

Unit 5: Mind, Body, Spirit

Talk About Body and Health

Class 1: Body Parts and Health Vocabulary

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Let's Think: Warm-Up

Before we dive into body vocabulary, let's reflect on these big questions. Share your thoughts with a partner!

What is the mind?

Your thoughts, feelings, and memories

What is the body?

Your physical structure and organs

What is the spirit?

Your inner energy and emotions

Quick question: How many body parts can you name in English right now? Think about it!

Vocabulary: Body Parts - Group 1

Learn these 6 body parts:

- **chin** - the part below your mouth
- **arm** - from shoulder to hand
- **chest** - the front of your upper body
- **back** - behind your chest
- **knee** - the middle of your leg
- **toe** - the end of your foot

Practice saying each word aloud three times!



Vocabulary: Group 1 with Spanish

Now let's see the Spanish translations. Try to remember both languages!



chin - mentón



arm - brazo



chest - pecho



back - espalda



knee - rodilla



toe - dedo del pie

Vocabulary: Body Parts - Group 2



Six more important body parts:

- **cheek** - the side of your face
- **shoulder** - connects arm to body
- **elbow** - middle of your arm
- **thumb** - the big finger
- **stomach** - where food goes
- **foot** (plural: **feet**) - at the end of your leg

Note: One foot, two feet!

Vocabulary: Group 2 with Spanish



cheek - mejilla

The soft part on the side of your face



shoulder - hombro

Where your arm connects to your body



elbow - codo

The bend in the middle of your arm



thumb - pulgar

Your biggest, strongest finger



stomach - estómago

Inside your body, digests food



foot (feet) - pie (pies)

You walk and stand on them

Vocabulary: Body Parts - Group 3

Our final set of body vocabulary - nine essential words to complete your knowledge!

- **mouth** - you speak and eat with it
- **head** - the top part of your body
- **neck** - connects head to body
- **bone** - hard parts inside your body
- **wrist** - connects hand to arm
- **forehead** - above your eyes
- **finger** - you have five on each hand
- **ankle** - connects foot to leg
- **leg** - from hip to foot



Vocabulary: Group 3 with Spanish



mouth - boca



head - cabeza



neck - cuello



bone - hueso



wrist - muñeca



forehead - frente



finger - dedo



ankle - tobillo



leg - pierna

Health Vocabulary

When you don't feel well, you need these words! Learn how to talk about common health problems.



headache

dolor de cabeza



toothache

dolor de muelas



a cold

resfriado



a cough

tos



sore throat

dolor de garganta



earache

dolor de oídos



fever

fiebre



prescription

receta médica



Matching Exercise: Body Parts

Match the body part with its correct description. Draw a line or write the corresponding letter!

Body Parts

- 1. head
- 2. arm
- 3. chest
- 4. knee
- 5. foot
- 6. shoulder

Descriptions

- A. The top part of your body
- B. From shoulder to hand
- C. The front of your upper body
- D. The middle of your leg
- E. At the end of your leg
- F. Connects arm to body

Take your time and think carefully about each one!