**HUMAN BODY PARTS - HEALTH - AT THE DOCTOR/AT THE DENTIST**

***Препоръчваме да се използва след Unit 6 (Energy for Bulgaria 5th grade) - Focus 4 - Imperatives***

***или след Unit 7 (Energy for Bulgaria 5th grade) - Focus 5 - Grammar MUST***

**Vocabulary: Parts of the body**

**Exercise 1 <track 7-10> Listen and repeat. Find the parts of the body in the pictures. There are three extra words.**

*ankle – u*

• ankle • arm • back • chest • ear

• elbow • eye • face • finger • foot • hair

• hand • head • knee • leg • mouth

• neck • nose • shoulder • teeth • thumb

• toe • waist • wrist

**These nouns have irregular plurals:** • foot/feet • tooth/teeth

**Read**

**Exercise 2 <track 7-11> Listen and read the article. What is the ‘tree’ good for?**

**a b c**



**d e**



**Yoga**

**Yoga is about 2,400 years old and it comes from India. It teaches people how to stretch and to breathe**.

Yoga is good for the body because it makes you strong. It also helps you to relax. There are only three yoga rules.

* You must wear comfortable clothes.
* You must ‘listen’ to your body. When an exercise hurts, you must stop.
* You mustn’t do yoga when you are ill.

**Interested? Try the ‘tree’. It’s good for your back, feet, ankles and legs.**

1. **Stand** with your feet together and your arms down. **Relax**.
2. **Bend** your right knee and **put** your right foot on your leg. You are now standing on your left leg only.
3. **Stretch** both your arms to the side. **Keep** them straight. **Keep** your head up. **Don’t look down**.
4. **Bend** both arms at the elbow and **put** your hands together. **Bend** your wrists so they are at 90o. **Keep** your elbows high so your fingers are touching your mouth and nose.
5. Now **lift** your arms over your head. **Stretch** your arms up now. **Keep** your hands together. **Don’t bend** your elbows. **Breathe** slowly for one minute.

**Comprehension**

**Exercise 3 Correct the sentences.**

1 Yoga is about 5,000 years old.

***Yoga is about 2,400 years old.***

2 It is a Chinese way of exercising.

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3 It teaches people how to run and jump.

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4 There are four yoga rules.

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5 It is important to wear shorts when you do yoga.

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**Exercise 4 Read the yoga rules (1–5) again and find the correct picture (a–e).**

**Pronunciation:** /e/ leg, /æ/ back

**Exercise 5a <track 7-12> Listen and repeat.**

leg neck head chest

back ankle hand

**Exercise 5b 7/12 Listen and notice the /e/ sounds and the /æ/ sounds**.

1 Anne has a red belt and Eddie’s belt is black.

2 Let’s have eggs and bread for breakfast.

3 The Maths test is next Wednesday.

**Exercise 6 Read the article again. Notice the words in bold.**

**Practice**

**Exercise 7 Complete the health instructions with the correct form of the verbs.**

• brush • do • watch • wear • go • eat (x 2)

1 ***Don’t go*** to bed late on school days.

2 ***Do*** sport, yoga or other exercise for 30 minutes, five days a week.

3 ……………………………………. plenty of fruit and vegetables.

4 ……………………………………. your teeth after all your meals.

5 …………………………………….a lot of chocolate. It’s bad for your teeth.

6 ……………………………………. TV for hours. It’s bad for your eyes.

7 ……………………………………sunglasses and a hat in the sun.

**Vocabulary: Illness**

**Exercise 8** **<track 7-13> Listen and repeat. Then look at the pictures (1–9) and say what is wrong**.

|  |  |
| --- | --- |
| I’ve got ... | • a cold • a cough • a headache  • a sore throat • a temperature  • earache • stomachache • toothache • flu |
| • I don’t feel very well. • I feel ill/sick/hot. • My (ankle) hurts. | |



1 *I’ve got earache.*

**Exercise 9а Read the conversation. What must Charlie do? What mustn’t he do?**

***Doctor***: Hello, Charlie. What's the matter?

***Charlie:*** My ankle hurts.

***Doctor:*** Right, let’s have a look then. Which ankle is it?

***Charlie***: My right one.

***Doctor:*** Mmm ... Can you feel your toes?

***Charlie:*** Er, yeah.

***Doctor:*** Good. And can you bend your ankle?

***Charlie:*** Er ... Ow! Yes, but it hurts a lot.

***Doctor:*** Well, you mustn't walk for two or three days. You must stay at home and you must take some painkillers.

***Charlie***: Oh, OK. Thanks.

**Exercise 9b Now Charlie’s got toothache. Make a similar conversation at the dentist.**

**Speak**

**Exercise 10 You are ill. You’re visiting the doctor. Make conversations. Use the prompts.**

• stay at home • put some ice on it • take some cough mixture • drink lots of water

• take a painkiller • get some throat pastilles

*A: Hello. What’s the matter?*

*B: I’ve got a bad headache.*

*A: Oh dear! You must take a painkiller.*

*B: Oh, OK. Thanks.*

**Extra practice**

1 **A teacher is speaking. Complete the instructions with the correct verb in the correct form of the imperative.**

• answer • be • copy • eat • look • open • read • talk • use • write

(1) ***Open*** your books please. Ssh! (2) ***Don’t talk***! Now (3) …………………….. the text about cameras. Then (4) ……………………. the questions on page 48. (5) …………………….. quiet, please, Lucas. (6) ………………………. the answers in your exercise books, not in your English books. (7) ……………………………… a pen, Cheri, not a pencil, please. No, no, no! (8) …………………………….. Aran’s answers. I want to see your ideas, Angie, not Aran’s. Mike, (9) …………………………………….. out of the window, please. Glen, is that chocolate? (10) ………………………………………. in class.

**2 Complete the conversation with the correct sentence.**

• Put an extra plate on the table, • please don’t put cheese on it.

• Don’t shout! • Look in the cupboard. • do your homework first.

• don’t play a game now.

A: Hi, Mum. I’m home.

B: Ssh! 1***Don’t shout***! The baby’s asleep.

A: Oh, sorry. Mum, where’s my laptop?

B: (2) ……………………………… Is it there?

A: Yes, it is. Thanks.

B: But please, Sean, (3) ……………………………… It’s dinner time.

A: Oh, OK. What’s for dinner?

B: Pasta.

A: Great. But (4) ……………………………… I don’t like it.

B: OK. Uncle Joe is here for dinner, too. (5) ……………………………… please.

A: Can I watch TV after dinner?

B: Yes, but (6) ………………………………

**3 Write conversations for each person in your notebook. Use the prompts.**



*You: What’s the matter?*

*Tania: I’ve got toothache.*

*You: Poor you! You mustn’t eat any more sweet things. You must go to the dentist.*

1 eat any more sweet things ✗ /go to the dentist ✓

2 be at school ✗ /stay at home ✓

3 go to the doctor ✓ /wait for it to get better ✗

4 lie down ✓ /eat anything ✗

5 read any books ✗ /take a painkiller ✓

6 take some medicine ✓ /eat any crisps ✗

**4 Complete the rules at a swimming pool with must (✓) or mustn’t (✗).**

**POOL RULES**

1You ***must*** have a shower before you go inthe pool. ✓

2 ……………………………. ………….jump in the pool. ✗

3 …………………………………..wear a swimming hat. ✓

4 …………………………… …push people into the pool. ✗

5 ……………………………..leave the pool at 6.30 p.m. ✓

6 ……………………………………… run near the pool. ✗