

Reading passage

- Name&class:
- Unit title: Unit 2-Your body and You
- The reading passage:

"The human body is an amazing machine. The brain controls all functions of the body, while the heart pumps blood through vessels. Each organ plays a vital role in keeping us healthy. It's important to maintain a balanced diet and exercise regularly to keep the body functioning at its best. Understanding how our body works helps us make better decisions for our health."

Task 1: True/False:

- 1.The brain pumps blood through the body.
- 2.A balanced diet is important for our health.
- 3.The heart is responsible for pumping blood throughout the body.
- 4.Exercise is harmful to our health.
- 5.A balanced diet includes only fruits and vegetables.

Task 2: Multiple Choice Questions:

- 1.Which organ controls body actions?
 - A. Heart
 - B. Brain
 - C. Lungs
 - D. Stomach
- 2.What is the primary function of the heart?
 - A. To digest food
 - B. To control the body
 - C. To pump blood
 - D. To carry oxygen
- 3.Which of the following is a benefit of regular exercise?
 - A. Causes tiredness

- B. Improves physical health
- C. Reduces the need for food
- D. Slows down body functions

4. Which organ is responsible for thinking and memory?

- A. Heart
- B. Brain
- C. Lungs
- D. Stomach

5. What is important to maintain a healthy body?

- A. Eating a lot of sugar
- B. Avoiding all physical activity
- C. Having a balanced diet
- D. Sleeping less

Task 3: Word Definition Matching:

Words: brain, heart, vessels, diet, exercise

Definitions:

1.The organ that controls actions.	Brain
2. A muscle that pumps blood.	Diet
3. Tubes that carry blood.	Exercise
4.Food that keeps us healthy.	Heart
5.Physical activity to stay fit.	Vessels
6.A part of the digestive system.	
7.A function of the lungs.	