

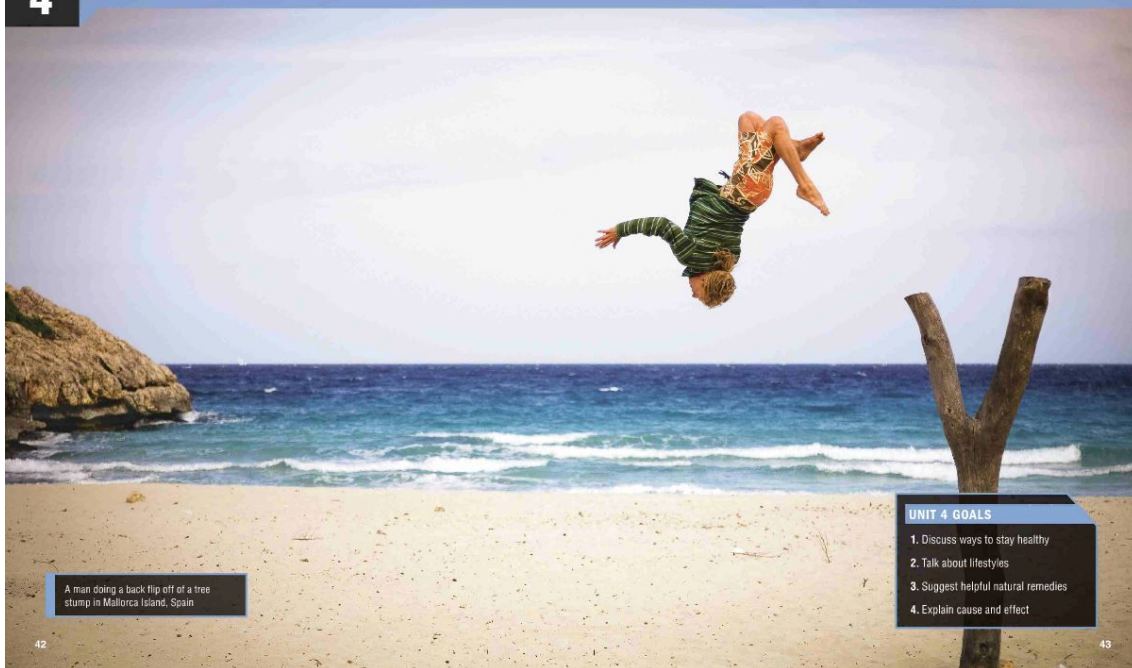
과목명	실용영어 II
주차명	Week 5. The Body
학습목표	<p>[Lesson focus]</p> <ul style="list-style-type: none"> - Topic: The Relationship between Body and Health - Function: Discussing ways to stay healthy; Talking about lifestyles; Suggesting helpful home remedies; Explaining cause and effect - Grammar: Comparatives, Superlatives, and Equatives; Infinitives - Listening: Discussions: Different Lifestyles - Video Journal: "The Human Body"

Unit 1	Unit Opener: Exploring the Theme
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Photo

UNIT
4

The Body



Look at the photo, answer the questions:

1. What words could you use to describe the picture?

2. How does this kind of activity keep people healthy?

A man doing a back flip off of a tree stump in Mallorca Island, Spain

UNIT 4 GOALS

1. Discuss ways to stay healthy
2. Talk about lifestyles
3. Suggest helpful natural remedies
4. Explain cause and effect

Opening Questions

Look at the photo, and answer the questions:

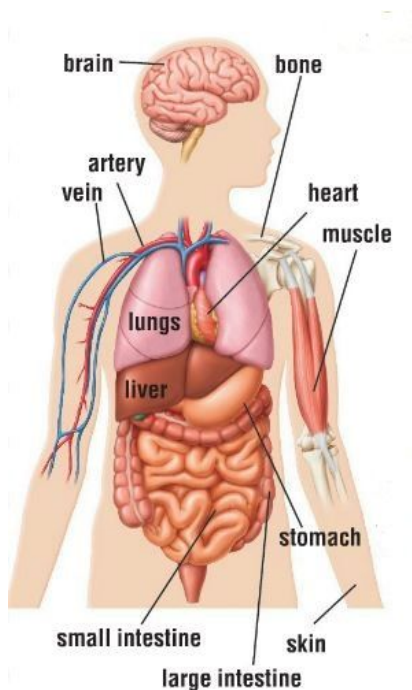
1. Can you name all parts of your body?
2. Is your body healthy?
3. What can you do to improve your body conditions?

