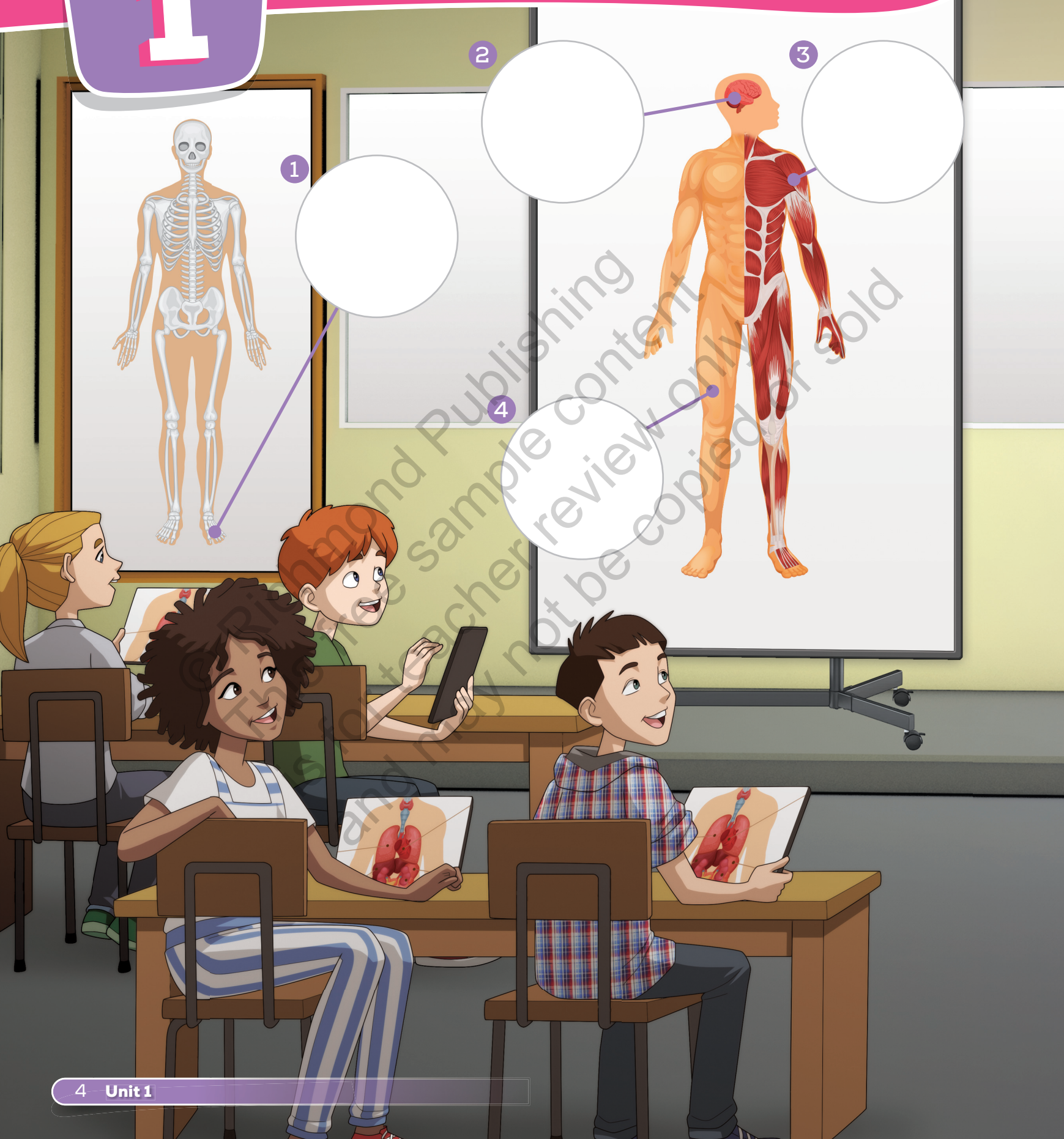
