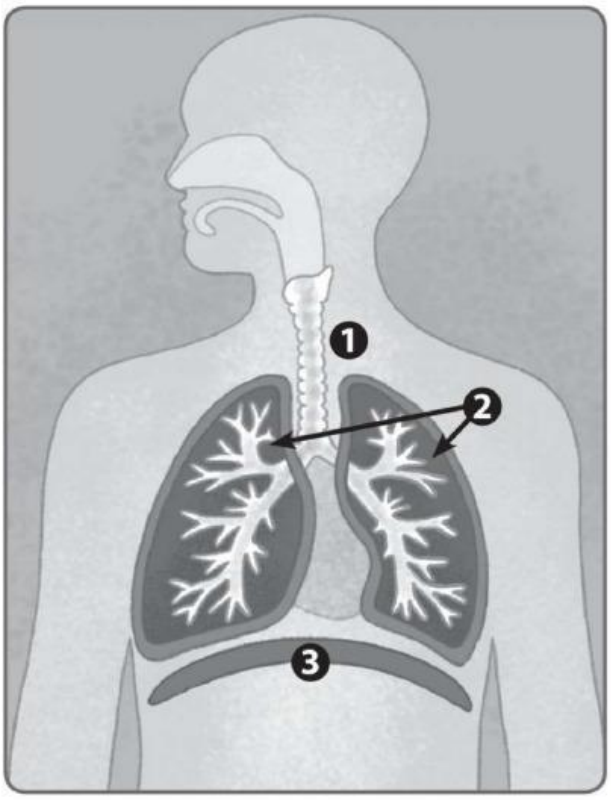
UNIT 12

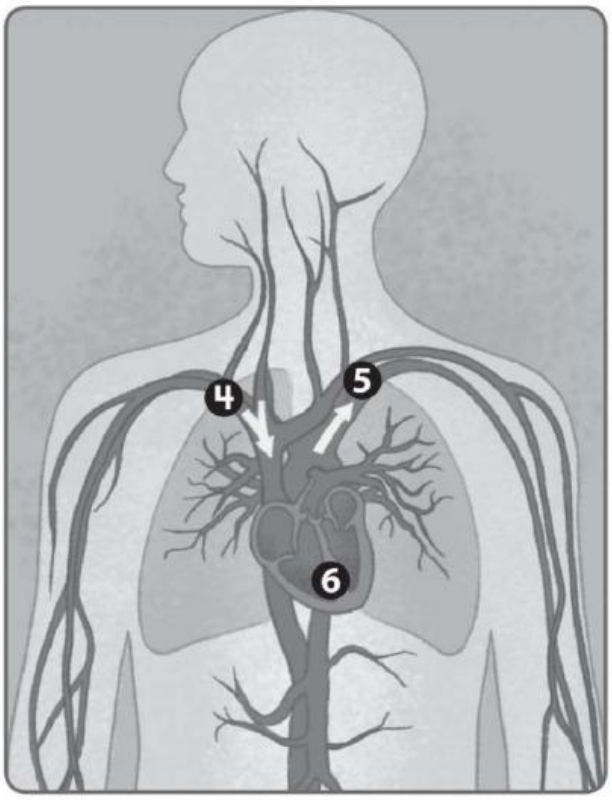
Get Ready

Words

lungs	blood	system	carbon dioxide	arteries	
capillaries	pulse	heart	veins	diaphragm	trachea

A **Look and write.**





1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

B **Complete the sentences with the words from the box above.**

1 Each of the illustrations above shows a _____ in the body.

2 It is quite easy to feel your _____ in your wrists and in your neck.

3 Plants need _____, and humans need oxygen.

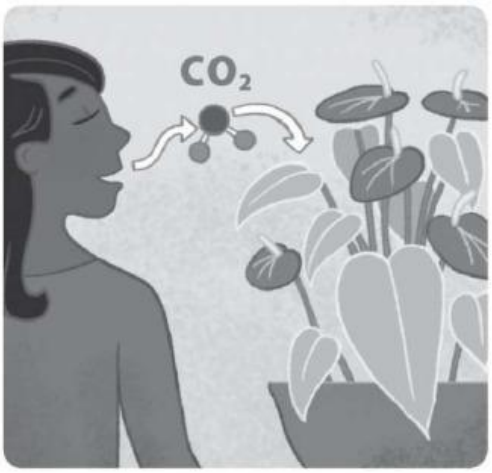
4 Red _____ flows through every part of the body.

5 _____ are smaller than arteries and veins.

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LIVEWORKSHEETS

C Two of the three words are correct. Cross out the wrong word.



