

1 Listen and read. TR: 21

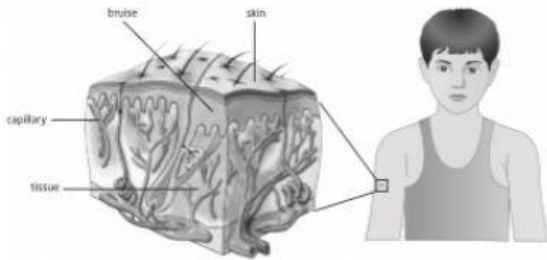
Of Bumps and Bruises

Ouch! You bruised yourself again! A few minutes later, and you have got a big red bump. How does this happen?

When we bruise ourselves, we break a small blood vessel under our skin, called a capillary. Blood leaves the capillary, but where can it go? It can't come out of our skin because there isn't a cut. So it fills the tissue under the skin instead. As more blood travels around, the bruise gets bigger and redder.

Most bruises disappear after two weeks. But they often change colour first! After two days, your bruise turns blue or purple. By day six, it is green. And by day eight or nine, it looks yellow to light brown.

Did you know that cold blood moves more slowly than warm blood? Next time you get a bruise yourself, make it *cold*! Put a cold wet towel, or a pack of frozen vegetables, on the bruise for half an hour. That way, less blood travels to it. And you will get better sooner!



2 Read. Tick T for True or F for False.

- When you bruise yourself, a small capillary breaks.
- Bruises get smaller when lots of blood travels around.
- Don't worry if your bruise changes colour. It's normal.
- You shouldn't use a pack of frozen peas on your bruise.

T F
T F
T F
T F

3 Read and write. Write the information in the cause-effect table.

The bruise goes red.
Less blood travels to a cold bruise.
~~The blood stays under the skin.~~
After two days, your bruise is blue.

| CAUSE | EFFECT |
|----------------------------------|--|
| You didn't break any skin. | → <u>The blood stays under the skin.</u> |
| Blood travels to the bruise. | → _____ |
| Bruises change colour over time. | → _____ |
| Cold blood moves slowly. | → _____ |

4 Complete the sentences. Write *That's why* or *That's because*.

- With bruises, you don't break any skin. _____ the blood stays under the skin.
- At first, lots of blood travels to the bruise. _____ bruises are red!
- After two weeks, your bruise isn't red. _____ bruises change colour.
- If you make your bruise cold, less blood travels there. _____ cold blood travels slowly.