











5 Health & The Body

health	<p>υγεία</p> <p>Playing sports is good for your health.</p>	
healthy	<p>υγιής, υγιεινός</p> <p>Eating lots of fruit and vegetables keeps your healthy.</p> <p>Milk, cereal and fruit is a healthy breakfast.</p>	
sick, ill	<p>άρρωστος</p> <p>My brother won't go to school today, because he's sick.</p>	
sickness, illness	<p>ασθένεια, αρρώστια</p> <p>There is a sickness in the animals on the farm.</p>	
headache	<p>πονοκέφαλος</p> <p>Please don't play the drums, I've got a headache.</p>	
noise	<p>φασαρία, θόρυβος</p> <p>"What's that noise?" "I think it's the rain outside."</p>	

dark	σκοτάδι Brandon always sleeps with a light on because he's afraid of the dark.	
brush	βουρτσίζω I brush my teeth and my hair every morning.	
toothbrush	οδοντόβουρτσα	
cold	κρυολόγημα I don't feel well. I think I have a cold.	
cough	βήχας, βήχω Ben has to go to the doctor because he has a bad cough.	
earache	πόνος στο αυτί Some people get an earache when they travel by plane.	
nurse	νοσοκόμος, νοσοκόμα The nurse will ask you some questions before the doctor sees you.	
toothache	πονόδοντος Miss Maria doesn't like ice cream sandwiches because she gets a toothache.	
temperature	θερμοκρασία, πυρετός The boy has a temperature, so he has to stay in bed.	

exercise	<p>γυμνάζομαι, γυμναστική</p> <p>Healthy people try to exercise every day.</p>	
See you later!	<p>Τα λέμε αργότερα!</p> <p>I'm going shopping now. See you later!</p>	
I'm fine, thanks!	<p>Είμαι καλά, ευχαριστώ.</p>	
day out	<p>βόλτα, ημερήσια εκδρομή</p> <p>We will have a lovely day out with my aunt tomorrow. We will have a picnic near the cove.</p>	
back	<p>πλάτη, μέση</p> <p>I can't do any exercise until my back is better.</p>	
elbow	<p>αγκώνας</p> <p>Lots of tennis players have problems with their elbows.</p>	
knee	<p>γόνατο</p> <p>My mum says that gardening is bad for her knees.</p>	
shoulder	<p>ώμος</p> <p>Look at that boy! There is a parrot sitting on his shoulder.</p>	
stomach	<p>στομάχι, κοιλιά</p> <p>My friend can't eat some foods because they hurt his stomach.</p>	

toe	<p>δάχτυλο ποδιού</p> <p>When you wear flip flops, you can see your toes!</p>	
hurt	<p>πονάω</p> <p>My knee hurts because I fell down.</p>	
wonder	<p>αναρωτιέμαι</p> <p>Rose wonders how many days there are before Christmas.</p>	
sure	<p>σίγουρος</p> <p>Don't worry. I'm sure you will win the game!</p>	
related	<p>σχετικός, συγγενικός</p> <p>"Are you related to that boy?"</p> <p>"Yes, he's my cousin."</p>	
explain	<p>εξηγώ</p> <p>Miss Poppy will explain this exercise again.</p>	
neck	<p>λαιμός</p> <p>Giraffes have got really long necks.</p>	
cheek	<p>μάγουλο</p> <p>Babies usually have big, round cheeks.</p>	
chin	<p>πιγούνι</p> <p>Old people sometimes have hair on their chins.</p>	

beard	<p>μούσι, γενειάδα</p> <p>Wizards in stories usually have long beards.</p>	
moustache	<p>μουστάκι</p> <p>My grandpa has got a big moustache.</p>	
straight hair	<p>ίσια μαλλιά</p> <p>Nina has got straight, blond hair.</p>	
curly hair	<p>σγουρα μαλλια</p> <p>Gina has got dark, curly hair.</p>	
blond, fair hair	<p>ξανθά μαλλιά</p> <p>Cat Noir has got fair hair.</p>	
dark hair	<p>σκούρα μαλλιά</p> <p>Ladybug has got dark hair.</p>	
trousers	<p>παντελόνι</p> <p>He is wearing nice trousers for the party.</p>	
skirt	<p>φούστα</p> <p>Kate is also going to the party, so she is wearing a pretty skirt.</p>	
sweater	<p>πουλόβερ</p> <p>We wear sweaters in winter when it gets cold.</p>	

swimsuit

μαγιό

We wear swimsuits in summer when we want to go to the beach.



helmet

κράνος

You must always wear a helmet when you ride your bike.



pocket

τσέπη

I've got some money in my pocket. Let's buy some snacks!



uniform

στολή (σχολική, στρατιωτική)

Children in the UK wear school uniforms.



bracelet

βραχιόλι

Sally likes wearing bracelets around her arm.



necklace

κολιέ

Tourists love these shell necklaces from our shop.



ring

δαχτυλίδι

Older people often wear a ring to show they're together.



earring

σκουλαρίκι

The Girl with the Earring is a popular painting.





crown

στέμμα

Kings and Queens usually wear crowns.



gold	<p>χρυσός</p> <p>The winner of the race will get a gold medal.</p>	
silver	<p>ασημένιος, ασήμι</p> <p>The second best of the race will win the silver medal.</p>	
glass	<p>γυαλί</p> <p>Windows are made of glass.</p>	
wool	<p>μαλλί, μάλλινος</p> <p>Wool sweaters are very warm.</p>	

Match the body parts to the red spots on the picture. (click on the word and drag the pencil)

Ear

Cheek

Eye

Shoulder

Mouth

Elbow

Hand

Toes

Leg



Hair

Chin

Neck

Fingers

Nose

Stomach

Arm

Knee

Foot