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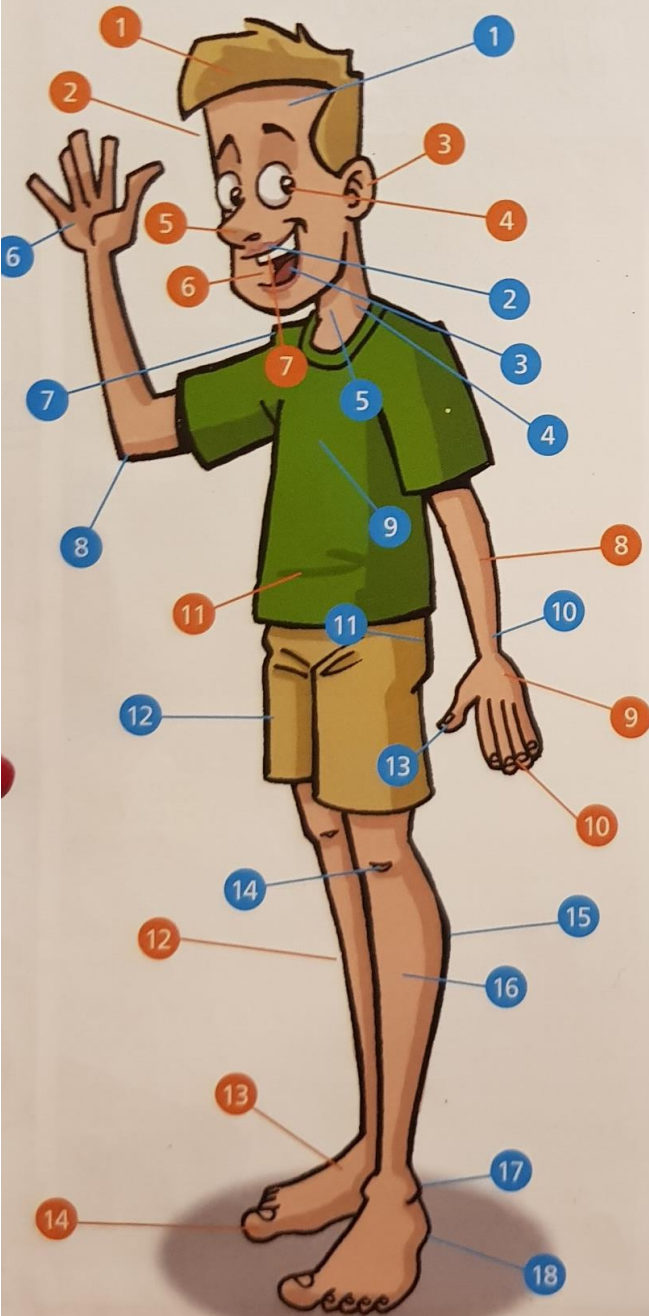
Health and safety

3A You and your body

Vocabulary

Parts of the body

1 a Look at the picture. Write the names of the parts of the body with the orange numbers.



b 2.2 Listen. Match the words to the parts of the body with the blue numbers.

heel ankle thigh calf shin knee bottom
forehead tongue lips thumb palm wrist
chest neck throat elbow shoulder

c 2.3 Listen and check.

Comprehension

2 a Look at the text. What does it give advice about? Tick (✓) the correct answers.

your stomach eating your skin sleep
your ears your feet smoking exercise

b Which two pieces of advice do you think are the most important?

YOU AND YOUR BODY

You only have one body, so you need to look after it. Young people who don't look after their bodies will have problems when they are older.

