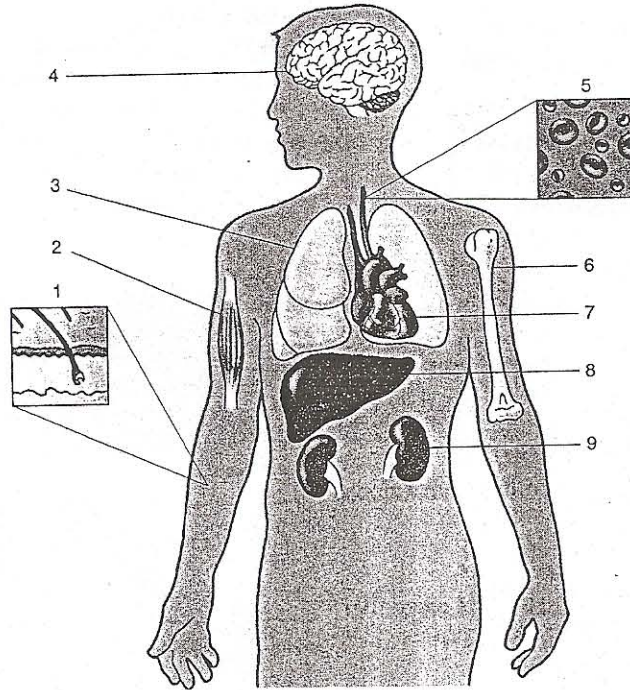


## BODY AND HEALTH

### THE BODY

Match the words and pictures.  
How do you pronounce them?

- blood /blʌd/
- bone
- brain /breɪn/
- heart /hɑ:t/
- kidneys /'kɪdnɪz/
- liver /'lɪvə/
- lungs /lʌŋz/
- muscle /'mʌsl/
- skin



### STRESS AND FITNESS

Complete the text. Underline the stress in the words below. What do the words/phrases in bold mean?

cold headaches /'hedeɪks/ hurt /hɜ:t/ illnesses  
keep fit pains pull a muscle relax stressed  
stressful



Nowadays many people have very <sup>1</sup> stress lives. Doctors say that stress can cause many <sup>2</sup> \_\_\_\_\_, and in some cases even heart attacks. If you are feeling <sup>3</sup> \_\_\_\_\_ you are also more likely to get a <sup>4</sup> \_\_\_\_\_ or flu, or suffer from <sup>5</sup> \_\_\_\_\_. You should try to rest and <sup>6</sup> \_\_\_\_\_, and **do exercise** to <sup>7</sup> \_\_\_\_\_. But be careful! You should start slowly, or you could <sup>8</sup> \_\_\_\_\_ your back or <sup>9</sup> \_\_\_\_\_. If you notice any <sup>10</sup> \_\_\_\_\_ after doing exercise, see a doctor.

### SYMPTOMS OF ILLNESS

a Look at the list of symptoms. Translate them. Do you have any at the moment?

- I've got a cold
  - a cough /kɒf/
  - a sore throat /sɔ:'θrəʊt/
  - a temperature.
- I've got a headache
  - an earache
  - a toothache
  - a stomach-ache /'stʌməkeɪk/
- My back hurts.
- I've got a pain in my leg.
- I've hurt myself.

b What's the matter with these people?

