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# Body

eyes

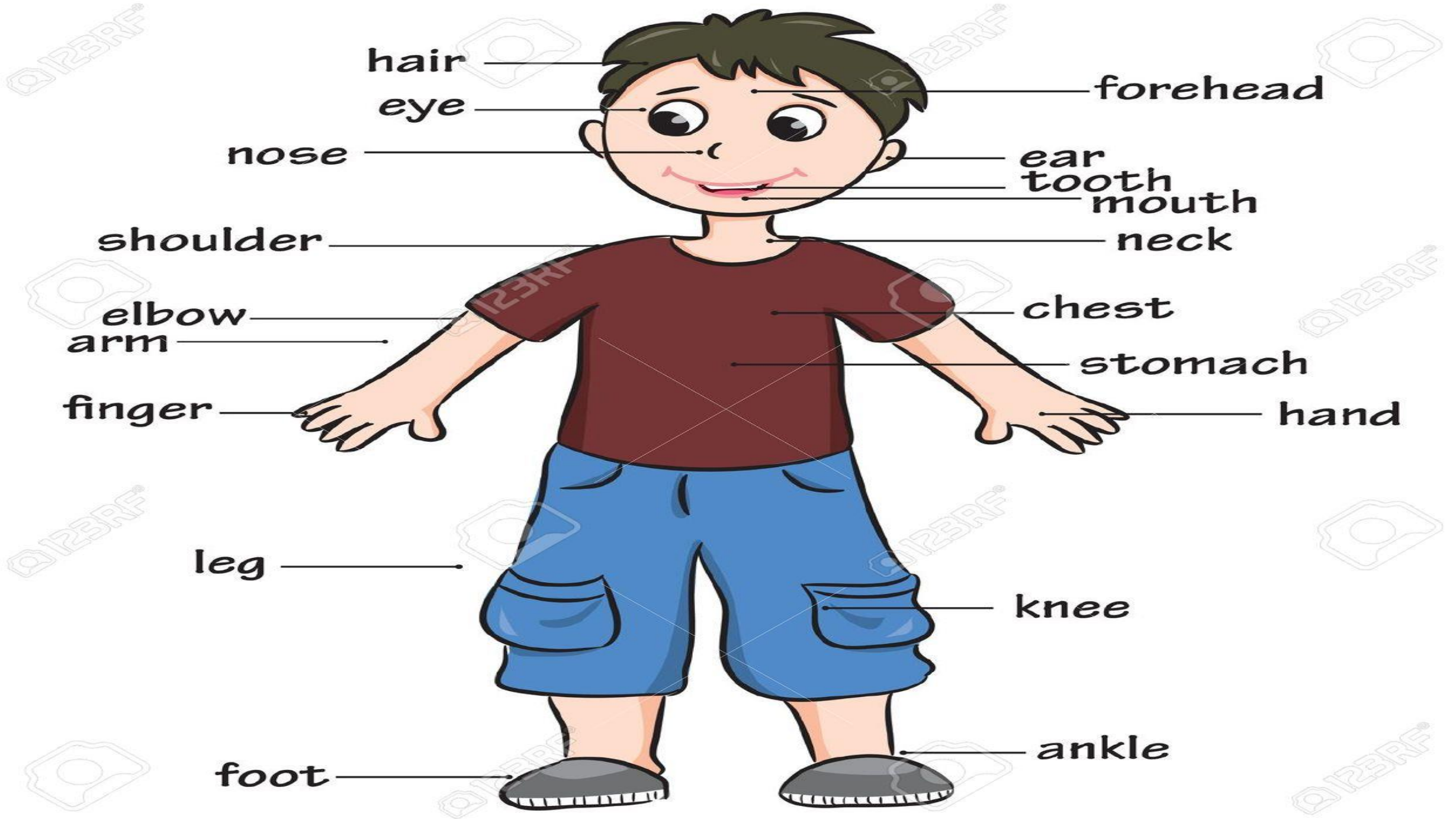
head

mouth

legs

stomach





hair

eye

nose

forehead

ear

tooth

mouth

shoulder

neck

elbow

chest

arm

stomach

finger

hand

leg

knee

foot

ankle



**We're going to:**

learn about parts of the human body  
explore ways to stay healthy and strong

talk about being hurt or not feeling well  
discover some amazing facts about our body

