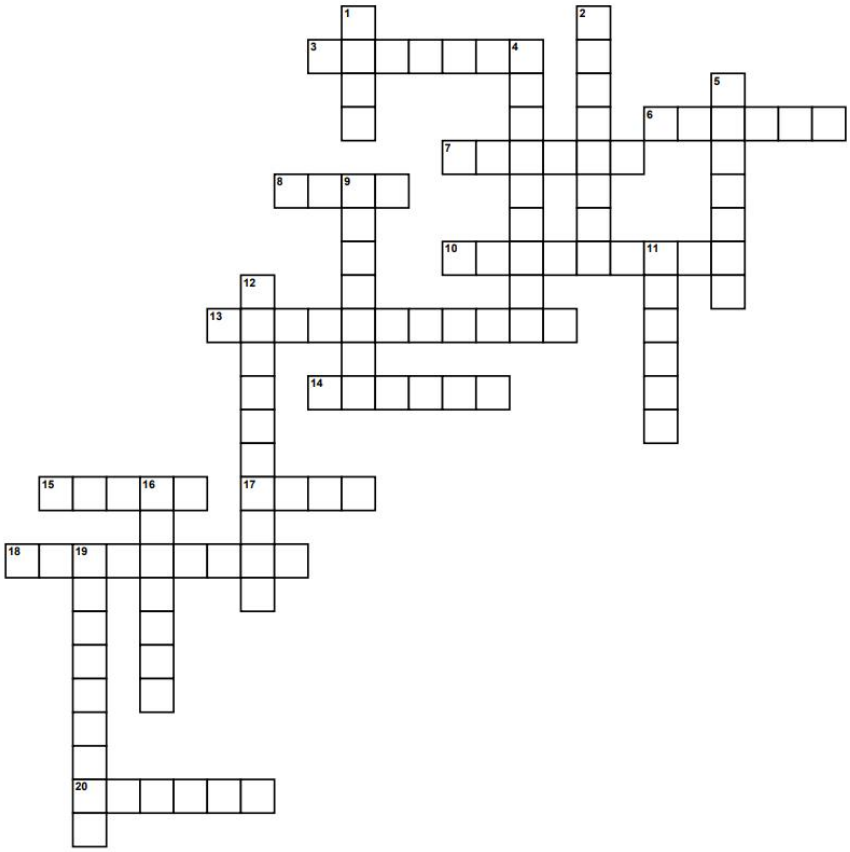
BIOLOGICAL DIFFERENCE OF MAN'S AND WOMAN'S BODY

5.1. Vocabulary

Ex. 1. *Solve the crossword puzzle.*



Across

[3] different kinds or types of something.

[6] a quantity of something, often measured or counted.

[7] a container used to hold liquids or other substances.

[8] a tiny opening in the skin that allows sweat and oil to escape.

[10] the outermost layer of skin that protects the body from the environment.

[13] the food and substances that provide energy and support growth.

[14] the layer of skin beneath the outer layer that contains blood vessels and nerves.

[15] the reason why something happens or exists.

[17] to change or differ in some way from one thing to another.

[18] to find out or decide something based on information or evidence.

[20] to provide or make available what is needed or wanted.

Down

[1] the inner part of the hand between the wrist and fingers.

[2] the state of being in a place or existing at a certain time.

[4] a feeling or awareness produced by stimulation of the senses.

[5] to create or form something by putting different parts together.

[9] to need something for a specific purpose or function.

[11] to consist of different parts or elements combined together.

[12] things that do not have life, such as rocks or water.

[16] the outermost layer or top part of an object or area.

[19] the distance between two opposite sides of something

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

require (2), sensation, surface, cause, vessel, dermis, composed, amount, palm, non-living, determine, epidermis, various, make up, presence, vary (2), thickness, pores, nourishment

The _____(1) of body fat differs between men and women, affecting their shapes.

Hormones can _____(2) differences in the way men's and women's bodies store fat.

Skin is _____(3) of two main layers, each serving different functions in both genders.

The _____(4) layer contains more collagen in men's skin compared to women's skin.

Scientists _____(5) that women generally have a higher percentage of body water than men.

