

# 3

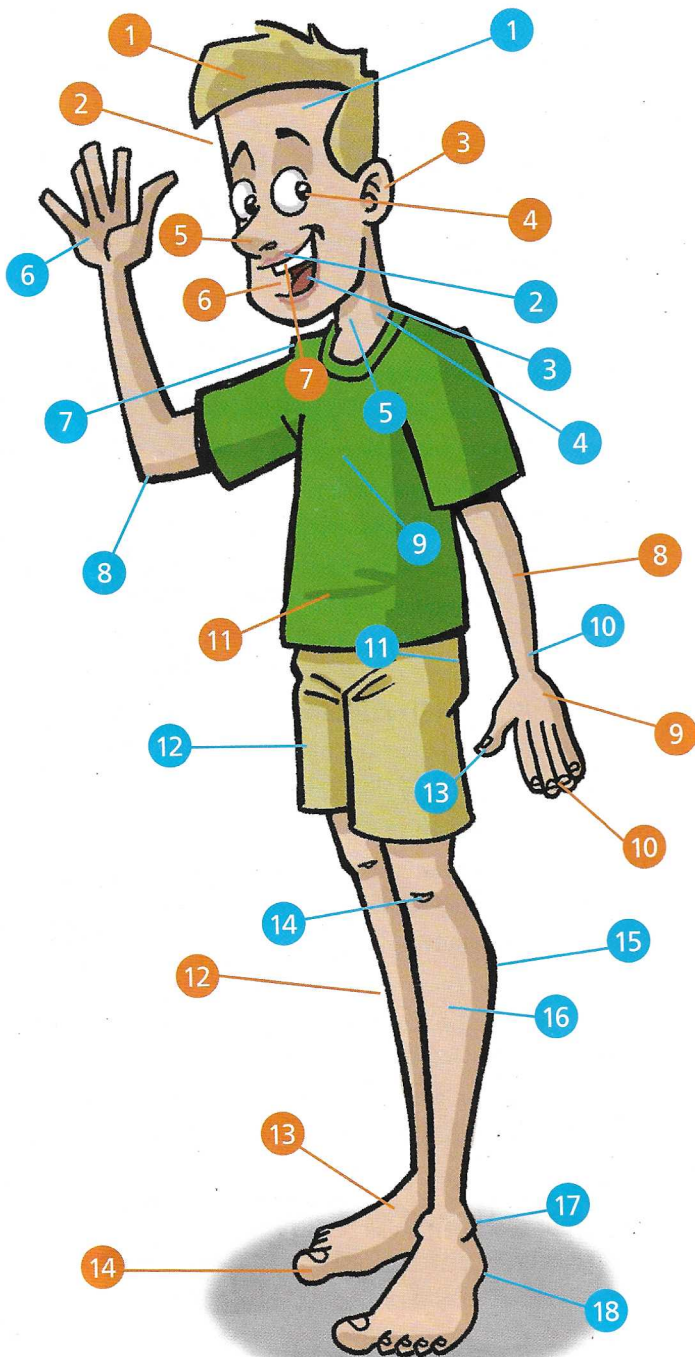
# Health and safety

## 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.

# 3B Sweet Sue has the last laugh



## Comprehension

1 2.5 Read and listen to the story. Answer the questions.

- 1 Why is Sweet Sue annoyed with Smart Alec?
- 2 What happens to Smart Alec's things? Why?

Sweet Sue and Smart Alec have bought some new equipment for their offices.

Come on, Smart Alec. Let's take the things that we've bought upstairs.

Just a minute, Sweet Sue. Somebody might steal the bag which you've left on your seat.

1

You shouldn't leave it on the seat. You should lock it in the boot.

All right. Can we take the things to the offices now?

2

I'll just leave these here, while I get the rest of the things that are still in the car.

You shouldn't put things on the stairs, Sweet Sue. You might not see them. Then, you might trip over them and break your arm or your leg.

3

Later.

Well, I've finished. How are you getting on, Sweet Sue?

