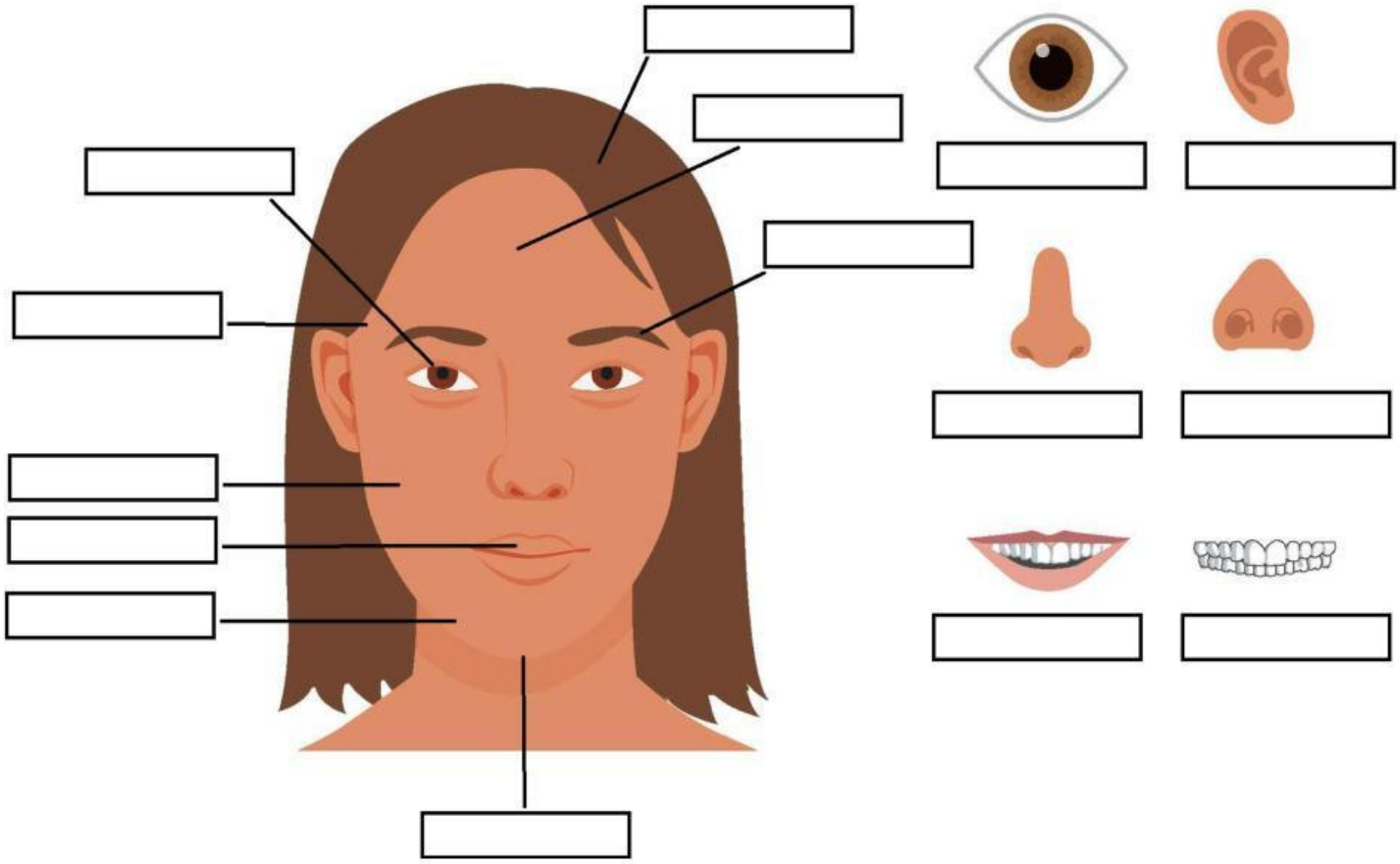
Face, Eyes, Hands and Feet

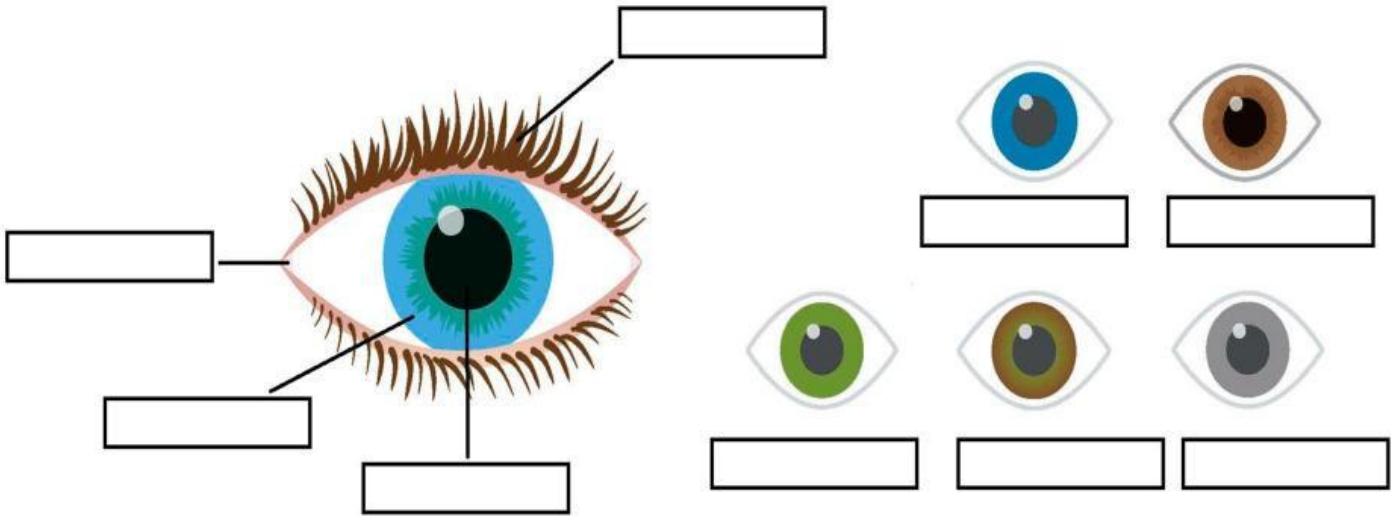
- cheek
- chin
- ear
- eye
- eyebrow
- eyelid
- forehead
- hair
- jaw
- lips
- mouth
- nose
- nostrils
- teeth
- temple



1. He got hit on the _____, which caused a sharp pain on the side of his head.
2. She raised one _____ in disbelief when she heard the strange explanation.
3. She brushed her hair away from her _____, revealing a deep wrinkle.
4. He clenched his _____ tightly, trying not to show his anger.
5. The child had chocolate all over his _____ after eating dessert.
6. She applied a light shade of eyeshadow on her _____ to create a natural look.
7. The strong smell made his _____ flare slightly.

LIVEWORKSHEETS

- blue
- brown
- eyelashes
- gray (US) / grey (UK)
- green
- hazel
- iris
- pupil
- tear duct