1 You only have one of these in your body.
   a heart **b** lung **c** diaphragm

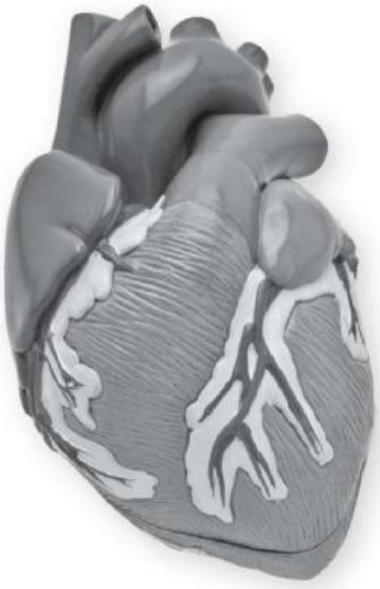
2 Outside air goes into this part of your body.
   a lung **b** trachea **c** capillaries

3 This carries blood in your body.
   a trachea **b** artery **c** vein

4 You need this to live.
   a blood **b** carbon dioxide **c** heart

D Complete the sentences with the words in the box.

lungs	blood	system	carbon dioxide	arteries
capillaries	trachea	pulse	heart	veins	diaphragm



1 Your _____ is faster when you run and slower when you sleep.

2 There is _____ on my hand. I think I cut my finger.

3 Veins, arteries, and _____ all carry blood in the body.

4 Air has to pass through your _____ before it enters your lungs.

5 The _____ is in the chest, a little to the left of the center.

6 Humans breathe out _____, which plants need to live.

7 All the _____ in the body carry blood back to the heart.

8 You have two _____, one on each side of your chest.

9 It would be difficult to breathe in and out without the _____.

10 Our lungs, trachea, and diaphragm work together as a _____.

11 The _____ carry blood to every part of the body.

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LIVEWORKSHEETS

Read

A **Read the article. How is exercise good for your body?**

B **Read the article again. As you read, remember to look for clue words that help you understand the sequence of the actions in the reading.**

What Happens When You Exercise?

People used to think that exercise was just for athletes. We now know that exercise is important for everyone. When you exercise, your muscles get stronger. You also become more flexible, and you feel better. However, what happens inside your body when you exercise?



Imagine that you decide to jog around the park for thirty minutes. When you begin to run, your muscles start working hard. As a result, they need more oxygen. Then, two things happen.

Think What is the sequence of actions up to now?

First, your breathing increases. This sends more oxygen through your **trachea** and into your **lungs**. During this time, your **diaphragm** is working harder to let your lungs expand and shrink faster. Next, your **heart** beats faster. It sends more oxygen-rich blood through your **arteries** to your muscles. Your muscles then use the oxygen. In fact, your muscles use most of the oxygen that your body brings in when you exercise. Of course, after your body uses oxygen, it produces **carbon dioxide**. This travels back through your **veins** and out of your lungs into the air.

Think What is the sequence of actions in this paragraph?

While this is happening, your skin produces a clear fluid called *sweat*. It keeps your body from becoming too hot. Your body also keeps you cool by sending blood to your skin. This gives your skin a healthy glow.

After you stop running, your muscles need much less oxygen. Your breathing and heart rate return to normal, and your body now feels great! Exercising is a good way to keep your body strong and fit.

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LIVEWORKSHEETS

Understand

Comprehension

A **Number the actions.**

Step One	Step Two
___ Your muscles need more oxygen.	___ Your lungs expand and shrink faster.
___ Your muscles start working hard.	4 The diaphragm works harder.
1 You begin to run.	___ More oxygen enters your lungs.

Step Three	Step Four
7 Your heart beats faster.	___ Your breathing and heart rate return to normal.
___ Your muscles use this oxygen.	10 You stop running.
___ Oxygen-rich blood goes to your muscles.	___ Your muscles need less oxygen.

B **Answer the questions.**

1 What does your body produce after it uses oxygen?

_____

2 Why is sweat important?

_____

3 After you stop exercising, what happens to your heart?

_____

C **Words in Context** Read and write.

major	pumps	tubes	squeezes

1 The heart _____ blood throughout the entire body.

2 The diaphragm _____ the lungs so that a person can exhale.

3 The heart and lungs are two _____ parts of the body.

4 Arteries and veins are _____ that carry blood.

D **About You** How often do you exercise? What kinds of exercise do you do?

_____

_____

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LIVEWORKSHEETS

Grammar in Use



A Study the grammar.

Learn Grammar *Used To*

Repeated Action in the Past	Single Action in the Past
He **used to exercise** all the time.	He **exercised** last week.
The children **used to run** a mile every day for exercise.	The children **ran** a mile yesterday.
People **used to think** that exercise was just for athletes.	Fifty years ago, people **thought** that exercise was just for athletes.

