

# Our Amazing Body

2



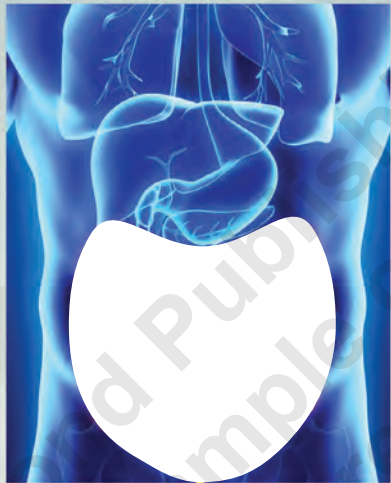
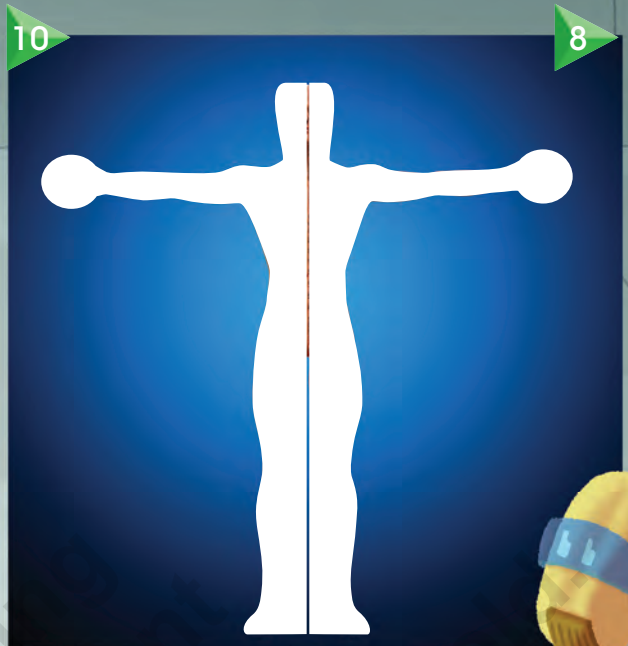
3