■ Goals

1. Describe ways to stay healthy
2. Talk about lifestyles
3. Suggest helpful home remedies
4. Explain cause and effect

Unit 2 Vocabulary

■ How many parts of the body can you name?



▲ human heart



▲ human fist

■ Word Bank: More Body Parts

What parts of body can you name?

abdomen	cheek	eye	hip	neck
ankle	chin	finger	kidney	nerve
back	ear	foot	knee	nose
bladder	elbow	hand	mouth	shoulder

■ Body Function: What do they do?

Look at the picture of the body parts again. Then, fill in the blanks with the correct part of the body.

1. This pushes your blood through your body. _____
2. These carry blood around your body. _____, _____
3. These bring air into your body. _____
4. This covers the outside of your body. _____
5. This makes your body move. _____
6. This let you think and remember. _____
7. This breaks down bad chemicals inside the body. _____
8. These digest food. _____, _____, _____
9. This supports your body. _____

■ Everyday Ailments



For every common health problem, there's a product for sale to cure it. Are you suffering from **insomnia**? There's a pill to help you fall asleep. Did a **pimple** appear on your face? There's a cream for that. If you have a **headache** after a long day at work, or perhaps a **sore throat** and **fever**, you can buy something to make you feel better. Do you have **indigestion** because you ate the wrong kind of food? There's a pill to end the burning feeling in your stomach. If food won't stay in your stomach at all, you can take some medicine to end the **nausea**. Or maybe you ate too fast so you have the **hiccups**. Well, you won't find anything at the pharmacy for hiccups, but there's probably a company working on a new product right now.

■ Reading Definition from the Context

Write the words in blue with the correct meaning.

1. _____ not being able to sleep
2. _____ high body temperature
3. _____ a repeated sound in your throat, often from eating too quickly
4. _____ a feeling like you are going to throw up
5. _____ pain in the stomach because of something one has eaten
6. _____ a small raised spot on the skin
7. _____ a pain in your head
8. _____ a general feeling of pain in the throat

■ Language Expansion: Home Remedies

Read the article about natural home remedies. What other remedies do you know about?

A Natural Solution

Garlic for a cold? Mint for breath? These days, more and more people are turning to their grandparents' remedies to cure their minor illnesses. And why not? These natural remedies are usually safe, inexpensive, and best of all – they work! (At least for some of the people, some of the time.) So the next time you're looking for a cure, skip the pharmacy and head to the grocery store for:

- _____ to stop the hiccups (Bite into a thick slice.)
- _____ to end nausea (Grind it and add hot water to make a tea.)
- _____ to cure insomnia (Drink a warm glass at bedtime.)
- _____ to help a sore throat (Mix it with warm water and drink it slowly.)
- _____ to relieve a headache (Put slices on your forehead, close your

■ Which body parts do the speaker mention?

Ron: What are you eating? It looks better than my lunch.

Valerie: It's fish stew, and it is good! Did you know that fish is good for your **brain**?

Ron: Really? Is it good for anything else?

Valerie: Well, it's also low in fat, so it's probably good for your **arteries**.

Ron: And, it's high in protein, right? So it could help you build **muscles**.

Valerie: Yes, I think you're right.

Ron: My lunch isn't as good as yours. I just have a cheese sandwich.

Valerie: But cheese has a lot of calcium. That's good for your **bones**.

Ron: That's right! Enjoy your lunch.

Valerie: You, too.

■ Real Language

We use common expressions using “**as...as**” to describe something similar.

✚ **as soon as possible (asap)**

✚ **as much as possible**

✚ **as fast as you can**

✚ **as close as you can**

■ Comprehension Check

Choose the correct answer for each question.

1. Does Valerie like fish stew? ____
a. Yes b. No
2. Is fish high in fat? ____
a. Yes b. No
3. Is fish good for your arteries? ____
a. Yes b. No
4. Does Ron think that his lunch is better than Valerie's? ____
a. Yes b. No
5. Is cheese good for your bones? ____
b. Yes b. No

■ What remedies for **fatigue** do the speakers talk about?

Olivia: Hi, Ashley. Are you drinking coffee? **That's new.**

Ashley: Hi, Olivia. You're right. I usually don't drink coffee, but I need it today to wake up.