- 1 Don't spend all your time in front of the TV or the computer. Young people that take exercise are fitter, healthier and happier than people who don't. Healthy people exercise for thirty minutes a day. You don't have to do strenuous exercise. Even simple things can help. Walk instead of taking the bus, for example.
- 2 Avoid junk food. Don't fill yourself up with things which contain lots of fat and sugar. Choose things that are good for you, like fruit and vegetables. Try to eat at least five portions of fruit or vegetables a day.
- 3 Don't start smoking. People that smoke live, on average, 7-10 years less than non-smokers. It's hard to give up smoking, so it's best if you don't start in the first place. Other people's smoke is also bad for you, so try to avoid places that are smoky.
- 4 Protect your skin. People who sunbathe a lot are more likely to get skin cancer. In hot, sunny weather wear sunscreen, sunglasses and a hat.
- 5 Wear shoes which fit properly. Shoes that are too tight or too loose will damage your feet, your ankles and your posture. As a result, you'll have problems in the future.

how (v) /'gæmbəl/ hrat o peniaze
 how /'geim /'fəʊ/ súťažná hra
 how host /'geim /'əʊ /'həʊst/ moderátor
 žnej hry
 looks /'gud 'lʊks/ pekný výzor
 list /'dʒɜ:nəlist/ novinár
 look /'ʃtæstie
 photographer /'fə'tɒgrəfə(r)/ fotograf
 wheel (n) /'raʊnd/ kolo
 photographs /'saɪm 'ɒ:təgrəfz/ podpisovať
 success /'sək'ses/ úspech
 wherever /'wen'evə(r)/ kedykoľvek

Kids
 trouble /'bi 'ɪn 'trʌbl/ mať problémy
 clearly /'kliəli/ evidentne
 fair (n) /'ɪk'skju:s/ ospravednenie
 teacher /'fɔ:m 'ti:tʃə(r)/ triedny učiteľ
 on time /'sɒri 'aɪm 'leɪt/ Prepáčte, že
 som neskoro.
 these days /'ði:z 'deɪz/ v poslednej dobe

Life
 going to /ə'kɔ:diŋ tə/ podľa
 famous (n) /sə'lebrəti/ celebrita
 novel /'klæsɪk 'nɒvl/ klasický román
 card game cheat /kəm'pju:tə 'geɪm 'tʃi:t/
 podvádzať pri počítačových hrách
 e-reader /'i:bi:k/ elektronická kniha
 fashion (n) /'fæʃn/ móda
 fiction /'fɪkʃn/ beletria
 average /'dʒenrəl/ priemerný
 typical (n) /'dʒenrəli/ priemerne
 habit /'hæbɪt/ zvyk
 lyrics /'lɪrɪks/ text piesne
 pop /'pɒp 'meɪk 'ʌp/ make-up
 fiction /'fɪkʃn/ literatúra faktu
 average /'dʒenrəl/ v priemere

English Across the Curriculum

time /tɪm/ čas
 copy (v) /'kɒpi/ urobiť záložnú kópiu
 wide /'waɪd/ široký
 and /ænd/ a
 click /'klɪk/ kliknúť
 cloud /'klaʊd/ claud
 hardware /'hɑ:dweə(r)/ hardwarový hardware
 software /'sɒftweə(r)/ softwarový software
 connection /kə'nekʃn/ pripojenie
 cursor /'kɜ:sə(r)/ kurzor
 firewall /'faɪəwɔ:l/ brána firewall
 fault /'fɔ:ldə(r)/ priečinok
 drive /'draɪv/ pevný disk
 icon /'aɪkɒn/ ikona
 key /'ki:/ kláves
 keyboard /'ki:bɔ:d/ klávesnica
 laptop /'læptɒp/ laptop
 mouse (v) /'maʊs/ spustiť
 monitor (n) /'mɒnɪtə(r)/ monitor
 mouse mat /'maʊs 'mæt/ podložka pre myš
 password /'pɑ:swɜ:d/ heslo
 provide /'prə'vaɪd/ poskytovať
 quit /kwɪt/ ukončiť
 safety /'seɪfəti/ bezpečnosť
 system /'sɪstəm/ zavrieť
 system unit /'sɪstəm 'ju:nɪt/ systémová jednotka
 computer /'kəm'pjʊ:tə(r)/ počítač
 panel /'pænl/ panel úloh
 name /'nju:zəneɪm/ meno používateľa
 wife /'waɪ 'faɪ/ wif