## Lesson 1 Inside our bodies

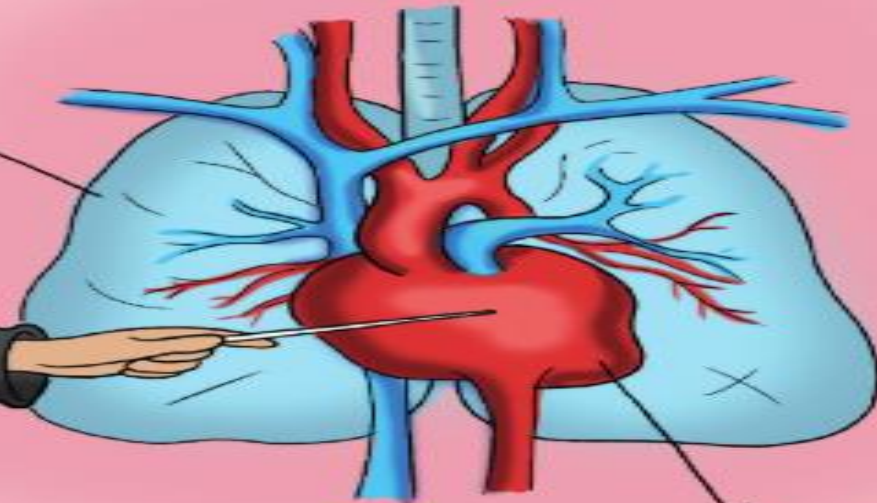
21st

**1 Talk about it**

What is inside our body, under our skin?

Your heart is the size of your fist.

lungs



heart

Read and listen. Follow the instructions. Answer the questions with your class.

### Brilliant bones and marvellous muscles

Our **bones** give our body its shape. Put your hand on your back. Feel your **backbone**. Your backbone helps you stand up and move.

Inside your head is your **skull**.

Feel your skull.

Now put your hands on your **ribs**.

Your rib bones **protect** your heart and lungs.

What other **bones** can you feel in your body?

**Muscles** touch our bones.

Muscles move our arms and legs when we run, jump, climb and **lift** things. Make a fist and feel the muscle in your upper arm.

Smile and feel the muscles in your face.

What other muscles can you feel?



save

carry

### 3 Let's do it!

Put your fingers on your wrist or on your neck below your ear. Can you feel your heartbeat?

- 1 Take your pulse for 15 seconds (your teacher will say, 'Go!' and 'Stop!'). Count your heartbeats.
- 2 Then do 25 jumping jacks.
- 3 Take your pulse again for 15 seconds.
- 4 Did your pulse change? Did your breathing change?

#### How to do a jumping jack

- 1 Jump and land with your feet apart. Clap your hands over your head.
- 2 Jump and land with your feet together. Hold your arms by your sides.







## Lesson 1 Inside our bodies

### 1 Word study

Label the skeleton with the words in the box.

ankle backbone elbow knee neck ribs skull wrist



Eat fruit and vegetables,  
do sports, go to bed early,  
be clean

1 Talk about it

What can we do to stay healthy and strong?

74 2 Read and listen

Read and listen. Which information is new? Which did you know already? Do the *Try this!* activity.

### How can we stay healthy?

To keep your body healthy and strong, you need healthy food to eat and clean water to drink. You need plenty of exercise and plenty of sleep. You need to keep clean.

#### Healthy food

We need food to make our muscles strong – foods like eggs, beans, fish, meat, milk and cheese. Fruit and vegetables are also important.

#### Sleep

Your bones grow while you sleep. Your brain and body need to rest. Children need to sleep for about 10 hours each night.



**Try this!**

Think of a fruit or vegetable for each colour of the rainbow: red, orange, yellow, green and purple.

#### Exercise

Exercise makes strong bones and muscles. There are many ways to exercise, for example: walking, running, climbing stairs and playing ball games.

**Try this!**

**Balance!** Stand on your left leg. Hold your right foot. Bring your heel close to your body. How long can you stay in this position? Swap legs. Was it easier to balance on your right or your left leg?

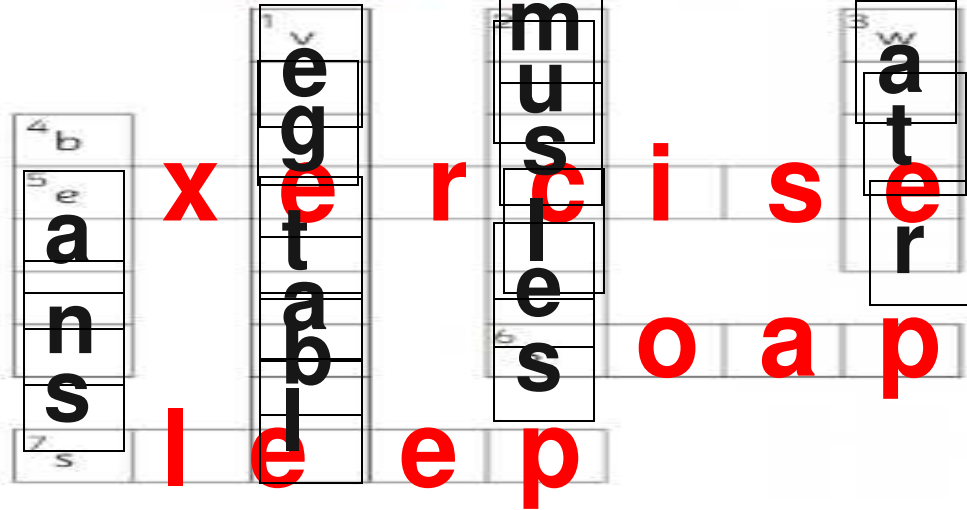




## Lesson 2 Healthy and strong

### 1 Word study

Read the clues. Write the words in the crossword puzzle.



vegetable water  
soap exercise sleep  
muscles beans



#### Across →

- 5 What's your favourite kind of \_\_\_\_\_ ? Skipping, walking or playing football?
- 6 Wash your hands with \_\_\_\_\_ and water.
- 7 Get enough \_\_\_\_\_ every night.