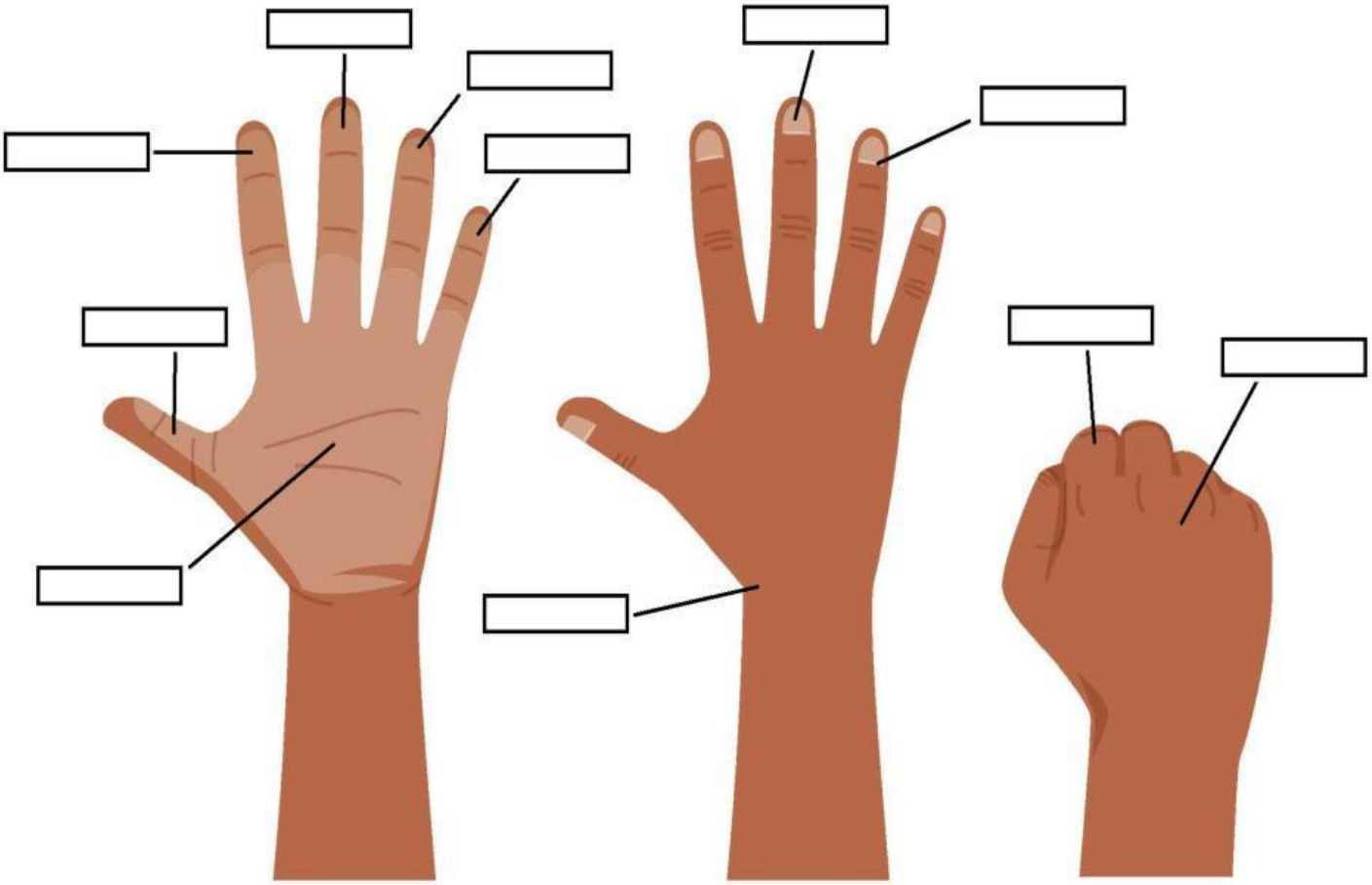
Match the word with the definition

blue
brown
eyelashes
gray / grey
green
hazel
iris
pupil
tear duct

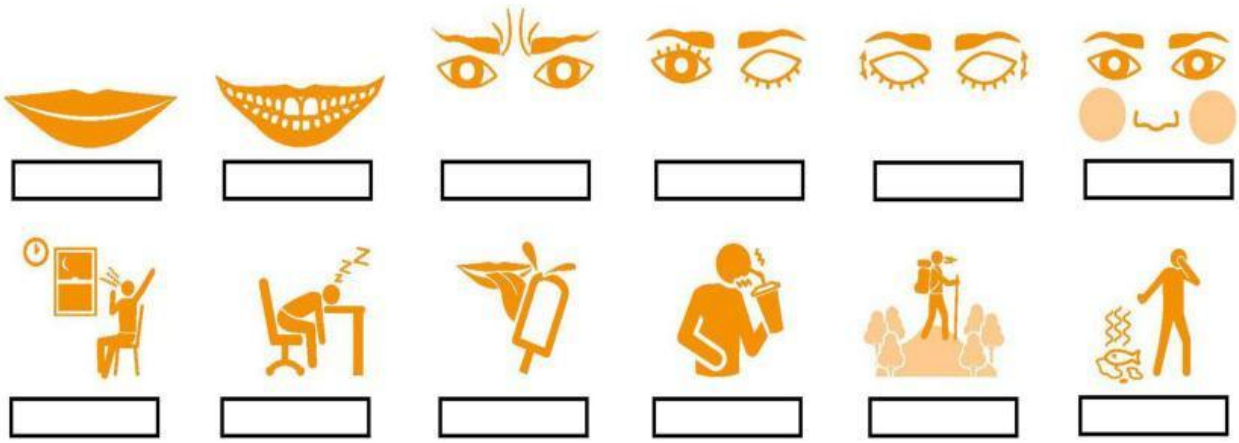
1. The black circular opening in the centre of the eye that lets light in.
2. The coloured part of the eye surrounding the pupil.
3. A soft eye colour that can appear as a mix of green, brown, and sometimes gold.
4. A neutral eye colour between black and white, often described as smoky or silvery.
5. The small hairs growing along the edge of the eyelids that protect the eyes from dust.
6. A light eye colour often associated with the colour of the sky or the sea.
7. A dark eye colour, one of the most common in the world.
8. A colour often linked to nature, like grass or leaves.
9. A small opening in the inner corner of the eye that produces and drains liquid.