B **Match the two parts of each sentence. Underline *used to* in each sentence. Circle the verb after *used to*.**

1	I used to eat sweets after school,	**a**	but now she goes to bed much earlier.
2	Jim swims twice a week now that he has a new job,	**b**	but she used to put on her running shoes and just go!
3	Katie used to go to bed at midnight every night,	**c**	but now he plays soccer with his friends.
4	Ahmed used to jog every Saturday morning,	**d**	but now I eat fresh fruit such as apples and oranges.
5	Maria does a warm up for ten minutes before she runs,	**e**	but now they know that exercise is something you do all your life.
6	People used to think that exercise was only for young people,	**f**	but he used to swim every day.

C **Circle the best answer for each sentence.**

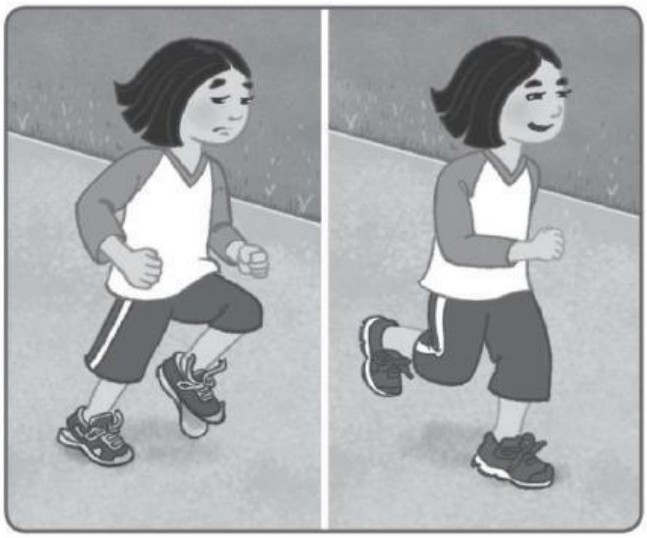
1. Maggie and her friends **ran** / **used to run** ten kilometers yesterday morning.
2. Dan's grandfather **swam** / **used to swim** in this lake when he was a boy.
3. Last night, Anna's family **had** / **used to have** vegetables with their dinner.
4. The students **drank** / **used to drink** a lot of juice at yesterday's party.
5. Victor **watched** / **used to watch** television at night, but now he rides his bicycle.
6. Maki **thought** / **used to think** you were going to exercise with her last night.

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LIVEWORKSHEETS

D **Complete the sentence pairs using the verbs in the box. One sentence in each pair uses a verb with *used to*. One sentence uses the past tense of the verb.**

get up	eat	wear	~~make~~



1 Our coach made us clean the locker room last night.
Our coach used to make us run every night after practice.

2 Stanley _____ a large ice cream cone every day after school.
Stanley _____ a large green salad after school today.

3 Jennifer _____ her old tennis shoes when she went running.
Jennifer _____ her new running shoes this morning.

4 Marcel _____ at 7:30 this morning to exercise.
Marcel _____ at 5:30 every morning to exercise.

E **Unscramble the sentences.**

1 eat / every / Sonia / to / day / used / apples / two
Sonia used to eat two apples every day.

2 weigh / kilograms / used / to / over / George / ninety
_____

3 every / grandfather / walk / to / My / used / day / school / to
_____

4 used / hiking / afternoon / go / Burak / to / Saturday / every
_____

F **Write one sentence about something you used to do, but don't do anymore.**

_____

_____

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LIVEWORKSHEETS

Communicate

Word Study

A **Complete the chart with the words in the box. Then number. You will not use every word.**

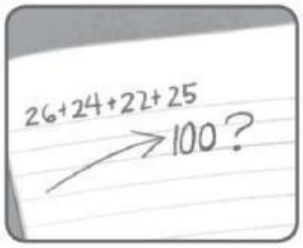
~~navigate~~	duplicate	estimate	concentrate	exaggerate	graduate
navigation	duplication	estimation	concentration	exaggeration	graduation

A Z

	Noun	Verb
1	navigation	navigate
2		duplicate
3		estimate

	Noun	Verb
4	concentration	
5		exaggerate
6	graduation	











1



B **Circle the correct words.**

Before our **graduate** / **graduation** (1) from wilderness camp, my friends and I had to **navigate** / **navigation** (2) our way through the forest back to our cabins. It wasn't easy. I **estimation** / **estimate** (3) that it took us about two hours of hiking to get back. During that time, we had to **concentrate** / **concentration** (4) on where we were, so we didn't get lost. It's not an **exaggerate** / **exaggeration** (5) to say it was the best experience of my life. It isn't a test that you could **duplication** / **duplicate** (6) anywhere else.