#### Down ↓

- 1 A carrot is a \_\_\_\_\_ , like a bean or an onion.
- 2 Our \_\_\_\_\_ help us move, bend and lift heavy things.
- 3 Drink plenty of \_\_\_\_\_ every day.
- 4 \_\_\_\_\_ are a food which will help make our muscles strong.



1 Read

Games are a great way to get exercise! Match the instructions with the pictures. Draw a line.

**1 Balloon knees** This is a race. You need a start line, a finish line and a balloon for each player. You have to hold the balloon between your knees. Say, '1, 2, 3, Go!' Walk or jump, but don't drop the balloon!



Balloon Knees=b

**2 Crab walk** You need a start line, a finish line and at least one friend. Sit on the start line, then push up on your hands and feet. Imagine you are a crab. Say, '1, 2, 3, Go!' Race to the finish line as fast as you can.



Crab Walk=c

**3 Keep it up** You need a balloon and a friend. Take turns tapping the balloon. You have to keep it up in the air. Don't let it touch the ground!



Keep it up=a

Which game do you think is the most fun? Draw a happy face (☺) by the picture.

2 Word study

Read the sentences below and put a tick (✓) if they are correct and a cross (X) if they are wrong.

- 1 He gets plenty of exercise in the summer, when the weather is warmer.
- 2 There isn't plenty of food in the fridge for dinner.
- 3 There are plenty of sweets for the Eid Al-Fitr celebration.
- 4 Do you have plenty of T-shirt for the summer holiday?
- 5 I have plenty of time to study for the test.

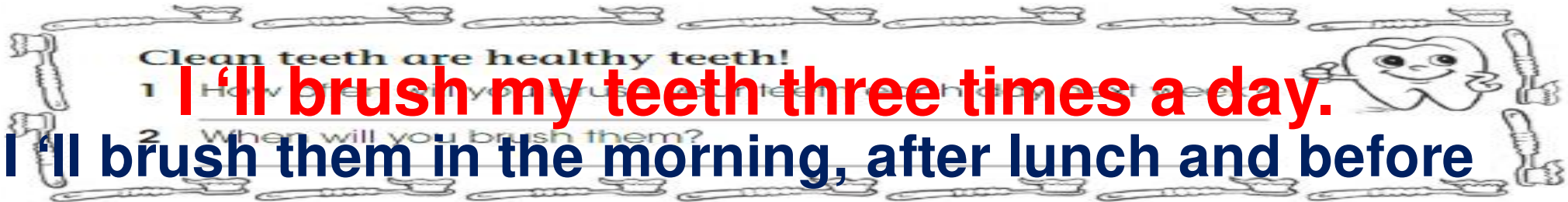
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## Lesson 3 Looking after yourself

### 1 Use of English

Say how you will look after your teeth next week. Answer the questions with **I will** or **I'll**.



**Clean teeth are healthy teeth!**

1 **I'll brush my teeth three times a day.**

2 **I'll brush them in the morning, after lunch and before sleeping.**

### 2 Write

Looking after your teeth is another way to stay healthy. Make a poster for children younger than you. Tell the children how to look after their teeth. Make the poster interesting and add pictures.

A large, empty rectangular box with a decorative border, intended for writing a poster. There is a small pencil icon in the top-left corner of the box.



**1**  **21st Talk**

With a partner, pretend that one of you is not well. The other is trying to help. Act out the conversation.

**Partner A**

Pretend you are not feeling well.

**Partner B**

Ask: **What's the matter?**

**Partner A**

Explain the problem:

**My (head) hurts.**



head tummy ear throat

**I've cut my (finger).**



finger hand thumb

**I fell and hit my (knee).**



knee elbow arm

**Partner B**

Try to help:

**Shall I bring you (a plaster)?**



a plaster



an ice pack



a glass of water

**Shall I get (the teacher)?**



the teacher



your mother



your father

## Use of English

When we want to help someone we say: 'Shall I ...?', for example, Shall I get you a plaster?

### 2 Use of English

Pretend that you have hurt yourself or that you are not feeling well.

Complete the conversation between you and a friend. Use the words in boxes or choose other words.

**Friend:** Hello, **Ali**. What's the matter? (write your name)

**You:** My **head** hurts.

**Friend:** Oh dear. Shall I bring you **A glass of water**?

**You:** No, **thanks** the nurse

**Friend:** Shall I call **the nurse**?

**You:** Yes, **please**.

#### Parts of your body

head ear toe  
ankle knee finger  
throat tummy back

#### Things you may need

an ice pack  
a plaster  
a glass of water

#### People to call

your dad your mum  
the teacher the nurse



## Lesson 4 I don't feel well!

### 1 Write

Read the problems and write sentences about how you would help your friend.

