BODY AND HEALTH

THE BODY
Match the words and pictures. How do you pronounce them?
- blood /blʌd/
- bone
- brain /breɪn/
- heart /hɑːt/
- kidneys /ˈkɪdnɪzs/
- liver /ˈlɪvər/
- lungs /lʌŋz/
- muscle /ˈməsəl/
- skin

STRESS AND FITNESS
Complete the text. Underline the stress in the words below. What do the words/phrases in bold mean?
cold headaches /ˈhedeɪks/ hurt /hɑːt/ illnesses keep fit pains pull a muscle relax stressed stressful

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 /soʊˈrɛθroʊt/  
  - a temperature.
- I've got a headache
  - an earache
  - a toothache
  - a stomach-ache /ˈstʌmɑːk/  
- My back hurts.
- I've got a pain in my leg.
- I've hurt myself.
b What's the matter with these people?

Nowadays many people have very 1. 2. lives. Doctors say that stress can cause many attacks. If you are feeling 4. 5. you are also more likely to get a 6. or flu, or suffer from 7. You should try to rest and 8. 9. and do exercise to 10. But be careful! You should start slowly, or you could 11. your back or 12. If you notice any after doing exercise, see a doctor.