

17 STAYING HEALTHY



ABOUT YOU

- 13 Watch the video and discuss the questions.
 Have you ever hurt yourself? What happened?
 Have you ever had an accident?
 Have you ever broken a bone?

VOCABULARY AND READING

Body parts

- 1 Match the words in the box to the body parts 1–12.

ankle back blood brain ear finger
 heart neck stomach thumb toe tongue

Listen and check. Then repeat.

2 Name the body parts A–H. Listen and check.

3 Work in pairs. One of you says a letter or a number, the other says the body part.

4 Match the definitions with the words from Exercise 1. You may need to make some of the words plural.

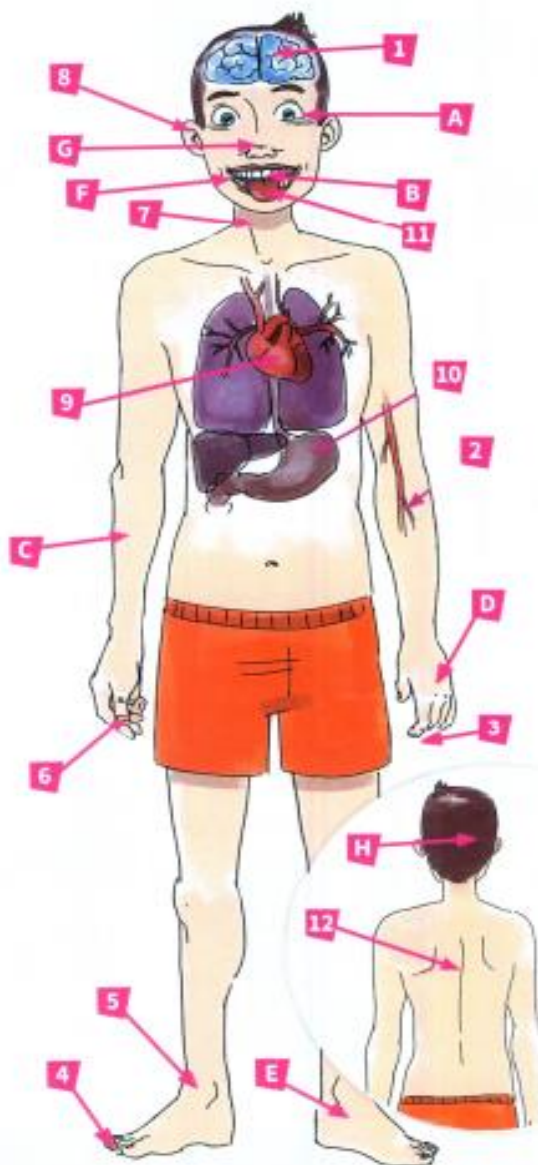
- 1 You've got ten of these on your feet. _____
- 2 Your food goes into here when you eat. _____
- 3 You think with this. _____
- 4 This joins your leg to your foot. _____
- 5 You've got four of these on each hand. _____
- 6 This carries things that keep us healthy around our bodies. _____

- 7 This joins your body to your head. _____
- 8 You've got one of these on each hand. _____
- 9 You hear with these. _____
- 10 This is opposite to the front of your body. _____
- 11 This sends blood around your body. _____
- 12 You use this to talk. _____

5 Read Ben's blog on page 99 about what happened to him yesterday. Which part of his body did he hurt?

6 Are these sentences right (✓) or wrong (X)?

- 1 Ben got a bike for his birthday.
- 2 There were often quite a lot of people on the cycle path.
- 3 The two cyclists knocked Ben off his bike.
- 4 The two cyclists came back to help Ben.
- 5 Ben was able to ride his bike after the accident.
- 6 Ben had blood on his clothes when he got home.



ACCIDENT!

Posted by Ben09 on Monday 13th May

This is me with my new bike – before the accident! Have you ever fallen off your bike and hurt yourself? Well, here's my story.



It was my birthday (thanks for all the texts) and this amazing bike was my present. I went for a ride by myself along the bike path. The path isn't usually busy. But that day there were two cyclists coming towards me. I slowed down as quickly as possible but I forgot it was a new bike with good brakes! I stopped really suddenly and fell off. I hit my ankle and it really hurt. The two cyclists rode past and didn't stop. I sat on the ground and watched their backs as they rode away. They were enjoying themselves too much to think about me! I got up by myself and picked up my bike, which luckily was OK. My heart was beating fast as I cycled slowly home and people were looking at me! When I got there I found out why – there was blood all over my T-shirt from a cut on my ear.

GRAMMAR Reflexive pronouns

- 1 Look at the examples from Ben's blog and complete the Grammar box.

Have you ever fallen off your bike and hurt yourself?
They were enjoying themselves too much.

