MODULE 2 – YOUR BODY & YOU

I. IDIOMS - PHRASAL VERBS - COLLOCATIONS

Match the phrases on the left with their definitions on the right then fill them in blanks in below sentences.

a)

f.1. touch and go	*a. have difficulty in speaking clearly because of cough or sore throat*
d. 2. Be As fit as fiddle (as right as rain)	*b. Take a break in order to relax & recover energy*
i. 3. Vim and vigor	*c. Not feeling well*
a.4. Frog in one's throat	*d. people who are in excellent state of health or physical condition*
h.5. On one's last leg	*e. Get through an illness/ or difficult situation*
e. 6. Pull through	*f. the outcome or result is uncertain*
b. 7. Recharge one's batteries	*g. need to take exercise to become fit & healthy again*
k. 8. Ready to drop	*h. in a very weak condition*
c. 9. Be under the weather	*i. have lots of vitality, energy and enthusiasm*
g.10. Back into good shape	*k. too exhausted to stay standing*

1. My grandfather is nearly ninety but he's _____. **As fit as fiddle**
2. My secretary looks so exhausted this week that I told her to stay home Friday and _____. **Recharge her batteries.**
3. When I had the flu last week, I felt like I am _____ **On one's last leg**.
4. I've been shopping all day with Jody. I'm _____. **Ready to drop**
5. After a relaxing holiday, my parents came back _____. **Vim and vigor**
6. Doris had to undergo heart surgery but she _____. **Pull through**
7. Teaching was really difficult today for me with 8 online teaching periods, I had a _____ **Frog in my throat** all day.
8. I'm feeling a bit **under the weather**. I think I'm getting a cold.
9. Rebecca decided she would have to _**Back into good shape** before looking for a new job.
10. David's life is out of danger now but it was _**touch and go**_ after the operation.

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b)

1. Be a bag of bones	*a. Someone whose vision is very poor or unable to see*
2. full of beans	*b. Look or feel ill*
3. as blind as a bat	*c. Loose conscious*
4. clean bill of health	*d. Out of bed or recover after an illness*
5. be off-color	*e. upset and irritable or not feeling well*
6. black out	*f. excellent physical condition.*
7. be up and about	*g. Extremely thin*
8. out of sorts	*h. have a roll of flesh around the waist*
9. in the pink of health	*i. Lively, active and healthy*
10. spare tyre	*j. a report or certificate declaring that their health is satisfactory*

1. The baby is _____ today. Perhaps, he's cutting a tooth.
2. Caroline look _____ after her holiday.
3. Judie was kept in hospital for a week but she's _____ again.
4. I'd better go on a diet and take up exercises because I'm getting a _____.
5. When Windy saw the needle , she _____.
6. Without glasses, my husband and I are _____.
7. What's the matter with Tom? He's feeling a bit _____.
8. The prerequisite is that all candidates for the position must produce a _____.
9. I don't like to see supermodels who are _____, I like vigorous women.
10. She's _____ and enthusiastically inspires her students with positive energy.

II. THEMETICAL VOCABULARY

Exercise 1: Complete using a word formed from the letters given.

1. Mary hasn't been to school for a week because she's got _____. LUF
2. Fruit contains lots of _____ C. MATNIVI
3. If you had to go to hospital to have an _____, would you be scared? NOTROPEAI
4. Take one of these _____ after every meal for three days. SLIPL
5. Owen couldn't play for two months because of an _____. RUNJYI
6. I've got some dirt in the cut and now I've got an _____. CONFETIIN

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7. Jane always looks _____. She must get lots of exercise. LAYETHH
8. What's the best _____ for a bee sting? TENTRATEM
9. Have doctors finally found a _____ for malaria? UREC

Exercise 2: Complete the sentences below by writing a word from the box in each space.

lungs	*veins*	*cochlear*	*bones*	*tendons*	*muscles*
arteries	*joints*	*cells*	*metabolism*	*retinas*	*hormones*

1. A persistent cough is a sign of damage to the _____, often caused by the smoking.
2. The two _____ are responsible for carrying blood away from the heart.
3. An adult human is estimated to be made up over 100 trillion _____.
4. Without calcium, human _____ become weak and fragile.
5. _____ often become damaged or inflamed during excessive sports practice.
6. Adolescents may suffer changes in mood due to fluctuations in their _____.
7. After a long period in hospital, unused _____ become weak and stiff.
8. Even the most experience doctors cannot always find _____ quickly when they need to give injections.
9. The elderly often suffer pain in their _____, in particular the wrists and knees.
10. Many people wrongly blame their weight gain on a slow _____.
11. Damage to the _____ may lead to permanent blindness.
12. Children who are hearing-impaired are now offered _____ implants to allow them to have a sense of sound.

