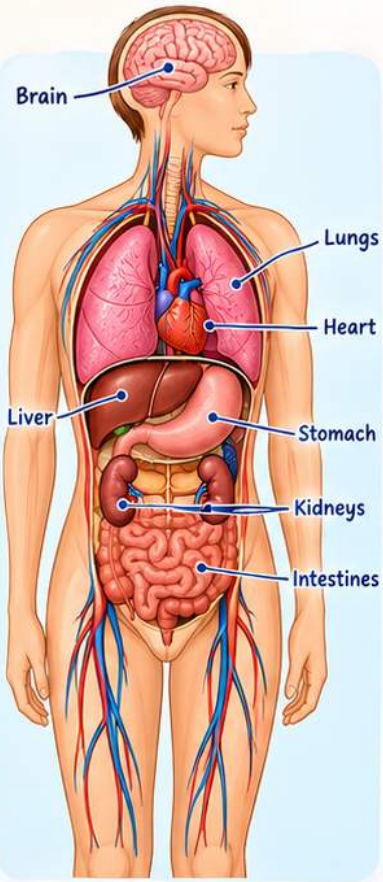
Human Body – Internal Organs & Their Functions

Different parts. One amazing system!

Take care of your body! ♡



Heart



- Pumps blood throughout the body.
- Supplies oxygen and nutrients.

Fun fact: Your heart beats about 100,000 times a day!

Lungs



- Take in oxygen.
- Remove carbon dioxide from the blood.

Fun fact: You breathe about 12–20 times per minute!

Liver



- Filters toxins from the blood.
- Helps with digestion (produces bile).
- Stores energy and nutrients.

Fun fact: The liver can regenerate itself!

Kidneys



- Filter waste and extra water from the blood.
- Balance minerals and fluids.
- Produce urine.

Fun fact: You have 2 kidneys, about the size of your fist!

Stomach



- Breaks down food with acid and enzymes.
- Turns food into nutrients.

Fun fact: Your stomach produces acid strong enough to dissolve metal!

Intestines



- Absorbs nutrients and water.
- Removes waste.

Fun fact: Your small intestine is about 6 meters long!

Veins



- Carry oxygen-poor blood back to the heart.
- Have valves to keep blood moving in one direction.

Fun fact: Veins are usually blue (but blood is red!).

Arteries



- Carry oxygen-rich blood away from the heart.
- Have thick, elastic walls.

Fun fact: Arteries are usually red (but blood is red!).

Muscles



- Help you move.
- Keep your posture.
- Produce heat.

Fun fact: You have over 600 muscles!

Bones



- Give your body structure.
- Protect your organs.
- Store minerals (like calcium).

Fun fact: An adult has 206 bones!

Brain



- Controls your thoughts, memory and emotions.
- Sends signals to your body.

Fun fact: Your brain uses about 20% of your body's energy!

Pancreas



- Produces digestive enzymes.
- Regulates blood sugar (produces insulin).

Fun fact: It's behind your stomach and close to your small intestine.

Spleen



- Filters old blood cells.
- Helps the immune system.

Fun fact: It's about the size of your fist.

Blood



- Carries oxygen and nutrients.
- Removes waste.
- Fights infection.

Fun fact: Your body has about 5 liters of blood!

Quick Speaking Questions

1. Which organ do you think is the most important? Why?
2. What do you do to keep your heart healthy?
3. How can you take care of your liver?
4. What are the benefits of regular exercise for your muscles and bones?
5. Which part of the body do you want to learn more about? Why?

Useful Vocabulary

- organ – an internal part of the body
- artery – carries oxygen-rich blood
- vein – carries oxygen-poor blood
- nutrient – something good for your body
- to filter – to remove waste
- to pump – to move (like the heart)
- to absorb – to take in

Healthy body
Happy life! ♡

Your body works hard for you...
so take care of it!

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Infinitive of Purpose

Why do we do something?

We use the infinitive with **to** to say the reason or purpose for doing something.

Form

to + base verb

We use the infinitive (to + verb) after verbs, nouns, and certain expressions to show the purpose.

The infinitive of purpose always starts with **to**.

Common Introductory Words

- **to** (the most common)
- **in order to**
- **so as to**
- **so that**
- **for ...ing** (less common)

All of these mean the same: "for a purpose".

Examples



She drinks water **to stay healthy.**
(purpose: to stay healthy)



I'm studying English **to get** a better job.
(purpose: to get a better job)



We took a map **to find** the right path.
(purpose: to find the right path)



He wears a helmet **to stay safe.**
(purpose: to stay safe)



I cook dinner **to feed** my family.
(purpose: to feed my family)



He took an umbrella **to keep dry.**
(purpose: to keep dry)



She checks her phone **to stay in touch.**
(purpose: to stay in touch)



They traveled **to see** new places.
(purpose: to see new places)

Practice 1 – Choose the correct form

Complete the sentences with the infinitive of purpose.

1. I'm saving money _____ (buy) a new phone.
2. She wears a jacket _____ (keep) warm.
3. We went to the gym _____ (get) fit.
4. He studied hard _____ (pass) the exam.
5. They're learning French _____ (travel) to France.
6. I brought my camera _____ (take) some nice photos.
7. She works part-time _____ (earn) extra money.
8. We left early _____ (avoid) the traffic.

Practice 2 – Rewrite

Use the words in brackets to make true sentences.

