

What Does Our Brain Do?

Most of the time you move and talk, eat and speak as well as do all the other things you do everyday without really thinking about it. Our daily functioning just seems to come naturally to us. However, the truth is that our brains are always in action whether we are awake



or asleep and they are the lead control that makes everything possible for us. While many things like our breathing and heartbeat do not take conscious thought, they are controlled by the brain!

The brain has three main parts. These parts are the cerebellum, cerebrum and the brain stem. It sits inside your head protected by your skull and 3 special layers of tissue that allow it to float in a shock proof liquid that keep it safe as we move around. Each part of the brain has a different job to do. Your senses such as hearing, smell, taste, touch and sight are controlled by the outside layer called the cerebrum. This is where all the external information that is going on around you is processed. Parts of the cerebrum also control movement, speech, learning, intelligence and your personality.

The cerebellum is located at the back of your head and it is responsible for every movement you make. If it weren't for the cerebellum you would not be able to walk, move your arms or fingers and you would have no sense of balance. You wouldn't be able to play any sports or even feed yourself. The brain stem is located at the bottom of your head and runs from the bottom of your brain into the neck and spinal column. The brain stem is the part of your brain

responsible for the millions of automatic functions that you do every day without realizing it. The brain stem ensures that you breathe properly and that your heart beats normally as well as controls the functions of all of your internal organs. These are called your “unconscious” functions because you don’t have to think about them.

There are over 1 billion nerve cells in the brain. The human brain is the heaviest organ of the body and is much more intelligent than any computer that could ever be made. At any given moment, your brain is performing hundreds of activities that keep you alive and enable you to read and understand this passage. One great thing about the human brain is that it has unlimited memory capabilities. This is why you can remember things from when you are young and even learn how to spell words you may have missed on a spelling test. The brain stores memory and relays information back and forth to all the vital organs in your body. It even helps you to grow normally. The brain does not stop growing until a human is about 20 years old. At this point, there are billions upon billions of brain cells that work in conjunction with one another to help you recall all you have learned and help you to learn new skills every day. The brain has unlimited capacity.

There is nothing that you do, that doesn’t involve the brain. Even while we sleep our brains are making sure our blood flows properly and that we continue to breathe and stay alive. It is very important to protect the brain by wearing helmets and using safety precautions when riding in cars, bikes or while playing sports. The other thing that you need to do to ensure your brain is well taken care of is to eat healthy foods. Fish and fresh vegetables are considered to be “brain food” and help your brain operate optimally. Getting plenty of sleep and exercising your brain by learning and engaging in challenging activities ensures that your brain is always prepared for what life has to offer you.

Name _____ Date _____

What Does Our Brain Do? - Quiz

1. **The brain is what?**
 - a. **an organ**
 - b. **a computer**
 - c. **part of our skeleton**

2. **Which of the following is not one of the three parts of our brain?**
 - a. **cerebrum**
 - b. **cerebellum**
 - c. **capillary**
 - d. **brain stem**

3. **Which part of the brain controls the involuntary body functions like breathing, heart beat etc.?**
 - a. **cerebrum**
 - b. **cerebellum**
 - c. **brain stem**

4. **Which part of the brain controls your senses; hearing, taste, touch, and smell?**
 - a. **cerebrum**
 - b. **cerebellum**
 - c. **brain stem**

5. **At what age will your brain stop growing?**
 - a. **10**
 - b. **15**
 - c. **18**
 - d. **20**

6. **What are things that we can wear to protect our brain?**
 - a. **baseball hats**
 - b. **knit hats**
 - c. **shoulder pads**
 - d. **helmets**

7. **Which part of your brain helps you to walk and maintain balance?**
 - a. **cerebrum**
 - b. **brain stem**
 - c. **cerebellum**

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What Does Our Brain Do? – Free Response Quiz

- 1. Name 10 things that your brain is doing right now, that you aren't really thinking about.**

- 2. When your brain stops growing, do you think this means you can't learn anymore new things? Why or why not?**

- 3. When you touch something that is very hot, how does your hand know to pull away so you won't be burned? What part of the brain do you think is in action when this happens?**

- 4. Why do you think that the brain has so many built in protective measures to keep it safe?**

- 5. When does your brain feel tired? What can you do to help make this feel better?**

- 6. Do you think that some people have "better" brains than another person does? Why or why not?**

- 7. Does working math problems take conscious thought? Explain your answer.**

- 8. What are some things that you can do to improve your brain function?**

What Does Our Brain Do? - Answer Key

- 1. a**
- 2. c**
- 3. c**
- 4. a**
- 5. d**
- 6. d**
- 7. c**