

3

How does our body work?

1 What changes occur in our body over 24 hours? What would you like to learn about body functions?

2 Circle words related to the body and write two more. What would you like to learn about body functions?

Asia beacon heart intestines muscle
nettles sardines veins

3 Watch the video. Circle the four words mentioned in the video.



altitude chamber energy bar
environmental room first-aid kit
gas analyzer physiologist temperature



4 Watch the video again and answer the questions.



- 1 What does the gas analyzer measure?
- 2 What does the body do when the oxygen level is low?
- 3 Why is it better to have more red blood cells?
- 4 How can you control the environmental chamber?
- 5 Why do athletes train at altitude?
- 6 The anti-gravity treadmill can reduce your body weight. What happens to your performance when this happens?

Reading 1

1 Read the text. Underline (in red) one fact and (in blue) one opinion.

Laughing and Sneezing

Many people believe that laughter is contagious – that when one person laughs, others start laughing, too. But what actually happens to our bodies when we laugh?

Look at your friends when they're laughing and you'll immediately see that their faces change. That's because 15 of the **muscles** in our face contract. In other words, those muscles move and become temporarily shorter. The shape of our face changes when we laugh.

People say that laughter is good for us. Although it hasn't been proved by scientists, it seems that the brain releases chemicals called endorphins when we laugh. Endorphins make us feel happy and calm.

One thing that's certain is that different parts of the **brain** work when we laugh. When we hear a joke, one part of the brain helps us understand why it's funny.



the words and another part helps us realize

Sneezing is a reflex action; we sneeze without thinking about it. Sneezes start in the **nose**.


The hairs inside our nose stop particles like dust, pollen from flowers, and bacteria from entering our body.

If particles get inside our nose, **nerves** send a message to the brain to get rid of them. So we automatically take a deep breath, the muscles in our stomach, chest, and throat contract and squeeze together tightly, we close our **eyes** and the air leaves our nose and mouth in a big blast.

2 Read and answer.



- 1 Why does our face change when we laugh?
- 2 Why do scientists believe laughter is good for you?
- 3 What triggers our need to sneeze?