7

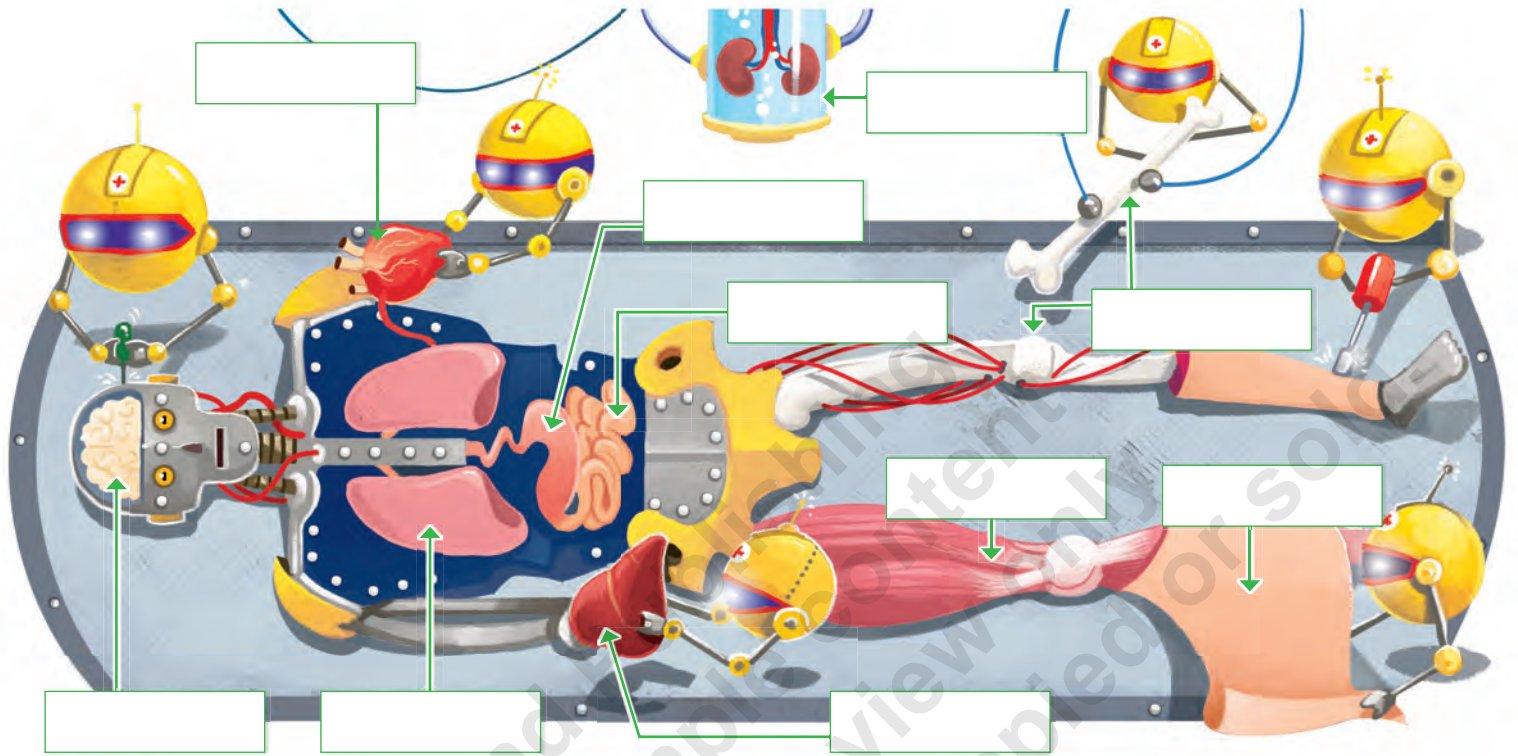


1



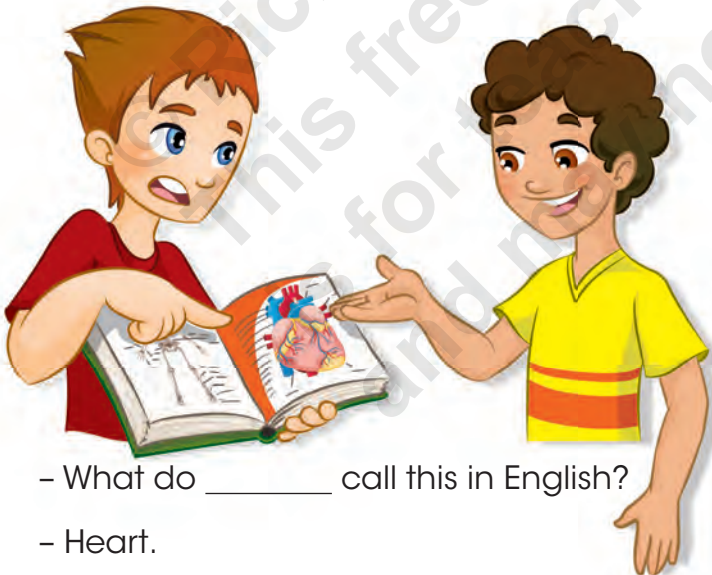
1 Look and label the picture. 

bones brain heart intestines kidneys liver lungs muscles skin stomach



**COOL Language**

2 Listen and fill in the blanks. 



- What do \_\_\_\_\_ call this in English?
- Heart.
- How \_\_\_\_\_ you spell that?
- H - E - A - R - T.



- \_\_\_\_\_ for your help.
- You're \_\_\_\_\_.

▶ Act out the dialogue.

▶ Write your own dialogue with a friend.



**3 Listen and answer the questions.** 

1. What does David do? \_\_\_\_\_
2. How old is he? \_\_\_\_\_
3. Where does he come from? \_\_\_\_\_
4. Does he get up early every day? \_\_\_\_\_
5. What does he do before breakfast? \_\_\_\_\_
6. Does he drink soda? \_\_\_\_\_
7. Does he go swimming every day? \_\_\_\_\_
8. What time does he go to bed? \_\_\_\_\_



**▶ Listen again and fill in the blanks.**

**always**    **sometimes**    **never**

1. David \_\_\_\_\_ gets up at six o'clock.
2. He \_\_\_\_\_ runs in the park before breakfast.
3. He \_\_\_\_\_ eats junk food.
4. He \_\_\_\_\_ drinks soda.
5. He \_\_\_\_\_ goes swimming in the afternoon.
6. He \_\_\_\_\_ rides his bike in the evening.
7. He \_\_\_\_\_ takes a shower in the evening.
8. He \_\_\_\_\_ goes to bed late.