LIVEWORKSHEETS

- ❖ cuticle
- ❖ fingernail
- ❖ fist
- ❖ index finger
- ❖ knuckle
- ❖ little finger
- ❖ middle finger
- ❖ palm
- ❖ ring finger
- ❖ thumb
- ❖ wrist



Body verbs



LIVEWORKSHEETS

- to blink
- to blush
- to breathe
- to frown
- to grin
- to hold your breath
- to lick
- to smile
- to snore
- to suck
- to wink
- to yawn

Decide if the statements are TRUE or FALSE.

1. The thumb is the longest finger on the hand.

TRUE / FALSE

2. The index finger is the finger next to the thumb.

TRUE / FALSE

3. The middle finger is usually the shortest finger.

TRUE / FALSE

4. The ring finger is the finger where people traditionally wear a wedding ring.

TRUE / FALSE

5. The little finger is also called the pinky.

TRUE / FALSE

6. The fingernail is the hard protective covering at the tip of the finger.

TRUE / FALSE

7. The cuticle is a bone inside your finger.

TRUE / FALSE

8. The knuckle is the joint between the bones in your fingers.

TRUE / FALSE

LIVEWORKSHEETS

9. A fist is an open hand with fingers spread apart.

TRUE / FALSE

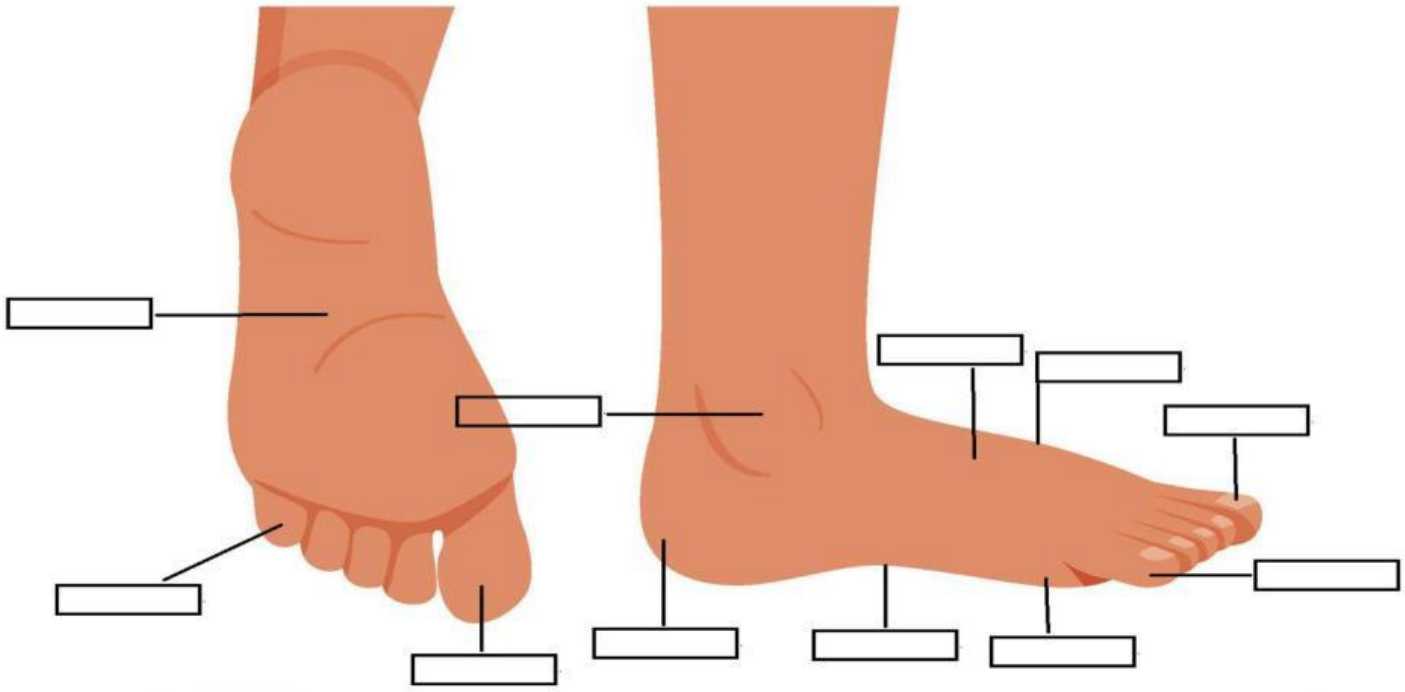
10. The palm is the back side of the hand.

