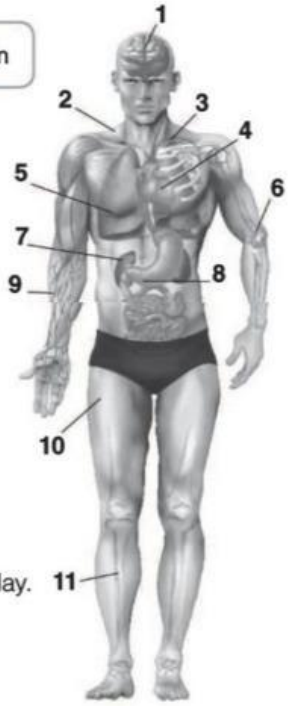
The Body

UNIT 4

Lesson A Vocabulary and Grammar

A Label the parts of the body with words from the box.

artery bone brain heart joint kidney lungs muscle skin stomach vein



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

B Correct the errors with comparatives and superlatives in the sentences.

1. Going to bed early is more good for you than sleeping late in the morning. better
2. Eating junk food is as bad smoking.
3. Playing team sports is excitinger than exercising alone.
4. Eating a healthy diet is as more important as exercising regularly.
5. Eating many small meals can be healthy than eating three large meals each day.
6. Smoking is the baddest thing for your lungs.
7. Drinking water is beneficial for your body than drinking soda.
8. Eating a lot of vegetables is one of the most best ways to stay healthy.

C Complete the facts about the human body. Write the correct comparative or superlative form of the adjectives in parentheses.

1. Blood is _____ (thick) water.
2. Arteries are _____ (close) to the heart _____ veins.
3. _____ (large) organ in the body is the skin. It is also _____ (heavy) organ.
4. _____ (big) muscle in the body is the gluteus maximus, which helps move the hips and legs.
5. _____ (small) muscle in the body is the stapedius, located deep inside the ear.
6. _____ (strong) bone in the body is the femur, which is located in the thigh. It is also _____ (long) bone in the body.
7. Hair on the face grows _____ (fast) any other hair on the body.

LIVEWORKSHEETS

Lesson B Listening

A 8 **Listen to the conversation between Fabio and Min as they leave their exercise class. Circle the correct information.**

1. Fabio thinks his *muscles / joints* will hurt tomorrow.
2. Min thought the class was *easier / harder* than last week.
3. Fabio had an accident while riding his *motorbike / mountain bike.*
4. Fabio's *bone / joint* was causing him some pain during the class.
5. Min is working *more / less* than usual right now.
6. Min is drinking a lot of *tea / coffee* recently.
7. Min thinks she needs to *exercise more / relax.*

▲ A group exercise class at a gym

B 8 **Read the statements and listen again. Circle T for *true* or F for *false*. Correct the false statements.**

1. Min thought the class was ~~boring~~ great.	T	(F)
2. Fabio hasn't been to the class in a while.	T	F
3. Fabio hurt his shoulder when he fell.	T	F
4. It was Fabio's idea to rest for a few weeks.	T	F
5. Min has exercised as much as usual lately.	T	F
6. Min has a lot of stress at work at the moment.	T	F
7. Min and Fabio plan to have lunch together in the future.	T	F

C **Complete the comparative sentences about Fabio and Min.**

1. Min said the class was _____ (hard) than last week.
2. Fabio found the class _____ (enjoyable) than Min.
3. Fabio's injury is _____ (painful) after the class than before.
4. Fabio's doctor thought it was _____ (important) for Fabio to rest than do exercise.
5. Min is _____ (busy) than usual at the moment.
6. Min is working _____ (long) hours now than last month.
7. Min is _____ (tired) than usual right now.

LIVEWORKSHEETS

Lesson C Vocabulary and Grammar

A Label the pictures with words from the box.

fever	headache	indigestion	insomnia	pimple	sore throat

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

B Circle the correct information to complete the sentences.

1. When you have a fever, it's a good idea to take something to *lower / increase* it.
2. Nausea makes it hard to keep down what is in your *lungs / stomach*.
3. When you suffer from *insomnia / a pimple*, it's very difficult to sleep.
4. If you're feeling *active / tired* during the day, a short nap can help.
5. To *stop / protect* yourself from insect bites, you can spray repellent on your skin.
6. **A:** What's that noise?
   B: Sorry, I have *pimples / hiccups* because I ate too quickly.

LIVEWORKSHEETS

How to Live a Happier Life

Do you often have **negative** thoughts? Do you and your friends often **complain** about things? Read these five tips to help you have a more positive attitude about life.

(1) Find the positive, however small

Bad things happen to all of us, but the most important thing is to focus on the positive. For example, next time you're stuck in traffic, think how great it is that you can finish listening to your favorite playlist. If you don't have much in your fridge, and the stores are closed, get creative and think of what you can invent with the ingredients you have. It can be exciting to try something new.

(2) _____

When things go wrong, find a way to joke about it. It may not be funny right away, but you'll laugh about it with your friends soon enough. So, next time you get **a flat tire**, or you don't do well in an interview, try to smile and think about how it could make a good story in the future.

(3) _____

It's easy to think too much about things that have already happened and to get worried about what will happen tomorrow. We all do this sometimes. But remember, you can't change the past, and no one can control the future, so the best thing is to focus on the present. This is the one moment in which you *can* make a difference.

(4) _____

Being around negative people will make you feel negative, too. Spend time with people who will make you laugh and help you believe in yourself, not those that spend all day complaining. It's hard to feel negative when you have positive people around you.

