Our Amazing Body
1 Look and label the picture.

bones  brain  heart  intestines  kidneys  liver  lungs  muscles  skin  stomach

2 Listen and fill in the blanks.

– What do ______ call this in English?
  – Heart.

– How ______ you spell that?
  – H – E – A – R – T.

– ________ for your help.
  – You’re ________.

Act out the dialogue.

Write your own dialogue with a friend.

Don’t be afraid to ask for help, and always help others!
3 Listen and answer the questions. 🎧
1. What does David do? ____________________________
2. How old is he? ____________________________
3. Where does he come from? ____________________________
4. Does he get up early every day? ____________________________
5. What does he do before breakfast? ____________________________
6. Does he drink soda? ____________________________
7. Does he go swimming every day? ____________________________
8. What time does he go to bed? ____________________________

Listen again and fill in the blanks.

always sometimes never
1. David ___________ gets up at six o’clock.
2. He ___________ runs in the park before breakfast.
3. He ___________ eats junk food.
4. He ___________ drinks soda.
5. He ___________ goes swimming in the afternoon.
6. He ___________ rides his bike in the evening.
7. He ___________ takes a shower in the evening.
8. He ___________ goes to bed late.

4 Role-play with a friend.

always - watch TV
sometimes - eat junk food
never - play tennis

5 Complete the sentences about yourself.
1. I ___________ ride my bike in the park.
2. I ___________ play soccer.
3. I ___________ eat healthy food.
4. I always ____________________________.
5. I sometimes ____________________________.
6. I never ____________________________.

Cool Grammar

Frequency Adverbs
• He always gets up early.
• I sometimes drink soda.
• They never watch TV in the evening.

Our Amazing Body
1 Listen and match the faces with the calendars.

- Excuse me. How often do you eat pizza?
- Not very often. I have it once a month.
- Do you like pizza?
- Yes, I do.
- How often do you eat it?
- Twice a week.
- How often do you eat pizza?
- Pizza? I love pizza. I eat pizza three times a day!

Act out the interviews.

2 Listen and answer the questions.

1. __________________________
2. __________________________

Write three more questions.

___________________________
___________________________
___________________________

Interview a friend.

> Cool Grammar

How often... + Time Expressions
- How often do you visit your grandparents?
- I visit them once / twice / three times a month.
3 Write true and false sentences about Vicky and Alan.

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>get up early</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>take a shower (morning)</td>
<td></td>
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<tr>
<td>go swimming</td>
<td></td>
<td></td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>do homework (afternoon)</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>read a book (evening)</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>go to bed late</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________
5. ____________________________
6. ____________________________

Check a friend's sentences.

Student A: Vicky and Alan go to bed late once a week.
Student B: True. And Vicky never gets up early.
Student A: That's false.

4 Answer about yourself.

1. When do you watch TV?
   ____________________________

2. How often do you get up early?
   ____________________________

3. When do you run in the park?
   ____________________________

4. How often do you read a book in the evening?
   ____________________________
Write as many parts of the body as you can and check with a friend.

Read and correct the statements.

Your body is more amazing than any machine or computer. It is made up of many parts that work together every minute of every day and night. All its systems work together to help your body work efficiently and stay healthy and strong.

Muscles are elastic fibers that help your body to move. There are around 650 muscles in your body. When you walk, you use about 200 muscles.

1. We can’t breathe through our mouth.______________________________
2. We don’t get nutrients from food.______________________________
3. Veins keep blood in the heart.______________________________
4. Some bones hurt organs.______________________________
5. We use 650 muscles to walk.______________________________
6. The brain has four major parts.______________________________

Tell your friend three things that you have learned.
4 Match the robots with their abilities.

1. talk to dogs
2. become invisible
3. eat metal
4. make fire
5. fly
6. walk underwater

Choose a robot with a friend. Use your imagination and answer the questions.

1. What can your robot do?
2. What system in its body is responsible for this?
3. What organs does the system include?

Use your answers to complete the description.

__________ System
The __________ system ________________________________.
Its organs include ________________________________.

Choose another robot and describe its systems.