Concert
 concert tour /'kɒnsət 'tuə(r)/ koncertné turné

Project
 unpleasant /ə'nʌp'lɪznt/ neprijemný
 phytoplankton /'baɪ'ɒgrəfi/ životopis

flame /'fleɪm/ plameň
 I couldn't stand it. /'aɪ 'kʊdn't 'stænd 'ɪt/
 Neznášal som to.
 pay attention to /'peɪ ə'tenʃn tə/ dávať pozor na
 set something free /'set ... 'fri:/ pustiť na
 slobodu
 tough /tʌf/ vytrvalý

3 Health and safety

3A You and your body
 as a result /əz ə rɪ'zʌlt/ následkom čoho
 fitter /'fɪtə(r)/ zdatnejší
 give up /'gɪv 'ʌp/ prestať (s niečím)
 in the first place /'ɪn ðə 'fɜ:st 'pleɪs/ v prvom
 rade
 joint (n) /dʒɔɪnt/ kĺb
 junk food /'dʒʌŋk fu:d/ nezdravá strava
 more likely /'mɔ: 'laɪkli/ pravdepodobnejšie
 non-smoker /'nɒn 'sməʊkə(r)/ nefajčiar
 portion /'pɔ:ʃn/ porcia
 posture /'pɒstʃə(r)/ držanie tela
 skin /skɪn/ koža, pokožka
 skin cancer /'skɪn 'kænsə(r)/ rakovina kože
 smoking /'sməʊkɪŋ/ fajčenie
 smoky /'sməʊki/ zafajčený
 strenuous /'strenjuəs/ namáhavý
 sunbathe /'sʌnbəθ/ opalovať sa
 sunscreen /'sʌnskri:n/ prípravok na opalovanie
 take exercise /'teɪk 'eksəsaɪz/ cvičiť
 vitamin /'vɪtəɪn/ vitamín

Parts of the body

ankle /'æŋkl/ členok
 bottom (n) /'bɒtəm/ zadok
 calf /kɑ:f/ lýtko
 elbow /'elbəʊ/ lakeť
 forehead /'fɔ:hed, 'fɒrɪd/ čelo
 heel /hi:l/ päta
 knee /ni:/ koleno
 lips /lɪps/ pery
 palm /pɑ:m/ dlaň
 shin /ʃɪn/ holeň
 shoulder /'ʃəʊldə(r)/ rameno
 thigh /θaɪ/ stehno
 throat /θrəʊt/ hrdlo
 thumb /θʌm/ palec (na ruke)
 tongue /tʌŋ/ jazyk
 wrist /rɪst/ zápästie

3B Sweet Sue has the last laugh

bend over /'bend əʊvə(r)/ zohýbať sa
 boot (n) /bu:t/ kufoľ (v aute)
 cable /'keɪbl/ kábel
 electricity /'ɪlek'trɪsətɪ/ elektrina
 electric shock /'ɪlek'trɪk 'ʃɒk/ elektrický šok
 give advice /'gɪv əd'vaɪs/ radieť
 have the last laugh /'hæv ðə 'lɑ:st 'lɑ:f/ smiať
 sa naposledy
 headphones /'hed'fəʊnz/ slúchadlá
 lift (v) /lɪft/ zdvihnúť
 might /maɪt/ smieť
 slip (v) /slɪp/ pošmyknúť sa
 sunburnt /'sʌnbɜ:nt/ spálený od slnka

3C Looking after yourself

avoid /ə'vɔɪd/ vyhnúť sa
 balanced diet /'bælənst 'daɪət/ vyvážená diéta
 carbohydrates /'kɑ:bəʊ'haidreɪts/ uhľohydráty
 diagnosis /daɪəg'nəʊsɪs/ diagnóza
 expert (n) /'eks'pɜ:t/ odborník
 fizzy drink /'fɪzɪ 'drɪŋk/ šumivý nápoj
 healthy eater /'helθi 'i:tə(r)/ ten, kto sa zdravo
 stravuje
 healthy eating /'helθi 'i:tɪŋ/ zdravé stravovanie
 jacket potato /'dʒækɪt pə'teɪtəʊ/ zemiak v
 šupke
 nutrition /nju'trɪʃn/ výživa
 protein /'prəʊtɪn/ bielkovina

