

People. Parts of body



Exercise 1

Translate the following idioms

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Look through the history of certain idioms



Body Idioms: Origins Quiz



1) What is the origin of the expression "to give the cold shoulder?"

- a) This was a custom from the early days of the British Royal Navy. When travelling abroad in the early days, at least two or three people would die at sea. Before burial at sea was considered an option, the bodies would always be bought back for burial on the homeland. If a sailor had annoyed his shipmates, instead of sleeping below decks with his comrades, on the floor, shoulder to shoulder, he would be sent to sleep in the room where the dead were kept, hence the expression.
- b) In medieval England, it was customary to give a guest a cold piece of meat from the shoulder of mutton, pork, or beef when the host decided it was time for the guest to leave. This was a polite way to communicate, "It's time for you to go," hence the expression.
- c) In the Middle Ages, if a child had been punished that child would often be comforted by one of the family afterwards. If that child had done something really bad, that child would be told to embrace a statue of the Virgin Mary or Jesus Christ for comfort. The cold stone had cold shoulders, hence the expression.

2) What is the origin of the expression "to turn a blind eye?"

- a) In the 18th century, former soldiers wounded in battle were given policing jobs in London. Many of them had lost eyes in combat because of the nature of explosives in those times and would often not see crimes being committed when they were on patrol and therefore criminals often said that the police were turning a blind eye to their activities.
- b) In the middle ages, if somebody was convicted spying, they could either be executed or condemned to have an eye removed. The second punishment was considered to be the most lenient.
- c) The British Naval hero, Admiral Nelson, had one blind eye that was covered with a patch. During the battle of Copenhagen the British forces signalled for him to stop attacking a fleet of Danish ships thinking that he would lose the battle but he just held up a telescope to his blind eye and said, "I do not see the signal." He attacked, nevertheless, and was victorious and then promoted.

3) What is the origin of the expression "to let one's hair down?"

- a) In public, the aristocratic women of medieval times were obliged to appear in elegant hair-dos that were usually pulled right up on top of the head. The only time they would "let their hair down" was when they came home and relaxed.
- b) This is connected to the fairy tale about the princess, *Rapunzel*. She was seen to be severely stressed while she was imprisoned in the tower but once she had *let her hair down* and escaped, she was more relaxed.
- c) This is connected to men wearing wigs in the 18th century. Aristocratic men would wear wigs once they started to go bald. The wigs would be quite elaborate sometimes and it would be a relief to be able to go home and take them off, or, as the saying went, *let their hair down*.

4) What is the origin of the expression "to pay an arm and a leg?"

- a) If you look at old paintings from the 18th and early 19th centuries, you will notice the paintings are of faces, or perhaps a person with one arm behind their back, or both arms. The truth is, in these times, portraits were not charged by the number of people who appeared in the picture, but rather, by the number of limbs that were painted. If they wanted a cheaper painting, then it would "cost them an arm and a leg." Artists knew it took more time and effort since arms, hands and legs were more difficult to paint.
- b) In times of recession during the Middle Ages, if somebody was caught stealing, they were either executed or, if the judge was particularly cruel, they would cut off one arm and one leg. This was considered crueler as people needed all their limbs to be able to work and therefore earn a salary.
- c) During the 18th century, there were many naval battles for the British navy. The casualty rate was very high on ships and many sailors lost limbs in battle. There was a thriving business in prosthetic limbs for ex-sailors but they were quite expensive. If you bought one of these artificial limbs, it would cost you a lot of money, hence the expression.

5) What is the origin of the expression "to face the music?"

- a) This was a tradition in the English countryside from the early middle ages. If a man was caught cheating by his wife, she would gather all of her friends and family and go to the house of the woman that he was seeing and then call her out. Music would be played and bawdy songs would be sung about the sinning couple. This was normally considered embarrassing enough to stop the affair.
- b) This expression comes from a British military tradition. If a soldier was facing a military court, they would be marched to court to the sound of drumming. If they were executed or physically punished, it would also be done to the beating of drums.
- c) Parents would punish their children in 19th century England by making them sing in church. They would have to compose a song about what they had done wrong and then sing it in front of the congregation.





