$10m \times 3m$ — Ten metres by three metres

32% — Thirty two per cent

8.3 — Eight point three

3^2 — Three Squared

2^3 — Two Cubed

2^4 — Two to the power of four

1975 — Nineteen seventy-five

2001 — Two thousand and one

26^0 — Twenty six degrees

$\frac{3}{4}$ — Three quarters

$1\frac{2}{3}$ — One and two thirds

263-3847 — Two-six-three, three-eight-four-seven

1,325,476 — One million, three hundred and twenty-five thousand four hundred seventy-six



21st — Twenty-first

92nd — Ninety-second

53rd — Fifty-third

67th — Sixty-seventh

1.15 Listen and complete the facts with the numbers and measurements you hear.

1 Your body makes _____ new blood cells every second.

2 There are nearly _____ kilometres of blood vessels in an average adult body.

3 Only _____ of the cells in our body are human; the other _____ are bacteria.

4 Your brain is only _____ of your body's weight, but it uses _____ of the oxygen.

5 Your temperature is usually about _____ lower in the morning than in the evening.

6 Blondes have about _____ more hairs on their head than people with black hair.

7 Adult humans have _____ bones, but newborn babies have a lot more.

8 The smallest muscle in the body is inside the ear; it is only _____ millimetres long.

9 Men usually stop growing when they are _____ years old, women when they are _____ .

LIVEWORKSHEETS

1.29 Read and listen to the article. Complete the article with numbers and measurements

There are many amazing stories of human survival, but actually our bodies are very fragile and do not cope well with extremes. Polar explorers can cope with temperatures of [1]_____ , but only if they keep warm. Most people will collapse if their body temperature drops by only [2]_____ , and if it drops by [3]_____ , they'll die. Heat can be just as dangerous. Temperatures of 35°C are safe, provided humidity is not above [4]_____ . High altitudes are dangerous too. We pass out when the pressure falls below [5]_____ of normal atmospheric pressure. This happens at about [6]_____ metres. Climbers can go higher because their bodies gradually get used to it, but no one survives for long at 8,000 metres. At high altitudes, lack of oxygen is another problem. At ground level, about [7]_____ of the air is oxygen. If that falls below [8]_____ , we die.







1.31 Listen to an interview with a scientist. Which of the people he talks about tested the body's limits deliberately?

1.31 Read the sentences aloud, paying attention to the numbers. Then listen again and decide whether the sentences are true or false. Write T or F and correct the false sentences.

1 When a Russian space capsule had a major problem in 1971, the cosmonauts died in less than 30 seconds. ___
2 In 1966, a scientist passed out after 15 seconds in a vacuum. ___
3 The scientist passed out for 27 seconds. ___
4 In the 1960s, Randy Gardner stayed awake for more than 250 hours. ___
5 After staying awake for so long, Randy Gardner then slept for almost 50 hours. ___







LIVEWORKSHEETS

1.16 **Read the three short texts below about a Swedish woman called Anna Bågenholm, who had an accident. Then listen to an interview about her and decide which is the best summary of the accident. Underline the incorrect parts of the other options.**

a Anna had an accident while skiing. Nobody found her for several hours and when they did, they believed she was dead. But when she arrived at the hospital, she came back to life. ☐

b Anna tried to rescue a colleague who had an accident in the mountains, but fell into some freezing water. She only survived because a helicopter took her to hospital. ☐

c Anna had an accident while skiing. She became so cold that her breathing and heartbeat stopped for hours, but she made a full recovery. ☐



1.16 **Listen again. Are the sentences true (T) or false (F)? Correct the false sentences.**

1 About a third of people whose body temperature drops to below 28°C do not survive. ☐

_____

2 Anna's colleagues called for help seven minutes after the accident. ☐

_____

3 The first rescue team cut a hole in the ice and the second team pulled her out. ☐

_____

4 Anna's body temperature was 30.7°C when she arrived at the hospital. ☐

_____

5 Her heart did not begin beating again until her body temperature reached 36.4°C. ☐

_____

LIVEWORKSHEETS