1 My head hurts.

**Have a rest / Go to a quiet place.**

2 I cut my arm.

**Put a plaster on it / Put a bandage on it.**

3 I fell and hit my leg.

**Don't run / Walk slowly.**

4 My stomach hurts.

**Don't eat lots of food / Have a rest.**



### 2 Word study

Sort the words into rhyming groups.

**head**



*bed*

**bread,  
red, said**

**eyes**



**flies, wise  
buys, prize**

**nose**



**toes, knows  
rose, goes**

flies

knows

bed

buys

bread

rose

toes

prize

red

said

wise

goes



## Lesson 5 The horse rider

### 75 1 Read and listen

Look at the pictures and describe them to your partner.  
Now read and listen to the poem.

## The horse rider

by Jennifer Law

He gets up at sun rise and saddles his horse  
Eats a dish of shakshuka  
Then goes off to the course.

The horses and men line up in a line  
Hooves hit the earth  
Then someone shouts 'time'!

He holds the reins tight with both of his hands  
Takes a deep breath  
Then rides over the sands.

A long time he must ride in the sun and the heat  
Stay strong in the saddle  
Never losing his seat.

He watches the sun with far seeing eyes  
Counting the kilometres  
He thinks of the prize.

Then on the fifth day as his strength disappears  
He crosses the line  
And everyone cheers.



### 2 Talk

Read the poem again and find words with the same vowel sounds.  
For example: **horse** and **course**.

cheers	disappears
hands	sands
time	line
seat	heat
prize	eyes

## Lesson 5 The horse rider

### 1 Read and write

What can you remember about the horse rider from the poem?  
Circle the correct answer. T = true F = not true

- 1 The horse rider eats a bowl of labneh before the race. T  F
- 2 The race is in the desert. T  F
- 3 The horse rider is not a strong man. T  F
- 4 The race takes 6 days. T  F

### 2 Read and match

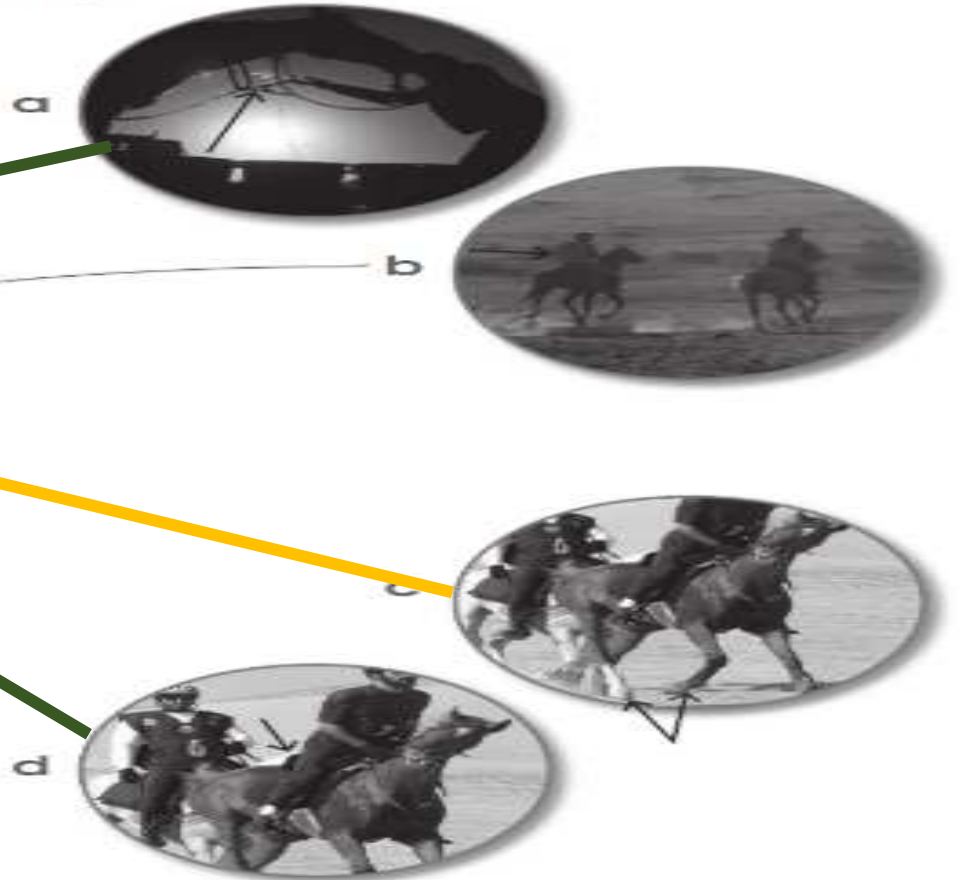
Look at the words from the poem. Match with a picture.

