

HUMAN BODY & HEALTH

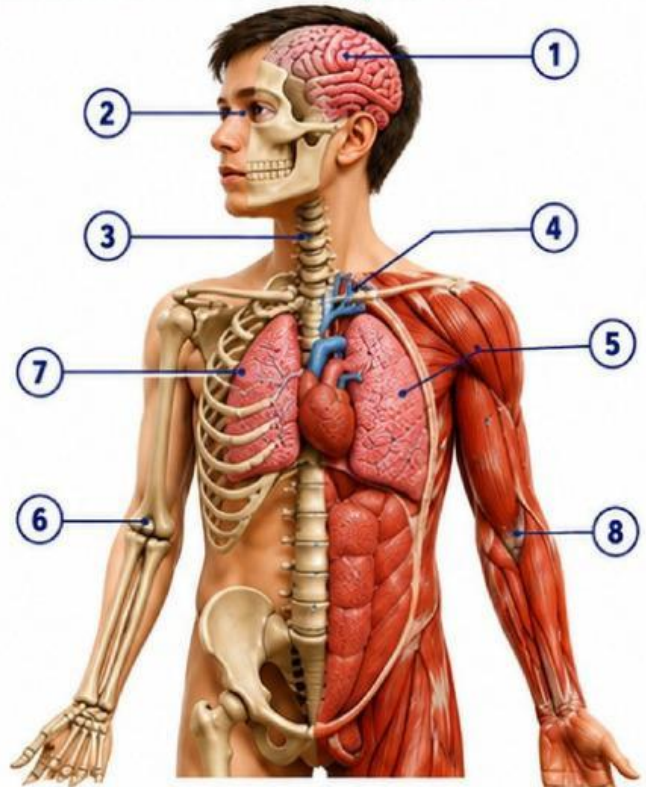
1. Human Body – body parts and functions • 2. Healthy habits

A Inside the Human Body. Look and label.

Write the correct words from the box.

joints	brain	lungs	spine
skull	heart	muscles	skeleton

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____



B What does it do? Read and complete.

Use the words from the box.

heart	spine	skull	joints
lungs	brain	skeleton	muscles

- 1 Your _____ controls your body and helps you think.
- 2 Your _____ protects your brain.
- 3 Your _____ help you move and keep your body strong.
- 4 Your _____ pumps blood around your body.
- 5 Your _____ help you breathe.
- 6 Your _____ allow different parts of your body to bend.
- 7 Your _____ supports your body and protects important organs.
- 8 Your _____ runs down the middle of your back.

DID YOU KNOW?



- The heart is about the size of your fist.



- You have more than 600 muscles in your body.



- Your lungs work like sponges, taking in air when you breathe.



C Healthy Habits. Look at the pictures and complete the sentences.

Use the words from the box.

vegetables sleep hands exercise junk food water



Do regular _____.



Drink plenty of _____.



Get enough _____.



Don't eat too much _____.



Wash your _____ before meals.



Eat plenty of fruit and _____.



A healthy body helps you learn, play and enjoy life!

STORY: ALEX'S KNEE

A. Look at the story.

Match the questions (1–6) with the correct picture (A–E). Write the letter.

Monday	Tuesday	Wednesday	Thursday	Friday
A 	B 	C 	D 	E 
☐	☐	☐	☐	☐

- | | | | |
|---|--------------------------|--|--------------------------|
| 1. Where did Alex go with his mother? | ☐ | 4. What did Alex do at home? | ☐ |
| 2. What happened while Alex was playing basketball? | ☐ | 5. Who examined Alex's knee? | ☐ |
| 3. When did Alex feel better? | ☐ | 6. Which part of his body did Alex hurt? | ☐ |

B. Complete the story.

Choose the correct Past Simple form of the verbs in the box.

fall hurt feel take give have go

On Monday, Alex 1) _____ while he was playing basketball. He 2) _____ his knee. It 3) _____ really painful, so he 4) _____ an ice pack and rested at home. On Wednesday, his mother 5) _____ him to the clinic. The doctor 6) _____ him some advice and 7) _____ him some medicine. On Friday, Alex 8) _____ much better and went back to school.

C. What should Alex do?

Read each situation. Choose the correct answer from the dropdown.

- Alex hurt his knee. He rest it for a few days.
- His knee still hurts. He play basketball yet.
- The doctor gave Alex some important instructions. He follow them carefully.
- Alex wants to recover quickly. He get enough sleep.
- The medicine is only for Alex. He share it with anyone.
- Alex is feeling better now. He start exercising again slowly.

WORD HELP

should = it is a good idea

shouldn't = it is not a good idea

must = it is very important

mustn't = it is not allowed

TAKE CARE OF YOUR BODY



A. LOOK AND COMPLETE.

Look at the photos. Choose a verb from the box and write it in the **past simple**.

give

go

eat

see

take

drink



1 Mia _____
to bed early
because she felt ill.



2 Leo _____
some medicine
for his cold.



3 Emma _____
plenty of water
because she had a fever.



4 Ben _____
the dentist
because he had
a toothache.



5 Alex _____
too much junk food
and got a stomachache.



6 The doctor _____
Sara some medicine.

B. TAKE CARE OF YOUR BODY.

Choose the correct words to complete each healthy habit.



1 You (shouldn't / should) eat plenty of (sweets / vegetables) every day.



2 You (mustn't / should) drink plenty of (fizzy drinks / water) during the day.



3 You (should / shouldn't) eat too much (fruit / junk food).



4 You (mustn't / must) (dry / wash) your hands before eating.



5 You (shouldn't / should) (wash / brush) your teeth at least twice a day.



6 You (shouldn't / should) exercise regularly to keep your (teeth / muscles) strong.



7 When you study, you (shouldn't / should) use a (dim / bright) light.



8 You (shouldn't / should) get enough (exercise / sleep) every night.