starts with your heart,  
What a great sensation,  
Come on do the Circulation!

Out through your arteries, in through your veins,  
Your heart pumps your blood, then it does it again,  
So come on, everyone get it on,  
Everyone, Circulation!  
So come on, everybody,  
Exercise your body for circulation!

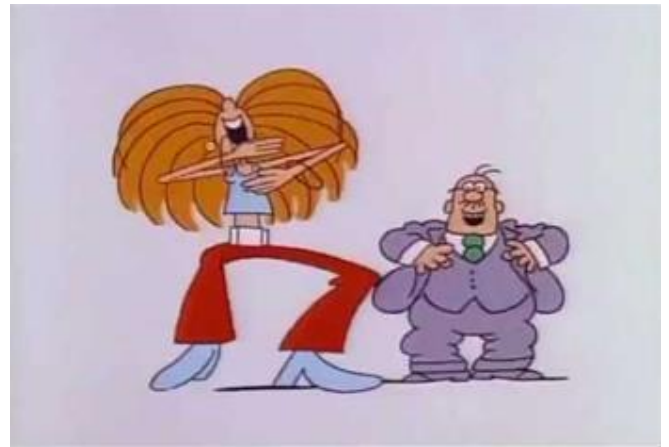
Circulation! Everybody form a circle now. **(Uh-huh-huh)**  
Circulation! Like your blood, you just start moving around  
Circulation! It's a function that's so out of sight  
And if your feet fall asleep then  
You're not circulating right.

You got four heart parts to pump the blood **(lub dub!)**  
Yeah, that's circulation,  
Left and right ventricle, left and right atrium,  
Yeah, they do it, they circulate,  
They pump blood through your lungs for oxygen,  
And then your arteries take it through to your body  
And your veins bring the old blood back to be renewed.



Circulation takes nutrition to your cells  
And gets rid of carbon dioxide - waste as well.  
Circulation, it's a function that's so out of sight,  
And if your hands are cold then  
You're not circulating right.

Well, your blood is such a life-giving potion,  
Like a river it's always in motion,  
From your head to your toes,  
Doing good as it goes,  
It's a big, red, beautiful ocean.



Now the blood's not bad, it's kind of special,  
Yeah, come dig it! Circulation!  
With these red and white corpuscle cells,  
Yeah, come do it, Circulation!  
Red cells carry oxygen, white cells fight the germs,  
So come on, come do it, yeah, come do it, Circulation!  
So come on, come do it, with your heart, come do it, Circulation!

Circulation! Everybody form a circle now. **(Uh-huh-huh)**  
Circulation! Like your blood, you just start moving around  
Circulation! It's a function that's so out of sight  
So come on move around and  
You'll be circulating right!



There's a great new craze that's sweeping the nation  
Come on, do the Circulation!  
It starts with your heart, what a great sensation,  
Yeah, come do it, circulate!  
Out through your arteries, in through your veins,  
Your heart pumps your blood then it does it again.  
Come on, everybody, get it on, everybody.  
Circulation!  
So come on, everybody, get it on, everybody.  
Circulation!

The Circulation!

## THEM NOT SO DRY BONES

Them bones, them bones, them dry bones,  
Now they're the working of the Lord.

Bones are heard of, but seldom seen,  
'Cept each year 'round Hallowe'en.  
But I've got a shockeroo  
Right now there's a skeleton locked up inside of you!  
(Ha-ha-ha)



Minus bones you're just a blob,  
Being framework's their main job.  
All your organs, muscles, too,  
They need your bones to hold them safe and sound  
inside for you.  
Your heart and lungs are tucked away,  
In there behind your ribs.  
Those bones have been protecting them  
Since we were little kids.

**Look out! Here comes a bonehead play!**  
**Birdin' his brain, (Tweet, tweet, tweet) what a day!**

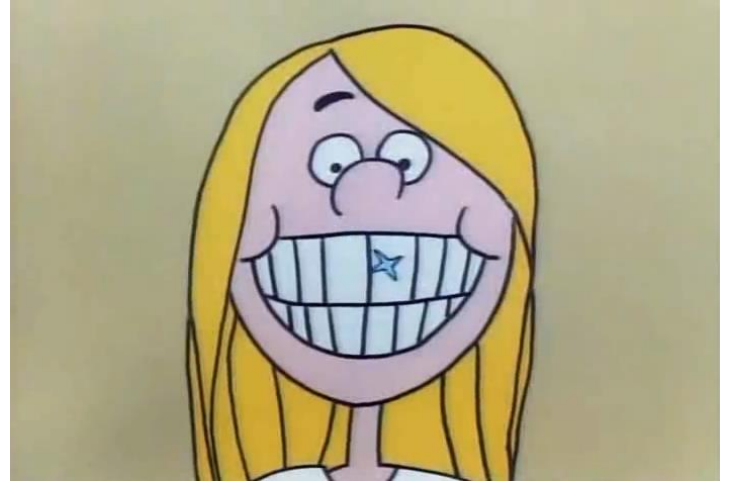
Don't take much to overwhelm it,  
But luckily those bones up there work like a built-in  
helmet!

**Shin bone connected to the knee bone**  
**(That means the tibia connects to the patella)**

**Knee bone connected to the thigh bone**  
**(That means the patella connects to the femur)**  
**And here's how they really fit together.**

Ligaments are what link bone to bone.  
Cartilage that cushions in between.  
Muscles hook on, by the tendons,  
So here's what's happenin' in your knees most ev'rytime  
you bend 'em.

Now there's a lot of skeleton  
We never get to see,  
But it holds other little parts  
That show quite obviously.  
I'm talkin' 'bout those thirty-two  
That we all call our teeth.  
We gotta feed 'em right and keep 'em clean,  
Or they can come to grief. (OUCH! Ow!)



So please remember,  
You've got to do it while you're young  
Feed your bones some good old calcium  
Drinking milk - a glass or two -  
Will help your bones to stay in shape and do their job for  
you.



**(Your skeleton)**  
It's a framework, (**Yes, yes**) holding you together.  
Shielding organs, yeah, that's its job, too!