**4 Role-play with a friend.**



**5 Complete the sentences about yourself.**

1. I \_\_\_\_\_ ride my bike in the park.
2. I \_\_\_\_\_ play soccer.
3. I \_\_\_\_\_ eat healthy food.
4. I always \_\_\_\_\_.
5. I sometimes \_\_\_\_\_.
6. I never \_\_\_\_\_.

**COOL Grammar**

**Frequency Adverbs**

- He always gets up early.
- I sometimes drink soda.
- They never watch TV in the evening.

1 Listen and match the faces with the calendars.  4



- Excuse me. How often do you eat pizza?
- Not very often. I have it once a month.

- Do you like pizza?
- Yes, I do.
- How often do you eat it?
- Twice a week.

- How often do you eat pizza?
- Pizza? I love pizza. I eat pizza three times a day!



▶ Act out the interviews.

2 Listen and answer the questions.  5

1. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

4. \_\_\_\_\_

▶ Write three more questions.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_




































▶ Interview a friend.

**COOL Grammar**

*How often... + Time Expressions*

- How often do you visit your grandparents?
- I visit them *once / twice / three times* a month.

**3 Write true and false sentences about Vicky and Alan.**

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
get up early		 	 	 	 	 	
take a shower (morning)		 	 	 	 	 	 
go swimming							
do homework (afternoon)							
read a book (evening)							
go to bed late							

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

► **Check a friend's sentences.**

**Student A:** Vicky and Alan go to bed late once a week.

**Student B:** True. And Vicky never gets up early.

**Student A:** That's false.

**4 Answer about yourself.**

1. When do you watch TV?

\_\_\_\_\_

3. When do you run in the park?

\_\_\_\_\_

2. How often do you get up early?

\_\_\_\_\_

4. How often do you read a book in the evening?

\_\_\_\_\_

1 Write as many parts of the body as you can and check with a friend.

2 Read and correct the statements. 

## Your Amazing Body

**Y**our body is more amazing than any machine or computer. It is made up of many parts that work together every minute of every day and night. All its systems work together to help your body work efficiently and stay healthy and strong.

### Circulatory System

In the circulatory system, the heart pumps blood to the body. The blood carries the oxygen and nutrients that the body needs to stay alive. Arteries take the blood from the heart, and veins carry it back. Your heart beats more than 100,000 times a day.



### Digestive System

The digestive system moves food through the esophagus, stomach, and intestines. They break food down into tiny particles called nutrients. Nutrients use blood to travel to all parts of the body. The digestive system changes the food into energy and then eliminates indigestible waste.



### Nervous System

We can think, feel, move, hear, and see thanks to the nervous system. It includes the brain, spinal cord, and nerves. The brain has three major parts that control thinking, speech, vision, and physical coordination, and the respiratory, circulatory, and digestive systems. The brain sends signals to the rest of the body using the spinal cord.



### Respiratory System

This system allows us to breathe. Air comes into the body through the nose and mouth. It travels through the trachea to the bronchi, and finally arrives in the lungs. Then blood carries oxygen to the body.



### Skeletal System

The skeletal system is made up of 206 bones. Some bones support the body and other bones protect organs. For example, the ribs cover the lungs and other organs, and the skull protects the brain.



### Muscular System

Muscles are elastic fibers that help your body to move. There are around 650 muscles in your body. When you walk, you use about 200 muscles.



