HUMAN BODY & HEALTH

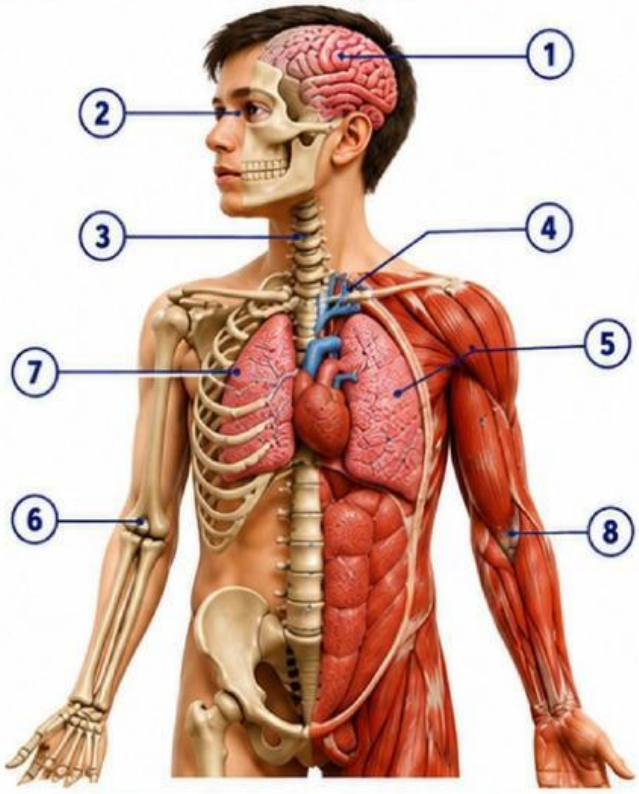
1. Human Body – body parts and functions • 2. Healthy habits

A Inside the Human Body. Look and label.

Write the correct words from the box.

joints	brain	lungs	spine
skull	heart	muscles	skeleton

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____



B What does it do? Read and complete.

Use the words from the box.

heart	spine	skull	joints
lungs	brain	skeleton	muscles

1. Your _____ controls your body and helps you think.
2. Your _____ protects your brain.
3. Your _____ help you move and keep your body strong.
4. Your _____ pumps blood around your body.
5. Your _____ help you breathe.
6. Your _____ allow different parts of your body to bend.
7. Your _____ supports your body and protects important organs.
8. Your _____ runs down the middle of your back.

DID YOU KNOW?

- The heart is about the size of your fist.



- You have more than 600 muscles in your body.



- Your lungs work like sponges, taking in air when you breathe.



C Healthy Habits. Look at the pictures and complete the sentences.

Use the words from the box.

vegetables • sleep • hands • exercise • junk food • water

1. 

Do regular _____.

2. 

Drink plenty of _____.

3. 

Get enough _____.

4. 

Don't eat too much _____.

5. 

Wash your _____ before meals.

6. 

Eat plenty of fruit and _____.

A healthy body helps you learn, play and enjoy life!

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LIVEWORKSHEETS

STORY: ALEX'S KNEE

A. Look at the story.

Match the questions (1–6) with the correct picture (A–E). Write the letter.

Monday



Tuesday



Wednesday



Thursday



Friday



1. Where did Alex go with his mother? ☐
2. What happened while Alex was playing basketball? ☐
3. When did Alex feel better? ☐
4. What did Alex do at home? ☐
5. Who examined Alex's knee? ☐
6. Which part of his body did Alex hurt? ☐

B. Complete the story.

Choose the correct Past Simple form of the verbs in the box.

fall	hurt	feel	take	give	have	go

On Monday, Alex **1)** _____ while he was playing basketball. He **2)** _____ his knee.

It **3)** _____ really painful, so he **4)** _____ an ice pack and rested at home.

On Wednesday, his mother **5)** _____ him to the clinic.

The doctor **6)** _____ him some advice and **7)** _____ . him some medicine.

On Friday, Alex **8)** _____ much better and went back to school.

C. What should Alex do?

Read each situation. Choose the correct answer from the dropdown.

1. Alex hurt his knee. He [▾] rest it for a few days.
2. His knee still hurts. He [▾] play basketball yet.
3. The doctor gave Alex some important instructions. He [▾] follow them carefully.
4. Alex wants to recover quickly. He [▾] get enough sleep.
5. The medicine is only for Alex. He [▾] share it with anyone.
6. Alex is feeling better now. He [▾] start exercising again slowly.

WORD HELP

should = it is a good idea

shouldn't = it is not a good idea

must = it is very important

mustn't = it is not allowed

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LIVEWORKSHEETS

TAKE CARE OF YOUR BODY

A. LOOK AND COMPLETE.

Look at the photos. Choose a verb from the box and write it in the past simple.

give go eat see take drink

1



Mia _____
to bed early
because she felt ill.

2



Leo _____
some medicine
for his cold.

3



Emma _____
plenty of water
because she had a fever.

4



Ben _____
the dentist
because he had
a toothache.

5



Alex _____
too much junk food
and got a stomachache.

6



The doctor _____
Sara some medicine.

B. TAKE CARE OF YOUR BODY.

Choose the correct words to complete each healthy habit.

1 
You (shouldn't / should) eat plenty of (sweets / vegetables) every day.

2 
You (mustn't / should) drink plenty of (fizzy drinks / water) during the day.

3 
You (should / shouldn't) eat too much (fruit / junk food).

4 
You (mustn't / must) (dry / wash) your hands before eating.

5 
You (shouldn't / should) (wash / brush) your teeth at least twice a day.

6 
You (shouldn't / should) exercise regularly to keep your (teeth / muscles) strong.

7 
When you study, you (shouldn't / should) use a (dim / bright) light.

8 
You (shouldn't / should) get enough (exercise / sleep) every night.

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