(5) _____

One of the best ways to make yourself feel good is to help others. Find ways to volunteer in your community. Spending time helping other people can give you a better perspective on life and make you value what you have.

negative bad; not hopeful

complain say that you are unhappy with a person, thing, or situation

a flat tire a tire that doesn't work because it doesn't have enough air inside

Volunteering at a local school is a great way to help others in your community.

LIVEWORKSHEETS

B Read the article. Match the subtitles from the box to the correct paragraphs. One subtitle is not needed.

Be kind to others	Find positive friends and coworkers
~~Find the positive, however small~~	Focus on now
Get active	See the funny side of things

C Read the statements below. Circle **T** for *true*, **F** for *false*, or **NI** for *no information*.

1. You should try to see something good in every situation.	T	F	NI
2. It's not a good idea to tell anyone about bad things that happen.	T	F	NI
3. It's a good idea to think a lot about past events in your life.	T	F	NI
4. The most important things to change are bad habits.	T	F	NI
5. Other people's attitudes can have a strong effect on your own.	T	F	NI
6. You should find friends who make you feel happy.	T	F	NI
7. Collecting trash or cleaning up a park is a great way to volunteer.	T	F	NI
8. Helping others can make you see what is important in your life.	T	F	NI

D Write the underlined phrases from the article next to the phrases below with the same meaning.

1. _____ things don't happen as you planned them
2. _____ help you see things more clearly
3. _____ in a line of cars not moving
4. _____ talk about negative things all the time
5. _____ help out in your town without being paid
6. _____ we can't decide what will happen tomorrow
7. _____ create with whatever is in the kitchen

E Match the two halves of the phrases from the text.

1. try _____	**a.** yourself
2. focus on _____	**b.** wrong
3. believe in _____	**c.** a difference
4. go _____	**d.** something new
5. make _____	**e.** the positive

LIVEWORKSHEETS

Lesson E Writing

A Match the topic sentences and supporting details.

1. **Topic sentence:** Exercising regularly is important for a healthy lifestyle.
   Supporting detail: _____
2. **Topic sentence:** _____
   Supporting detail: Poor sleep can increase feelings of hunger and cause you to eat more.
3. **Topic sentence:** Playing a team sport helps you develop useful skills.
   Supporting detail: _____
4. **Topic sentence:** Natural remedies can be a great way to cure health problems.
   Supporting detail: _____
5. **Topic sentence:** _____
   Supporting detail: Yearly check-ups can detect health problems early, so they can be treated easily.

a. Regular visits to the doctor can prevent you from getting really sick.
b. You can learn to manage your time by planning around team activities like games and practices.
c. Aerobic exercise, such as running or swimming, can make your heart and lungs stronger.
d. Most of them use things you probably already have in your home, like lemons, onions, or olive oil.
e. Sleeping well is as important for weight loss as exercising.

B Match the three types of supporting details to the three details given in the text (a–c).

1. explanation _____ **2.** reason _____ **3.** example _____

Physical activity is important for everybody to keep healthy. Not doing any exercise can cause serious problems for your body. **(a) People who don't do regular exercise are at risk of developing life-threatening health problems, such as heart disease, high blood pressure, or osteoporosis.** If you keep active, your bones, joints, muscles, and heart will all stay younger. **(b) In this case, "active" means getting your heart rate to up to 80% of its maximum.** This kind of exercise might sound uncomfortable for some people, but it's necessary a few times a week if you want your body to work longer. **(c) This is because intense physical activity is beneficial at the cellular level and helps the body repair itself.** So, if you want to avoid physical problems in old age, exercise including some intense activity must be part of your routine.

LIVEWORKSHEETS

Review

A Answer the questions using words from the box. One is not needed.

arteries	brain	heart	kidneys	lungs	muscle	skin	stomach	veins

1. I cover the body and protect it from getting sick. What am I? _____
2. We take blood around the body. What are we? _____ and _____
3. When you eat food, it comes to me so I can digest it. What am I? _____
4. We bring air into the body. What are we? _____
5. I think, and I tell your body what to do. What am I? _____
6. I push blood around the body. What am I? _____
7. We help clean the blood. What are we? _____

B Complete the sentences with a comparative, superlative, or equative form so that the second sentence has the same meaning as the first.

1. Nothing is better than yoga to relax the body and mind.
   Yoga is _____ thing for relaxing the body and mind.
2. White rice is not as heathy as brown rice.
   Brown rice is _____ white rice.
3. Nothing is worse for your health than a bad diet.
   A bad diet is _____ thing for your health.
4. My sister finds running less enjoyable than dancing.
   My sister thinks dancing is _____ running.
5. A good night's sleep is more beneficial than a short nap.
   A short nap is not _____ a good night's sleep.
6. No activity is as relaxing as walking in the park on a sunny day.
   Walking in the park on a sunny day is _____ activity.

C Match the sentence halves.

_____ **1.** Drink ginger tea	**a.** to protect your skin.
_____ **2.** You need to exercise enough	**b.** to stop nausea. It's a good natural remedy.
_____ **3.** Take a short nap after lunch	**c.** to keep your muscles and joints strong and healthy.
_____ **4.** A healthy, balanced diet is an important way	**d.** to lower a fever.
_____ **5.** Some people recommend taking an aspirin	**e.** to help you concentrate better in the afternoon.
_____ **6.** You should use sunblock	**f.** to help your organs function well.

LIVEWORKSHEETS