Olivia: You **do look** tired. Did you get enough sleep last night?

Ashley: No, I was worried about today's test, so it was hard to fall asleep.

Olivia: Come on. Let's go for a walk.

Ashley: Go for a walk? Why?

Olivia: To wake you up and to get some oxygen to your brain before the test.

Ashley: That's a good idea. Where do you want to go?



Unit 5 Grammar

■ Grammar: Comparative, Superlative, and Equative

When you are comparing something:

The Comparative expresses similarities or differences between two people or things.

✚ adjective + **-er** + than

✚ **more/less** + adjective + than

- ✓ The small intestine is **longer than** the large intestine.
- ✓ Henry is **healthier than** his father.

The Superlative expresses extremes among three or more people or things.

✚ **The** + adjective + **-est**

✚ **The most/least** + adjective

- ✓ The skin is **the largest** organ in the human body.
- ✓ Some people think that the liver is **the most important** organ in the body.

The Equative is used when people or things are the same or equal to each other.

✚ (not) **as** + adjective + **as**

- ✓ Your heart is **as large as** your fist.
- ✓ Your stomach is **not as large as** your liver.

■ Grammar: Regular vs. Irregular

Rules & Forms

✚ Add **-er/-est** to most adjectives with 1 or 2 syllables

✚ Use **more/less** or the most/least with 3 or more syllables

✚ When adjectives end in -y, **change the -y to -i** and add -er/-est

Some adjectives have irregular comparative and superlative forms:

✚ good → better → best

✚ bad → worse → worst

✚ far → farther → farthest (vs. further)

■ Grammar: Infinitive of Purpose

Infinitives: to + Verb

One common use of the infinitive in English is to express the desired result of an action. The infinitive of purpose can come at the beginning of a sentence **with a comma**.

✚ **To stop** hiccups, I eat a spoonful⁷ of sugar.

✚ I eat a spoonful of sugar **to stop** hiccups.

■ Grammar Check: Comparative/Superlative/Equative

Complete each sentence, using comparatives, superlatives, equatives, and the words in parentheses.

1. Walking for exercise is _____ (good) than running.
2. Smoking is the _____ (bad) thing you can do to your lungs.
3. Drinking alcohol is _____ (harmful) to your liver than eating junk food.
4. I think vegetables are the _____ (nutritious) kind of food for your brain.
5. Swimming is not the _____ (quick) way to build up your arm muscles.
6. Some elderly people are _____ (healthy) as some young people.

■ Grammar Check: - to Infinitives

Match the actions with the reasons.

Eat fruits and vegetables	Give children warm milk	Lift weights
Take a nap	Ask your doctor questions	Get plenty of sleep at night

1. _____ to increase your concentration during the day.
2. _____ to get enough vitamins in your diet.
3. _____ to cure a headache.
4. _____ to help them fall asleep.
5. _____ to find out best remedy for your problem.
6. _____ to make your muscles stronger.

Unit 6

Listening: Lifestyles

■ Discussion Questions

Word Focus

Genes = parts of a cell that control physical characteristics (eye color, height, etc.)

Lifestyle = how we live

1. What determines how healthy you are?
2. Are your **genes** or your **lifestyle** more important?

■ Listening

Speaker A: I guess I'm pretty healthy. I almost never get sick, and I have a lot of energy to do things I enjoy. I don't really do anything special for my health. I eat a good diet, but sometimes I get fast food when I don't have time to cook. I don't work out at a gym, but I walk and I like to spend time outdoors. My mother and my grandmothers were healthy people, too. Maybe I get my good health from them.

Speaker B: I go to the gym three or four times a week. It keeps me in shape, and it gets me away from work. Yeah, my job is pretty stressful. There's a lot of pressure on me, and it seems to take all my energy just to get up in the morning and go to work. I do get sick every couple of months or so—usually just colds or a headache and sore throat. I got the flu last year and had to miss four days of work. My boss was *not* happy.

Speaker C: For me, the key is a vegetarian diet. When I was younger, I ate everything and I felt fine, but then I got older, and I didn't have any energy at all. I read some books about vegetarianism, I started growing my own tomatoes and other veggies, and I started feeling a lot better. Some people think you can't get all the nutrients you need from plant foods, but you can. You just need a little information and a lot of good recipes.

