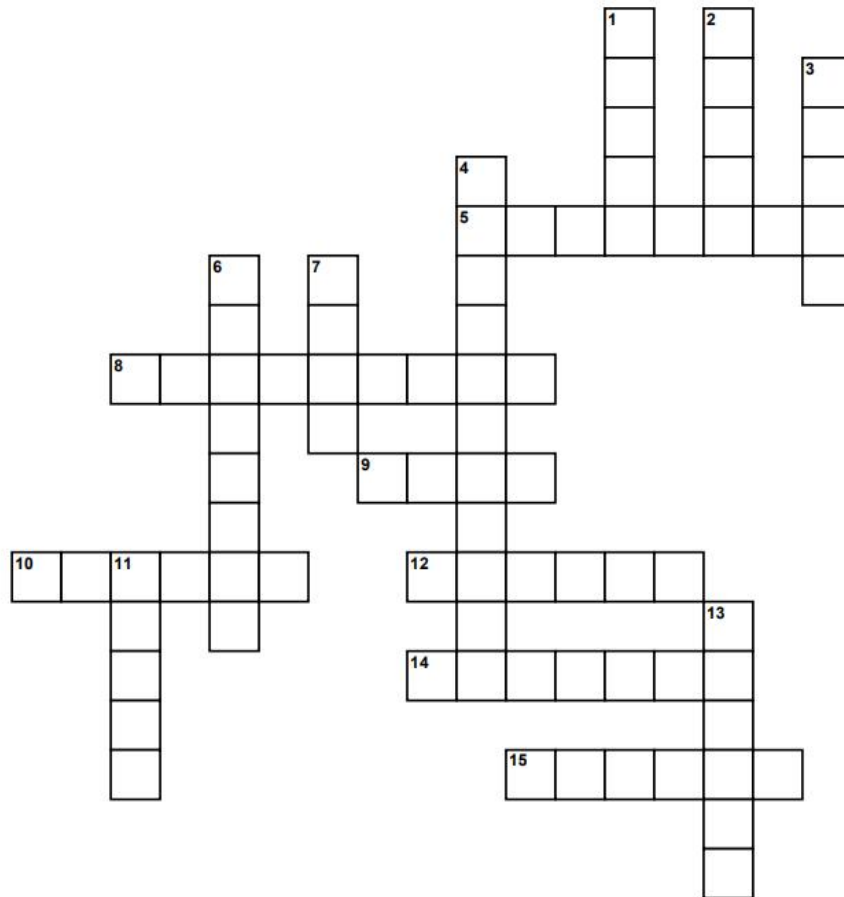


THE ROLE OF WATER IN THE BODY

7.1. Vocabulary

Ex. 1. Solve the crossword puzzle.



Across

[5] a substance in food that provides nourishment essential for growth and health.

[8] something that is needed and cannot be avoided.

[9] any substance that people or animals eat to provide energy and nutrition.

[10] the soft tissue inside bones that produces blood cells.

[12] anything that takes up space and has weight, including solids, liquids, and gases.

[14] to process used materials so they can be made into new products.

[15] an organ in the body that helps filter blood and fight infections.

Down

[1] a large organ in the body that helps digest food and remove toxins.

[2] to wash yourself or someone else in water, usually for cleanliness or relaxation.

[3] the process of a baby coming out of its mother's body.

[4] to combine one thing with another to form a whole.

[6] the movement of liquid in the opposite direction from where it is supposed to go.

[7] the state of no longer having something or someone you once had.

[11] to make something fresh or new again after it has become old or worn.

[13] to protect someone or something from harm or attack.

Ex. 2. Complete the sentences with the given words.

nutrient, recycle, loss, birth, spleen, incorporate, necessary, food, backflow, bathe, marrow, renew, defend, liver

It is important to _____ (1) regularly to maintain good hygiene and health.

The body has various mechanisms to _____ (2) itself against infections and diseases.

Sometimes, _____ (3) can occur in the body's blood circulation system, causing issues.

It is necessary to _____ (4) your knowledge about how water helps your body function.

The _____ (5) of water in the body can lead to dehydration and other health problems.

Bone _____ (6) produces vital cells, so staying hydrated supports its functions.

A balanced diet should _____ (7) plenty of water-rich foods for optimal health.

The _____ (8) plays a role in filtering blood, which is affected by hydration levels.

Drinking enough water helps the _____ (9) perform its detoxifying functions efficiently.

The _____ (10) of new cells depends on adequate hydration and nutrient intake.

Water serves as a critical _____ (11) that supports all bodily processes and functions.

It is _____ (12) for everyone to drink enough water, especially in hot weather.

Eating _____ (13) high in water content can improve your overall hydration level.

We should _____ (14) water whenever possible to ensure sustainable use in our lives.

7.2. Grammar

Ex. 1. Change the form of the words to complete the sentences.

1. The doctor said her test results were ... (sufficient) to make a diagnosis.
2. He felt ... (certain) about the side effects of the new medication.
3. The clinic decided to ... (continue) the trial for the experimental drug.
4. The room was too ... (tidy), so the nurse told him to clean it up.
5. Many ... (vertebrate) animals are used in research studies in medicine.
6. The patient's symptoms were ... (characteristic), making it hard to identify the illness.
7. ... (activity) can lead to various health problems, including heart disease.
8. The doctors found an ... (normal) growth that needed further investigation.
9. She prefers ... (dependent) treatments rather than relying on prescription drugs.
10. The ... (familiar) equipment in the lab made some students feel nervous.

Ex. 2. *Translate the sentences into Russian.*

1. The function of the red blood cells is to transport oxygen.
2. The function of the heart is to pump blood through the body.
3. The function of the kidneys is to filter blood.
4. The primary function of the central nervous system is to regulate the functioning of the organism.
5. The primary purpose of the white blood cells is to defend the body against disease.

7.3. Reading

Ex. 1. *Read the text.*

Water plays a crucial role in the body. It is necessary for many functions. Water helps transport nutrients to cells and removes waste matter. The body recycles water, which aids in the renewal of cells. Without enough water, the body faces a loss of essential nutrients.

Water bathes our organs and helps in digestion of food. It is involved in the protection of important organs like the liver and the spleen. These organs help defend the body against diseases. The body's marrow also depends on water to produce new blood cells.

During birth, water plays a vital role in protecting the baby. Water helps incorporate oxygen and other essential elements into our system. Without it, vital processes like blood production and nutrient transport can face backflow or become inefficient.

Staying hydrated is key to maintaining a healthy body. Drinking water helps renew our cells and keeps us healthy. Therefore, it is important to make sure we are drinking enough water to support these functions every day.

Ex. 2. *Answer the questions.*

1. What functions does water serve in the body?
2. How does water aid in the renewal of cells?
3. In what ways does water help with digestion?
4. Which organs does water protect, and how does it contribute to their protection?

5. Why is water essential during birth?
6. How does staying hydrated impact blood production and nutrient transport?
7. Why is it important to drink enough water daily?

7.4. Communication

Ex. 1. Make sentences using the following words.

1. regulate/helps/body
2. Drinking/essential/health
3. aids/digestion/process
4. bodies/function/properly
5. hydrated/improve/performance
6. necessary/transporting/nutrients
7. hydration/supports/skin
8. Drinking/prevent/dehydration
9. key/flushing/toxins
- 10.adequate/intake/important