

4 TAKE CARE!

Vocabulary in context

Parts of the body
Health problems

1 SPEAKING Look at these words. Draw one of them on the board. Can the class guess the word?

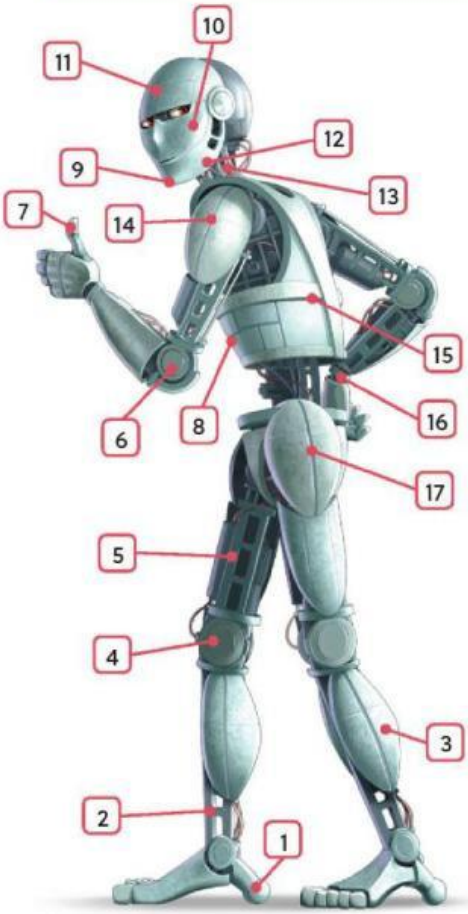
26 Basic parts of the body

arm • ear • face • finger • foot • hand • head • leg • mouth • neck • nose • stomach • toe

2 Match these words to numbers 1–17 in the picture.

27 More parts of the body

ankle • back • calf • cheek • chest • chin • elbow • forehead • heel • hip • jaw • knee • shoulder • thigh • throat • thumb • wrist



3 28 Listen, check and repeat.

4a Read about four people and their health problems. Which two people can you see in the photos?





GET WELL SOON

1. My friend Karen had a skiing accident last week. She has a **broken** leg and she also **injured** her wrist. She says her elbow **hurts**, too. She has **pains** all over her body!
2. Luke has **a bad cold** at the moment, or maybe it's **flu**. He's **coughing** all the time and he also has a **sore** throat and can only drink or eat soup.
3. My little brother Liam was playing football in the street. He twisted his ankle and **sprained** it. Now, it's **swollen**. He also fell on the road and has a small **cut** on his knee. It's not too serious though, just the typical **scratches** and **bruises** that kids get all the time.
4. Mike has **a high temperature** at the moment, 39.5 °C. He also has **stomach ache** and can't eat anything. His mum thinks it's **a virus** because a lot of people are ill at school at the moment.

4b Read the texts again. Use the context to help you understand the words in bold. Then check in your dictionary if necessary.

5 SPEAKING Think of two more parts of the body that we can use in these phrases.

1 (a/an) ..... **ache**
2 a **broken** .....
3 a **sore** .....
4 a **sprained** .....
5 a **swollen** .....

6 Put the letters in bold in the correct order to make health problems or illnesses.

1 Are there any **survise** at school or in your area at the moment? What type?
2 Have you got any **stuc**, **stecharcs** or **ibusser** at the moment? How did you get them?
3 When was the last time you injured or hurt yourself doing sports? What happened? Did you **akerb** or **naspir** anything?

Use it ... don't lose it!

7 SPEAKING Discuss the questions in 6.

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LIVEWORKSHEETS



Reading

1 SPEAKING Look at the photos above from an article about three health problems. What do you think the health problems are?

2 Read the article and answer the questions.

1 Match the pictures to the texts. Were your ideas in 1 correct?

2 What would be a good heading for each paragraph (A–C)?

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YOUTH HEALTH

Is new technology bad for your health? Let's take a look at a few examples.

A You've played the same video game for two hours, and you haven't moved because you're having fun. But take care! When you look down at a screen for a long time, you can get a sore neck, pains in your back, and headaches. A doctor called Vahid Sahiholnasab noticed this with his own children. So, he invented the EyeForcer Smart Glasses™. These have sensors which detect if you're sitting in the right position. If you aren't, the app tells you to sit up straight. If you don't pay attention to the app, or you take the glasses off, they can switch off the video game you're playing. The doctor hopes this can stop young people injuring their necks and backs permanently.

B How many times have you touched your phone today? Researchers from the company Dscout say people touch their phone about 2,617 times a day! When our hands aren't clean, we get a lot of bacteria on our phones, particularly around the 'home' button. Not all the bacteria can cause illnesses, but there is a small possibility that viruses like the ones that cause colds and flu can be present on phones. To limit this possibility, there are three easy things you can do. Firstly, wash your hands frequently. Secondly, try not to use other people's phones if you can help it. And, finally, keep your own phone clean (check first how to do this!). Oh, and never take your phone to the bathroom, of course!

C Have you ever walked in the street while looking down at your smartphone? If so, you're a 'smartphone zombie', and you need to be very careful. You may laugh when you see somebody walk into a wall or a lamppost while looking at their phone. But the result isn't always just a black eye that you can treat with a first-aid kit. There can be broken arms or legs or even fatal injuries. Luckily, they have invented apps which can lock your phone or send you an error message when you use your phone on the move. In some cities, special traffic lights are appearing on the pavement so that people who look down at their phones can't miss them.

Exam tip

You are going to do a matching activity for this reading text. In this type of activity, you say which text or part of a text contains a specific piece of information. What do you think is a good way to do this exercise?

3 29 Read the text again. Which paragraph (A–C) is about ...

1 the importance of hygiene? .....
2 a problem caused by a type of entertainment? .....
3 a problem that could, at first, seem funny? .....
4 a habit which can have a slow, long-term effect on your body? .....
5 a problem that already has at least two different technological solutions? .....
6 a health problem that can pass from one person to another? .....
7 an invention that makes you move if you're sitting incorrectly? .....
8 something that can save the lives of people who don't look up? .....

4 What do the underlined words and phrases in the texts mean? Guess and then check in your dictionary.

5 **Critical thinkers**

In your opinion, is new technology only bad for our health?

How good or bad is it for us?

What makes you say that?

Use ideas from the text and/or other information to justify your opinion. Then share your ideas.

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LIVEWORKSHEETS