

1. Match the given words with definitions

circulation, fibres, ligament, long-sightedness, lungs, passages, short-sightedness, sweat, swelling

- 1 An increase in size of part of the body, often caused by injury _____
- 2 Tiny, thin pieces of tissue in your body _____
- 3 Moisture which your skin produces when you are hot and/or exercise intensively

- 4 A short piece of tissue in your body that connects two bones _____
- 5 A condition in which you cannot clearly see objects which are close to you _____
- 6 The organs which transfer oxygen from the air to your blood _____
- 7 The movement of blood around the body _____
- 8 Any tubes in your body for air, food etc. to move through _____
- 9 A condition in which you cannot clearly see objects which are far away

**2. SB page 106-107 ex. 3. For each paragraph (1-5) choose the best summary (A-F).
There is one extra summary.**

1. _____
2. _____
3. _____
4. _____
5. _____

3. Do the quiz and write in the correct answer a, b or c.

1 What do ligaments in the body connect?

- a a bone to a muscle
- b two bones
- c two muscles

2 What does it mean if someone is 'perspiring'?

- a sweating
- b breathing
- c digesting food

3 What is the average capacity of the lungs of an adult male?

- a 2 litres
- b 4 litres
- c 6 litres

4 Which of the following is not a symptom of poor circulation?

- a swelling in the legs
- b cold hands or feet
- c blocked nasal passage

5 What do you suffer from if you are myopic?

- a long-sightedness
- b short-sightedness
- c blindness

6 Which of the following should you do before exercising to minimise the risk of tearing muscle fibres?

- a take painkillers
- b warm up properly
- c take an ice bath