5 Research human organs.

You need
- biology books and/or access to the Internet
- construction paper

Instructions
1. Choose an organ.
2. Research and write about it on the construction paper.
3. Illustrate and decorate your work.
4. Present your project.
1 Match the instructions with the pictures.
1. Sit and put your right hand on your left knee as you raise it.
2. Put your left hand on your right knee and raise it.
3. Repeat the procedure and don’t stop for about two minutes.

2 Fill in the blanks with a friend.

**Exercise Your Brain**

Twice a week I go to the ________.
Once a week I like to swim.
I always eat a ________ lunch,
I eat ________ by the bunch!
It is great to be ________ and fit—it’s true,
But it’s important to ________ your brain too!

Even though it is sometimes a strain,
________ exercise your brain.
Use a ________. Do a jigsaw. Read a book.
Learn a new language. Learn how to ________.
Even though it is sometimes a strain,
Always exercise your brain.
Do a math ________ and read, read, read.
Exercise your brain, and you'll succeed!

3 Add two suggestions to exercise your brain.
1. Do mental math.
2. Do crossword puzzles.
3. ________________________
4. ________________________

▶ Listen and check your answers. ☞ 7

▶ Sing "Exercise Your Brain."
4 Describe the photograph with a friend. Use the questions as a guide.

1. Who is she?
2. How old is she?
3. Where is she now?
4. What is she doing?
5. How do you think she feels at the moment?
6. Do you think she is a professional? Why?

Complete the questions to interview the girl in the photo.

1. Do you ___________________________?
2. When do you ___________________________?
3. Can you ___________________________?
4. How often do you ___________________________?
5. Where did you ___________________________?
6. Were you ___________________________?
7. Are you going to ___________________________?

Role-play the interview with a friend.

5 Listen and fill in the blanks. ▶️

Dance Studio
Enrollment form

Customer Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td></td>
</tr>
<tr>
<td>City</td>
<td>State</td>
</tr>
<tr>
<td>Phone number</td>
<td></td>
</tr>
</tbody>
</table>

Fees: ☐ 1 Year ($87) ☐ 1 Month ($9.95)

6 What about you? Discuss your answers with some friends.

1. What is your favorite activity or sport?
2. How often do you do it?
3. Where do you do it?
4. How do you feel when you are doing it?
1 Play From the Heart and Back with a friend.

2 Name an organ of the nervous system.

3 Unscramble the word: robin.

4 Write a sentence using always.

5 Talk about your daily morning routine.

6 Write a sentence using never.

7 Write a sentence using How often and ask your friend the question.

8 Talk about your weekends using always, sometimes, and never.

9 Unscramble the word: virle.

10 Write a sentence using sometimes.

11 Name two organs that start with s.

12 Write a sentence with sometimes.

13 Unscramble the word: sglun.

14 Talk about your daily evening routine.

15 Write a sentence using never.

16 Unscramble the question and answer it: buy / you / How / do / ? / often / clothes

17 Talk about your vacations. Use always, sometimes, and never.

18 Name an organ of the respiratory system.

19 Name an organ that starts with h.

20 Write a sentence using always.
2 Fill in the blanks with words below.

- bones    brain    heart    intestines    kidneys    liver    lungs    muscles    skin    stomach

1. ___________ are the hard parts that form the framework of your body.
2. Your ___________ are fibers connected to your bones that enable you to move.
3. Your ___________ are long tubes folded up inside your abdomen.
4. The ___________ is the natural covering of a person or an animal.
5. The ___________ is an organ inside your body where food is digested.
6. The ___________ controls your body and enables you to think and feel.
7. Your ___________ remove waste products from your blood.
8. The ___________ cleans your blood and stores minerals and vitamins.
9. Your ___________ are the two organs inside your chest that you breathe with.
10. The ___________ is the organ in your chest that pumps the blood around your body.

3 Answer the questions.

How often do you...

1. brush your teeth? _____________
2. exercise? _____________
3. take a shower? _____________
4. wash your hands? _____________
5. comb your hair? _____________

4 Read the sentences and color the corresponding circles.

I can name ten body parts (organs).
I can give and ask for help.
I can use frequency adverbs.
I can ask questions using How often.

Be cool with music!
Get the lyrics of your favorite songs in English and sing them!

You're a winner! You have finished Unit 1!