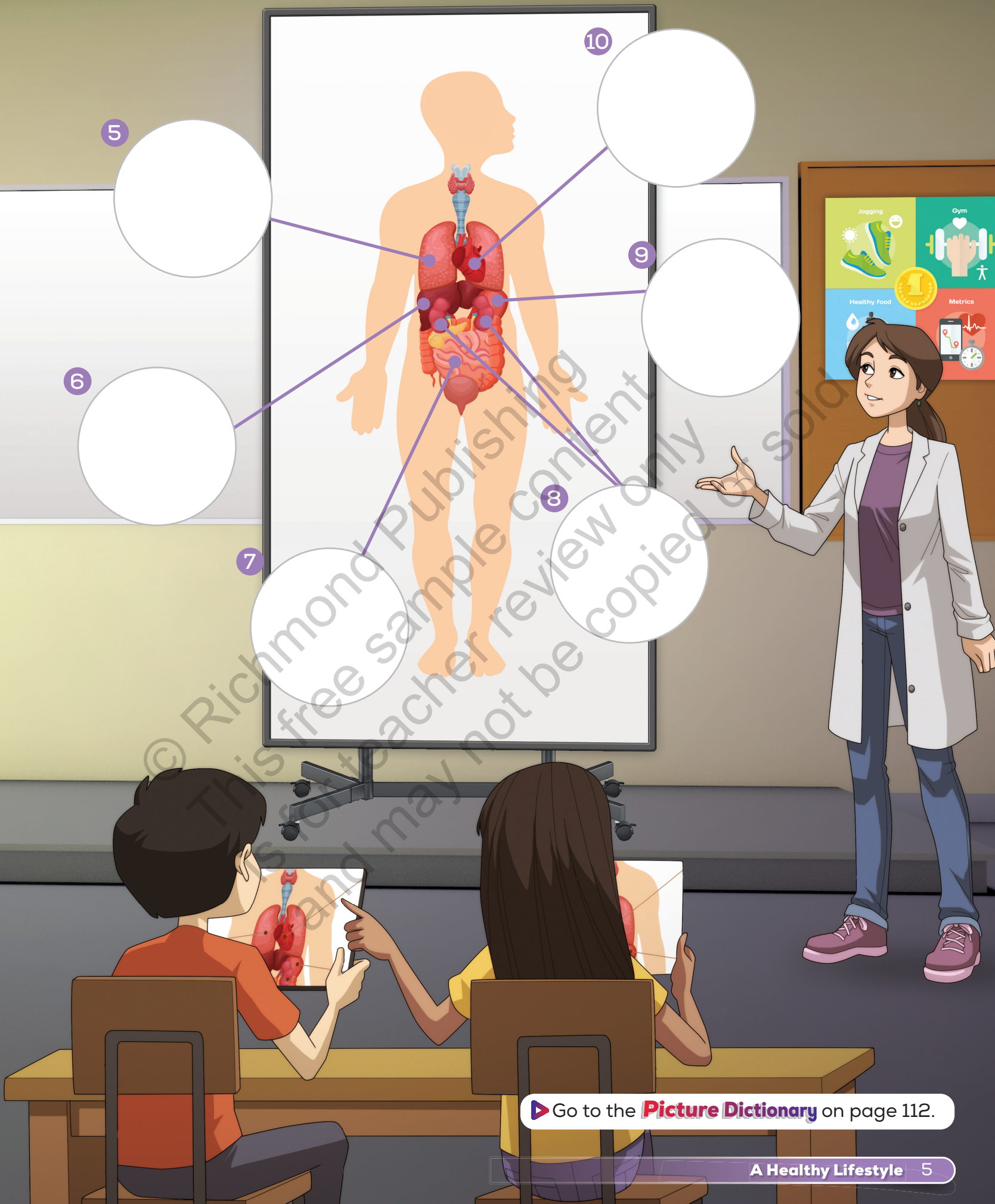