FIRE EXIT KEEP DOOR CLOSED

SMART ALEC PRIVATE OFFICE

I'm just unpacking my computer, but it's heavy.

4

No, no, Sweet Sue. You shouldn't bend over when you lift things that are heavy. You might hurt your back.

5

Look. I'll show you. You should bend your knees and lift with a straight back.

6

7 Later.

Thank you for your help, Smart Alec.

You're welcome, Sweet Sue. Remember the things that I've told you and you won't have any problems.

8

Aargh. My computer! My telephone! Everything's gone! I bet it was the boy that I saw!

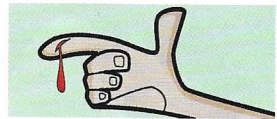
You shouldn't give so much advice, Smart Alec. Then you might remember to lock your door. Ha ha!

**Vocabulary**

**Problems and treatments**

4 a  2.8 Listen. Which picture is it?

It's swollen. Picture 4.



1 It's bleeding.



2 It's painful. / It hurts.



3 It's a bit red.



4 It's swollen.



5 It's itchy.



6 It's sore.



7 It's broken.



8 I've sprained my elbow.



9 I've got an infection.



10 I've got a temperature.



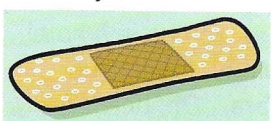
a tablets / capsules



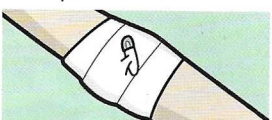
b drops



c an injection



d a plaster



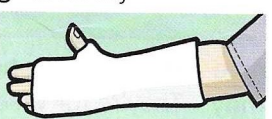
e a bandage



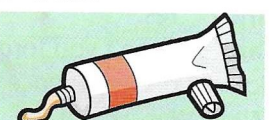
f a sling



g an X-ray



h a cast




i ointment / cream




j a prescription

**Listening and speaking**

5 When did you last go to the doctor's? What for? What treatment did the doctor give you?

6 a  2.9 Listen to two conversations at the doctor's. Answer the questions.

- 1 Which part of the patient's body hurts?
- 2 What's wrong with it?

b  2.9 Listen again. Copy and complete the cards.

**PATIENT 1**

Problem: \_\_\_\_\_  
 Diagnosis: \_\_\_\_\_  
 Treatment: \_\_\_\_\_

**PATIENT 2**

Problem: \_\_\_\_\_  
 Diagnosis: \_\_\_\_\_  
 Treatment: \_\_\_\_\_

7 a Match the halves of the expressions.

- |                    |                             |
|--------------------|-----------------------------|
| 1 What seems to be | a in your eye.              |
| 2 How long has it  | b the problem?              |
| 3 Can you          | c a prescription.           |
| 4 I'll give you    | d all right in 3 or 4 days. |
| 5 Put the drops    | e been like this?           |
| 6 Take one tablet  | f see me.                   |
| 7 It should be     | g twice a day.              |
| 8 Come back and    | h move it?                  |

b Work with a partner. One person is the doctor and the other is a patient. Make dialogues for these problems.



b What problems do you use treatments a-j for?

gamble (v) /'gæmbəl/ hrať o peniaze  
 game show /'geɪm ,ʃəʊ/ súťažná hra  
 game show host /'geɪm ,ʃəʊ ,həʊst/ moderátor  
 súťažnej hry  
 good looks /,gʊd 'lʊks/ pekný výzor  
 journalist /'dʒɜːnəlɪst/ novinár  
 luck /lʌk/ šťastie  
 photographer /fə'tɒgrəfə(r)/ fotograf  
 round (n) /raʊnd/ kolo  
 sign autographs /,saɪn 'əʊtəgrɑːfs/ podpisovať  
 success /sək'ses/ úspech  
 whenever /wen'evə(r)/ kedykoľvek