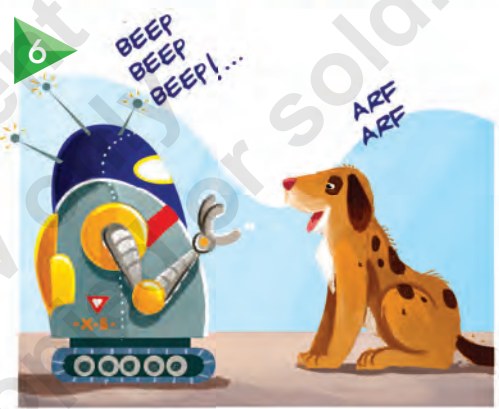
1. We can't breathe through our mouth. \_\_\_\_\_
2. We don't get nutrients from food. \_\_\_\_\_
3. Veins keep blood in the heart. \_\_\_\_\_
4. Some bones hurt organs. \_\_\_\_\_
5. We use 650 muscles to walk. \_\_\_\_\_
6. The brain has four major parts. \_\_\_\_\_

3 Tell your friend three things that you have learned.

#### 4 Match the robots with their abilities.



- \_\_\_\_\_ talk to dogs
- \_\_\_\_\_ become invisible
- \_\_\_\_\_ eat metal
- \_\_\_\_\_ make fire
- \_\_\_\_\_ fly
- \_\_\_\_\_ walk underwater



#### ► Choose a robot with a friend. Use your imagination and answer the questions.

1. What can your robot do?
2. What system in its body is responsible for this?
3. What organs does the system include?

#### ► Use your answers to complete the description.

\_\_\_\_\_ System  
 The \_\_\_\_\_ system \_\_\_\_\_  
 Its organs include \_\_\_\_\_

#### ► Choose another robot and describe its systems.

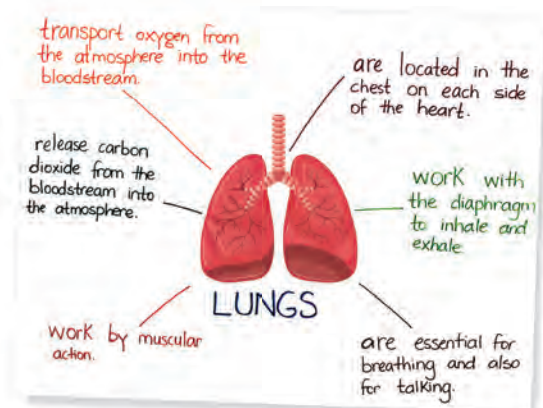
#### 5 Research human organs.

##### You need

- biology books and/or access to the Internet
- construction paper

##### Instructions

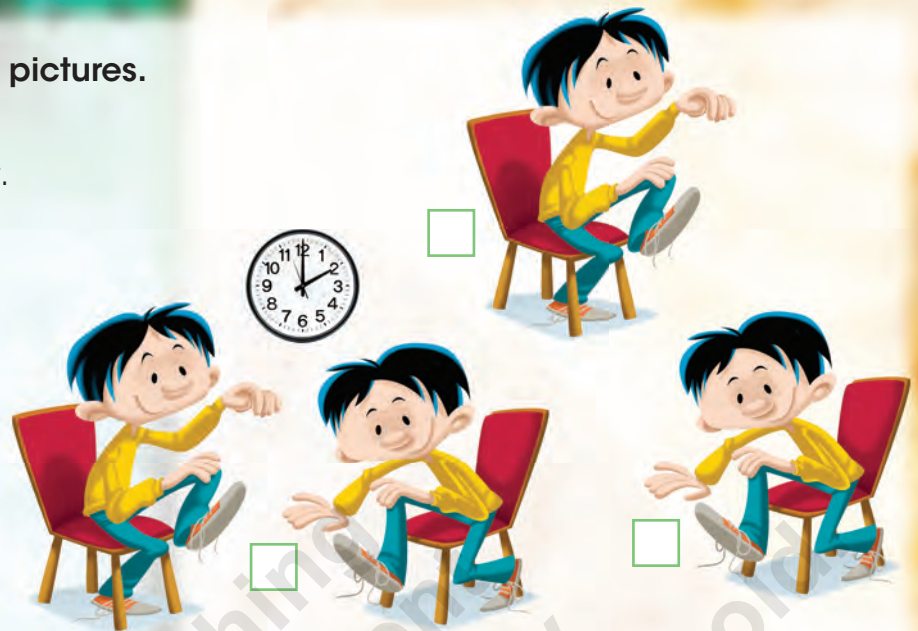
1. Choose an organ.
2. Research and write about it on the construction paper.
3. Illustrate and decorate your work.
4. Present your project.





