What your body does

VOCABULARY PRACTICE

PRE-INTERMEDIATE | A2-B1

Name: _____ **Date:** _____

1 Match each body word with its meaning.

1 breathe	____	a take air into and out of the body
2 blink	____	b close and open the eyes quickly
3 swallow	____	c organ that pumps blood
4 sweat	____	d force air suddenly through the nose
5 yawn	____	e organs used for breathing
6 sneeze	____	f move food or drink from the mouth to the stomach
7 heart	____	g produce liquid through the skin when hot
8 lungs	____	h open the mouth and breathe in deeply when tired

2 Complete the body expressions.

beat | **breathe** | **digest** | **pump** | **sweat** | **taste** | **touch** | **yawn**

1 the heart begins to _____ faster

2 the lungs help us _____

3 the stomach helps _____ food

4 the heart can _____ blood

5 the skin allows us to _____

6 the tongue helps us _____ food

7 we _____ when we are hot

8 we may _____ when tired

3 Choose the correct word or phrase.

1 Your heart *beats / breathes*.

2 Your lungs take in *oxygen / blood*.

3 You *blink / swallow* with your eyes.

4 Food is digested in the *stomach / lungs*.

5 You *sweat / sneeze* when very hot.

6 Your tongue helps you *taste / touch*.

7 A cough comes from the *throat / knee*.

8 Blood moves around the *body / skin*.

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4 Complete the exercise report with words from the box.

beat | **breathe** | **blood** | **lungs** | **muscles** | **skin** | **sweat** | **temperature**

During exercise, your **1** _____ work harder. Your heart begins to **2** _____ faster and moves more **3** _____ around the body. Your **4** _____ take in extra oxygen, so you **5** _____ more quickly. Your body **6** _____ rises. You produce **7** _____, which cools the **8** _____.

5 Read the text. Write T (true) or F (false).

Why we blink

People normally blink many times each minute. Blinking spreads tears across the eyes and keeps them clean and wet. We often blink less while looking closely at a screen, so our eyes may become dry. Looking away regularly and resting the eyes can help. Blinking also protects the eyes when something suddenly moves towards the face.

1 People blink only once a minute. T / F

2 Tears help keep the eyes wet. T / F

3 Screen use can reduce blinking. T / F

4 Less blinking may cause dry eyes. T / F

5 Looking away can help. T / F

6 Blinking can protect the eyes. T / F

6 Rewrite using the word in capitals.

1 Air goes into and out of your lungs. **BREATHE** _____

2 Your heart moves blood around your body. **PUMPS** _____

3 Your body produces liquid when hot. **SWEAT** _____

4 Your eyes close and open quickly. **BLINK** _____

OVER TO YOU

Write **70-90 words** explaining what happens in your body during exercise, sleep or eating.

[ ] Use at least eight target words. [ ] Use present simple. [ ] Explain events in a logical order.

What your body does

ANSWER KEY

1 Body words

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

2 Body expressions

1 **beat** 2 **breathe** 3 **digest** 4 **pump** 5 **touch** 6 **taste** 7 **sweat** 8 **yawn**

3 Correct choices

1 **beats** 2 **oxygen** 3 **blink** 4 **stomach**
5 **sweat** 6 **taste** 7 **throat** 8 **body**

4 Exercise report

1 **muscles** 2 **beat** 3 **blood** 4 **lungs** 5 **breathe** 6 **temperature** 7 **sweat** 8 **skin**

5 Reading - suggested answers

1 **F** 2 **T** 3 **T** 4 **T** 5 **T** 6 **T**

6 Rewriting - possible answers

1 You **breathe**. 2 Your heart **pumps** blood. 3 You **sweat**. 4 You **blink**.

Over to you: Answers will vary. Check body vocabulary, present-simple accuracy and clear sequence.