

GROWTH OF THE HUMAN BODY

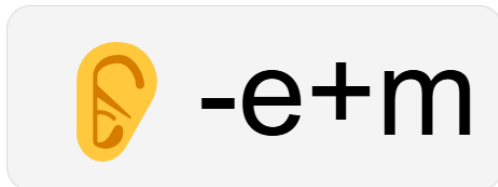
3.1. Vocabulary

Ex. 1. Solve the rebus puzzle. Translate the words.

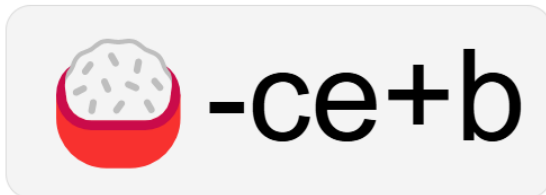
1.



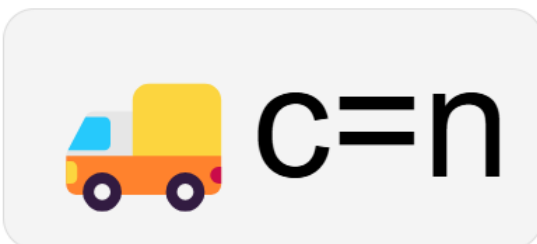
2.



3.



4.



5.



6.



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

grow, dry, alive, hair, fluid, blink, outer, sweat, growth, oxygen, height, continue, trunk, rib

The _____(1) of a person can change as they grow older.
Children need good food to help them _____(2) strong and healthy.
The _____(3) cage protects vital organs like the heart and lungs.
The _____(4) skin layer helps keep our body safe from germs.
Proper nutrition is important for healthy _____(5) in children.
When we exercise, we may start to _____(6) because of heat.
After swimming, my hair becomes _____(7) without conditioner.
We should _____(8) to learn about how our bodies work every day.
It is amazing to think how our body stays _____(9) and functioning.
Our body needs _____(10) so that it can produce energy efficiently.
The _____(11) supports the upper part of the body when we stand.
Blood is a _____(12) that helps transport important nutrients in our body.
My _____(13) grows faster when I drink enough water and eat well.
Do you remember to _____(14) often to keep your eyes moist?

3.2. Grammar

Ex. 1. Analyze the following sentences and indicate which words determine the use of predicates in them in the form of the present continuous tense, emphasizing the continuity, the length of the action.

- 1 The epidermis is constantly growing.
- 2 All through the day, the body is destroying blood cells.
- 3 New cells are constantly replacing the cells on the surface of the skin.
- 4 Inside every living organism chemical reactions are going on all the time.
- 5 The outer layers of the skin are constantly drying up.
- 6 Human activities are now destroying the ozone layer.
- 7 All the substances in our bodies are changing all the time.

8 Even during sleep muscles are constantly using energy.

9 Signals are coming in the brain from all parts of the body all the time.

Ex. 2. Read the text and say what processes in the human body are described. Write down and translate the eight predicate verbs in the form of the present continuous tense.

Our body is a machine that works day and night. Even when we are sleeping, our body is busily working. Most of this activity is internal, and we do not feel it. For example, our kidneys are continually excreting fluid. They filter over 180 quarts of different fluids. All through the day, our body is destroying and replacing cells in the blood. On the average day, the body destroys 250 million red blood cells.

Outside of the body, things are happening, too. We are constantly blinking our eyes and they become clean. Our hair grows about two hundredths of an inch every day. Finally, our skin is changing. The outer layers of the skin are constantly drying and flaking off. During our lifetime we wash and scratch off more than 40 pounds of dead skin.

Ex. 3. Make sentences about the processes taking place in the human body using the verbs you have written out in the form of the present continuous tense.

Complete the table.

Subject	Predicate	Object
The body		
The body		
The kidneys		
The skin		
The outer layers of the skin		
We		

Ex. 4. Answer the questions. Use the text and the table.

1 Does the body work day and night?

2 What is your body doing when you are sleeping?

3 What are the kidneys constantly excreting?

4 What cells is the body destroying and replacing?

5 How long does the average person's hair grow each day?

6 What layers of the skin are constantly drying up?

7 Why are we constantly blinking our eyes?

3.3. Reading

Ex. 1. Read the text.

The growth of the human body is an amazing process. When we are born as an infant, we are very small but we grow quickly. Our height increases, and our chest becomes larger. The rib cage also expands to help protect our organs. Our eyes blink rapidly as we start to feel the world around us.

As we get older, growth continues, and we develop more in different parts of our body. Our legs and arms become stronger. Our trunk becomes more stable, and hair starts to grow thicker. We need lots of oxygen to stay alive and healthy.

Our bodies produce sweat to keep us cool and prevent us from getting too hot. It's important to stay dry because too much fluid on our skin can be uncomfortable. The outer layer of the skin protects us from harm and keeps everything inside safe.

Growth doesn't stop after childhood; it continues as we enter adulthood. Even though we don't grow in height as much, our bodies keep changing. It's fascinating to see how we develop and maintain our health throughout life.

Ex. 2. *Answer the questions.*

1. How does the human body grow from infancy to adulthood?
2. What changes occur in different parts of the body as we get older?
3. Why is it important for our rib cage to expand during growth?
4. What role does sweat play in maintaining our body temperature?
5. How does the outer layer of the skin protect us?
6. Does growth only occur during childhood?
7. In what ways do our bodies continue to change in adulthood?

3.4. Communication

Ex. 1. *Make sentences using the following words.*

1. bones/grow/stronger
2. brain/develops/rapidly
3. muscles/grow/bigger
4. nutrition/essential/growth
5. sleep/important/development
6. hormones/key/growth
7. physical/contributes/growth
8. body/stages/various
9. spurts/common/adolescence
10. genetics/influence/growth