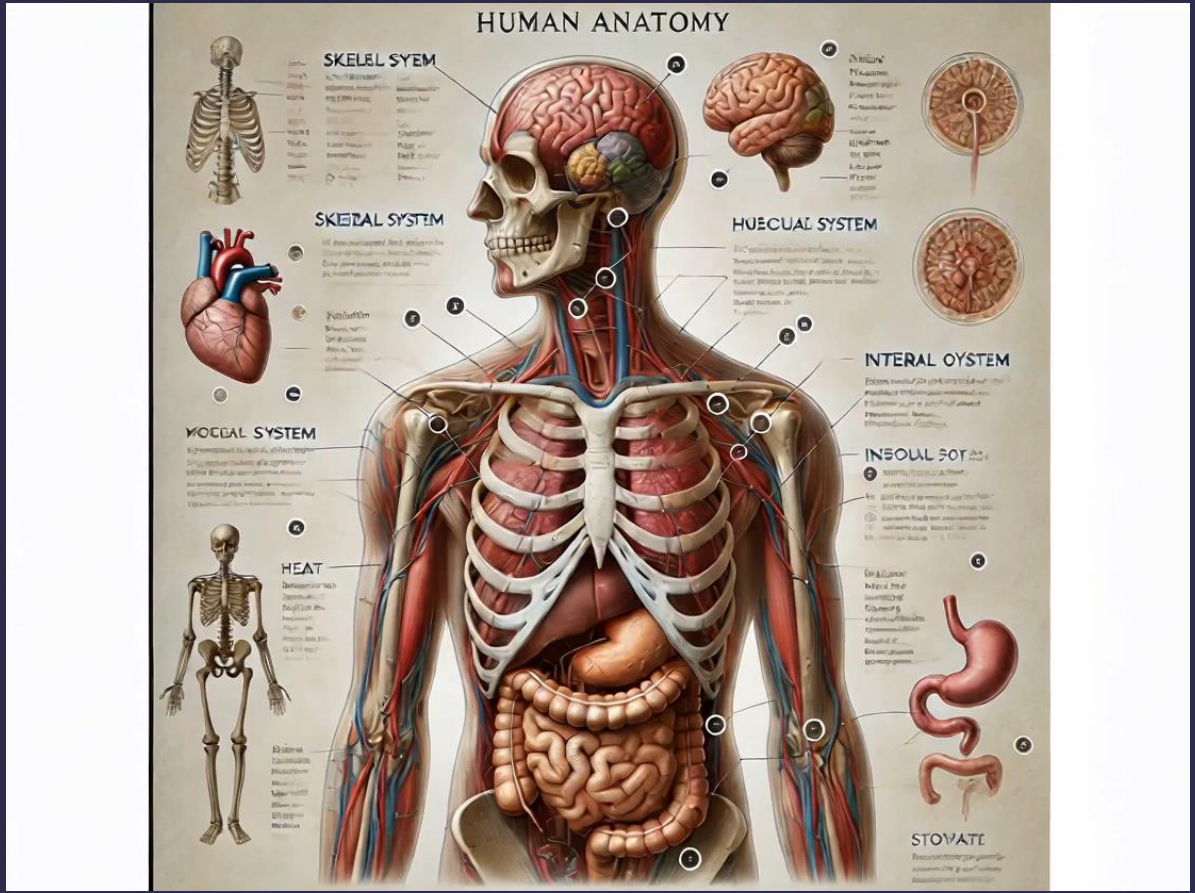
Unit 4

The Body

Stay healthy, feel great!
World English 2 · 3rd edition



Unit 4 goals

A



Discuss ways to stay healthy

B



Talk about healthy lifestyles

C



Suggest helpful natural remedies

D



Describe the benefits of a positive attitude

E



Explain an idea using details

Do you know your body?

Do you know your body?

Do you know your problem?

How can we understand?



Think, then tell a partner: 3 body words you know in English.

Body words

heart

pushes blood through your body

artery · vein

carry blood around your body

lungs

bring air into your body

skin

covers the outside of your body

muscle · joint

make your body move

brain

lets you think and remember

kidney

cleans your blood

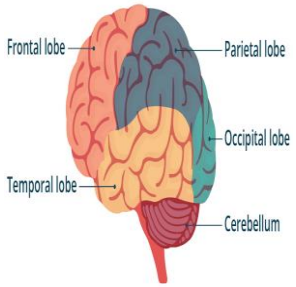
stomach

digests food

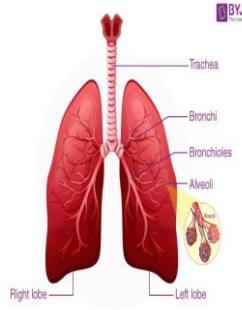
bone

supports your body

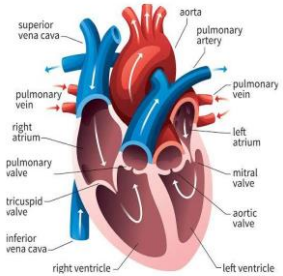
Look inside: internal organs



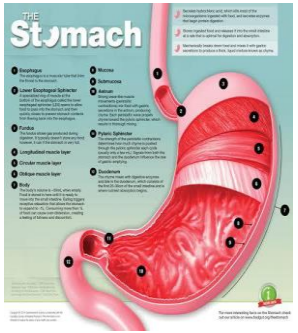
brain



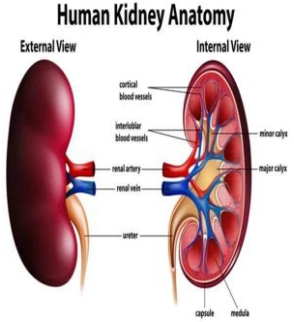
lungs



heart



stomach



kidney

Which organ pushes blood? Which one cleans blood? Which one digests food?

