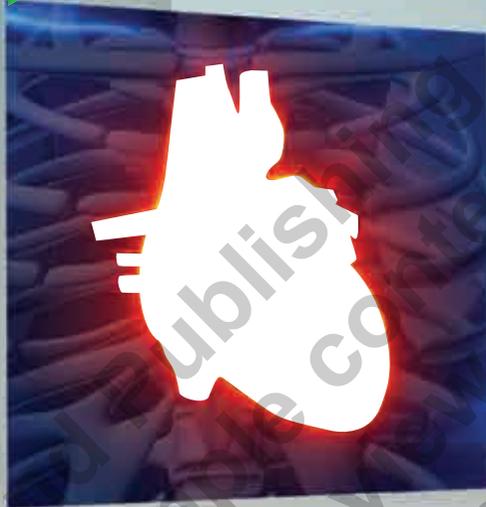


Our Amazing Body

2



3



7



1

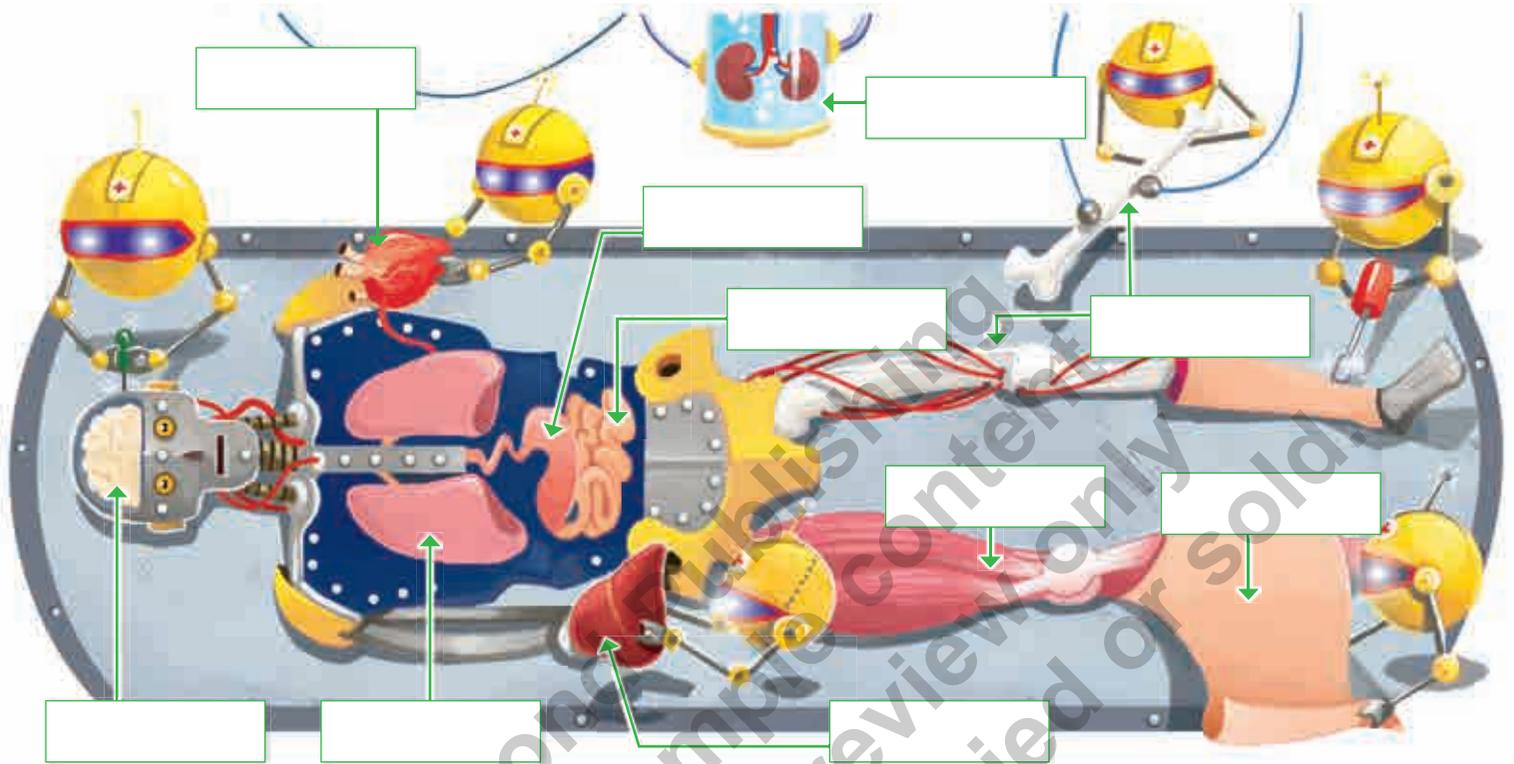




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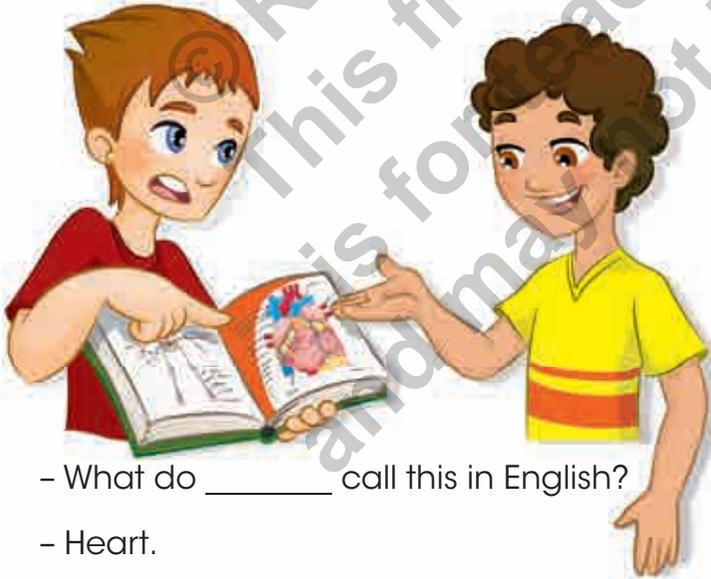
1 Listen and label the picture. 

bones brain heart lungs stomach liver kidneys muscles intestines skin



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.



Don't be afraid to ask for help, and always help others!

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 play games in the evening.

1 Listen and match the faces with the calendars.  4



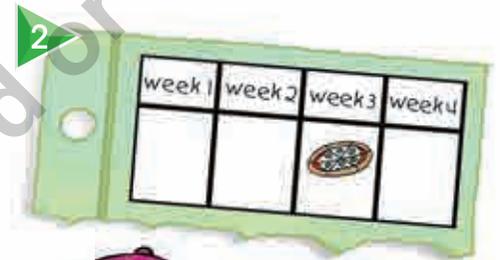
- Excuse me. How often do you eat pizza?