## 2D Kids

be in trouble /bi ,ɪn 'trʌbl/ mať problémy  
 clearly /'kɪəli/ evidentne  
 excuse (n) /ɪk'skjuːs/ ospravedlnenie  
 form teacher /'fɔːm ,tɪ:tʃə(r)/ triedny učiteľ  
 Sorry I'm late. /'sɒri ,aɪm ,leɪt/ Prepáčte, že  
 meškám.  
 these days /ðiːz ,deɪz/ v poslednej dobe

## Culture

according to /ə'kɔːdɪŋ tə/ podľa  
 celebrity (n) /sə'lebrəti/ celebrita  
 classic novel /'klæsɪk ,nɒvl/ klasický román  
 computer game cheat /kəm,pjuːtə ,geɪm 'tʃiːt/  
 podvody pri počítačových hrách  
 e-book /'iːbʊk/ elektronická kniha  
 fashion (n) /'fæʃn/ móda  
 fiction /'fɪkʃn/ beletria  
 general /'dʒenrəl/ priemerný  
 generally /'dʒenrəli/ priemerne  
 habit /'hæbɪt/ zvyk  
 lyrics /'lɪrɪks/ text piesne  
 make-up /'meɪk ,ʌp/ make-up  
 non-fiction /,nɒn 'fɪkʃn/ literatúra faktu  
 on average /,ɒn 'ævərɪdʒ/ v priemere

## English Across the Curriculum

at one time /æt 'wʌn ,taɪm/ kedysi  
 back up (v) /,bæk 'ʌp/ urobiť záložnú kópiu  
 broadband /'brɔːdbænd/ širokopásmový  
 click (v) /kɪk/ kliknúť  
 cloud /klaʊd/ cloud  
 computer hardware /kəm,pjuːtə 'hɑːdweə(r)/  
 počítačový hardware  
 computer software /kəm,pjuːtə 'sɒftweə(r)/  
 počítačový software  
 connection /kə'nekʃn/ pripojenie  
 cursor /'kɜːsə(r)/ kurzor  
 firewall /'faɪəwɔːl/ brána firewall  
 folder /'fəʊldə(r)/ priečinok  
 hard drive /'hɑːd ,draɪv/ pevný disk  
 icon /'aɪkɒn/ ikona  
 key (n) /kiː/ kláves  
 keyboard /'kiːbɔːd/ klávesnica  
 laptop /'læptɒp/ laptop  
 launch (v) /lɔːntʃ/ spustiť  
 monitor (n) /'mɒnɪtə(r)/ monitor  
 mouse mat /'maʊs ,mæt/ podložka pre mys  
 password /'pɑːswɜːd/ heslo  
 provide /prə'vaɪd/ poskytovať  
 quit /kwɪt/ ukončiť  
 security /sɪ'kjʊərəti/ bezpečnosť  
 shut down /,ʃʌt 'daʊn/ zavrieť  
 system unit /'sɪstəm ,juːnɪt/ systémová  
 jednotka  
 tablet (computer) /'tæblət/ tablet  
 taskbar /'tɑːskbɑː(r)/ panel úloh  
 username /'juːzəneɪm/ meno používateľa  
 Wi-Fi /'waɪ ,faɪ/ wifi

## Revision

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

## Your Project

annoying /ə'noɪɪŋ/ nepríjemný  
 biography /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 ... 'friː/ 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 'fɜːst ,pleɪs/ v prvom  
 rade  
 joint (n) /dʒɔɪnt/ kĺb  
 junk food /'dʒʌŋk ,fuːd/ nezdravá strava  
 more likely /'mɔː ,laɪkli/ pravdepodobnejšie  
 non-smoker /,nɒn 'sməʊkə(r)/ nefajčiar  
 portion /'pɔːʃn/ 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 /'sʌnbəɪð/ opaľovať sa  
 sunscreen /'sʌnskriːn/ prípravok na opaľovanie  
 take exercise /,teɪk 'eksəsaɪz/ cvičiť  
 vitamin /'vɪtəmɪn/ vitamín