Which body part?

1. This pushes your blood through your body.
2. These carry blood around your body.
3. These bring air into your body.
4. This covers the outside of your body.
5. These make your body move.
6. This lets you think and remember.
7. This is one of the organs that cleans your blood.
8. This digests food.
9. This supports your body.

Comparative and superlative

Comparative

Compares two things.
adjective + -er + than
more / less + adjective + than

Henry is healthier than his father.
A cold is less serious than the flu.

Superlative

Compares three or more.
the + adjective + -est
the most / least + adjective

Walking is the healthiest exercise.
Good friends are the most beneficial thing.

Equative, irregular forms and spelling

Equative

(not) as + adjective + as

Sitting too long is as harmful as smoking.
Swimming is not as enjoyable as yoga.

Irregular

good – better – best
bad – worse – worst
far – farther – farthest

Spelling

1–2 syllables: -er / -est
3+ syllables: more / most
-y → -i: healthy → healthier

Agree or disagree?

Walking for exercise is better than running.

Too much stress is the worst thing for your body.

Eating healthy food is less important than drinking plenty of water.

Stand up and give a reason: "I agree. Walking is easier on the knees."

How we can stay healthy

I try to walk every day as much as possible.

I try not to eat fast food.

I try to start exercise as soon as possible.

I try …



Tell two classmates, then ask one question.

Genes or lifestyle?

genes



parts of a cell that control physical characteristics (eye color, height, etc.)

lifestyle



how we live

What determines how healthy you are?
Are your genes or your lifestyle more important?

Listen: three people talk about their health

Exercise



What kind do you get? How often?

Diet



What do you usually eat?

Healthy genes



Which family members?

Listen (track 17). Match the speakers A–C to the topics. Then interview your partner.

Goal check: your generation

Is your generation healthier or less healthy than your parents' or grandparents' generation? Why?

- a healthy diet 
- doctors and medicine 
- enough exercise 
- contact with friends 
- living a long time 

"Our generation is healthier because doctors know more now."

Everyday ailments

insomnia

/ɪnˈsɒm.ni.ə/
not being able to sleep

fever

/ˈfiː.vər/
high body temperature

hiccups

/ˈhɪk.ʌps/
a repeated sound in your throat

nausea

/ˈnɔː.zi.ə/
feeling sick in the stomach

indigestion

/ˌɪn.dɪˈdʒes.tʃən/
stomach pain from food

pimple

/ˈpɪm.pəl/
a small raised spot on the skin

headache

/ˈhed.eɪk/
a pain in your head

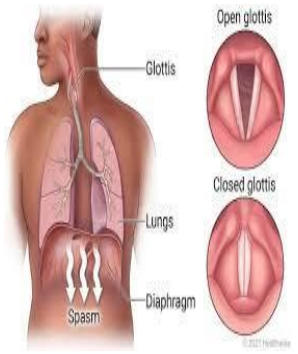
sore throat

/sɔːr θroʊt/
pain in the throat

See it: which ailment?



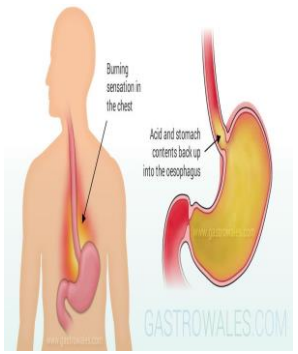
insomnia



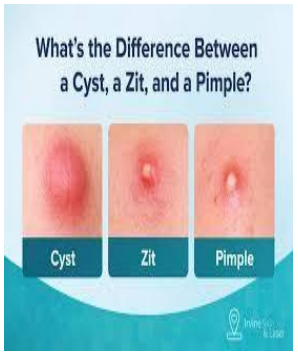
hiccups



nausea



indigestion



pimple

Which ailment do you sometimes have? Do you think it is a serious health problem?

Natural remedies

lemons

to stop the hiccups

ginger

to end nausea

milk

to cure insomnia

honey

to help a sore throat

onions

to relieve a headache

What other natural remedies do you know?

Infinitive of purpose

Why do we do it?

to + base verb
in order to + base verb

I use sunscreen to protect my skin.
Nikki took an aspirin in order to lower her fever.

At the start of a sentence

Use a comma.

To stop hiccups, I drink a glass of water.

Choose the best answers

Drink tea with honey _____ a sore throat.

Use sunscreen _____ your skin.

I had some pill _____ my fever.

_____, I take a nap.

to help

to protect

in order to lower

To cure a headache

Goal check: natural remedies

1. Tell the other pair which ailments you talked about.

2. Ask them to suggest remedies. Then switch roles.

“We sometimes have insomnia.”
“You could read for a while to relax.”

Attitude Is Everything

stress

worry and tension due to difficulties in life

enemy

the person on the opposite side in a struggle

participants

people who volunteer for a research study

narrower

having a smaller distance from one side to the other



What makes you feel a lot of stress?
Read pages 52–53 at home.

Spread of disease

How can a sick person make other people sick?

The last time you got sick, how do you think you caught the illness?





covering your nose and mouth

staying home when you're sick

washing your hands often

using clean dishes

Topic sentence and supporting details

Although there are several ways to prevent the spread of disease, staying home when you are sick may be the best way.

- descriptions 
- examples 
- explanations 
- facts 
- reasons 

A good paragraph = a topic sentence + supporting details.

Write your paragraph

exercise 

having a positive attitude 

healthy foods 

1. Choose one topic.
2. Write a good topic sentence.
3. Add two or three details.