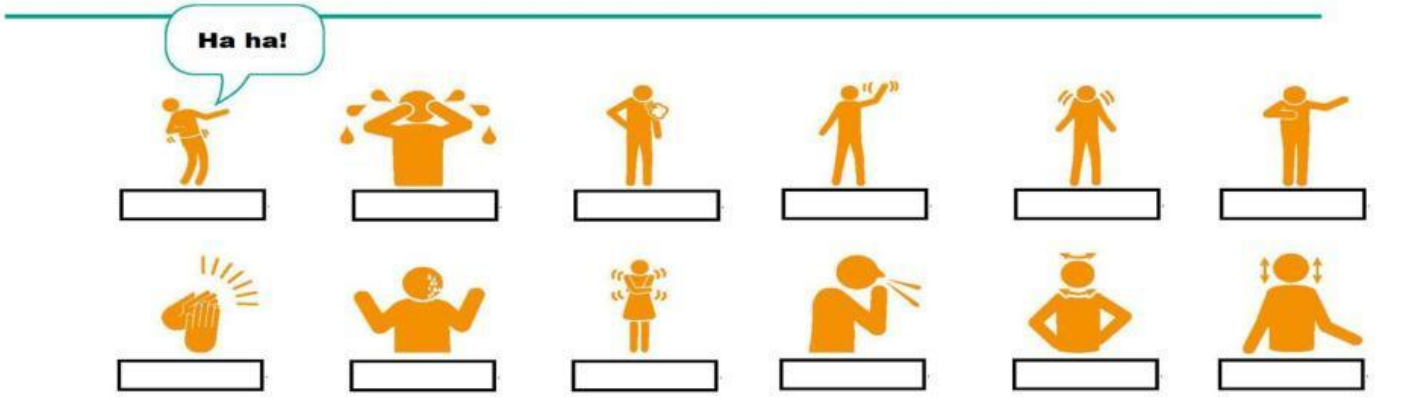
TRUE / FALSE

11. The wrist connects the hand to the arm.

TRUE / FALSE

- ankle
- arch
- ball
- big toe
- bridge
- heel
- instep
- little toe
- sole
- toe
- toenail





LIVEWORKSHEETS

- to bow
- to clap
- to cry
- to laugh
- to nod
- to shake your head
- to shiver
- to shrug
- to sigh
- to sneeze
- to sweat/to perspire
- to wave

Which part of the foot is injured?

Situations

1. After twisting his foot while running, he couldn't move it from side to side.
→ Injured part: _____

2. She dropped something heavy on the front of her foot, and now one of her toes is swollen, especially the smallest one.
→ Injured part: _____

3. He felt a sharp pain under his foot when walking, especially when stepping down.
→ Injured part: _____

4. She developed a painful bruise at the very back of her foot after wearing tight shoes.
→ Injured part: _____

5. After hiking all day, he felt pain in the curved middle part under his foot.
→ Injured part: _____

6. She hit the front upper part of her foot against a step, and now it hurts when she wears shoes.
→ Injured part: _____

7. He injured the hard outer covering of his toe after kicking a door accidentally.
→ Injured part: _____

8. She felt pain in the area just behind her toes when standing on tiptoe.
→ Injured part: _____

9. After wearing tight shoes, she felt pressure on the top middle part of her foot.
→ Injured part: _____

LIVEWORKSHEETS

10. He hurt the largest toe while playing football.
→ Injured part: _____

11. She complained about pain in one of her toes, but not a specific one.
→ Injured part: _____

Watch the video and answer the questions

1. What does the speaker mean by saying that the foot is a “diagnostic window”?
2. Why do health problems often appear in the feet first?
3. How are the heart and the feet connected in terms of blood circulation?
4. What causes the nerves to stop functioning properly?
5. How does magnesium affect calcium in the body?
6. What is the recommended approach to fixing foot cramps problem?
7. Why are foot ulcers common in people with diabetes?
8. What is the connection between fungus and gut health?
9. Do you think the speaker oversimplifies medical problems?
10. Which of the symptoms mentioned do you find the most surprising?
11. How reliable do you think it is to diagnose health problems based on feet?

LIVEWORKSHEETS