- Not very often. I have it once a month.



- 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 do homework?

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 Listen and read along to correct the statements. 

Your Amazing Body

Your 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
- _____ disappear
- _____ 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.**

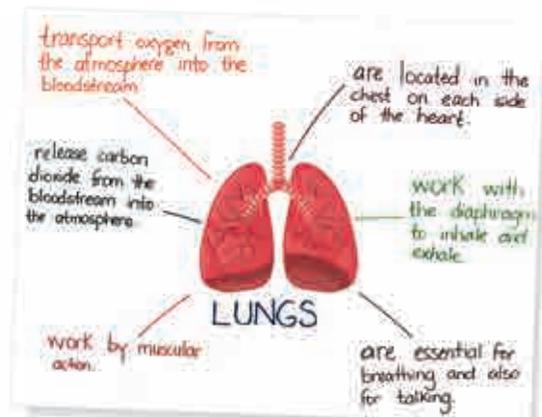
5 Research human organs.

You need

- biology books
- construction paper
- colored pens or pencils

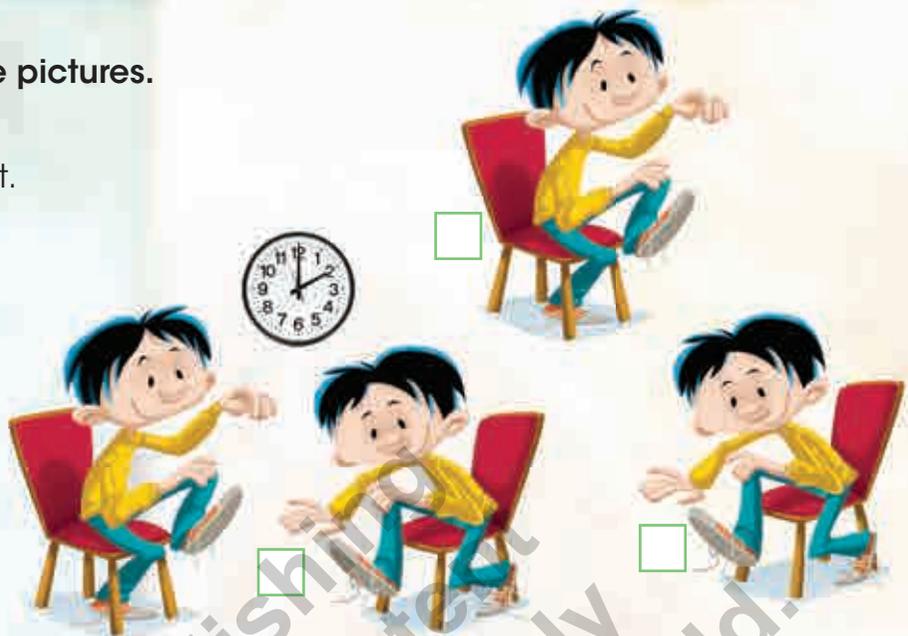
Instructions

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. 

▶ Read "Exercise Your Brain" aloud to a friend.

