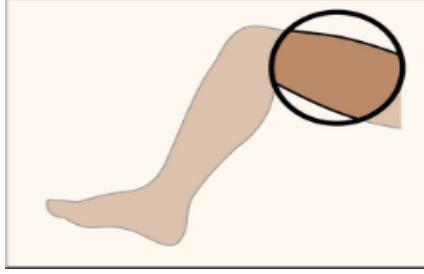
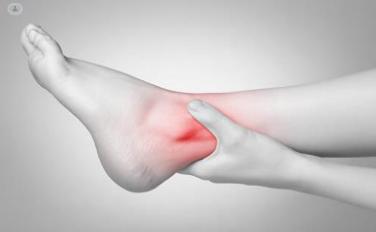
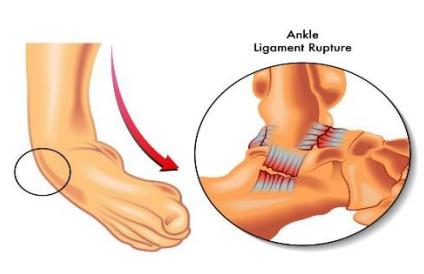


## PART I: VOCABULARY & PRONUNCIATION

### Body Parts: Lower Body

		
Leg / 2 legs	Thigh / 2 thighs	Calf / 2 calves
		
Shin / 2 shins	Knee / 2 knees	Ankle / 2 ankles
		
Foot / 2 feet	Toe / 10 Toes	

### Local illnesses and diseases

		
Broken leg	Twisted ankle	Knee injury

## PART II: READ AND PRACTICE (HOMEWORK)

### How to avoid knee injuries?

Our **knees** play the biggest role in supporting our body when standing, walking or practicing sports. That's why **knee injuries** are usually very inconvenient. Fortunately, there are a few things we can do **to take care of our knees and prevent local injuries** in the first place.

First, we should **maintain a healthy weight**. Extra weight can **put a strain on our knees** and increase risks of **knee-related injuries**. Also, when exercising, we should always start with a **warm-up** and finish with a **cool-down session**. As for people who are **\*overweight** or have sensitive knees, they should only start with **low-impact exercises** that don't apply pressure on their knees such as swimming or cycling.

Finally, it is important to emphasize the need for wearing the proper shoes for day-to-day activities. Spending extra money to get healthy shoes that best **support your knees** and **ankles** and adjust your **\*spinal cord** is an investment in your health that you will never regret.



### PART III: HOME PRACTICE

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

- 1/ There is a relationship between body weight and knee injuries.
- 2/ To avoid knee injuries we need to warm up before exercising and cool down after we finish.
- 3/ It is safe for overweight people to jump rope and go jogging.
- 4/ Overweight people shouldn't practice sport at all.
- 5/ We all should wear healthy shoes that support the health of our knees, ankles and spinal cord.

**Task 02:** Name the body part that each number on the picture refers to.

- 1 →
- 2 →
- 3 →
- 4 →
- 5 →
- 6 →
- 7 →
- 8 →