3  What do parts of the body do when you laugh or sneeze? Use the highlighted words in Activity 1 to make sentences.

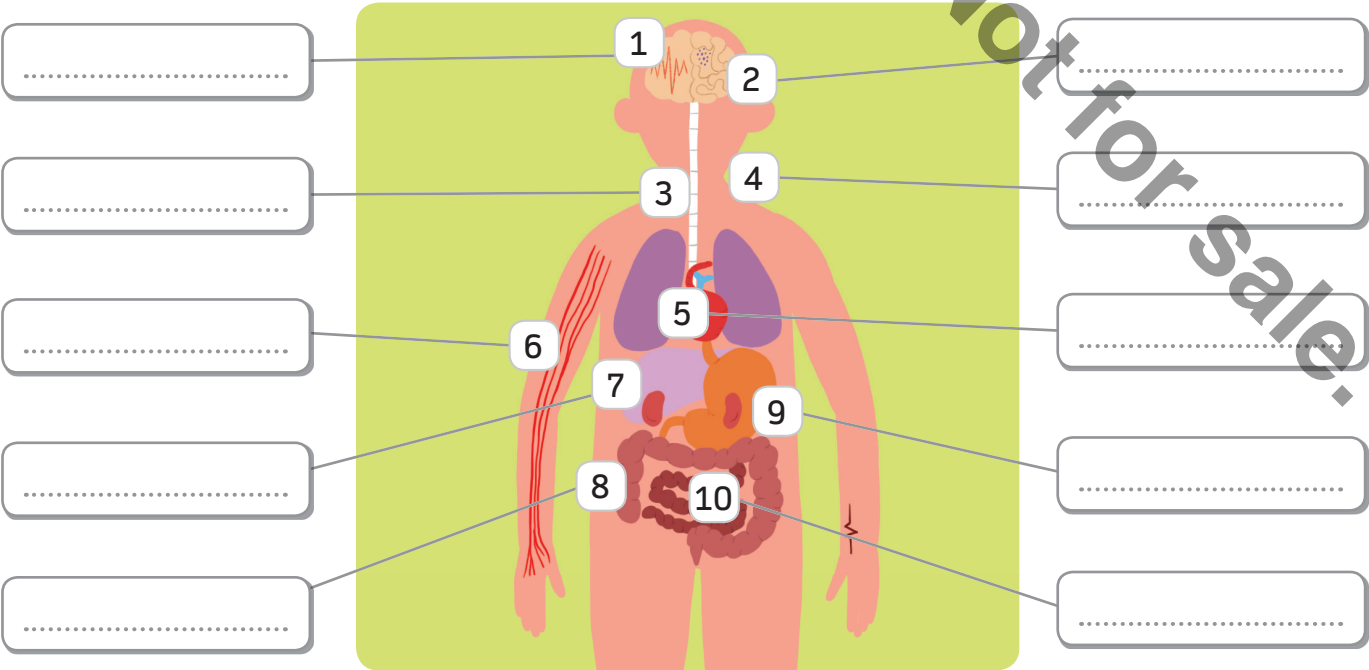
Vocabulary 1

1 Read and check (✓) the correct words.

- | | | | | |
|------------------------------------------------|-------------|--------------------------|-----------------|--------------------------|
| 1 the parts inside our body | appetite | <input type="checkbox"/> | internal organs | <input type="checkbox"/> |
| 2 it beats in our neck and wrists | pulse | <input type="checkbox"/> | cells | <input type="checkbox"/> |
| 3 internal organs shaped like oval beans | kidneys | <input type="checkbox"/> | veins | <input type="checkbox"/> |
| 4 we have a large one and a small one | intestines | <input type="checkbox"/> | kidneys | <input type="checkbox"/> |
| 5 they carry blood around our body | veins | <input type="checkbox"/> | hormones | <input type="checkbox"/> |
| 6 the long bone in our back | pulse | <input type="checkbox"/> | spine | <input type="checkbox"/> |
| 7 a large internal organ | spine | <input type="checkbox"/> | liver | <input type="checkbox"/> |
| 8 they help control how we feel and what we do | cells | <input type="checkbox"/> | hormones | <input type="checkbox"/> |
| 9 these are in every part of our body | brain waves | <input type="checkbox"/> | cells | <input type="checkbox"/> |
| 10 when the body cannot move | paralyzed | <input type="checkbox"/> | appetite | <input type="checkbox"/> |
| 11 an active brain sends these around the body | veins | <input type="checkbox"/> | waves | <input type="checkbox"/> |
| 12 what we feel when we're hungry or not | pulse | <input type="checkbox"/> | appetite | <input type="checkbox"/> |

2 Label the diagram.

brain waves cells internal organs kidneys large intestine
liver pulse small intestine spine veins



3 Write about the body. Use at least three words from Activity 2.



Our bodies can do many amazing things. When we sleep

Vocabulary challenge: parts of the body

4 Read and complete.

ankle bones fingers foot hand hips knee leg

- 1 joints:** the parts of the skeleton that join together
- 2 waist:** the middle of the body, between the ribs and the
- 3 knuckles:** the joints that connect the to the hand
- 4 palm:** the soft side of the
- 5 thigh:** the top part of the leg, above the
- 6 calf:** the back part of the, below the knee
- 7 heel:** the back part of the foot, below the
- 8 sole:** the bottom part of the



5 Circle the odd one out. What makes these words different? Write a short explanation.

- | | | | | | |
|----------|----------|---------|----------|---------|-------|
| 1 | fingers | sole | toes | heel | |
| 2 | ankle | kidneys | elbow | knee | |
| 3 | knuckles | toes | palm | fingers | |
| 4 | knee | calf | thigh | elbow | |
| 5 | wrist | waist | shoulder | hips | |
| 6 | heart | lungs | ribs | liver | |

Grammar 1

First Conditional

If you **do** a lot of sport, you **will get** fit.
There is a slight possibility this will happen.

Zero Conditional

When we **sleep**, our hearts **slow down**.
This is always true.

