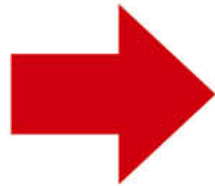




Are You Ready?

Listen to me.



Eyes on me.



FAST READING

Classic English Junior Level 5 - Unit 11 Body and Health

Lesson

2

How Do I Heal ?



Lesson Structure

1	Learning Objective
2	Warm-up
3	Reading Preparation—Vocabulary
4	Genre
5	Fast Reading
6	Wrap-up

You are going to read an article called
"How Do I Heal?".
In the article you will learn:



Genre

Informational text



Key Words and Phrase

heal, fracture, blood vessel, scrape, platelet, scab,
stitch, tissue

Let's talk.



Have you ever hurt yourself?
How do you heal?





Let's

Go!



Reading Preparation—Vocabulary

02:00

Learn and say.

**heal** v

It took three months for my arm to **heal** properly.

**frac•ture** n

Gary was in a lot of pain because of the **fracture** in his left knee.

Use a **key word** to make a sentence:

Reading Preparation—Vocabulary

02:00

Learn and say.

**blood vessel** *n*

Blood vessels are the narrow tubes through which your blood flows.

**scrape** *n*

If you can't get all the dirt out of a cut or **scrape**, call your doctor.

Use a **key word** or **phrase** to ask a question:

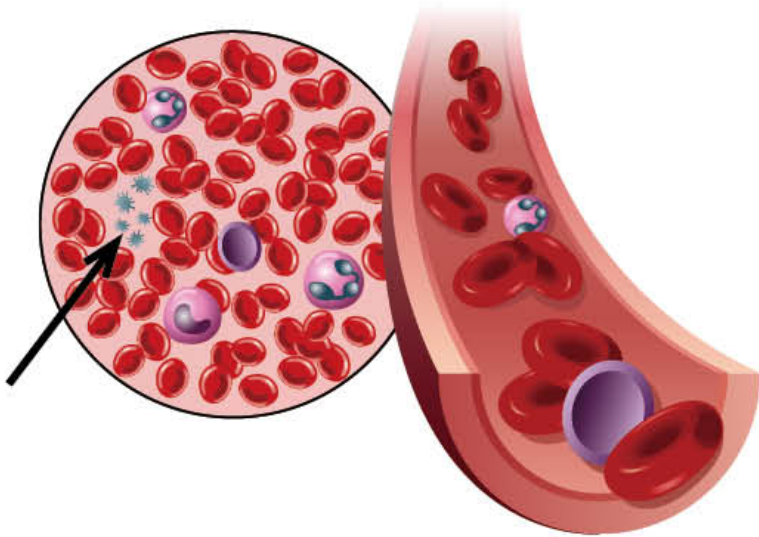
Reading Preparation—Vocabulary

02:00

Learn and say.



plate•let *n*



Platelets are cells in your body that help it become solid when you are bleeding.



scab *n*



The area can be very painful until **scabs** form after about ten days.

Use a **key word** to make a sentence:

Reading Preparation—Vocabulary

02:00

Learn and say.



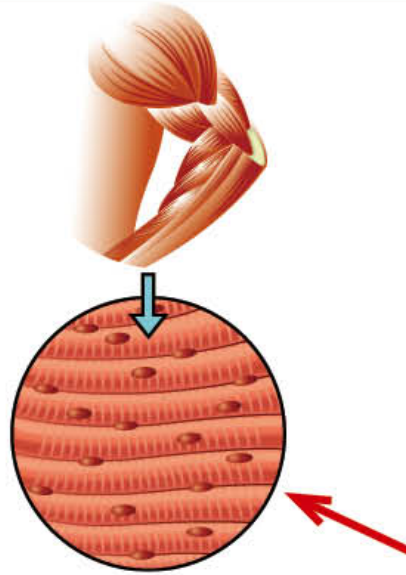
stitch v



This button needs to be **stitched** back onto my shirt.



tis•sue n



As we age we lose muscle **tissue**.

Use a **key word** to ask a question:



**Let's
Read!**



Table of Contents

Introduction 2

Broken Bones 2

Cuts and Scrapes 4

Serious Wounds 5

Index 7

A **table of contents** (TOC) is usually found on a page before the start of an informational text.

It is a list of the work's chapter or section titles or brief descriptions.

A TOC also indicates page numbers where each part starts.



Introduction

Have you or someone you know ever fallen over and broken a bone? Did you cut your finger while chopping vegetables? Do you know how our body **heals** itself after some injuries?

Broken Bones



A broken bone is also called a bone **fracture**. The break can be clearly seen by using an **X-ray**.

2

It is said that to heal from a bone fracture takes at least 6 weeks. First, a doctor carefully sets the bone back into its normal position. Then, a **cast** is usually used to hold the bone in place. For serious fractures, metal pins are also needed.



How long does it take to heal from a bone fracture?

3

After that, the bone goes to work. It makes new cells and tiny **blood vessels** to rebuild the broken bone.

Cuts and Scrapes

Cuts and **scrapes** normally occur in our daily lives. When there is a cut, the **platelets** in our body will rush to the cut and stick together like glue. This blocks the damaged area and stops the bleeding.



When the platelets dry, they form a hard **scab** that protects the injured area. Underneath, skin cells are working hard to make a new layer of skin. When the scab falls off, the cut has healed.

Serious Wounds

Usually cuts and scrapes can be taken care of at home, but what about more serious wounds? In this case, a doctor is needed.



What will the platelets do when a cut happens?

First, a doctor will clean the wound and sometimes close it by

stitching

the edges together.

Then the body will prepare to protect the wound from

infection. At the same time, a

scab will form over the wound on the outside. Under the scab,

damaged blood vessels will be repaired and the broken **tissue** is

reconnected.



When the work of healing is done, the scab dries up and falls off, leaving behind the repaired skin and, often, a scar.

Index

fracture, 2, 3

infection, 6

platelet, 4

X-ray, 2



What will the doctor do with a serious wound?

Wrap-up

02:00

I Can Do It

Today we read an informational text about how our bodies heal.

Genre

A features of an informational text:

- Table of Contents

Key Words and Phrase

heal, fracture, blood vessel, scrape,
platelet, scab, stitch, tissue