Unit 1

A Healthy Lifestyle





Go to the **Picture Dictionary** on page 112.

1 Look and label the picture.

The Human Body

bones

brain

heart

lungs

stomach

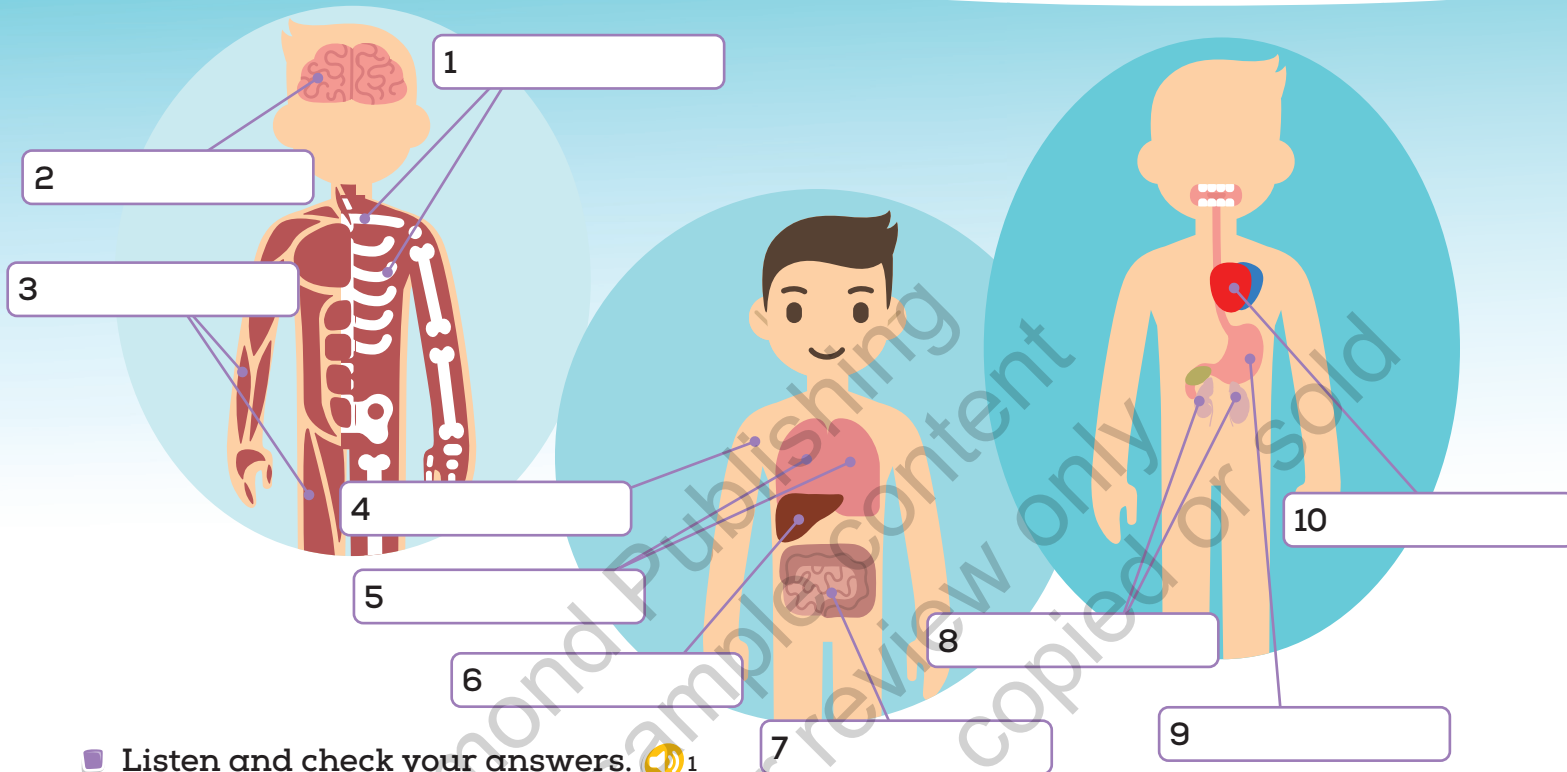
liver

kidneys

muscles

intestines

skin



Listen and check your answers. 1

2 Listen and complete the dialogue. 2

► Everyday Language



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



Act out the dialogue.

Write your own dialogue with a classmate.

3 Listen and mark the sentences (✓) or (X). 3

- 1 David isn't very famous.
- 2 He is from England.
- 3 He eats healthy food.
- 4 He doesn't like drinking water.
- 5 He goes swimming in the morning.
- 6 He rides a bike.
- 7 He takes a shower every day.
- 8 He goes to bed at nine o'clock.

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Listen again and complete the sentences. 3

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 classmate.



always - watch TV
 sometimes - eat junk food
 never - play tennis

always - eat healthy
 sometimes - play soccer
 never - drink soda



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 _____.

► Grammar Focus

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.