- 2 Complete the table with reflexive pronouns: *himself, yourselves, herself, ourselves*.

We use *-self* when the subject and the object of the verb are *the same / a different person*.

| | | | | |
|-----|----------|------|---|------------|
| I | myself | we | c | _____ |
| you | yourself | you | d | _____ |
| he | a | they | | themselves |
| she | b | | | |

GRAMMAR REFERENCE AND PRACTICE PAGE 163

- 3 Look at two more examples from Ben's blog and match sentences 1 and 2 to meanings a and b.

- 1 I went for a ride by myself.
2 I got up by myself.

We use the expression *by myself, yourself etc.* to mean **a** alone or **b** without any help.

- 4 Complete the sentences with the correct reflexive pronouns.

- 1 Peter wasn't badly hurt and drove _____ to the hospital.
2 Simon and I really enjoyed _____ at the party.
3 I hurt _____ when I fell off the chair.
4 Zoë told _____ that she wasn't ill.
5 Ben and Sara prepared all the food by _____.
6 Be careful! Don't cut _____ with that knife!
7 'You can help _____ to paper and pens,' the teacher said to the students.

- 5 Correct the mistakes in the sentences.

- 1 I bought a new shirt for me which was very nice.
2 Our friends had a really good time together and everybody enjoyed.
3 You need to bring a photo of you with your name.
4 She went herself. No one went with her.
5 We were both hungry, so we went out and bought us some sandwiches.

- 6 Read the conversation and answer the questions.

- 1 What's Sara done?
2 Where's she going?
3 Who's going with her?

Anna: Hi, Sara, are you ok?

Sara: Hi, Anna, no, not really. I've hurt my big toe. Look!

Anna: Oh no, that's horrible! Are you going to the doctor?

Sara: Yes.

Anna: Are you going by yourself?

Sara: Yes, but I'll be fine.

Anna: No, you won't. I'll come with you.



- 7 In pairs, write your own conversations about an accident.

Use the conversation in Exercise 6 to help you. Choose different sentences from the box to include in each conversation.

Practise your conversations. Then role-play a conversation in front of the class.

Help yourselves!
I tried it myself and it was delicious.
They didn't enjoy themselves that day.
He couldn't do it by himself.
We bought ourselves new clothes after that.
Did she cut herself?

17 STAYING HEALTHY

VOCABULARY Body parts

1 Put the letters in the correct order to make body parts.

- | | | | |
|---------------|-------|------------------|-------|
| 1 o d o b l | _____ | 6 t m b u h | _____ |
| 2 k a b c | _____ | 7 g i r e n f | _____ |
| 3 r n a b i | _____ | 8 l a k n e | _____ |
| 4 a t h r e | _____ | 9 c e n k | _____ |
| 5 n u t o e g | _____ | 10 t o a c s h m | _____ |

2 Circle the word which doesn't belong in each column.

| 1 This is inside your body. | 2 This is below your head. | 3 This has bones in it. | 4 This is above your back. | 5 You can make this move. | 6 This is smaller than a brain. |
|-----------------------------|----------------------------|-------------------------|----------------------------|---------------------------|---------------------------------|
| heart | neck | finger | neck | toe | back |
| ear | toe | back | heart | finger | toe |
| blood | brain | toe | brain | brain | ear |
| stomach | back | ankle | ear | neck | heart |
| | | stomach | | tongue | thumb |

3 Complete the sentences with the words in the box.

ankle back blood brains ears fingers heart neck stomach toes

- People and animals have two _____. We hear with them.
- You point with one of the _____ on your hand.
- _____ is red and you see it if something cuts you.
- You get hungry when your _____ is empty.
- People are cleverer than many other animals because their _____ are quite large.
- A giraffe has a very long _____.
- A horse can carry a person on its _____.
- Your _____ are at the end of your feet.
- The _____ is usually on the left side of your body, and it has to work harder when you do exercise.
- Your _____ is between your foot and your knee.

GRAMMAR Reflexive pronouns *myself, yourself, herself, himself, itself, ourselves, yourselves, themselves*

1 Match 1–8 to a–h.

- | | | |
|------------------|-------|--------------|
| 1 I | _____ | a themselves |
| 2 you (singular) | _____ | b himself |
| 3 he | _____ | c ourselves |
| 4 she | _____ | d myself |
| 5 it | _____ | e yourselves |
| 6 we | _____ | f herself |
| 7 you (plural) | _____ | g yourself |
| 8 they | _____ | h itself |

2 Choose the correct words to complete the sentences.

- He's teaching *himself / yourselves* to speak Arabic.
- Did you paint that wall by *yourself / themselves*?
- We really enjoyed *yourselves / ourselves* on holiday.
- They bought *himself / themselves* a new video game.
- She made the cake by *itself / herself*.
- I hurt *yourself / myself* playing football.