1 saddle

2 hooves

3 reins

4 rider





76 1  Listen and write

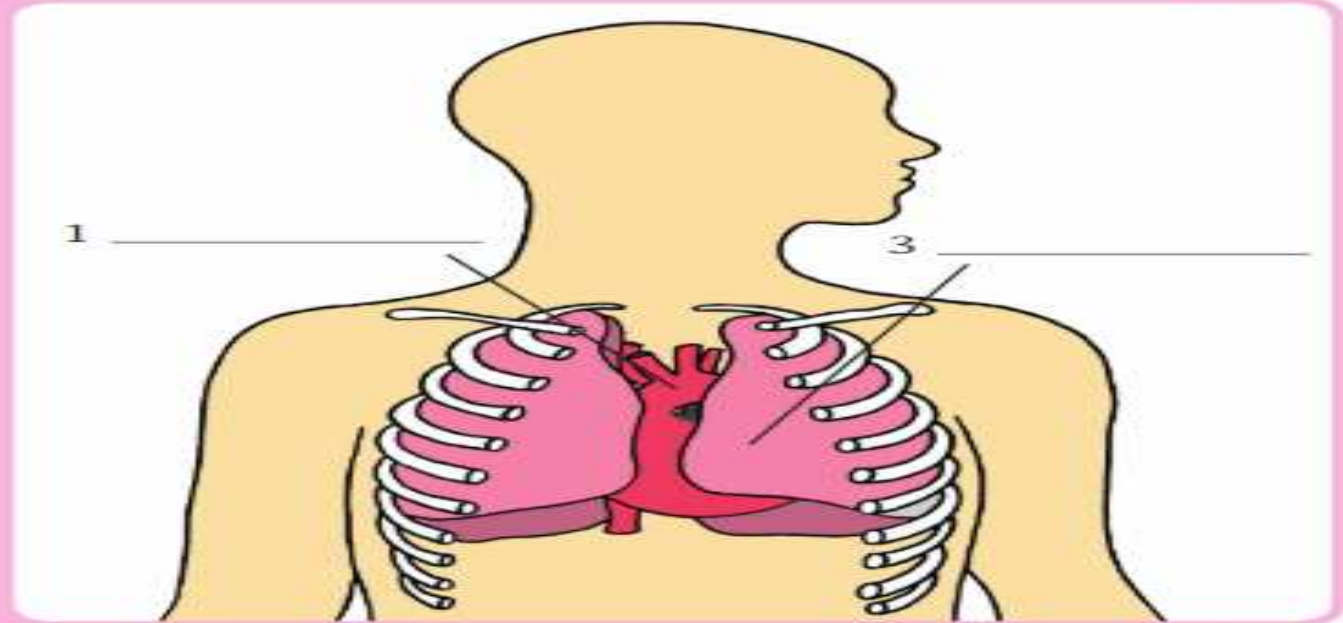
Listen and complete the text and the labels on the picture.

The most important muscle in your body is the **heart** (1). It moves blood around your **body** (2).

Your lungs are also very important. When you breathe in, they fill with air, like a balloon.

You need to exercise and eat **lungs** (3) healthy.

When you exercise, your heart beats faster. Sport helps your heart and lungs stay **strong** (4).

2  Talk

Look at your answers for Activity 1. With your partner, can you make sentences using the vocabulary? Try to put two words into a sentence, for example:

My heart and lungs are inside my body.



## Lesson 6 My learning

### 1 Talk

Can you remember the advice for taking care of your heart on page 137 of your Learner's Book? Work with your partner. Can you think of two more things you need to do to keep healthy?

- You need to **eat healthy food.**
- You need to **do exercise.**



### 16 2 Listen

Read the questions. Now listen and tick the correct answer.

1 What is Hamad doing to stay healthy and strong?



2 What is the answer to the teacher's question?



### 3 Assessment box

Tick the box for you.

	☺ yes	☹ sometimes	☹ not yet
I can talk about what I need to do to stay healthy.			
I can say and write parts of the body.			
I can talk and write about how to have a healthy heart.			
I can give advice about how to be healthy.			

## 1 Talk about it



Haya and Khalid are sister and brother.

They are very busy children! Look at the family calendar. Ask and answer questions about what Haya and Khalid are doing each day of the week.

What **is** Haya doing on Sunday?

**She's** playing tennis.

What **is** Khalid doing on Monday?

**He's** sweeping the floor.

What **are** Haya and Khalid doing on Friday?

**They're** visiting Grandma.

**H** = Haya    **K** = Khalid

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
playing tennis	sweeping the floor	tidying her room	doing karate	reading books	visiting Grandma	playing football
						
<b>H</b>	<b>K</b>	<b>H</b>	<b>K</b>	<b>H</b> <b>K</b>	<b>H</b> <b>K</b>	<b>H</b> <b>K</b>

## 2



## Write and talk

Make a calendar for one week. Work with a partner: Learner A and Learner B.