**1 Match the instructions with the pictures.**

1. Sit and put your right hand on your left knee as you raise it.
2. Put your left hand on your right knee and raise it.
3. Repeat the procedure and don't stop for about two minutes.



**2 Fill in the blanks with a friend.**

**Exercise Your Brain**

Twice a week I go to the \_\_\_\_\_.

Once a week I like to swim.

I always eat a \_\_\_\_\_ lunch,

I eat \_\_\_\_\_ by the bunch!

It is great to be \_\_\_\_\_ and fit-it's true,

But it's important to \_\_\_\_\_ your brain too!

Even though it is sometimes a strain,

\_\_\_\_\_ exercise your brain.

Use a \_\_\_\_\_. Do a jigsaw. Read a book.

Learn a new language. Learn how to \_\_\_\_\_.

Even though it is sometimes a strain,

Always exercise your brain.

Do a math \_\_\_\_\_ and read, read, read.

Exercise your brain, and you'll succeed!

▶ Listen and check your answers. 🎧<sup>7</sup>

▶ Sing "Exercise Your Brain."

**3 Add two suggestions to exercise your brain.**

1. Do mental math.

3. \_\_\_\_\_

2. Do crossword puzzles.

4. \_\_\_\_\_

**4 Describe the photograph with a friend. Use the questions as a guide.**

1. Who is she?
2. How old is she?
3. Where is she now?
4. What is she doing?
5. How do you think she feels at the moment?
6. Do you think she is a professional? Why?

**► Complete the questions to interview the girl in the photo.**

1. Do you \_\_\_\_\_?
2. When do you \_\_\_\_\_?
3. Can you \_\_\_\_\_?
4. How often do you \_\_\_\_\_?
5. Where did you \_\_\_\_\_?
6. Were you \_\_\_\_\_?
7. Are you going to \_\_\_\_\_?

**► Role-play the interview with a friend.**

**5 Listen and fill in the blanks.** 



**Dance Studio**

Enrollment form

Jazz

Ballet

Tap

**Customer Information**

<b>Name</b>		<b>Age</b>
<b>Address</b>		
<b>City</b>	<b>State</b>	<b>ZIP code</b>
<b>Phone number</b>		