### Parts of the body

ankle /'æŋkl/ členok  
 bottom (n) /'bɒtəm/ zadok  
 calf /kɑːf/ lýtko  
 elbow /'elbəʊ/ lakeť  
 forehead /'fɔːhed, 'frɒd/ čelo  
 heel /hiːl/ päta  
 knee /niː/ koleno  
 lips /lɪps/ pery  
 palm /pɑːm/ 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) /buːt/ kufor (v aute)  
 cable /'keɪbl/ kábel  
 electricity /ɪlekt'rɪsɪti/ elektrina  
 electric shock /ɪ,lekt'rɪk 'ʃɒk/ elektrický šok  
 give advice /,gɪv əd'vaɪs/ radiť  
 have the last laugh /,hæv ðə ,lɑːst 'lɑːf/ smiať  
 sa naposledy  
 headphones /'hedfəʊnz/ slúchadlá  
 lift (v) /lɪft/ zdvihnúť  
 might /maɪt/ smieť  
 slip (v) /slɪp/ pošmyknúť sa  
 sunburnt /'sʌnbɜːnt/ spálený od slnka

### 3C Looking after yourself

avoid /ə'vɔɪd/ vyhnúť sa  
 balanced diet /,bælənst 'daɪət/ vyvážená diéta  
 carbohydrates /kɑːbəʊ'hɑɪdreɪts/ uhľohydráty  
 diagnosis /daɪəg'nəʊsɪs/ diagnóza  
 expert (n) /'eksɜːpt/ odborník  
 fizzy drink /,fɪzi 'drɪŋk/ šumivý nápoj  
 healthy eater /,helθi 'iːtə(r)/ ten, kto sa zdravo  
 stravuje  
 healthy eating /,helθi 'iːtɪŋ/ zdravé stravovanie  
 jacket potato /,dʒækɪt pə'tetəʊ/ zemiak v  
 šupke  
 nutrition /njuː'trɪʃn/ výživa  
 protein /'prəʊtɪn/ bielkovina

## Problems and treatments

bandage (n) /'bændɪdʒ/ obvaz  
 capsule /'kæpsjuːl/ kapsula  
 cast (n) /kɑːst/ sadrový obvaz  
 cream /kriːm/ krém  
 drop (n) /drɒp/ kvapka  
 infection /ɪn'fekʃn/ infekcia  
 injection /ɪn'dʒekʃn/ injekcia  
 It hurts. /,ɪt 'hɜːts/ Bolí to.  
 It's a bit red. /,ɪts ə ,bɪt 'red/ Je to trochu  
 červené.  
 It's bleeding. /,ɪts 'bliːdɪŋ/ Krváča to.  
 It's broken. /,ɪts 'brəʊkən/ Je to zlomené.  
 It's itchy. /,ɪts 'ɪtʃi/ Svrbí to.  
 It's painful. /,ɪts 'peɪnfl/ Je to bolestivé.  
 It's sore. /,ɪts 'sɔː(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 ,sprəɪnd ,maɪ  
 'elbəʊ/ Mám výron laktá.  
 ointment /'ɔɪntmənt/ masť  
 patient (n) /'peɪʃnt/ pacient  
 plaster /'plɑːstə(r)/ sadra  
 prescription /prɪ'skrɪpʃn/ lekársky predpis  
 sling (n) /slɪŋ/ záves hornej končatiny  
 tablet /'tæblət/ tabletká  
 treatment /'triːtmənt/ ošetrovanie

## 3D Kids

chance of a lifetime /,tʃɑːns əv ə 'laɪftaɪm/  
 životná príležitosť  
 disappointed /dɪsə'pɔɪntɪd/ sklamaný  
 glad /glæd/ rád  
 pleased /plɪzɪd/ spokojný  
 raffle (n) /'ræfl/ tombola  
 Thanks a million. /θæŋks ə 'mɪljən/ Tisíckrát  
 vďaka.

