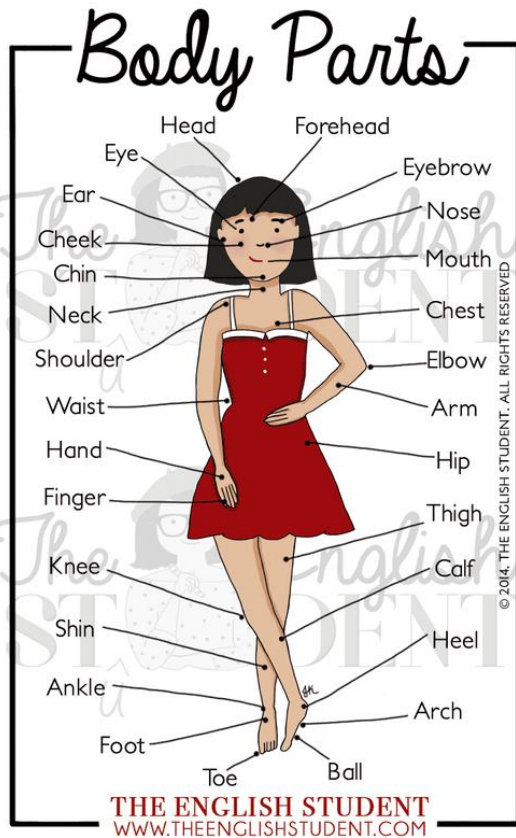


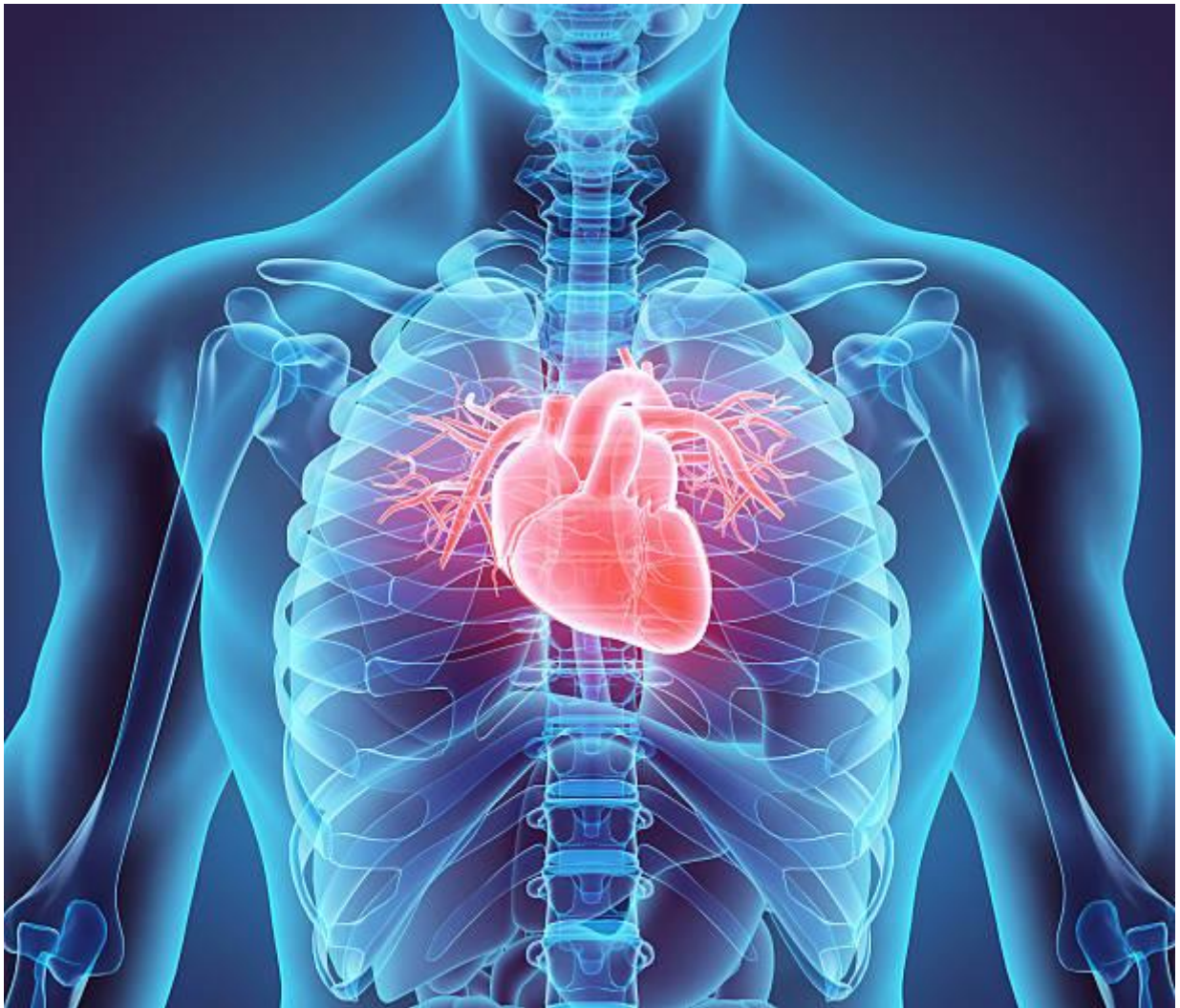
Lesson 23 Reading



Exercise 1

Translate the following words and expressions

<https://quizlet.com/310187880/flashcards>



Exercise 2

Read the text

Your heart is really a muscle. It's located a little to the left of the middle of your chest, and it's about the size of your fist. There are lots of muscles all over your body - in your arms, in your legs, in your back, even in your behind. But this muscle is special because of what it does - the heart sends blood around your body. The blood provides your body with the oxygen and nutrients it needs. It also carries away the waste that your body has to get rid of.

Your heart is sort of like a pump, or two pumps in one. The right side of your heart receives blood from the body and pumps it to the lungs. The left side of the heart does the exact opposite: it receives blood from the lungs and pumps it out to the body. By the time you're grown up, your heart will be beating (pumping) about 70 times a minute.

How does the heart beat? Before each beat, your heart fills with blood. Then it contracts to squirt the blood along. When something contracts, it squeezes tighter - try squeezing your hand into a fist. That's sort of like what your heart does so it can squirt out the blood. Your heart does this all day and all night, all the time. Every

day, an adult heart pumps 2,000 gallons (7,500 liters) of recycled blood by filling and contracting. The heart is one tough worker!

Choose the correct answer

1. Where is your heart located?

- a) in chest
- b) in lungs
- c) in sole

2. What size is your heart?

- a) an elbow
- b) a calf
- c) a fist

3. What does the heart do?

- a) makes blood
- b) pumps blood
- c) contracts blood

4. What does the heart do?

- a) provides body with the oxygen and nutrients it needs
- b) sends blood around your body
- c) squeezes lungs

5. How fast the heart of a grown-up beats?

- a) about 60 times a minute
- b) about 70 times a minute
- c) about 80 times a minute

True or false?

1. The blood provides your body with the oxygen and nutrients it needs.

- a) true
- b) false

2. Your heart is sort of like a pump, or three pumps in one.