Exercise 3: Complete the definitions of human body systems by writing a word from the box in each space.

cardiovascular	*respiratory*	*urinary*	*musculoskeletal*	*reproductive*
integumentary	*immune*	*endocrine*	*digestive*	*nervous*

1. The _____ system is made up of the heart, arteries, veins and capillaries. The heart pumps blood through the blood vessels to bring oxygen to all parts of the body.
2. The _____ system allows the body to process food and transforms nutrients into energy.

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3. The _____ system is made up of a network of cells called neurons that coordinate actions and transmit signals between different parts of the body. It is the controller of the body, it allows us to move, talk and feel emotions.

4. The _____ system is made up of both internal and external sexual organs, sperm and ova (eggs).

5. The _____ system is made up of airways, lungs and diaphragm. It lets us breathes in oxygen with our lungs and breathe out carbon dioxide.

6. The _____ system is made up of bones, joints, muscles, tendons, etc.

7. The _____ system protects the body from bacteria and viruses.

8. The _____ system produces chemicals called hormones in the body which are responsible for the control of metabolism, mood, growth and development.

9. The _____ system helps eliminate a waste product called urea from the body, which is produced when certain food are broken down.

10. The skin or _____ system, is the body's largest organ, which protects us from the outside world, and is our first defense against bacteria, viruses and other pathogens.

Exercise 4: Combine the word in the box to form eight collocations then choose the best one with its correct form to fill in each blank.

their	*build*	*watch*	*do*	*do*	*enjoy*	*exercise*		*sport*	*good*
exercise	*watch*	*gentle*		*on*	*health*	*levels*	*of*	*your*	*you*
plenty	*reduce*	*resistance*		*eat*	*stress*	*diet*	*up*	*go*	*a*

1. The benefits of exercise are widely known so we have created a collection of _____ equipment for elderly people and anyone who want to move more.

2. At some points in your life, most of us have found yourself in situations where we feel like you are under too much pressure mentally so you should try to _____.

3. We should _____ and fine wholesome healthy recipes that you can easily make at home.

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4. You need to _____ to colds if you want to study in the UK.

5. She's always in good shape. She is not sporty but _____ to keep fit.

6. Have you ever _____ like aerobics, karate, gymnastics at school when you were at high school?

7. He is grossly obese but he has never thought of _____.

8. These days, people are now aware of the importance of health and have the better living condition to _____.

Exercise 5: Complete the collocations. You are given the first letter of the missing words.

a)

1. Flu is not a s_____ illness for most people, but it can be a l_____-t_____ for elderly people who are weak and who haven't been vaccinated.

2. Patients who are t_____ill often prefer to die at home surrounded by their loved one.

3. I'm not in pain, it's just a d_____ ache in my back tooth. I hate going to the dentist's.

4. The children have a b_____ diet, with lots of fruit and vegetables and only a few sweet things now and then.

5. Turn that music down! I've got a s_____ headache.

6. You shouldn't waste the doctor's time with t_____ ailments. Get something at the chemist's instead.

7. I need to adopt a proper fitness programme and to s_____ to it to get into shape again. I was in good s_____ a year ago but then I became a bit lazy.

8. Diseases which are i_____ now will be beaten one day if scientists continue to make progress with drugs and genetic science.

9. My aunt was t_____ ill when she was on holiday. Apparently, she was in e_____ pain. Luckily she had travel insurance.

10. I believe in h_____ eating and I try to do v_____ exercise every other day.

11. My doctor p_____ me a new drug to a_____ my backache. It worked!

12. I took a day off work yesterday. It was nothing serious, just a s_____ cold.

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