1. I exercise. (stay healthy)
   _____
2. She bought a dictionary. (improve her English)
   _____
3. He took his laptop. (finish his work)
   _____
4. We went to the beach. (relax)
   _____
5. I'm learning online. (get a degree)
   _____
6. They studied hard. (pass the test)
   _____

Speaking

Talk about the pictures and answer the questions. Use the infinitive of purpose.

1. Why do you exercise? (What is your purpose?)
2. What do you do to relax?
3. What do you study or learn?
4. Why do you travel?
5. What do you do to stay healthy?
6. Why do you use the internet or your phone?

Think, speak, be confident!

A purpose gives your actions a meaning!

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Common Illnesses & Natural Remedies

Feel better, naturally!

Small changes can make a big difference!

Hiccups

Meaning: Involuntary, sudden contractions of the diaphrragm that make a "hic" sound.



Natural remedy:
Sip cold water slowly or try holding your breath for a few seconds.



Insomnia

Meaning: Trouble falling asleep or staying asleep.



Natural remedy:
Try chamomile tea, keep a regular sleep schedule, and avoid screens before bed.



Diarrhea

Meaning: Frequent, loose bowel movements.



Natural remedy:
Drink clear fluids, eat bland foods (like rice, bananas, applesauce) and try ginger tea.



Indigestion

Meaning: Discomfort in the stomach after eating, with a feeling of fullness or bloating.



Natural remedy:
Try ginger, peppermint tea, or a small amount of apple cider vinegar (with water).

Natural remedy:
Try ginger, peppermint tea, or a small amount of apple cider vinegar (with water).



Nausea

Meaning: The feeling of wanting to vomit.



Natural remedy:
Try ginger (tea or candies), peppermint, or eat small, bland meals.



Sore throat

Meaning: Pain or irritation in the throat, often when swallowing.



Natural remedy:
Gargle with warm salt water, drink honey and lemon tea, and stay hydrated.



Headache

Meaning: Pain in the head or temples.



Natural remedy:
Try water, rest, peppermint oil, or a cup of green tea.



Pimple

Meaning: A small, red bump on the skin, often caused by blocked pores.



Natural remedy:
Use tea tree oil (diluted), aloe vera, or keep your skin clean and avoid picking.



Let's Talk!

Speaking Questions

1. Which of these illnesses have you had before?
2. What natural remedies do you use at home?
3. Do you prefer natural remedies or medicine?
4. Which one would you like to avoid? Why?
5. What do you do when you feel sick?
6. Do you think natural remedies are effective?
7. Which natural remedy would you like to try and why?
8. Have you ever had a bad experience with one of these illnesses? Tell me about it.

Good health brings more happiness!

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Top Foods for Health

Good food fuels your body, boosts your mind and helps you live a longer, healthier life.

Healthy choices today, a stronger you tomorrow!

Leafy Greens



- Rich in vitamins A, C, K
- Support eyesight
- Help your immune system

Spinach, kale, lettuce, rocket

Berries



- High in antioxidants
- Fight cell damage
- Support heart health

Blueberries, strawberries, raspberries, blackberries

Whole Grains



- Give you lasting energy
- Improve digestion
- Help maintain a healthy weight

Oats, brown rice, quinoa, whole wheat

Lean Protein



- Builds and repairs tissues
- Keeps you full longer
- Supports metabolism

Fish, chicken, eggs, beans, lentils

Healthy Fats



- Supports brain function
- Helps absorb vitamins
- Good for heart health

Avocado, nuts, olive oil, seeds

Colorful Vegetables



- Full of vitamins and minerals
- Boost immunity
- Reduce inflammation

Broccoli, carrots, tomatoes, peppers

Water



- Keeps your body hydrated
- Helps digestion
- Improves concentration

Aim for 6–8 glasses a day

Key Vocabulary – English to English Meaning

Eyesight
The ability to see well.
Good nutrition helps protect your eyesight.

Digestive system
The organs that break down food and absorb nutrients.
Fiber improves the digestive system.

Blood pressure
The force of blood against the walls of your arteries.
A healthy diet helps keep your blood pressure in a normal range.

Chronic illness
A long-term health condition that lasts for a long time.
A healthy lifestyle can reduce the risk of chronic illnesses.

Metabolism
The process your body uses to turn food into energy.
Eating well can boost your metabolism.

Liver
An organ that filters toxins and helps with digestion and metabolism.
A healthy liver keeps your body clean and balanced.

Toxins
Harmful substances that can damage your body.
Antioxidants help remove toxins from your body.

Contribute to
To help cause or make something happen.
Good food choices contribute to better health.

Deteriorating
Becoming worse over time.
Poor diet can lead to deteriorating health.

Enable
To give someone the ability to do something.
Healthy habits enable you to live a more active life.

Healthy food builds a healthier future!



Practical Tips

- Choose whole, natural foods instead of processed ones.
- Drink enough water throughout the day.
- Eat a variety of fruits and vegetables.
- Stay active for a healthy metabolism and heart.
- Get enough sleep — it helps your body recover and stay balanced.
- Avoid smoking and limit alcohol for a healthier liver and heart.

Let's Talk!

1. Which of these foods do you eat regularly? Which ones are missing from your diet?
2. How do you think your diet affects your energy level and concentration?
3. What changes could you make to your eating habits to improve your long-term health?
4. Which health problem do you worry about most (e.g., high blood pressure, diabetes, liver problems)?
5. What is one healthy habit you can start this week?

Small changes make a big difference!

Good food today = more energy + better health + a brighter future!

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