







## PART I: VOCABULARY &amp; PRONUNCIATION

## Body Parts: Upper Body

|   |  |   |
|---|--|---|
|    |    |    |
| <b>Chest</b>  | <b>Lungs</b>   | <b>Heart</b>  |
|   |   |   |
| <b>Belly / bellies</b>  | <b>Stomach</b>   | <b>Bowels / colon</b>   |
|  |  |  |
| <b>Arms</b>   | <b>Hands</b>   | <b>Fingers</b>  |
|  |  |  |
| <b>Wrist</b>  | <b>Elbow</b>   | <b>Back</b>   |

### Local illnesses and diseases

|   |  |   |
|---|--|---|
|  |  |  |
| <b>Asthma</b>   | <b>Bronchitis</b>  | <b>Stomachache</b>  |
|  |  |  |
| <b>Back pain</b>  | <b>Broken arm</b>  | <b>Arthritis</b>  |

### 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.

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

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

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

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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.

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