# 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!

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# 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!*



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# 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

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# 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!

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# 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

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# 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



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# Vocabulary: Group 3 with Spanish



mouth - boca



head - cabeza



neck - cuello



bone - hueso



wrist - muñeca



forehead - frente



finger - dedo



ankle - tobillo



leg - pierna

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# 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

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# 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!

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