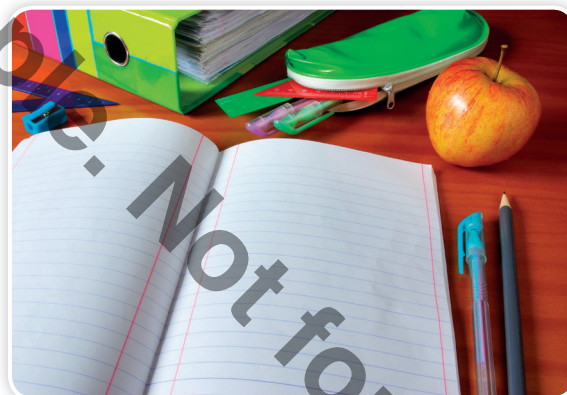
1 Complete the sentences using the Zero Conditional.

- 1 If you _____ (go) to bed late, you _____ (not get) enough sleep.
- 2 When you _____ (not sleep) well, you _____ (feel) tired in the morning.
- 3 When _____ (be) tired, you _____ (not pay) attention in class.
- 4 If you _____ (not listen) in class, you _____ (not learn).
- 5 If you _____ (not pass) your test, you _____ (resit) it next year.

2 Complete the sentences using the First Conditional and the verbs from the box. Then order the sentences.

buy	buy	buy	finish	go
like	put	write	write	write

- a If I _____ to the mall,
I _____ a new notebook. ☐
- b If I _____ my homework quickly,
I _____ to the mall. ☐
- c If I _____ a story in my notebook,
I _____ it on the class blog. ☐
- d If people _____ it,
I _____ another story! ☐
- e If I _____ a notebook,
I _____ a story. ☐
- f If I _____ another story,
I _____ another notebook! ☐



3 Write about these situations using the First Conditional and *if* or *when*.

1 My mom needs another 500 dollars before she can buy a new car.

2 Our basketball team must score 20 points to win the game.

3 I can't go out with my friends until I finish my science project.

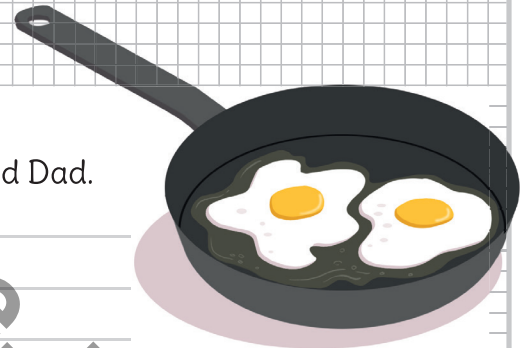
4 They haven't got passports yet, so they can't go abroad.

4 Write two activities you want to do tomorrow. Use the First Conditional.

To do *for tomorrow*

- make breakfast for Mom

If I wake up early, I'll make a big breakfast for Mom and Dad.



5 Write sentences using the Zero Conditional and some of the verbs from the box.

apologize	control	give advice	inform
joke	laugh	produce	rest

1

2

3

4

5

Reading 2

1 What’s the mood of the newsletter? Read and check (✓). Write one phrase that indicates the mood.

Blue Lake Trip

WB White Bay School Newsletter
10th April

Dear Parents,

Firstly, we would like to apologise for returning students to school late yesterday. The school trip to the Blue Lake went quite well, but there were a few unfortunate incidents which we would like to apologise for. As you know, the schedule was:

- to leave school at 9.00 am.
- to have a boat trip around the Blue Lake.
- to have a picnic lunch by the shore.
- to explore the White Cave.
- to return to school by 6.00 pm.

Unfortunately, we left school later than planned. This meant we arrived at Blue Lake too late for the boat trip. Benny Baker was upset about this and he tried to jump on the boat as it was leaving, but fell in the lake. Luckily he's a good swimmer, but he swallowed some lake water and got the hiccups. We gave him some clean water to drink and he was then okay.

The picnic lunch was spoilt by insects, and a wasp stung Hilary Stoke. Her arm swelled. We



put some ointment on the swelling, but the other students became frightened of the wasps and couldn't eat their lunch.

The White Cave exploration also went badly. Kevin Sanders got his foot stuck between two rocks and sprained his ankle. We put ice packs on his foot, but then decided to take him to hospital when the swelling got worse. The hospital treated Kevin well, and he quickly learnt to walk using crutches.