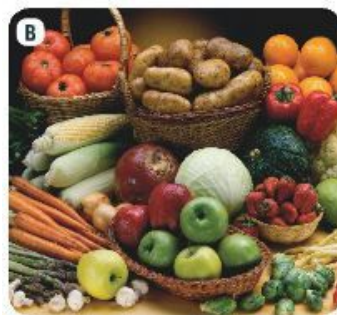
■ After-Listening Questions

Three people talked about their health. Match the speaker to the correct picture.

1. Speaker _____

2. Speaker _____

3. Speaker _____



■ Comprehension Check

Listen again and answer the questions.

Speaker A:

1. What kind of exercise does Speaker A get?

2. Which family members does Speaker A mention?

Speaker B:

3. What kind of exercise does Speaker B get?

4. How often does Speaker B get sick?

Speaker C:

5. Why did Speaker C change her diet when she got older?

6. What do some people think about Speaker C's diet?

■ **Pronunciation: Linking with Comparatives and Superlatives**

✚ When we use the comparative –er or more, and the next word starts with an /r/ sound, the words are linked together.

✚ When we use the superlative –est or most, and the next word starts with a /t/ sound, the words are linked together.

She'll run in a longer race next month. We had the best time of our lives.

■ **Linking Practice**

Listen again and repeat the sentences.

1. It's a stricter religion than my religion.
2. This is the best tea for your stomach.
3. My grandmother is a faster runner than I am.
4. Which exercise is the most tiring?
5. You will need a better reason than that.

■ Before You Watch

Brainstorm five things your body lets you do every day.

**■ The Human Body****NARRATOR:**

The human body. No machine can match the feats it performs every day. Our lungs suck in 70 quarts of air each minute when we exercise . . . Our hearts pump two thousand gallons of blood each day . . . And more than 600 muscles keep us moving, in every direction.

Like all living things, human beings are made up of cells—100 trillion of them. Individual cells are organized into tissues . . . like this heart muscle tissue. Different kinds of tissue form an organ, such as the heart. And several organs working together create an organ system. Each of the 10 major organ systems in the human machine performs a special job.

The circulatory and respiratory systems supply energy 24 hours a day. The heart works automatically, and incredibly hard. No other muscle in the body is as strong. It beats 100,000 times a day . . . 36 million times a year, sending blood on a complete trip around the body in less than a minute. The lungs pull in oxygen from the air, delivering breath through 15 hundred miles of airways.

All this work is fueled by food . . . And turning pizza into useable molecules is the job of the digestive system. Swallowing sends food down the esophagus into the stomach. Like a blender, the stomach contracts to break it down, helped out by acid and enzymes. This liquefied food travels into the small intestine, which can be over 20 feet long, where most

nutrients enter the bloodstream.

And the brains of this whole operation — is the human brain. A wrinkled blob about the size of a grapefruit, it's the most complex object on earth. The brain contains up to 100 billion neurons, or nerve cells. Neurons send signals rocketing through the brain at over 200 miles an hour. The brain, spinal cord, and nerves make up the nervous system—and all work together to control the body's activities.

The reproductive system creates new life. Each human begins as two single cells—an egg cell from the mother, and a sperm cell from the father. When these two cells meet, they begin to divide . . . And over 9 months, a whole new person is formed. Strands of DNA carried in the original two cells act like a set of blueprints—telling the cells to build a person with blue eyes, curly hair, or a wide smile.

The end result of this genetic scrambling . . . Bodies that take us on a miraculous journey every day. They allow us to push the frontiers . . . Meet awesome challenges . . . And expand the boundaries of human achievement.

■ **While You Watch: True or False**

1. The heart is the body's strongest muscle. ____
2. Nutrients enter the blood from the small intestine. ____
3. The brain is about the size of an orange. ____
4. Another word for nerve cells is neurons. ____

■ **While You Watch: Match the Body System**

Watch the video again. Then, match the body system to the parts of the body or cells they produce.

1. The circulatory system ____	a. the brain, spinal cord, and nerves
2. The respiratory system ____	b. the heart
3. The digestive system ____	c. egg cells and sperm cells
4. The nervous system ____	d. the stomach and intestines
5. The reproductive system ____	e. the lungs

■ After You Watch

Answer the questions. (Answers may vary.)

1. What information from the video surprised you the most?

2. What are some things you can do to take care of your body's systems?