3 Add two suggestions to exercise your brain.

1. Do mental math.
2. Do crossword puzzles.
3. _____
4. _____

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

1. Who is he? _____
2. How old is he? _____
3. What is his job? _____
4. What do you think a typical day is like for him? _____
5. What hobbies do you think he might have? _____

► **Read the data file to check your answers.**

Name: John Smith

Occupation: Pediatrician

Hobbies: Reading, running, and traveling

Place of work: Children's Hospital

A regular day: I usually wake up very early. I get to the hospital at 6 in the morning. I take a short lunch break at 2 p.m. I go back to work and go home at around 8 p.m. On weekends we visit the family. I love family reunions!

► **Complete the questions to interview Doctor Smith.**

1. _____ name?
2. Where _____ work?
3. What _____ on weekends?
4. What _____ start work?
5. _____ your favorite activities?
6. Do _____ visiting your family?

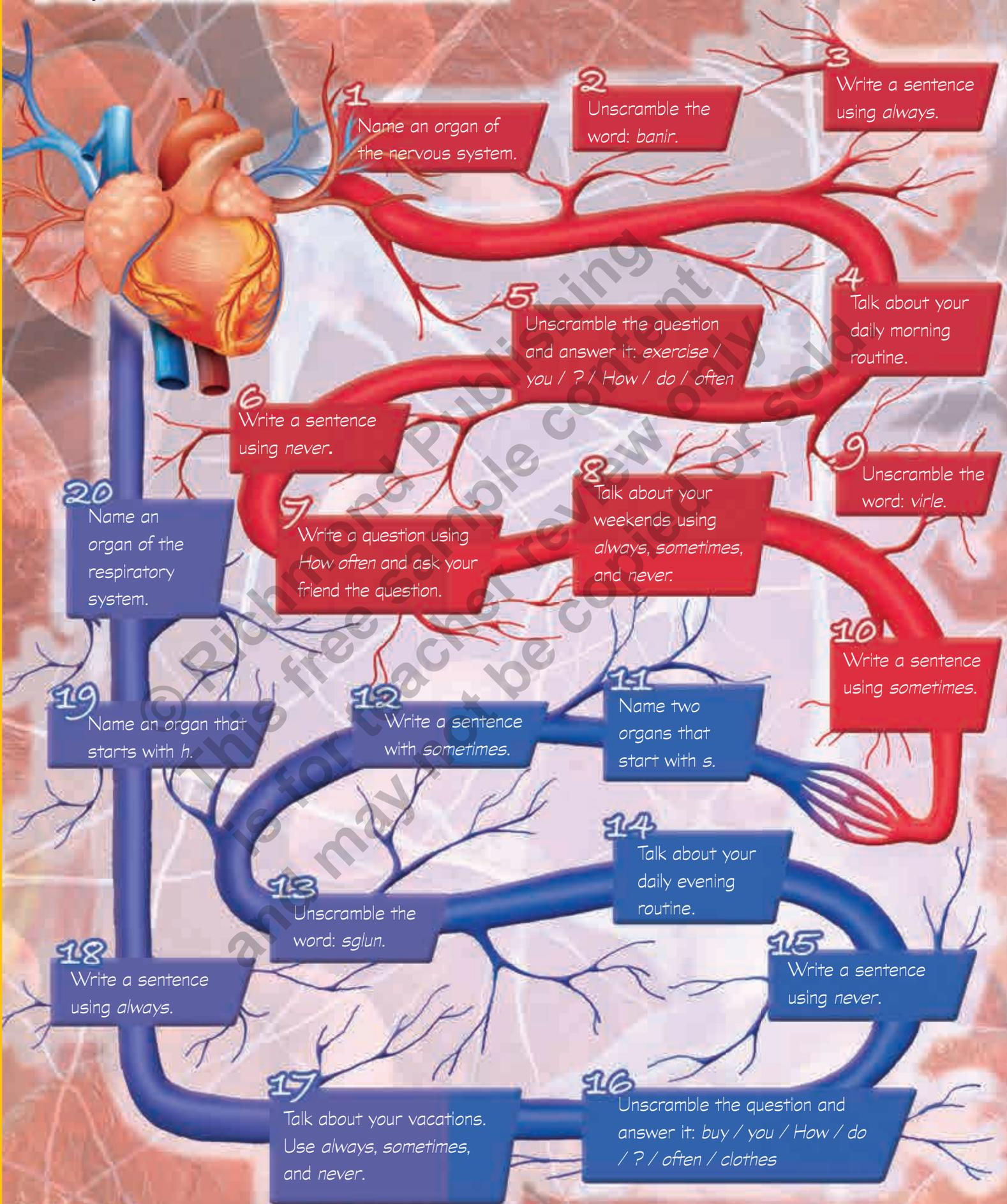
► **Role-play the interview with a friend.**

5 Listen to the conversation and write if the statements are True or False.  ⁸

1. Tom's friends are visiting him this weekend. _____
2. Tom is going to have dinner at his grandpa's house. _____
3. Tom does not like walking in the park. _____
4. Brian is going to stay at home. _____
5. Brian's dad loves fishing. _____



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 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!

COOL
Tip!



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