What your body does

VOCABULARY PRACTICE

INTERMEDIATE | B1-B2

Name: _____ **Date:** _____

1 Match each physiological term with its meaning.

1 circulation	____	a automatic, rapid response to a stimulus
2 digestion	____	b lack of enough water in the body
3 respiration	____	c processes that convert food into energy and materials
4 pulse	____	d movement of blood around the body
5 reflex	____	e body defences against infection
6 immune system	____	f regular beat felt as the heart pumps blood
7 metabolism	____	g breaking food down so nutrients can be absorbed
8 dehydration	____	h process of taking in oxygen and releasing carbon dioxide

2 Complete the physiology collocations.

absorb | **blood** | **break** | **fight** | **heart** | **oxygen** | **rate** | **temperature**

1 circulate _____

2 absorb _____ into the bloodstream

3 _____ down food

4 _____ infection

5 increase the _____ rate

6 regulate body _____

7 measure the pulse _____

8 _____ nutrients

3 Correct one mistake in each sentence.

1 The heart circulates around blood. _____

2 The lungs absorb oxygen in the air. _____

3 Digestion breaks food to. _____

4 A reflex is an automatically response. _____

5 The immune system fights against infections. _____

6 Your pulse increases when the heart rate raises. _____

7 Sweat helps regulate the body's hot. _____

8 Dehydration means the body lacks of water. _____

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4 Complete the recovery note with words from the box.

circulation | dehydration | digestion | immune | metabolism | oxygen | pulse | temperature

After exercise, the athlete's **1** _____ remained high while **2** _____ delivered oxygen to the muscles. Breathing supplied extra **3** _____. Sweating lowered body **4** _____ but increased the risk of **5** _____. Food later supported **6** _____ and energy production through **7** _____. Sleep helped the **8** _____ system recover.

5 Read the text and answer the questions briefly.

Responding to a hot day

When body temperature rises, blood vessels near the skin widen and more blood reaches the surface. Sweat glands release fluid, which removes heat as it evaporates. If fluid loss is not replaced, blood volume falls and the heart must work harder. Thirst is an important signal, but it may not appear immediately. Drinking regularly during prolonged activity helps prevent dehydration.

1 What happens to vessels near the skin? _____

2 Why does more blood reach the surface? _____

3 How does sweat remove heat? _____

4 What happens if fluid is not replaced? _____

5 Why is thirst not always sufficient? _____

6 What helps prevent dehydration? _____

6 Rewrite using the word in capitals.

1 Blood moves continuously around the body. **CIRCULATES** ___

2 The body breaks food down. **DIGESTION** _____

3 The response happens without conscious thought. **REFLEX** ___

4 The body does not contain enough water. **DEHYDRATED** ____

OVER TO YOU

Write a **100-120 word** explanation of how the body responds to heat, exercise or food. Include at least three body systems.

[ ] Use at least ten target expressions. [ ] Show cause and effect. [ ] Use physiological verbs accurately.

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ANSWER KEY

1 Physiological terms

1 **d** 2 **g** 3 **h** 4 **f** 5 **a** 6 **e** 7 **c** 8 **b**

2 Physiology collocations

1 **blood** 2 **oxygen** 3 **break** 4 **fight** 5 **heart** 6 **temperature** 7 **rate** 8 **absorb**

3 Corrections

1 circulates blood 2 absorbs oxygen **from** 3 breaks food **down** 4 **automatic** response
5 fights infections 6 heart rate **rises** 7 body **temperature** 8 lacks water

4 Recovery note

1 **pulse** 2 **circulation** 3 **oxygen** 4 **temperature** 5 **dehydration** 6 **digestion** 7 **metabolism** 8 **immune**

5 Reading - suggested answers

1 They widen. 2 To release heat. 3 Through evaporation. 4 Blood volume falls and the heart works harder.
5 It may be delayed. 6 Drinking regularly.

6 Rewriting - possible answers

1 Blood **circulates**. 2 This is **digestion**. 3 It is a **reflex**. 4 The body is **dehydrated**.

Over to you: Answers will vary. Check systems, causal links and accurate physiological vocabulary.