## Culture

association /ə'səʊʃi'eɪʃn, -si-/ asociácia  
 complete (v) /kəm'pliːt/ doplniť  
 Cup Final /'kʌp ,faɪnəl/ 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'sɔːb/ absorbovať  
 blood /blʌd/ krv  
 broccoli /'brɒkəli/ brokolica  
 calcium /'kælsɪəm/ vápnik  
 energy /'enədʒi/ energia  
 liver /'lɪvə(r)/ pečeň  
 lungs /lʌŋz/ pľúca  
 magnesium /mæg'niːzɪəm/ magnézium  
 muscle /'mʌsl/ sval  
 peach /piːtʃ/ broskyňa  
 potassium /pə'tæsiəm/ draslík  
 pumpkin /'pʌmpkɪn/ tekvica  
 sardine /sɑː'diːn/ sardinka  
 spinach /'spɪnɪtʃ/ špenát  
 zinc /zɪŋk/ zinok

## Revision

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

## Your Project

audience /'ɔːdiəns/ obecensť  
 fear (n) /fɪə(r)/ strach  
 leaflet /'liːflət/ leták  
 perfume /'pɜːfjuːm/ parfum

**Problems and treatments**

**4 \*** Put the letters in the correct order to complete the sentences.

- 1 My throat is very sore. EROQS
- 2 I've cut my finger and it's \_\_\_\_\_. GLIBENED
- 3 I can't walk very easily. My knee is \_\_\_\_\_. LOWSNEL
- 4 I've got a rash on my face. It's very \_\_\_\_\_. THYIC
- 5 I can't move my leg. I think it's \_\_\_\_\_. NEKROB
- 6 I've hurt my arm. It's very \_\_\_\_\_. UNIFLAP
- 7 My ear hurts. The doctor says I've got an \_\_\_\_\_. NIFOTENIC
- 8 I don't feel well. I've got a \_\_\_\_\_. TRAMEETPRUE
- 9 I \_\_\_\_\_ my ankle when we were playing tennis. DEPRASIN

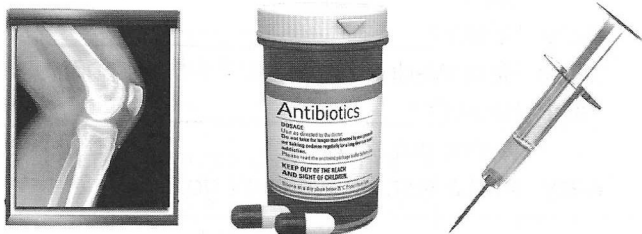
**5 a \*\*** Label the pictures.



- 1 a cast      2 \_\_\_\_\_      3 \_\_\_\_\_



- 4 \_\_\_\_\_      5 \_\_\_\_\_      6 \_\_\_\_\_



- 7 \_\_\_\_\_      8 \_\_\_\_\_      9 \_\_\_\_\_

**b** Match the pictures in exercise 5a to these problems.

- 8 a Diana has got a chest infection and needs some antibiotics.
- b Ben has hurt his knee and needs an X-ray.
- c Toby has got an itchy rash on his neck.
- d Natalie has broken her leg.
- e Ali has got a sore eye.
- f Vicky is going to a tropical country.
- g Peter has sprained his ankle.
- h Jessie has hurt her wrist.
- i Dylan has cut his hand.

**6 \*\*** **1.15** Listen to a conversation at the doctor's. Put the dialogue in the correct order.

- 3 a I've hurt my finger.
- 9 b Will I have to go to the hospital for that?
- 10 c Goodbye.
- 2 d Hello. What can I do for you?
- 5 e Yes, but it's very painful.
- 1 f Hello, doctor.
- 7 g About three days. I closed a door on it.
- 10 h Yes, here you are. Take this letter to the hospital and they'll X-ray it for you.
- 6 i How long has it been like this?
- 8 j I see. Well, I think you've probably broken it, so you'll need an X-ray.
- 4 k Yes. It's a bit swollen. Can you bend it?
- 1 l Thank you, doctor. Goodbye.

**Writing**

**7 \*\*\*** Your friend wants to get healthier. What advice can you give him / her? Write 4 things.

- 1 First of all, I think you should eat plenty of ...
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_