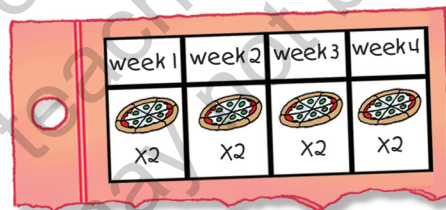
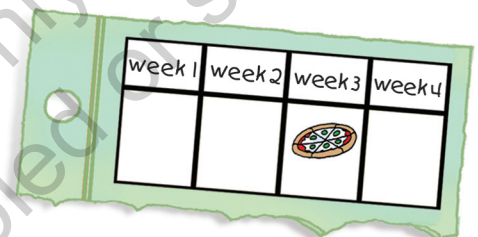
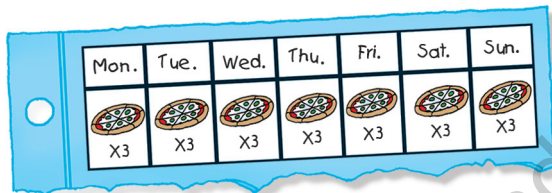
–How often do you eat it?

–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 with a classmate. 5

- 1 _____ 3 _____
2 _____ 4 _____

Write three more questions.

Ask your questions to a classmate.

Grammar Focus

How often . . . with Time Expressions

- How often do you eat pizza?
- I eat it once / twice / three times a month.



3 Write true and false sentences about Vicky and Alan.



	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
get up early							
take a shower (morning)							
eat healthy food							
eat junk food							
do homework (afternoon)							
go to bed late							

1

2

3

4

5

6



Check a classmate'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 go to bed early?

2 How often do you eat pizza?

3 When do you go to bed late?

4 How often do you eat healthy food?

- 1 Write as many parts of the body as you can and check your answers with a classmate.
- 2 Read and correct the statements.  6

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.



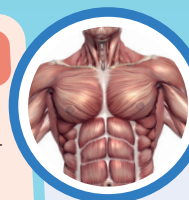
Respiratory System

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. The ribs cover the lungs and other organs, and the skull protects the brain.



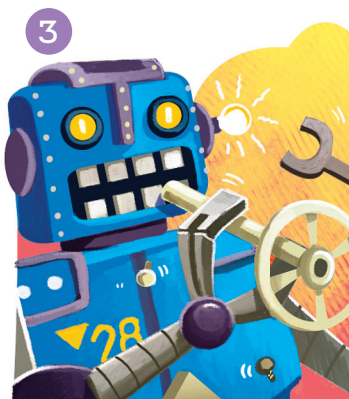
Muscular System

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 get waste 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 a classmate three things that you have learned about systems of the body.

4 Match the robots with their abilities.



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



Choose a robot with a classmate. 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 one of its systems.

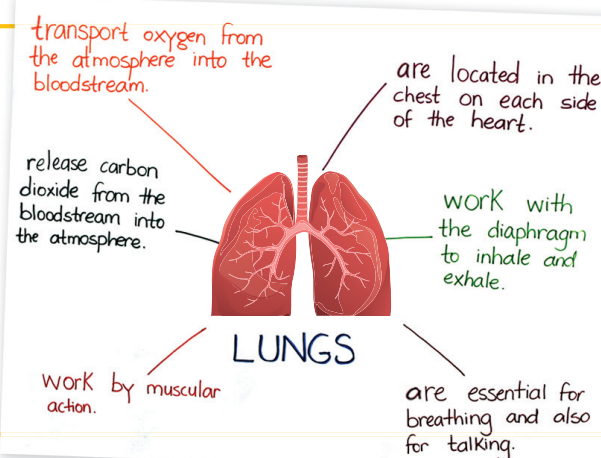
Do an Organ Project.

You need

- biology books and/or access to the internet
- construction paper
- colored pencils or markers

Instructions

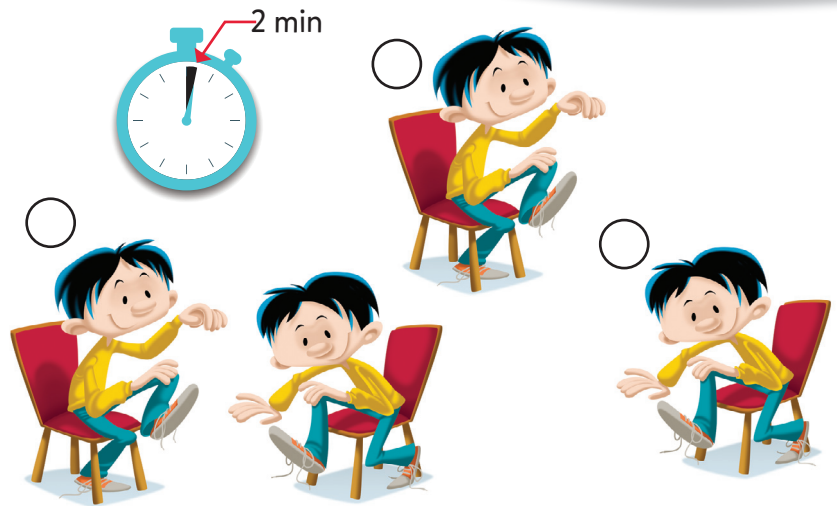
- 1 Choose an organ.
- 2 Research and write about it on the construction paper.
- 3 Illustrate and decorate your work.
- 4 Present your project.



