

PART I: VOCABULARY & PRONUNCIATION**Body Parts: Upper Body**

A photograph of a muscular male torso from the front, with arms crossed.	An anatomical diagram showing the lungs and heart within the chest cavity.	An anatomical diagram focusing on the heart and surrounding blood vessels.
Chest	Lungs	Heart
An illustration of a person's torso with a red shirt, highlighting the abdominal area.	An anatomical diagram showing the stomach and intestines.	An anatomical diagram showing the stomach and the entire digestive tract (bowels).
Belly / bellies	Stomach	Bowels / colon
A photograph of a person's arm extended downwards.	Two photographs of hands, one palm up and one palm down.	Two photographs of hands resting on a surface.
Arms	Hands	Fingers
A photograph of a person's wrist with a red highlight.	A photograph of a person's elbow with a red highlight.	A photograph of a person's back from behind, with hands on hips.
Wrist	Elbow	Back

Local illnesses and diseases

		
Asthma	Bronchitis	Stomachache
		
Back pain	Broken arm	Arthritis

Stomachache / diarrhea and constipation

Our **digestive system** is responsible for digesting the food we eat. If anything is wrong with this system, we may experience **stomachache**, **diarrhea** or **constipation**.

Stomachache is simply a pain in **the stomach** or **the belly**. It often comes along with **diarrhea**, but it sometimes comes alone. Also, the pain may be mild or severe depending on the situation. If it comes alone, it might go on its own within a day or even few hours. But if it is combined with **diarrhea**, we will need to take **medications** and make some **diet adjustments** like to eat hard foods like rice and bananas. Also, it is necessary to keep an eye on **water intake** because diarrhea usually causes **dehydration** in the body.

The opposite of diarrhea is **constipation**, where the food doesn't pass smoothly and easily throughout **the colon**. **Constipation** may have serious consequences if we don't deal with it immediately **by drinking plenty of water**, taking **home treatments** and making the necessary **diet adjustments** such as to avoid hard foods.

PART III: HOME PRACTICE

Task 01: Say whether the following statements are True or False (Correct the false ones).

1/ We experience constipation and diarrhea when something is wrong with our immune system.



2/ Stomachache is a pain in the stomach we experience when something is wrong with our cardio-vascular system.



3/ Stomachache might come alone, but sometimes comes with diarrhea.



4/ We shouldn't eat hard foods like rice and bananas when we have diarrhea.



5/ We experience constipation when the food we eat doesn't pass smoothly throughout the colon.



6/ We should eat hard foods like rice and bananas when we have constipation.