Exercise 2

Match idioms with their definitions

Part 1

make one's blood boil

face the music

get cold feet

by heart chin up

get all off one's chest

give a cold shoulder

head over heels

let her hair down

by heart

- 1) to allow yourself to behave much more freely than usual and enjoy yourself
- 2) madly in love
- 3) to unburden oneself; to confess something; to criticize or make a personal complaint to someone
- 4) to suddenly *become* too frightened to do something you had planned to do, especially something important
- 5) to *make* someone extremely angry
- 6) A phrase that encourages one to improve one's mood, especially when sad or discouraged.
all ears
- 7) to be waiting eagerly to hear about something
- 8) to [accept criticism](#) or [punishment](#) for something you have done
- 9) learnt in such a way that you can say it from memory

10) to intentionally ignore someone or treat someone in an unfriendly way



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Part 2 сделать выпадающий список

elbow grease

foot the bill

one's hands are tied

pay arm and leg

knuckle down

long in the tooth

turn a blind eye

1) to pay for something, esp. something expensive

2) to start working or studying hard

3) working hard at manual labour

4) to pay too much [money] for something

5) *too* old for a particular activity or purpose

6) to ignore something that you know is wrong

7) One is being prevented from acting, helping, or intervening as one should or desires to due to circumstances beyond one's control, such as rules, conflicting orders, or higher priorities.

Exercise 3

Idioms with Parts of the Body



arm blood chest chin ears elbow eye face feet
foot hair hands head heart knuckle leg shoulder tooth



Insert the words from above into the most appropriate sentences below.

- 1) We'll _____ the bill here and you can pay for coffee and cakes in the next bar.
(Pay the bill)
- 2) He told his students to stop messing about and _____ down if they were serious about passing the exam. (Make a bigger effort in general)
- 3) If you want those windows clean, you'll have to put some _____ grease into it.
(Make a bigger physical effort)
- 4) I paid an _____ and a _____ for these jeans. The cost an absolute fortune!
(Pay a lot of money)
- 5) I'm getting a bit too long in the _____ to be going to clubs. I can't dance the night away like I used to. (Be too old)
- 6) The police officer saw them smoking a joint but decided to turn a blind _____ because it was a very happy occasion and he didn't want to spoil the fun. (Not act or ignore a law or duty)
- 7) I would love to be able to help you but because of my job and the way the law is regarding this matter, my _____ are tied. (Prevented from intervening by laws or circumstances)
- 8) He was shunned by everybody and at the annual family dinner he was given the cold _____ by everybody except his mother. (Made to feel unwelcome)
- 9) The disgraced actor hid away from the media for a whole month but in the end he decided to _____ the music and hold a press conference. (Confront unpleasant circumstances, criticism or punishment)
- 10) She wanted the job really badly and nearly got cold _____ just before the interview was due to start, but in the end, her application was accepted. (Get nervous and not do something)
- 11) He banged his hand on the table several times and shouted for everybody to be quiet. By then everybody was all _____. (Listening attentively)
- 12) The team-leader seemed to be enjoying herself at the party. It was nice to see her let her _____ down for a change. (Relax and have fun)
- 13) They sat with each other all evening and neither of them looked at anybody else. They are clearly _____ over heels. (Deeply in love)
- 14) He has had a lot of bad luck but he still manages to keep his _____ up. (Remain cheerful)
- 15) She was a taxi driver in London and knows all the streets by _____. (Committed firmly to memory)
- 16) It makes my _____ boil when people mistreat animals. (Make angry)
- 17) He shouldn't keep his problems bottled up like that. It would be better if he got it all off his _____.
(Talk to somebody about one's problems)



Follow up!

Now write five sentences using the expressions from above:

e.g. *They caught the murderer red-handed. etc.*