Finally, when we set off back to school, the students complained that they were ravenous, so we stopped at a local restaurant and they all had burger and chips. We apologise for the unhealthy food choice, but there was no alternative. We're also sorry that we arrived back at school over an hour late.

frightened ☐ happy ☐ apologetic ☐ angry ☐ thankful ☐

2  Read and answer.

1 Why didn't they go on the boat trip?

2 Why didn't they eat their picnic lunch?

Vocabulary 2

1 Unscramble the words.

- | | | | |
|---------------------|-------|------------------|-------|
| 1 sprain | | 7 hiccups | |
| 2 recovery position | | 8 vomit | |
| 3 allergic | | 9 bleeding | |
| 4 nosebleed | | 10 muscle cramps | |
| 5 crutches | | 11 swelling | |
| 6 emergency room | | 12 unconscious | |

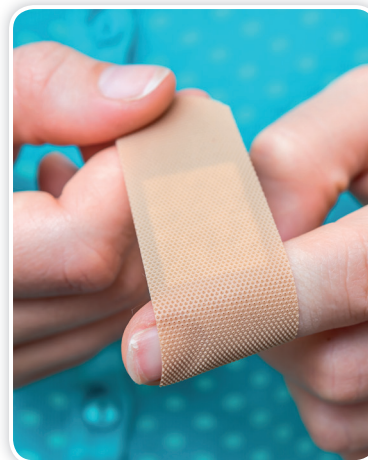
2 You will hear Surita talking to her friend, Jose, about her weekend. For each question, choose the correct answer. You will hear the conversation twice.

- 1 What did Surita do on Saturday?
 - A played tag with her sister
 - B spent it in hospital
 - C met her friends in the park
- 2 What happened to her sister's ankle?
 - A it was bleeding
 - B it was hot so she put an ice pack on it
 - C she sprained it
- 3 They waited so long in the hospital that she
 - A fell asleep
 - B ate a meal
 - C skipped dinner
- 4 Her sister
 - A feels better and can walk again
 - B needs to rest her ankle
 - C can't use crutches



3 Read and complete. Use words from Activity 1 for each sentence.

- 1 When you cut your finger, there will usually be some
- 2 If you fall and bang your nose, you'll sometimes get
- 3 If you do a lot of physical exercise, you could
- 4 If someone falls and hurts their ankle, they
- 5 If you eat something bad,
- 6 If someone falls and bangs their head badly,
- 7 If you drink too quickly,
- 8 If you get an insect bite,



Word study: adjectives ending in -ic

4 Complete the adjectives and match. Write the correct letter.

- | | | |
|---------------------------|---------------------------------------|-------------------------------|
| 1 ener <u>getic</u> | <input checked="" type="checkbox"/> d | a strong, fit, and active |
| 2 fant..... | <input type="checkbox"/> | b good at art, creative |
| 3 art..... | <input type="checkbox"/> | c for all people, not private |
| 4 athl..... | <input type="checkbox"/> | d full of energy |
| 5 pub..... | <input type="checkbox"/> | e very sad and upsetting |
| 6 drama..... | <input type="checkbox"/> | f really great |
| 7 domes..... | <input type="checkbox"/> | g exciting and impressive |
| 8 trag..... | <input type="checkbox"/> | h to do with the home |

5 Choose three adjectives from Activity 4 and write your own sentences.

Grammar 2

Second Conditional

If we **ate** more salads, we **would** feel healthier.

If I were you, I **would learn** some first aid.

If you **had** wings, where **would** you fly?

What **would** you do if you **saw** an accident?