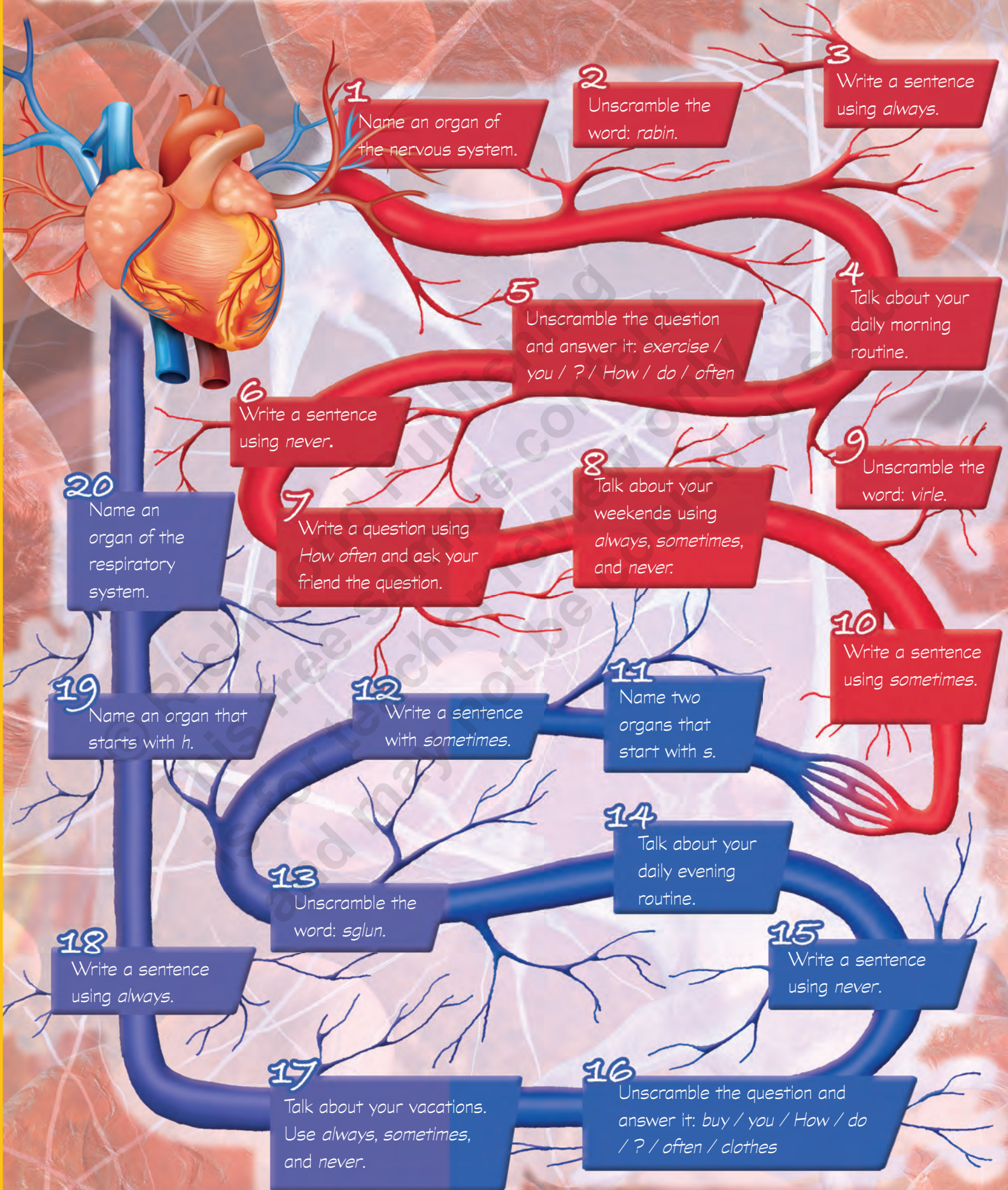
Fees:  1 Year (\$87)  1 Month (\$9.95)



**6 What about you? Discuss your answers with some friends.**

1. What is your favorite activity or sport?
2. How often do you do it?
3. Where do you do it?
4. How do you feel when you are doing it?

1 Play *From the Heart and Back* with a friend.



**2 Fill in the blanks with the words below.**

bones brain heart intestines kidneys liver lungs muscles skin stomach

1. \_\_\_\_\_ are the hard parts that form the framework of your body.
2. Your \_\_\_\_\_ are fibers connected to your bones that enable you to move.
3. Your \_\_\_\_\_ are long tubes folded up inside your abdomen.
4. The \_\_\_\_\_ is the natural covering of a person or an animal.
5. The \_\_\_\_\_ is an organ inside your body where food is digested.
6. The \_\_\_\_\_ controls your body and enables you to think and feel.
7. Your \_\_\_\_\_ remove waste products from your blood.
8. The \_\_\_\_\_ cleans your blood and stores minerals and vitamins.
9. Your \_\_\_\_\_ are the two organs inside your chest that you breathe with.
10. The \_\_\_\_\_ is the organ in your chest that pumps the blood around your body.

**3 Answer the questions.**

How often do you...

1. brush your teeth? \_\_\_\_\_
2. exercise? \_\_\_\_\_
3. take a shower? \_\_\_\_\_
4. wash your hands? \_\_\_\_\_
5. comb your hair? \_\_\_\_\_

**4 Read the sentences and color the corresponding circles.**

I can name ten body parts (organs).

I can give and ask for help.

I can use frequency adverbs.

I can ask questions using *How often*.



Be cool with music!  
Get the lyrics of  
your favorite songs  
in English and  
sing them!



You're a  
winner! You  
have finished  
Unit 1!

**COOL**  
Tip!