1 Read the instructions and number 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.

Follow the instructions and make the described movements.



2 Read and complete the song with a classmate.



Exercise Your Brain



Twice a week I go to the 1 _____.
Once a week I like to swim.
I always eat a 2 _____ lunch,
I eat 3 _____ by the bunch!
It is great to be 4 _____ and fit—it's true,
But it's important to 5 _____ your brain, too!

Even though it is sometimes a strain,
6 _____ exercise your brain.
Use a 7 _____. Do a jigsaw. Read a book.
Learn a new language. Learn how to 8 _____.

Even though it is sometimes a strain,
Always exercise your brain.

Do a math 9 _____ and
read, read, read.

Exercise your brain, and you'll succeed!

Listen and check your answers. 7

Sing "Exercise Your Brain." 7



3 Add two suggestions to exercise your brain.

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



4 Describe the photograph with a classmate. 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's a professional? Why or why not?

Listen to the interview with the ballet dancer and complete the fact file.  8

How to Be a

Professional Ballet Dancer

Practice every 1 _____.

Get up 2 _____.

Eat 3 _____ food.

Don't eat 4 _____ food.

Have strong 5 _____.

and 6 _____.



Mark (✓) the systems Emily refers to.

☐

circulatory

☐

nervous

☐

respiratory

☐

muscular

☐

digestive

☐

skeletal

5 Complete the questions to interview Emily.

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

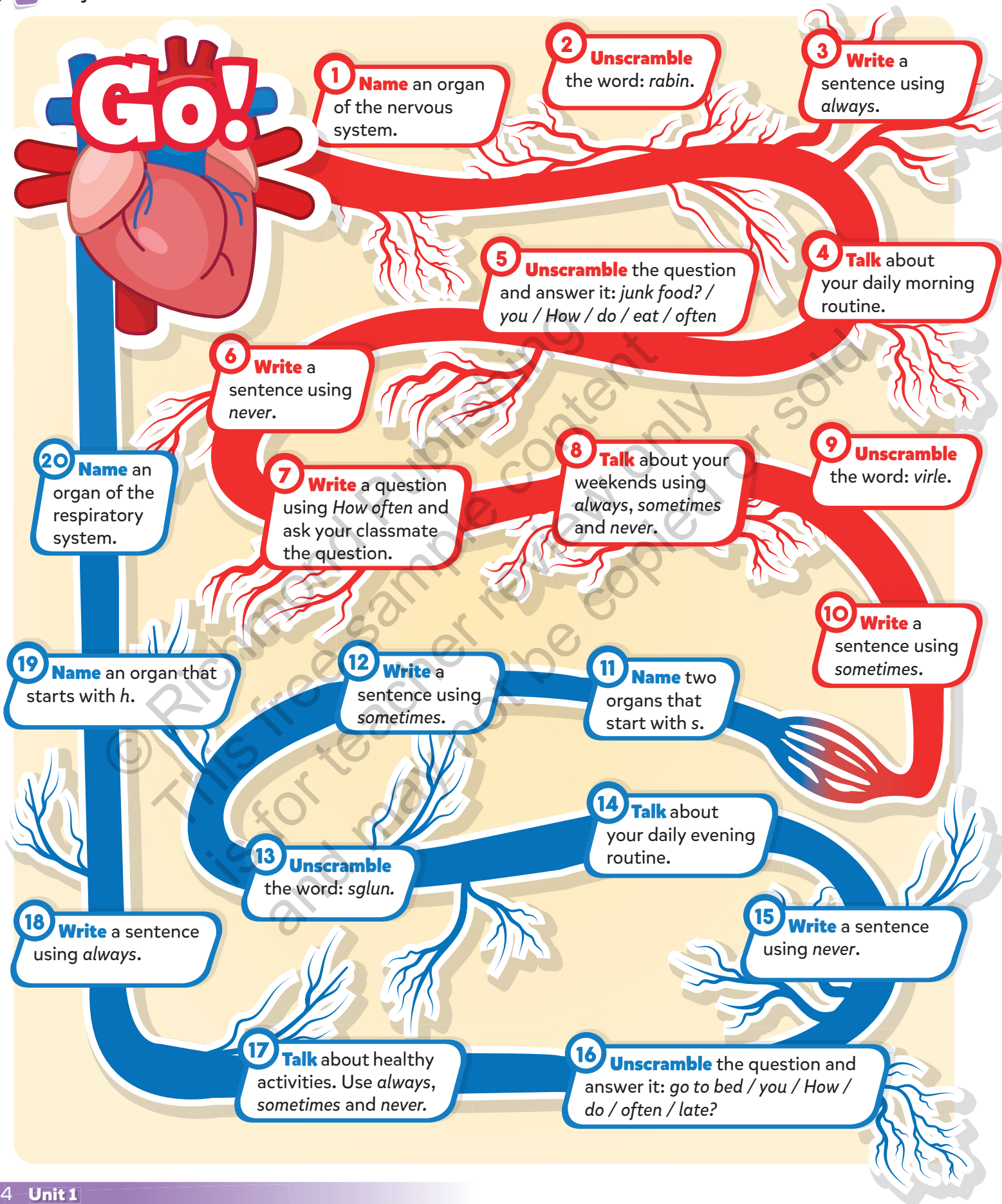


