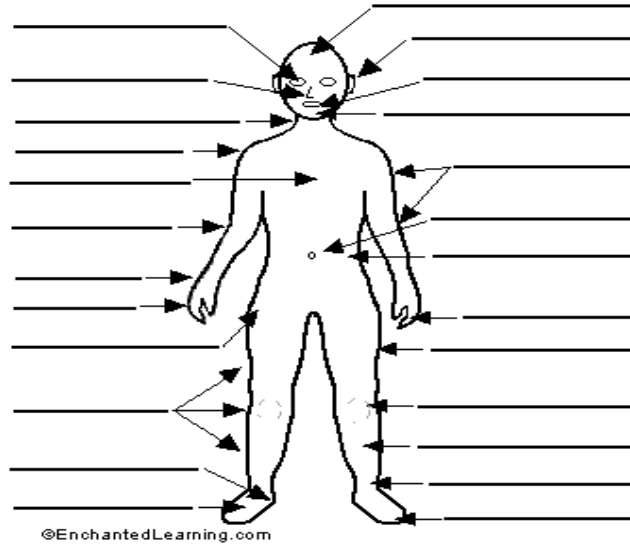


Unit 1 Human body, Health and Illness

TASK 1 Human Body

a) Label the human body diagram



b) How are the following things connected in the body?

Teeth – jaw

Diaphragm – abdominal cavity – thoracic cavity

Ribcage – heart

Skull – vertebral column – vertebrae – intervertebral discs

c) Match synonyms

clavicle

scapula

sternum

spinal column

phalanges

thorax

tibia

femur

patella

thigh bone

backbone

kneecap

shin bone

chest

finger bones

breastbone

collar bone

shoulder blade

TASK 2 Body systems

a) Match each description with one of the systems:

*skeletal digestive lymphatic integumentary respiratory nervous reproductive
urinary muscular circulatory endocrine*

1. The _____ system supports and protects, regulates body temperature, makes chemicals and hormones, and acts as a sense organ.
2. The _____ system supports and protects, makes movement easier (with joints), stores minerals, and makes blood cells.
3. The _____ system brings about body movement, maintains posture, and produces heat.
4. The _____ system allows a person to communicate with the environment and integrates and controls the body.
5. The _____ system secretes hormones into the blood that serve to communicate with, integrate, and control mechanisms.
6. The _____ system transports substances through the body and establishes immunity.
7. The _____ system is a subdivision of the circulatory system. It does not contain blood, but rather lymph, which is formed from the fluid surrounding body cells and diffused into lymph vessels. The major functions of this system are the movement of fluid and its critical role in the defense mechanism of the body against disease.
8. The _____ system exchanges oxygen from the air for the waste product carbon dioxide, which is eliminated from the body.
9. The _____ system breaks down food, absorbs nutrients, and excretes solid waste.
10. The _____ system cleans waste products from blood in the form of urine and maintains electrolyte balance, water balance, and acid-base balance.
11. The _____ system produces sex cells, allows transfer of sex cells and fertilization to occur, permits development and birth of offspring, nourishes offspring, and produces sex hormones.

b) Match the organs with their respective systems:

mouth - spinal cord – blood vessels (arteries, veins and capillaries) – nails – joints – liver – urinary bladder – uterus (womb) – thyroid gland – hair – heart – kidneys – ovaries – pancreas – trachea (windpipe) – urethra – skin – testes – muscles – brain – intestines – bones – lungs – nerves – sweat glands – oesophagus (gullet, food pipe) – larynx (voice box)

Circulatory

Respiratory

Nervous

Musculoskeletal

Digestive

Urinary

Reproductive

Endocrine

Integumentary

Adapted from: http://en.wikipedia.org/wiki/List_of_systems_of_the_human_body

GOGELOVÁ, Helena. *Angličtina pro fyzioterapeuty*. 1. vyd. Praha: Grada, 2011. 314 s. . ISBN 9788024735313.

c) Listening: Your body's real age

(<http://ed.ted.com/featured/aUEBw8w9>)

Listen and answer the questions:

1. What are the parts of the body that are renewed frequently?
2. What are the parts of the body that last longer?
3. What is the part of the body that remains the same your whole life?

TASK 3 Health and Illness

a) Speaking

1. What is the difference between being healthy and being fit?
2. What is the difference between a disease and an illness?
3. What does it mean when somebody says that they are "sick"?

b) Match words to make collocations:

feel	stroke
catch	arthritis
develop	health
suffer	sick
poor	flu

c) Choose the correct word to complete each sentence:

1. Her condition (deteriorated/ improved) and she died.
2. He (relapsed/ recovered) and was allowed to go home from hospital.
3. The patient made a full..... (recovery/ remission).
4. I have been in(poor/ good) health for months and feel very fit.
5. It was a month before I(got over/ got better) the illness.
6. He seems to be rather (unhealthy/ unwell) – his diet is bad and he never exercises.
7. He is being (treated/ healed) for a rare skin disease.
8. He made wild claims about being able to (heal/ cure) cancer.
9. I've broken my leg, but the doctor says it's a clean break, so it should (heal/ cure) easily.

