FUTHER PRACTICE

I. Use the word given in Capitals at the end of each line to form a word that fits in the space in the same line.

A VISIT TO THE DOCTOR'S

Jim decided to visit the doctor after his trip to the jungle. **MUSCLE**

He was normally a tall (1)……person, but over the past month he had a lot of (2)……He had also noticed that his ankles and knees had become rather (3) …… **WEIGH**

PAIN

He thought that he might have eaten something (4) …… or caught some kind of (5) ……disease. **POISON**

INFECT

The doctor took some blood for tests and told Jim to go back a week later. This time the doctor had an optimistic (6)……..on her face, and Jim felt quite (7) …… 'Don't worry', said the doctor, 'it's nothing serious. You haven't caught an (8) …… disease, or anything terrible like that. It's a simple virus, and you will need some (9)……Take these tablets twice a day for two weeks, and you'll make a full (10) ……..…… **EXPRESS**

HEART

CURE

TREAT

RECOVER

LIVEWORKSHEETS

II. Read the text below. Mark the correct letter A, B, C or D for each question.

THE MUSCLES IN OUR BODY

Our human body is made up of many muscles. All these muscles work together to help you move. They form the muscle system. 650 muscles are wrapped around your bones. They basically cover the bones like a blanket. Muscles are fastened to the bones by tough bands. These bands are called tendons. You can see your tendons when you **wiggle** your finger. Moving your fingers back and forth makes your tendons move.

These muscles around the bone must be told when to move. They are controlled by your thinking. If you want to walk, talk or smile, you send a message to the brain.

Your brain picks up the message. It receives it and processes it. Then it sends out an electric signal through the nerves. The nerves make connections until the signal reaches the proper muscle. This signal tells a muscle what it has to do. The muscle simply does exactly what the brain tells it to do. When you jump, hundreds of muscles work together to help you do that.

Muscles work all the time. They even work when you are fast asleep. They keep your body firm and strong. Therefore, it is important to be in good shape. You need to stay healthy so that your muscles can remain powerful too. One thing that muscles need is good food. Muscles develop when they have protein. Milk, eggs, red meat, fish and beans are rich in protein. A healthy diet includes these food types. Muscles also need to be exercised to remain firm and toned. Regular exercise makes your muscles bigger, strengthens your heart and lungs, and makes you more flexible. Good ways to exercise are walking, swimming, cycling, dancing or playing soccer. These activities improve your stamina. If you have good stamina, you can keep going for a long time without getting tired.

1. What is the topic word of paragraph 1?
   A. Muscles B. The muscles system
   C. Bones D. Tendons
2. The word '**wiggle**' in paragraph 1 means:
   A. spin B. raise C. move D. cross
3. In what order do the following happen?
   A. Processed message, nerve connection, electric signal, execution
   B. Execution, electric signal, nerve connection, processed message
   C. Execution, nerve connection, electric signal, processed message
   D. Processed message, electric signal, nerve connection, execution

LIVEWORKSHEETS

4. What are two things muscles need to stay strong?

   A. Protein and walking
   B. Milk and eggs
   C. Protein and good exercise
   D. Sleep and good food

5. What does the author think about regular swimming?

   A. It makes you stronger and flexible.
   B. It helps you to keep going for a long time without getting tired.
   C. It is better than walking or dancing.
   D. It is not as good as playing soccer.

LIVEWORKSHEETS