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LIVEWORKSHEETS

Writing Study

A **Complete the sentences with the verbs in the box. Use the correct verb form.**

have	work	want	jump	play	know	go	pump



1 Something in the body _____ blood 24 hours a day. What is it?

2 Everybody _____ that exercise is good for our bodies.

3 Nothing in the body _____ harder than the heart.

4 Does anybody here _____ to go swimming with me?

5 Everything in the body _____ a job to do to keep us healthy.

6 Anything that you breathe in _____ into your lungs.

7 In gym class, nobody _____ as high as Neema.

8 Does somebody in the classroom _____ tennis?

B **Write a paragraph about a kind of exercise you enjoy.**

Read the example below. Write at least one sentence with **used to**. Be sure to use sentences with indefinite pronouns that have subject / verb agreement.

> I **used to** think that exercise was boring. Now I know it can be really fun. My favorite exercise is jumping rope. If **nobody is** around, you can jump alone. If **somebody wants** to join you, you can jump together. **Everyone has** fun jumping rope.

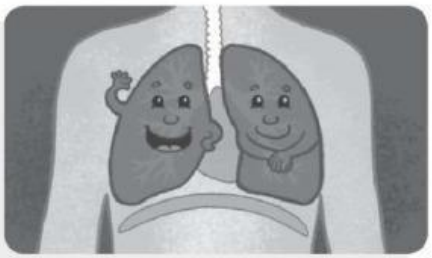
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LIVEWORKSHEETS

Wrap Up

Writing

A **Read this interview with a body part. Label the parts of the interview.**



An Interview with the Human Lungs

Amy: My guests today are two twins called the lungs. How are you today?

Lungs: We're doing great, Amy.

Amy: You both have an important job to do, right?

Right Lung: That's right. We bring in oxygen from outside of the body.

Left Lung: Then we transfer that oxygen to the blood so that the heart can send it out to the whole body. We also get rid of the carbon dioxide that our body produces.

Amy: Wow! You must be busy.

Right Lung: Yes, we're very busy. We breathe in and out about 20,000 times a day.

Amy: Where are you located in the body?

Right Lung: I'm on the right side of the chest, and my twin is on the left side.

Amy: Do any other body parts help you with your job?

Left Lung: Our friend the diaphragm helps us to expand and shrink so that we can inhale and exhale air easily.

Amy: Well, thanks for taking time to talk to me today. I really enjoyed it!

Right Lung: Amy, talking to you was a breath of fresh air for us.

B **Plan your interview. Brainstorm interesting questions and find answers for your interview. Write them in the chart below.**

The Body Part I Will Interview: _____	
Questions	**Answers**

C **Now go to your notebook to write your own interview with a body part of your choice.**

My writing checklist:

- ☐ I wrote my interview as if I were really talking with someone.
- ☐ I chose the most interesting questions for my interview.
- ☐ I did research to find the correct answers to these questions.
- ☐ I included an interesting title.

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LIVEWORKSHEETS

BIG QUESTION 6

How do our bodies work?

Look back through Units 11 and 12:

Write down two things that you learned about your body.

_____

_____

What good habits can stop you from getting sick?

_____

_____

What are two ways to keep your body strong and flexible?

_____

_____

Review

A Look at the pictures. Complete the sentences with the words in the box.

inhale	virus	exhale	swallow	common cold	mucus



This young boy has a _____ (1). It is caused by a _____ (2). The boy has _____ (3) in his nose and throat. To check the boy's lungs, the doctor asks him to _____ (4) and _____ (5). The boy will need to _____ (6) some medicine.

lungs	pumping	trachea	pulse	concentrating	heart



This girl is in a race. As she breathes quickly, air goes through her _____ (7) and into her _____ (8). She is checking her _____ (9) with her fingers to see how fast her _____ (10) is _____ (11). She is _____ (12) on winning the race.

LIVEWORKSHEETS

B Circle the correct words. Then write the adjectives in the correct order.

Does anybody **knows** / **know** what this _____ object is under
(green, triangular, small)

this microscope? I think it's a plant cell, but nobody in my group **is** / **are** sure. I hope it isn't

a _____ virus. Hopefully our _____ science
(new, dangerous) (young, talented)

teacher can tell me what it is.

C Complete the sentence pairs using the verbs in the box. One sentence in each pair uses a verb with *used to*. One sentence uses the past tense of the verb.

do	exercise	bake	dream

1 When I was a boy, I _____ that I was a famous soccer player.

Last night in bed, I _____ that I was a famous scientist.

2 My gym coach _____ one hundred push-ups yesterday.

My gym coach _____ two hundred push-ups when he was younger.

3 My mother _____ chocolate chip cookies every Saturday afternoon.

Last Saturday afternoon, my mother _____ healthy banana muffins.

4 Marisa _____ for thirty minutes after school today.

Marisa _____ for one hour every day after school.



D Write commands to your friends and family about their health.

1 Don't eat so many sweets. Eat healthy food such as fruit and nuts.

2 _____

3 _____

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LIVEWORKSHEETS