

The Body's Limits

(Taken from SB page 33)



1 Describe and compare the photos. What are the similarities and differences between the activities? In your opinion, which activity looks more challenging? Why? Use the expressions from the below to help you.

become dehydrated carry climber cold desert
equipment food and water frostbite heat
high altitude oxygen survive temperature tent

Feeling adventurous? Watch these videos. 😊

Listening Strategy

Some listening tasks may involve listening out for numbers, dates and measurements. Make sure you know how to pronounce these so that you can identify the information when you hear it.

2  1.28 **SPEAKING** Read the **Listening Strategy**. Then try to say the numbers and measurements below. Listen and check.

Large numbers: 4,500 100,000 250,000 2.5 million

Small numbers: 0 0.6 0.04 2.08

Years: 1500 1535 2000 2015 2150 the 1980s

Fractions: $\frac{1}{2}$ $\frac{1}{3}$ $\frac{1}{4}$ $\frac{1}{5}$ $\frac{1}{10}$ $\frac{3}{8}$ $1\frac{2}{3}$

Percentages: 50% 57%

Ratios and ranges: 2:1 10:1 aged 18–25
from 0–100 in 3.1 seconds

Temperature: -40°C 0°C 5°C 15°C

3  1.29 Read and listen to the article. Complete the article with numbers and measurements from exercise 2.

There are many amazing stories of human survival, but actually our bodies are very fragile and do not cope well with extremes. Polar explorers can cope with temperatures of ¹_____, but only if they keep warm. Most people will collapse if their body temperature drops by only ²_____, and if it drops by ³_____, they'll die. Heat can be just as dangerous. Temperatures of 35°C are safe, provided humidity is not above ⁴_____. High altitudes are dangerous too. We pass out when the pressure falls below ⁵____ of normal atmospheric pressure. This happens at about ⁶____ metres. Climbers can go higher because their bodies gradually get used to it, but no one survives for long at 8,000 metres. At high altitudes, lack of oxygen is another problem. At ground level, about ⁷____ of the air is oxygen. If that falls below ⁸____, we die.