Problems and treatments

bandage (n) /'bændɪdʒ/ obväz
 capsule /'kæpsju:l/ kapsula
 cast (n) /kɑ:st/ sadrový obväz
 cream /kri:m/ krém
 drop (n) /drɒp/ kvapka
 infection /ɪn'fekʃn/ infekcia
 injection /ɪn'dʒekʃn/ injekcia
 It hurts. /ɪt 'hɜ:ts/ Bolí to.
 It's a bit red. /ɪts ə 'bɪt 'red/ Je to trochu
 červené.
 It's bleeding. /ɪts 'bli:diŋ/ Krváca to.
 It's broken. /ɪts 'brəʊkən/ Je to zlomené.
 It's itchy. /ɪts 'ɪtʃi/ Svrbi to.
 It's painful. /ɪts 'peɪnfl/ Je to bolestivé.
 It's sore. /ɪts 'sɔ:(r)/ Bolí to.
 It's swollen. /ɪts 'swəʊlən/ Je to opuchnuté.
 I've got a temperature. /ɪv 'gɒt ə
 'temprətʃə(r)/ Mám teplotu.
 I've sprained my elbow. /ɪv 'spreɪnd 'maɪ
 'elbəʊ/ Mám výron lakťa.
 ointment /'ɔɪntmənt/ masť
 patient (n) /'peɪʃnt/ pacient
 plaster /'plɑ:stə(r)/ sadra
 prescription /prɪ'skrɪpʃn/ lekársky predpis
 sling (n) /slɪŋ/ záves hornej končatiny
 tablet /'tæblət/ tabletky
 treatment /'tri:tmənt/ ošetrovanie

3D Kids

chance of a lifetime /'tʃɑ:ns əv ə 'laɪftaɪm/
 životná príležitosť
 disappointed /dɪ'sə'pɔɪntɪd/ sklamaný
 glad /glæd/ rád
 pleased /pli:zd/ spokojný
 raffle (n) /'ræfl/ tombola
 Thanks a million. /'θæŋks ə 'mɪljən/ Tisíckrát
 vďaka.

Culture

association /ə'səʊʃi'eɪʃn, -si-/ asociácia
 complete (v) /kəm'pli:t/ doplniť
 Cup Final /'kʌp 'faɪnl/ finále futbalového
 pohára
 join (v) /dʒɔɪn/ pridať sa
 rower /'rəʊə(r)/ veslár
 take place /'teɪk 'pleɪs/ konať sa
 traditionally /trə'dɪʃənəli/ tradične

English Across the Curriculum

absorb /əb'sɔ:b/ absorbovať
 blood /blʌd/ krv
 broccoli /'brɒkəli/ brokolica
 calcium /'kælsɪəm/ vápnik
 energy /'enədʒi/ energia
 liver /'lɪvə(r)/ pečeň
 lungs /lʌŋz/ pľúca
 magnesium /mæg'ni:ziəm/ magnézium
 muscle /'mʌsl/ sval
 peach /pi:tʃ/ broskyňa
 potassium /pə'tæsiəm/ draslík
 pumpkin /'pʌmpkɪn/ tekvica
 sardine /sɑ:'di:n/ sardinka
 spinach /'spɪnɪʃ/ špenát
 zinc /zɪŋk/ zinok

Revision

follow advice /'fɒləʊ əd'vaɪs/ konať podľa rady
 nutritionist /nju'trɪʃənɪst/ odborník na výživu
 pack (of cards) /'pæk (əv 'kɑ:dz)/ balíček
 (kariet)
 put to one side /'pʊt tə wʌn 'saɪd/ položiť
 bokom

Your Project

audience /'ɔ:diəns/ obecnosť
 fear (n) /fɪə(r)/ strach
 leaflet /'li:flət/ leták
 perfume /'pɜ:fju:m/ parfum