(adapted from Glendinning, Howard: Professional English in Use – Medicine. Cambridge University Press, 2007.)

d) True or false?

1. Mumps and chicken pox are childhood diseases.
2. AIDS has been eradicated from the world.
3. Diabetes is a contagious disease.
4. Parkinson's disease is hereditary.
5. Flu is preventable.
6. Migraine is an incurable disease.
7. Congenital disorders are conditions existing at or before birth.

e) Give examples of:

acute/chronic/ serious/ mild/ degenerative/ occupational/ mental/ obscure/ deadly diseases

TASK 4 Word formation

Complete the gaps with a word derived from the word in brackets:

1. This disease doesn't generally respond to (TREAT)
2. This product, if eaten, could be harmful. (REGULAR)
3. Patient describes the degree to which a patient correctly follows medical advice. (COMPLIANT)
4. Working in hospital requires and understanding. (PATIENT)
5. Most public places are simply not geared to the needs of people with (DISABLE)
6. A nutritionist must also be a kind of (PSYCHOLOGY)
7. This diet will help you stay (MENTAL) and (PHYSICAL) fit.
8. As there are many accidents on motor bikes, some people call them “.....bikes”. (DONATE)
9. These pills are only available on (PRESCRIBE)

TASK 5 GRAMMAR Countable vs. uncountable nouns

a) Are the following nouns countable or uncountable?

session blood equipment advice career patient information experience

b) **Much, many, few, little**

- Ann is very busy these days. She has..... free time.
- Very students learn Latin now.
- people feel there should be a ban sugary drinks in schools.
- How water do we need to drink every day?

c) **What is the difference?**

It was embarrassing how **few** people attended the seminar. / I had **a few** new students in my seminar yesterday.

They can't afford to pay for the extra care – they have very **little** money. / I have **a little** money, we can grab a bite somewhere.

TASK 6 GRAMMAR - Revision of tenses

A) Study the examples below. Do you know when to use these tenses?

1. Present Simple

I eat out a few times a week.

2. Present Continuous

I am trying to lose weight these days.

I'm cooking dinner for a few friends tonight.

3. Past Simple

I had a tuna salad for lunch yesterday.

4. Past Continuous

I was preparing this fantastic fish dish when I found out we had run out of lemons.

5. Present Perfect Simple

I've already had three cups of coffee today.

I've never eaten an insect intentionally.

Oh, I've just eaten a fly!

6. Present Perfect Continuous

I have been waiting for my meal for 30 minutes.

I have been looking for the recipe for that cake since my grandma died.

7. Past Perfect

I had been a few kilos overweight before I changed my lifestyle in adulthood.

8. Future

I think you will feel better if you give up eating junk food.

9. Future Perfect

I will have lost 5 pounds by the end of this year.

10. Going to

I'm going to eat regularly, healthily and stick to a balanced diet – starting tomorrow!

B) Write sentences about your eating habits in different tenses.

C) Ask about the underlined word.

I eat out a few times a week.

.....?

I'm cooking dinner for a few friends tonight.

.....?

I had a tuna salad for lunch yesterday.

.....?

I've already had three cups of coffee today.

.....?

David lost 10 pounds after he went on that low-carb diet.

.....?

David lost 10 pounds after he went on that low-carb diet.

.....?

TASK 7 Grammar Exercise - What a language course can do



Fill the gaps with the correct tenses.

1. I (learn) English for seven years now.
2. But last year I (not / work) hard enough for English, that's why my marks (not / be) really that good then.
3. As I (pass / want) my English exam successfully next year, I (study) harder this term.
4. During my last summer holidays, my parents (send) me on a language course to London.
5. It (be) great and I (think) I (learn) a lot.
6. Before I (go) to London, I (not / enjoy) learning English.
7. But while I (do) the language course, I (meet) lots of young people from all over the world.
8. There I (notice) how important it (be) to speak foreign languages nowadays.
9. Now I (have) much more fun learning English than I (have) before the course.
10. At the moment I (revise) English grammar.
11. And I (begin / already) to read the texts in my English textbooks again.
12. I (think) I (do) one unit every week.
13. My exam (be) on 15 May, so there (not / be) any time to be lost.
14. If I (pass) my exams successfully, I (start) an apprenticeship in September.
15. And after my apprenticeship, maybe I (go) back to London to work there for a while.
16. As you (see / can) , I (become) a real London fan already.

