

## YOUR BODY

1. Choose the correct answers. Then listen and check.

1. How many bones do you have? **A.** exactly 206 **B.** about 206 **C.** 300
2. What is an elbow? **A.** a bone **B.** a muscle **C.** a joint
3. How many muscles do you have? **A.** about 500 **B.** about 600 **C.** about 700
4. What does your heart pump? **A.** blood **B.** air **C.** water
5. How heavy is your skin? **A.** 16% of your weight **B.** 25% of your weight **C.** 60% of your weight

2. Fill in the gaps with: *muscles, bones, joints, skin*.

- a. \_\_\_\_\_ make the skeleton.
- b. \_\_\_\_\_ connect the bones.
- c. \_\_\_\_\_ cover the skeleton.
- d. \_\_\_\_\_ protects your body.

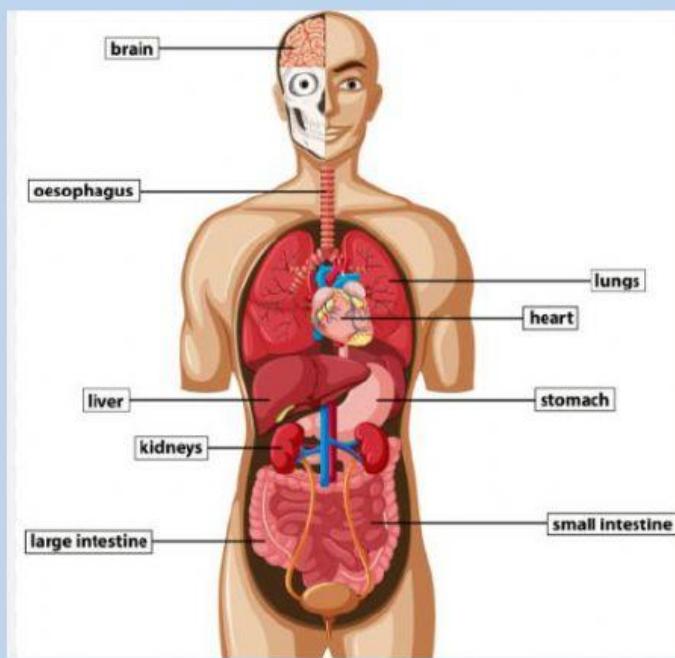


3. Complete the questions and answer them while listening.

- a. \_\_\_\_\_ must you eat \_\_\_\_\_ keep fit? \_\_\_\_\_
- b. \_\_\_\_\_ many muscles \_\_\_\_\_ you have? \_\_\_\_\_
- c. \_\_\_\_\_ many joints \_\_\_\_\_ you have? \_\_\_\_\_
- d. What \_\_\_\_\_ heart do? \_\_\_\_\_
- e. What does skin protect you \_\_\_\_\_? \_\_\_\_\_
- f. How \_\_\_\_\_ does your skin weigh? \_\_\_\_\_
- g. \_\_\_\_\_ is the area of human skin? \_\_\_\_\_

#### 4. Body organ systems – read and fill in suitable words.

blood, brain, breathing, complicated, female, food, intervention, lungs, movement, network, organs, oxygen, stomach, toxins



An **organ system** is a group of \_\_\_\_\_ that work together in the body to perform a complex function, such as pumping blood or processing nutrients (=food).

The **circulatory system** transports \_\_\_\_\_ and nutrients to all corners of the body. It also carries away carbon dioxide and other waste products. It consists of heart, arteries, veins and \_\_\_\_\_.

The **respiratory system** is responsible for \_\_\_\_\_, which is the controlled movement of air in and out of the body. It also moves oxygen and carbon dioxide into and out of the bloodstream. Its parts are \_\_\_\_\_ and airways (trachea etc.).

The **endocrine system** mostly regulates metabolism. Along with the nervous system and immune system, it's generally considered one of the most \_\_\_\_\_ systems in the body.

The **digestive system** is responsible for breaking down \_\_\_\_\_ into nutrients, which the body needs for energy, growth, and cell repair. This system includes all the organs that carry food from where it enters the body to where it exits, including the mouth, \_\_\_\_\_, intestines, rectum and anus.

Organs of the **urinary system** (kidneys, bladder etc.) work together to filter blood and remove \_\_\_\_\_ and waste from body.

The **musculoskeletal system** (skeleton, muscles, tendons) provides the framework and the engine for our \_\_\_\_\_, posture, and physical abilities.

The **nervous system** is a \_\_\_\_\_ that makes it possible for different parts of the body to communicate with one another. It consists of \_\_\_\_\_, spinal cord and all the nerves.

The **reproductive system** is the only organ system that is not complete in any one body and requires another person (or medical \_\_\_\_\_) to complete its mission, which is to produce offspring. The male system includes penis and testicles, the \_\_\_\_\_ one is made up of vagina, uterus and ovaries. These organs are also parts of endocrine system.

### ENDOCRINE SYSTEM