**Learner A:** Write three activities/sports on your calendar on three different days.

**Learner B:** Write three activities/sports on your calendar on three different days.

Do not show your partner your calendar. Look at the *Language tip* box. Ask your partner questions to find a day when you are both free.

## Language tip

Here are some things you can say if there is nothing on your calendar.

**What are you doing this Saturday?**

- 1) Nothing at all.
- 2) I'm not doing anything.

**Are you doing anything on Sunday?**

- 1) No, I'm not.
- 2) No, I'm free all day.



77 3 Read and listen

Who says it? Listen and read. Match numbers 1–6 with Ali, Majed or Omar.

1 Playing football is exciting and fun!

2 Walking makes your heart beat more quickly.

3 People do karate in many different countries.

4 Doing karate is difficult. You will find it difficult too.

5 I love going for walks. It's the best exercise.

6 Lots of people play football. It's good for your lungs and your muscles.



Ali



Majed



Omar



## Lesson 7 What are you doing next week?

### 1 Read

Maha and Haya are discussing what to do on Tuesday. What do they decide? Write it on Maha's phone. Then answer the questions below.



**Maha:** Are you doing anything on Tuesday?

**Haya:** No, I'm not doing anything. I'm free!

**Maha:** Oh great! I'm free too. Would you like to play computer games at my house?

**Haya:** No, thanks. I don't like computer games.

**Maha:** Do you want to go shopping with me and my mum?

**Haya:** No, thanks. I don't like shopping.

**Maha:** How about reading a book at my house?

**Haya:** Yes, let's do that. I love reading books.

1 Why aren't Maha and Haya playing computer games?

**Because Haya doesn't like computer games.**

2 Why aren't they going shopping?

**Because Haya doesn't like shopping.**

### 2 Write

You and your friend are deciding what to do together. Write three suggestions. Use these words to start your suggestions.

Would you like to ... ? How about **-ing** ... ? Do you want to ... ? Let's ...

1 **Would you like to play football?**

2 **Let's play basketball.**

3 **How about watching TV?**

## Lesson 8 Amazing facts

**1 Talk about it**  Answer the quiz questions.

Talk about each question below and vote on the answer. Make a chart that shows how many children voted for each answer.

### QUIZ

1 Which animal has more bones in its body, an elephant or a mouse?

- a an elephant
- b a mouse
- c they both have the same number of bones

2 Who has more bones, a baby human or a grown-up?

- a a baby
- b a grown-up
- c they both have the same number of bones

3 Which has the most teeth, a whale, a shark or a human?

- a a human
- b a shark
- c a blue whale



4 Which grow more quickly, your fingernails or your toenails?

- a your fingernails
- b your toenails
- c they both grow at the same speed



5 Do you use more muscles to smile or to frown?

- a you use more muscles to smile
- b you use more muscles to frown
- c it takes the same number of muscles to smile or frown



### Vocabulary

**mammal:** an animal that is born from its mother's body, not from an egg; it also drinks its mother's milk as a baby



## Lesson 8 Amazing facts

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b a grown-up  
c they both have the same number of bones
- Which has the most teeth, a whale, a shark or a human?  
a a human  
b a shark  
c a blue whale
- Which grow more quickly, your fingernails or your toenails?  
a your fingernails  
b your toenails  
c they both grow at the same speed
- Do you use more muscles to smile or to frown?  
a you use more muscles to smile  
b you use more muscles to frown  
c it takes the same number of muscles to smile or frown



### Vocabulary

**mammal:** an animal that is born from its mother's body, not from an egg; it also drinks its mother's milk as a baby



## Lesson 8 Amazing facts

### 1 Read

Read the five statements and **circle** fact or opinion.

#### Vocabulary

A **fact** is something that is true or false.

An **opinion** is something that someone believes.

#### Fact or opinion?

- 1 Humans and whales are both mammals.
- 2 Sharks are fish.
- 3 Mice are lovely.
- 4 Humans and mice have about the same number of bones.
- 5 Long fingernails are better than short fingernails.

fact	opinion
fact	opinion
fact	opinion
fact	opinion
fact	opinion

### 2 Word study

Complete the sentences with the words in the box.



- 1 When we talk, we move our tongue, our teeth and our two **lips**.
- 2 An elephant is a mammal. A **human** is a mammal too.
- 3 Your **forehead** is part of your face. It is above your eyebrows.
- 4 When I am happy, I have a **smile** on my face.
- 5 When I am cross or worried, I have a **frown** on my face.
- 6 A **shark** is a big fish with lots of sharp teeth.

## Lesson 9 What am I?

- 78 1 Read and listen  
Can you guess the answer to this riddle?

### What am I?

Every minute, every day,  
Asleep, awake, I pump away.  
I make a bright red river flow  
From the top of your head to the tip of your toe.  
Thump, thump, beat, beat, all day long,  
Exercise and sleep will keep me strong.  
What am I?

heart



- 2  Read and write  
Look at the chart and answer the questions.

All mammals have hearts that pump blood around their bodies, but some mammals' hearts beat slowly and others beat quickly. In general, larger mammals have hearts that beat more slowly.