Hair and nails are examples of _____(6) structures that grow from our bodies.

Although they look similar, muscle tissue can _____(7) different proportions in men and women.

The _____(8) is the outermost layer of skin, which protects both men's and women's bodies.

Health studies _____(9) careful observation of both male and female biological characteristics.

Muscle strength can _____(10) depending on gender, with men often being stronger on average.

There are _____(11) hormonal differences that affect physical and emotional responses in men and women.

Good nutrition provides _____(12) that is essential for both genders to maintain health.

The _____(13) of a man's hand may be larger than that of a woman's on average.

Sweat _____(14) help regulate body temperature, but they can differ in size between genders.

The _____(15) of certain hormones can greatly influence mood and behavior in women.

Emotional _____(16) can be more intense in women due to their hormonal fluctuations.

The body tissues _____(17) oxygen, which is delivered by the blood vessels in both men and women.

The _____(18) area of skin can differ between men and women due to body composition.

The _____(19) of skin can _____(20), as men usually have thicker skin than women do.

Blood _____(21) structures in women can be more intricate, affecting circulation and health.

5.2. Grammar

Ex. 1. *Put the words into the correct column.*

act, make, beat, cause, change, describe, draw, feel, find, keep, leave, move, pump, produce, require, observe, teach, think, use, vary, weigh

Regular verbs		**Irregular verbs**		
infinitive	-ed	infinitive	past	past

			simple	participle

Ex. 2. *Replace the word combinations consisting of "noun + of + noun" with their synonymous word combination consisting of "noun + noun." Translate the combinations.*

Ex.: *layers of the skin = skin layers — слои кожи*

1. colour of the skin =
2. sensations of the skin =
3. surface of the skin =
4. parts of the cell =
5. supply of blood =
6. wastes of the body =

Ex. 3. *Translate the sentences. Pay attention to the comparative and superlative forms of the adjectives.*

1. The skin is the largest organ of the body.

2. The liver is the largest gland in the body.

3. The epidermis is thinner than the dermis.

4. The greatest number of cells is in the palms and soles.

5. A man's heart beats slower than a woman's heart.

6. The skin is the thickest on the palms of the hands and soles of the feet.

7. The skin of the white race contains the least melanin pigment.

8. White blood cells are larger than red blood cells and fewer in number.

5.3. Reading

Ex. 1. *Read the text.*

The biological differences between a man's and a woman's body are quite fascinating. One significant distinction lies in the skin. The epidermis of a woman's skin is generally thinner compared to a man's. The thickness of the dermis can also vary, with men's skin being thicker. These differences can cause a variety of sensations in each gender, as the nerves and pore structures are different.

Another key difference is in muscle composition. Men's bodies are generally composed of a greater amount of muscle fibers, which can determine strength and endurance levels. These muscle fibers require more nourishment, leading to higher calorie needs.

The presence of fat tissue is also distributed differently. Women tend to have more fat cells on the surface, especially around the hips and thighs, which can compose a larger part of their body composition. This differentiation in fat tissue is vital for reproductive health and energy storage.

Blood vessels also exhibit differences. Men's bodies typically have a greater density of these vessel structures, aiding in a more efficient blood supply and oxygen delivery. This means that the physiological demands during physical activity can be met more readily in men.

In terms of the surface of the skin, men often have rougher skin due to the higher amount of collagen and the larger size of their palms. Various hormones also play a role in these differences. For instance, testosterone influences muscle mass and skin thickness, while estrogen affects fat distribution and skin elasticity.

These biological differences make up part of what we understand about human physiology. Understanding these distinctions helps in tailoring medical and nutritional approaches to meet the specific needs of each gender.

Ex. 2. *Answer the questions.*

1. How does the thickness of a woman's epidermis compare to that of a man?

2. What role do muscle fibers play in determining strength and endurance levels in men?

3. Where do women tend to have more fat cells located on their bodies?

4. How do blood vessel differences between men and women impact physiological demands during physical activity?

5. Why do men often have rougher skin compared to women?

6. Which hormones influence muscle mass, skin thickness, fat distribution, and skin elasticity in men and women?

7. How can understanding these biological differences help in tailoring medical and nutritional approaches for each gender?