1 Read and choose a, b, or c. Then write answers.

1 If you _____ the president of your country, what would you _____ to him/her?

a meet / said

b met / say

c would meet / say

If I met the president, _____

2 What _____ you do if you _____ the lottery?

a would / won

b will / won

c would / would win

3 Where would you _____ if you _____ travel anywhere in the world?

a be going / could

b go / be able

c go / could

4 If you _____ your ankle, what _____ you do?

a sprained / should

b sprained / will

c would sprain / should

5 If you _____ choose a superpower, what _____ it be?

a could / will

b could / would

c can / would

2 Write about these situations using the Second Conditional.

1 If I saw an accident, _____

2 If I had a thousand dollars, _____

3 If I found a wallet in the street, _____

4 If I lost my cell phone, _____



3 Read and write solutions using the Second Conditional.

1 Sara can't hear the teacher. She doesn't understand.

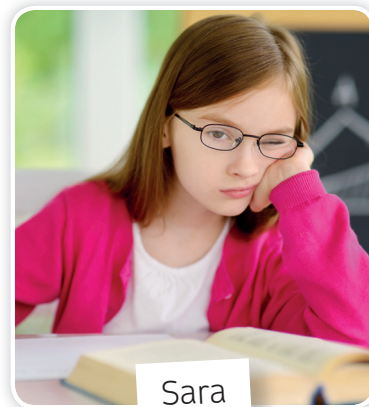
If Sara could

2 She's at the back of the class. She can't see the board.

3 She doesn't have the correct book. She can't read the lesson.

4 She's shy. She doesn't want to ask the teacher questions.

5 She's new at the school. She can't ask her friends for help.



4 Write sentences giving advice. Use the ideas in the box.

chocolate

fresh fruit

movies

new vocabulary

songs

sports

I want to improve my health.

1 If I were you,

2

3

I want to improve my English.


4

5

6

Writing

1 Read and add commas to the conditional sentences.




Being Invisible

If I had a superpower it would be invisibility. I'd send a message to my brain, and my brain would transmit messages to all the cells in my body to become transparent. It would be a chemical reaction. Then no one would be able to see me. I'd love to be invisible sometimes so that I could avoid doing the things I don't want to do. If I hadn't done my homework I could suddenly make myself disappear. And if Mom asked me to clean my room I could also become invisible. However, I wouldn't only use my superpower to avoid things. If I saw a crime I'd help the police catch the criminals. I could follow them invisibly and appear again when the police arrived. If I did that I think the police would give me a reward!

2 Plan your writing about a superpower. Complete the sentences.

- 1 My superpower would be
- 2 I'd like this because
- 3 I'd be able to
- 4 I wouldn't be able to

3  In your notebook write about a superpower you would like to have. Use your ideas from Activity 2.

4 Check yourself. Check (✓) what your writing has.

a writing strategy:

punctuation ☐

b grammar:

conditional tenses ☐

production words ☐

c vocabulary:

parts of the body ☐

Now I Know

1 Complete the chart.

bleeding crutches hiccups internal organs intestines
kidneys liver nosebleed paralyzed recovery position
 spine sprain swelling veins

Parts of the body	Conditions of the body	First aid

2 Read and complete with words from Activity 1.
Circle T (true) or F (false).

- 1 Our _____, such as the liver, kidneys, and _____, calm down when we sleep. They do nothing at all in the night. T F
- 2 If you bang your nose, you might have a _____. You don't have to be put in the _____ for this, you should just sit down and keep your head forward until the _____ stops. T F
- 3 When we sleep, our brain sends a message to the _____ to stop all movement, and we become temporarily _____. This happens during the deep sleep period. T F
- 4 Our _____ carry blood around the body. They also digest food. T F
- 5 If you _____ your ankle, putting an ice pack on it can help relieve the pain and help any _____ go down. T F



3 Read and complete. Use the *First, Second, or Zero Conditional*.



If you want a healthy body, there ¹ (be) several things you can do. If you get a good night's sleep, you ² (feel) refreshed in the morning. It's important to eat good food, too. If you ³ (eat) pizza for breakfast every day, you would feel rather unwell. When you eat cereal and fresh fruit for breakfast every day, you ⁴ (have) plenty of energy. Exercise is important, too. If I were you, I ⁵ (walk) as much as possible. It's also good to take up a sport that you enjoy. If you spend a lot of time indoors, you ⁶ (not, get) enough fresh air. If you ⁷ (go) outside more, you would breathe more oxygen into your lungs. Your brain ⁸ (work) better if it has more oxygen.

4 Read and circle. Complete the sentences.

- 1 If I **were** / **am** rich, I
- 2 When I **get** / **will** get home this evening, I
- 3 If you would **want** / **want** to improve your English,
- 4 You wouldn't **be** / **would** so tired if

Things I learn

1 What new things do you know about how our body works?

.....

2 Write two things you found interesting about:

- 1 what happens to our body when we sleep
- 2 treating minor injuries or illnesses

.....

.....

3 Write down your three favorite new words from this unit. Which word was the most difficult?

.....