- 1 Which heart beats more quickly, a mouse's heart or an elephant's heart?  
A **mouse's** heart beats more **quickly**.
- 2 Which heart beats more quickly, a rabbit's heart or a bat's heart?  
A **bat's** heart **is more quickly**.
- 3 Which heart beats more slowly, a whale's heart or a man's heart?  
A **whale's** heart beats more slowly.

## Lesson 9 What am I?

### 1 Over to you

Compare yourself to a friend (or someone in your family).

Write their name here: \_\_\_\_\_

Follow the instructions with your friend. Then write the missing words and **circle** the correct answer.

1 Walk across the room quietly.

Who can walk more quietly ? (quietly)

**I can. My friend can.**

2 Write 'five big elephants' neatly.

Who can write \_\_\_\_\_ ? (neatly)

**I can. My friend can.**

3 Count to 20 quickly.

Who can count to 20 \_\_\_\_\_ ? (quickly)

**I can. My friend can.**

### 2 Word study

Read the sentences and **circle** the correct word.

1 When I run, I breathe ~~neatly~~ **quickly**.

2 I am polite and eat ~~quietly~~ **loudly**.

3 In an exam, I write ~~quickly~~ **loudly**.

4 My brother is learning to write, so he writes ~~slowly~~ **loudly**.

5 I can write Arabic ~~loudly~~ **neatly**.



## Lesson 10 More amazing facts!

### 79 1 Read and listen

Read and listen, then match the captions A-E to the texts 1-5.

- A Fingernails and toenails
- B Number of teeth
- C Bone size
- D Using muscles
- E Number of bones



#### TEXT 1

# C

An elephant has bigger bones than a mouse.

#### TEXT 2

# E

A baby human has 270 bones when it is born. The bones are soft but as the baby grows, the bones join together and become hard. An adult has 206 bones.



#### TEXT 3

# B

A shark loses teeth all the time. New teeth grow quickly. A shark can have about 20 000 teeth during its life. Adult humans have 32 teeth and some whales have no teeth.



TEXT 4

A

Toenails grow 2.5 cm in two years but fingernails grow 2.5 cm in eight months. Nails grow faster in summer than winter and your middle fingernail grows the fastest of all.



TEXT 5

D

There are more than 60 muscles in your face. You use 40 muscles to frown and 18 to smile.



80 2 Listen

Listen and complete the sentences.

The human body has muscles and \_\_\_\_\_

backbone

bones

Your \_\_\_\_\_<sup>(2)</sup> is long and straight and runs down your back. It has 33 bones altogether.

Your \_\_\_\_\_<sup>(3)</sup> is like a big muscle in your head and gets stronger as you learn new things.

brain

Your \_\_\_\_\_<sup>(4)</sup> are bones that protect your heart and lungs.

ribs

Your \_\_\_\_\_ join your hands and your arms, and your \_\_\_\_\_<sup>(6)</sup> join the top and bottom of your legs.

wrists

knees

## Lesson 10 More amazing facts!

### 1 Word study

Can you remember the words?  
Read and choose a word from the box.

backbone brain ribs  
bones skull



- 1 They give your body a shape.  
**bones**
- 2 These bones protect your heart and lungs.  
**ribs**
- 3 This is like a muscle and helps you learn.  
**brain**
- 4 This bone is at the way down your back.  
**backbone**
- 5 Your brain is inside this.  
**skull**

### 2 Write

Complete the sentences with **bones** or **muscles**.

Bones or Muscles?

- 1 We have got about 200 **bones**.
- 2 We have got about 600 **muscles**.
- 3 **Muscles** move the body.
- 4 **Bones** give the body its shape.

