

YOUR BODY

1. Choose the correct answers. Then listen and check.

1. How many bones do you have? **A.** exactly 206 **B.** about 206 **C.** 300
2. What is an elbow? **A.** a bone **B.** a muscle **C.** a joint
3. How many muscles do you have? **A.** about 500 **B.** about 600 **C.** about 700
4. What does your heart pump? **A.** blood **B.** air **C.** water
5. How heavy is your skin? **A.** 16% of your weight **B.** 25% of your weight **C.** 60% of your weight

2. Fill in the gaps with: *muscles, bones, joints, skin*.

- a. _____ make the skeleton.
- b. _____ connect the bones.
- c. _____ cover the skeleton.
- d. _____ protects your body.

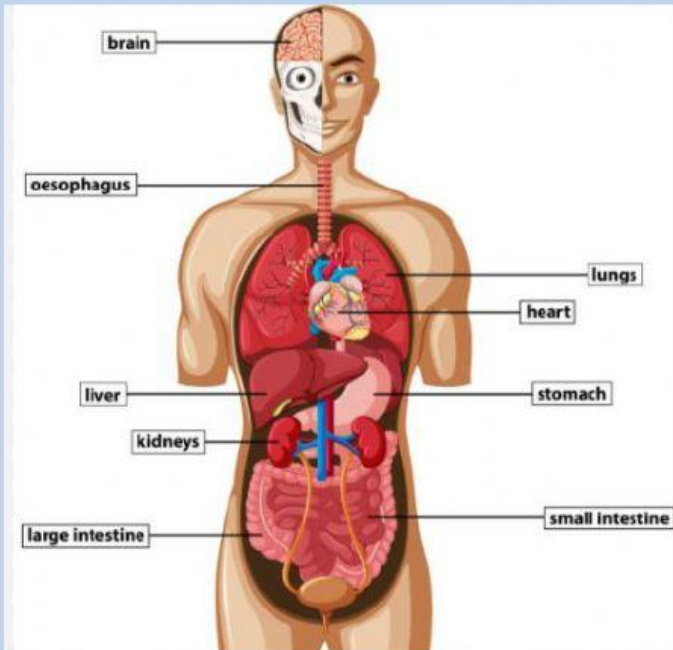


3. Complete the questions and answer them while listening.

- a. _____ must you eat _____ keep fit? _____
- b. _____ many muscles _____ you have? _____
- c. _____ many joints _____ you have? _____
- d. What _____ heart do? _____
- e. What does skin protect you _____? _____
- f. How _____ does your skin weigh? _____
- g. _____ is the area of human skin? _____

4. Body organ systems – read and fill in suitable words.

blood, brain, breathing, complicated, female, food, intervention, lungs, movement, network, organs, oxygen, stomach, toxins



An **organ system** is a group of _____ that work together in the body to perform a complex function, such as pumping blood or processing nutrients (=food).

The **circulatory system** transports _____ and nutrients to all corners of the body. It also carries away carbon dioxide and other waste products. It consists of heart, arteries, veins and _____.

The **respiratory system** is responsible for _____, which is the controlled movement of air in and out of the body. It also moves oxygen and carbon dioxide into and out of the bloodstream. Its parts are _____ and airways (trachea etc.)

The **endocrine system** mostly regulates metabolism. Along with the nervous system and immune system, it's generally considered one of the most _____ systems in the body

The **digestive system** is responsible for breaking down _____ into nutrients, which the body needs for energy, growth, and cell repair. This system includes all the organs that carry food from where it enters the body to where it exits, including the mouth, _____, intestines, rectum and anus.

Organs of the **urinary system** (kidneys, bladder etc.) work together to filter blood and remove _____ and waste from body.

The **musculoskeletal system** (skeleton, muscles, tendons) provides the framework and the engine for our _____, posture, and physical abilities.

The **nervous system** is a _____ that makes it possible for different parts of the body to communicate with one another. It consists of _____, spinal cord and all the nerves.

The **reproductive system** is the only organ system that is not complete in any one body and requires another person (or medical _____) to complete its mission, which is to produce offspring. The male system includes penis and testicles, the _____ one is made up of vagina, uterus and ovaries. These organs are also parts of endocrine system.

