

Look after yourself

6

VOCABULARY

Parts of the body | Sports and fitness |
Accidents and injuries | Sleep |
Symptoms, illnesses and allergies

GRAMMAR

Countable and uncountable
nouns | Quantifiers | Past
Continuous and Past Simple

BODY CHALLENGE

Can you do these things?



1 Raise one eyebrow and not the other.



2 Touch your toes without bending your knees.



3 Touch your ankle with your elbow.



4 Touch your neck with your shoulder.



5 Touch your elbow with your lips.



6 Touch your eyebrow and your throat with the fingers of one hand.

6.1

Vocabulary

The body

- I KNOW!** Work in pairs. How many parts of the body can you name in a minute?
- 6.1 Study Vocabulary box A. Match the words with parts of the body A-J in the pictures. Listen and check.

VOCABULARY A Parts of the body 1

- | | | | |
|---------------------------------|--------------------------------|----------------------------------|-----------------------------------|
| <input type="checkbox"/> ankle | <input type="checkbox"/> elbow | <input type="checkbox"/> eyebrow | <input type="checkbox"/> fingers |
| <input type="checkbox"/> knee | <input type="checkbox"/> lips | <input type="checkbox"/> neck | <input type="checkbox"/> shoulder |
| <input type="checkbox"/> throat | <input type="checkbox"/> toes | | |

- 6.2 Read and listen to the Body Challenge quiz. In pairs, ask and answer the questions.

A: Can you raise one eyebrow and not the other?
B: Yes, I can.

- 6.3 Study Vocabulary box B. In pairs, find the words in the fact box in Exercise 5. Check you understand them.

VOCABULARY B Parts of the body 2

bone brain heart muscle skin stomach tongue

- 5 In pairs, read the fact box. Which of the facts do you find most surprising?

PHYSICAL FACTS

- 1 Your largest organ is not inside your body, it's your skin – it can be fifteen percent of your body weight!
- 2 The human stomach can stretch to hold up to four litres of food!
- 3 A human brain is three to four times smaller than an elephant's.
- 4 Twenty-five percent of your bones are in your feet – there are twenty-six in each foot.
- 5 Your heart beats about 100,000 times a day to move the blood around your body.
- 6 Your tongue has eight muscles. It's very strong. (Perhaps because we talk a lot!)

- 6 **6.4 WORD FRIENDS** Complete the table with the words below. Listen and check.

badminton cycling exercises healthy
hockey rugby surfing yoga

play	1 <u>badminton</u>	basketball	football
do	2 _____	3 _____	(team) games
do	4 _____	sport	weight-training
go	6 _____	running	7 _____
keep	fit	8 _____	

- 7 **6.5** Listen to Alfie and Chloe talking about how they keep fit. Choose the correct option.
- 1 To keep *fit / sport* Chloe does *yoga / exercises* before breakfast every morning.
 - 2 She also goes running *three / five* times a week.
 - 3 She used to play *football / hockey* at school.
 - 4 Alfie doesn't go *swimming / climbing* because he thinks it's boring.
 - 5 He *plays badminton / does weight-training* with his friend Tim.
- 8 How do you keep fit? Discuss in pairs.
- A: How do you keep fit? Do you do a lot of sport?
- B: Yes, I go running at weekends, I play football for the school team and I do judo.

- 9 **6.6 WORD FRIENDS** Listen to Chloe and Alfie talking about accidents and injuries. Complete the sentences with body parts.

- 1 When Alfie fell, he hit his *head* and hurt his _____.
- 2 One time he broke his _____ during a football match.
- 3 Last week, Chloe cut her _____ and burned her _____ in the kitchen.

- 10 Label photos A-E with the highlighted injuries in Exercise 9.



- 11 **YOUR WORLD** In pairs, talk about a time you had an injury. Use the phrases in Exercises 6 and 9 to help you.
A few years ago, I went skiing and I broke my leg.