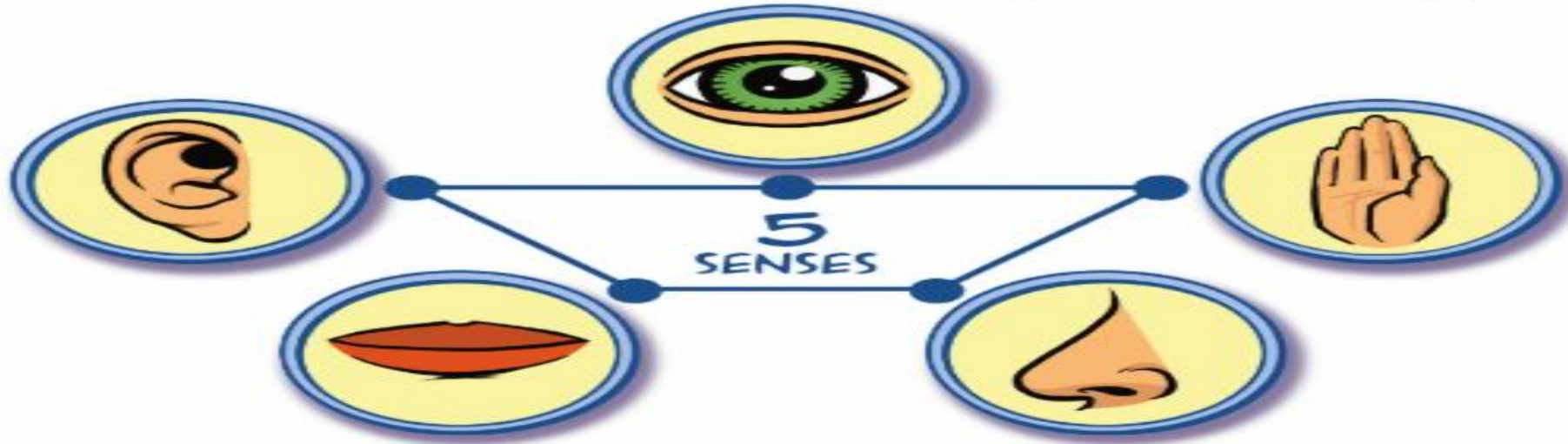




# Lesson 11 The five senses

## 1 Talk about it

With your partner, think of as many parts of the body as you can. Can you match them with each of the five senses? Look at the diagram below to help you.



## 81 2 Listen and write

Listen to the verbs and write them in the table.

lick listen watch hear point  
sniff chew blink stroke smell

	word	verb	verb
1	hand	point	stroke
2	eye	listen	watch
3	ear	lick	sniff
4	nose		hear
5	tongue		blink
			smell
			chew

## 3 Word study

Rearrange the letters to make sense words.

1 tteas    2 esllm    3 ctuoh    4 histg    5 ghaeirn

taste

smell

touch

sight

hearing

## Lesson 11 The five senses

### 1 Write and talk

Complete the chant with the correct parts of the body.

I touch with my hands (1)      I hear with my ears (4)  
I smell with my nose (2)      I see with my eyes (5)  
I taste with my tongue (3)

Now say the chant with your teacher.

### 2 Draw and write

Draw a picture of your favourite sound, taste and smell. Then write sentences.

My favourite sound	My favourite taste	My favourite smell

- 1 My \_\_\_\_\_  
\_\_\_\_\_
- 2 My \_\_\_\_\_  
\_\_\_\_\_
- 3 My \_\_\_\_\_  
\_\_\_\_\_



82 1 Listen

Listen and tick the senses you hear the girls talk about.

- 1 taste
- 2 sight
- 3 touch
- 4 smell
- 5 hearing



2 Listen and write

Listen again and answer the questions.

- 1 What is Mahra's favourite sound?
- 2 What is Mahra's favourite taste?
- 3 What is Mahra's favourite smell?

1. The wind in the trees  
3. The sea

2. Her mum's bread/raqaq

**Speaking tip**

Use these questions to help your friends talk about the things they like:  
 What's your favourite sound/taste/smell?  
 Here is how they should answer:  
 My favourite sound/taste/smell is ...

3 Write and talk

Fill in the column for you. Now ask two friends and write their answers.

	Favourite sound	Favourite taste	Favourite smell
You			
Friend 1			
Friend 2			

## Lesson 12 My learning

### 1 Write and talk

Write your answers in the first row. Then ask two friends and write their answers.

	Favourite sound	Favourite taste	Favourite smell
You			
Friend 1			
Friend 2			

### 2 Word study

Write the missing vowels to complete the words from this unit.

- |              |                 |
|--------------|-----------------|
| 1 shark      | 6 lang          |
| 2 b_h_       | 7 h_ealthy      |
| 3 m_m_m_l_   | 8 ex_c_r_c_i_s_ |
| 4 h_e_a_r_t  |                 |
| 5 m_u_s_c_l_ |                 |

What can you remember about these words? Talk with a partner.






### 3 Assessment box

Tick the box for you.

	☺ yes	☺ sometimes	☹ not yet
I can understand instructions for writing notes about my friend.			
I can talk about the five senses.			
I can describe my favourite smells, sounds and tastes.			
I can write sentences about my favourite smells, sounds and tastes.			



## Lesson 13 Review

-  **Talk**  
How many parts of the body can you name?  
Write a list with your group.
-  **Read and write**  
Re-read one of the sections in Lesson 2:  
'Healthy and strong'. Write a question about  
the information. Then write two sentences  
about things you will do this week to stay  
healthy and strong.
-  **Talk**  
Pretend that you are ill or hurt. What's the matter?  
Look at Lesson 4 for some ideas. Act out the  
problem. Your friend will ask you what is wrong.  
Answer your friend. Then switch roles.  
Does your head hurt? Have you cut your finger?  
You can only answer *yes* or *no*.
-  **Write**  
Read the texts in Lesson 10 again. With a partner,  
write five questions about the texts. Then stand  
up and ask and answer the questions.
-  **Talk**  
What were the two most interesting things you  
learned about the human body in this unit?



nose, mouth, tongue, eyes, ears, head,  
arm, skull, backbone, muscles, bones, ribs,  
lungs, heart, knee, wrist, leg