Role-play the interview with a classmate.

6 What about you? Discuss your answers with some classmates.

- 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*.



2 Complete the sentences.

bones

brain

heart

intestines

kidneys

liver

lungs

muscles

skin

stomach

- 1 _____ are the hard parts inside the human body.
- 2 Your _____ are fibers connected to your bones that help you move.
- 3 Your _____ are long tubes that food travels through after it leaves your stomach.
- 4 The _____ is the natural cover of a person or an animal.
- 5 The _____ is an organ inside your body that digests food.
- 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 help you breathe.
- 10 The _____ is the organ in your chest that pumps the blood around your body.

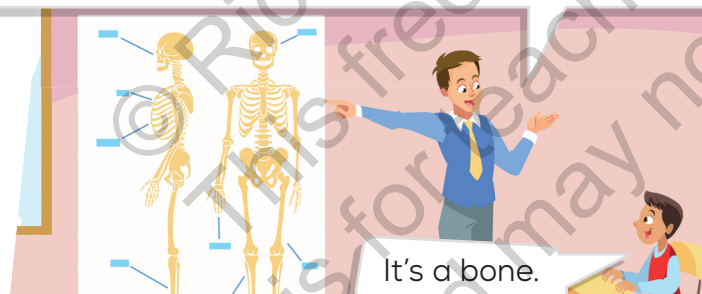
3 Answer the questions.

How often do you ...

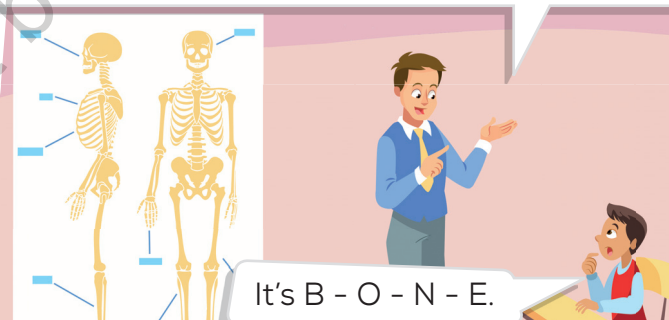
- 1 eat pizza? _____
- 2 go to bed early? _____
- 3 eat healthy food? _____
- 4 eat junk food? _____
- 5 go to bed late? _____

4 Complete the dialogue.

What 1 _____ call this in English?



And how 2 _____ bone?



Self-Evaluation

- 1 I can name ten body parts (organs).
- 2 I can ask for the name of something and its spelling.
- 3 I can use frequency adverbs.
- 4 I can ask questions using *How often*.
- 5 I can write a description of a body system.

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Learning Tip



Keep on track and save time! Always list everything you have to do in order of priority. Check off each item as you get it done.