



# Your Body

## Subject Area

The World of Science & Technology

## Topics & Curriculum Links

parts of the body (Science)

what your body can do (Science)

senses (Science)

sports and exercise (Civics; Science)

daily life (Civics)

protecting your body (Science; Civics)

healthy food (Science; Civics)

quantities and measurements (Mathematics)

## Vocabulary

daily activities; parts of the body; weather; sizes; transportation; clothes; numbers

## Grammar

present simple; *can/can't*; question forms; imperative; adjectives; prepositions; adverbs

## Activities Answers

**Pages 20–21** 1 1 skin 2 sweat 3 hair 4 dirt 2 1 body 2 touch 3 cold 4 dirt 5 water 3 1 true 2 false 3 false 4 false 5 true 4 1 Your skin helps you to touch things, and to know when things are hot or cold. 2 Hair on your arms and legs stands up when you're cold, and stops your body getting too cold. 3 You can wash every day to protect your skin and hair.

**Pages 22–23** 1 1 bone 2 skeleton 3 elbow 4 knee 5 joints 6 body 2 1 Bones 2 skeleton 3 joints 4 Bones 3 1 A baby has small bones. 2 Bones grow and they make you big and tall. 3 Your bones stop growing when you are about 20 years old. 4 There are 206 bones in your body. 4 1 baby 2 under 3 you 4 small 5 tall 6 wear

**Pages 24–25** 1 1 Muscles pull your bones. 2 Muscles help you to ride a bicycle. 3 Muscles help you to row a boat. 4 There are more than 600 muscles in your body. 2 1 muscles 2 arms 3 legs 4 bones 5 joints 6 body 3 1 jumping 2 swimming 3 running 4 walking 5 dancing 6 riding a bicycle 4 1 You can do exercise every day. 2 No, the heart is a type of muscle. 3 Exercise makes your heart strong. 4 free answers

**Pages 26–27** 1 1 Your eyes help you to see the world around you. 2 They open and close many times every day. 3 When your eyes blink, they wash dirt out of your eyes. 2 1 You blink about 15 times every minute. 2 Your eyes close to help you to sleep. 3 You can wear sunglasses on sunny days. 3 1 listen to 2 listen for 3 ears 4 bad 4 1 listen 2 music 3 sunny 4 blinking 5 loud 6 hear 7 wash 8 eyes 9 close 10 ears Secret word: sunglasses

**Pages 28–29** 1 1 nose 2 food 3 breathe 2 1 After exercise, people breathe fast. 2 Your nose and mouth take air into your body. 3 People breathe 15 times every minute. 4 After exercise, people can breathe 40 times every minute. 3 1 false 2 false 3 true 4 true 4 1 smell 2 bite 3 teeth 4 breathe 5 food 6 nose

**Pages 30–31** 1 1 speak 2 read 3 brain 4 eyes 5 muscles 6 hands 2 1 see 2 brain 3 move 4 brain 3 1 Your brain works all day and at night. 2 At night your brain makes you breathe. 3 At night your brain makes your heart work. 4 Your brain remembers things that you learn. 5 Wear a helmet when you ride a bicycle. 4 1 day 2 bicycle 3 work 4 hot 5 muscles 6 eyes

**Pages 32–33** 1 1 fingers 2 breathe 3 sick 4 mouth 5 germs 6 cut 7 skin 8 touch 2 1 sick 2 breathe 3 eat 4 fingers 5 body 3 1 soap, fingers 2 hands, eat 3 touch animals 4 sneeze 5 tissue, wastebasket

**Pages 34–35** 1 1 strong 2 sleep 3 food 4 water 5 protect 6 grow 2 1 free answers 2 Good food helps your bones to grow. 3 free answers 3 1 There's lots of water in your body. 2 You lose water when you go to the toilet. 3 You lose water when your body makes sweat. 4 Drink water every day. 4 1 food 2 water 3 doctor 4 dentist 5 exercise 6 sleep

## Teaching Ideas

See also pages 8–9 for general ideas that you can adapt. Or go to [www.oup.com/elt/teacher/readanddiscover](http://www.oup.com/elt/teacher/readanddiscover)

### READ & TALK My Body Poster

After completing Project 1, students present their poster to the rest of the class. Posters can then be displayed together, organizing them into different parts of the body.

### READ & TALK An Exercise Graph

After completing Project 2, students collect all the information and make a graph for the whole class. They can do this by listening to each student giving information in turn, or by collecting the class information in a big chart on the board. Then they make a bar chart showing the different activities and the number of students that do them, to find the most popular exercise. They can talk or write about the chart like this: *A lot of/some/a few students swim/dance/run/walk/ride a bicycle/ride a skateboard. The favorite exercise is swimming/dancing/running/walking/riding a bicycle/riding a skateboard.*

### READ & TALK Which Part of the Body?

Choose one of the parts of the body in the Reader, and without saying its name, read out one sentence about it and ask students to guess which part of the body it is. Read out more sentences, one at a time, until students guess the correct part of the body. Students can then do this in small groups or pairs.

### READ & TALK Protect Your Body!

Students design a poster about what to do to protect your body. They can draw pictures and talk or write about them like this: *Wash every day! Brush your teeth after breakfast and after dinner! Don't eat lots of candy! Do exercise every day! Don't listen to loud music! Wear a helmet when you ride a bicycle! Eat food that's good for you. Drink lots of water! etc.* Students can also talk or write about how they protect their own body, like this: *I wash every day. I brush my teeth after breakfast and after dinner. etc.*

### READ & TALK Simon Says

Play *Simon Says* using different parts of the body, for example: *Simon says touch your nose/head/hair/arm/foot, etc. Move your elbow/knee, etc.* Students can then play the game in small groups, taking in turns to give the instructions.