- a) true
- b) false

3. When something contracts, it doesn't squeeze tighter

- a) true
- b) false

4. The left side of the heart receives blood from the lungs and pumps it out to the body

- a) true
- b) false

5. The heart is much more than the size of your fist

- a) true
- b) false



Exercise 3

Read facts about your body

1. You have five fingers on each hand and five toes on each foot, making 10. You can count to 20 using your fingers and toes.
2. Each bit of our body is made up from cells, which are the tiniest form of life – like single Lego pieces.
3. The parts of our body need blood in order to work properly – blood transports the nutrients each cell needs, and takes away any rubbish.
4. The heart keeps blood pumping throughout our body – the heart is one of our vital organs, which means it helps keep us alive.
5. Parts of your arm include your hand, wrist and elbow.
6. Parts of your leg include your foot, ankle, shin and thigh.
7. The parts of your body that help your arms twist around are called shoulders.
8. Your neck allows your head to move from side to side, so you can turn your face to look at something.
9. Your stomach sits inside your body, just below your chest and lungs, and above your intestines.
10. Parts of your face include your forehead, eyes, cheeks, ears, nose and mouth.
- 11.

True or false?

1. You have five toes on each hand and five fingers on each foot

- a) true
- b) false

2. Cells are the tiniest form of life.

- a) true
- b) false

3. The our body doesn't need blood in order to work properly

- a) true
- b) false

4. The heart pumps blood throughout our body

- a) true
- b) false

5. Parts of your arm include your foot, ankle, shin and thigh

- a) true
- b) false

Choose the correct answer

6. Parts of your leg include _____.

- a) ankle
- b) elbow
- c) chin

7. The parts of your body that help your arms twist around are called _____.

- a) hips
- b) shoulders
- c) thighs

8. Your _____ allows your head to move from side to side.

- a) neck
- b) ankle
- c) elbow

9. Your stomach is above your _____.

- a) lungs
- b) intestines
- c) chest

10. Parts of your face include your _____.

- a) forehead
- b) waist
- c) heel