
Unit 1**The Human Body****1. Warm-up****A FEW PROVERBS**

Explain the following proverbs. What Slovak proverbs about health do you know?

An apple a day keeps the doctor away.

The best doctors are Dr Diet, Dr Quiet and Dr Merryman.

Health is never valued till illness comes.

2. Reading**Task 1**

Decide if the following statements are true (T) or false (F), then read the text and answer the questions.

- a) The heart and the lungs are situated within the thoracic cavity.
- b) The thorax lies above the diaphragm.
- c) The internal organs contained in the thorax are the heart, the lungs, the trachea and the urinary bladder.
- d) The pelvic cavity lies below the abdominal cavity.
- e) The inner side of the hand is called the forearm.

The human body consists of a bony skeleton and muscles. The three main parts of the body are: the head, the trunk and the limbs (extremities).

The head is composed of the cranial and facial parts. It contains the brain, the centre of the nervous system. The cranium is partly covered with hair. The parts of the face are the forehead, the temples, the ears, the eyes with eyebrows, the cheeks, the nose, the jaw, the mouth and the chin. The main parts of the mouth are lips, the tongue, the teeth, the palate and the gums. The eyes are protected by eyelids and eyelashes. The eyes are the organs of sight. The nose of smell, and the ears are the organs of hearing. The nerves of the skin are organs of touch. The five senses are: sight, hearing, smell, taste and touch.

The head is attached to the trunk by **the neck**. **The trunk** includes the chest (in front), the back, the shoulders and the abdomen. The internal organs which we cannot see, are the heart, the lungs, the stomach, the liver with the gall-bladder, the pancreas, the spleen, the kidneys and the small and large intestines (bowels).

The arms and legs are called the limbs. **The upper extremity (arm)** consists of the upper arm, the elbow, the forearm, the wrist and the hand with four fingers and one thumb. The inner side of the hand is called the palm. The finger nails protect the finger tips.

The lower extremity (leg) is attached to the pelvic girdle. It is composed of the thigh, the knee with patella, the shin, the calf, the ankle and the foot. Each foot has a heel, a sole and five toes.

The movement of the body is produced by the expansion and contraction of the muscles. The muscles are connected with the bones by sinews, the bones are bound together by ligaments. Organs of the body are positioned within spaces called cavities. There are these cavities in the human body: cranial, spinal, thoracic, abdominal and pelvic.

A body system consists of a group of organs that form different systems as:

1. **The musculoskeletal system** - composed of the skeletal system and the muscle system. It provides a framework for the body and protects vital organs. The purpose of this system is a movement caused by contraction and extension of muscles.
2. **The circulatory system** - it is the heart and a network of blood vessels: arteries, capillaries and veins.
3. **The digestive system** – the mouth, oropharynx, oesophagus, stomach, small intestine, large intestine and the anus.
4. **The respiratory system** – the nose, nasopharynx, trachea, bronchi and the lungs.
5. **The urinary system** – the kidneys, ureters, bladder and the urethra.
6. **The nervous system** – the brain, spinal cord, peripheral nerves, autonomic nerves.
7. **The endocrine system** – it consists of seven glands and its function is to produce hormones.
8. **The reproductive system** is divided into the male's and the female's systems. The male's reproductive system consists of the testes, epididymis, seminal vesicles and the prostate; and the female's: the ovaries, Fallopian tubes, uterus and the vagina.
9. **The integumentary system** consists of the skin, lymph channels and lymph nodes.

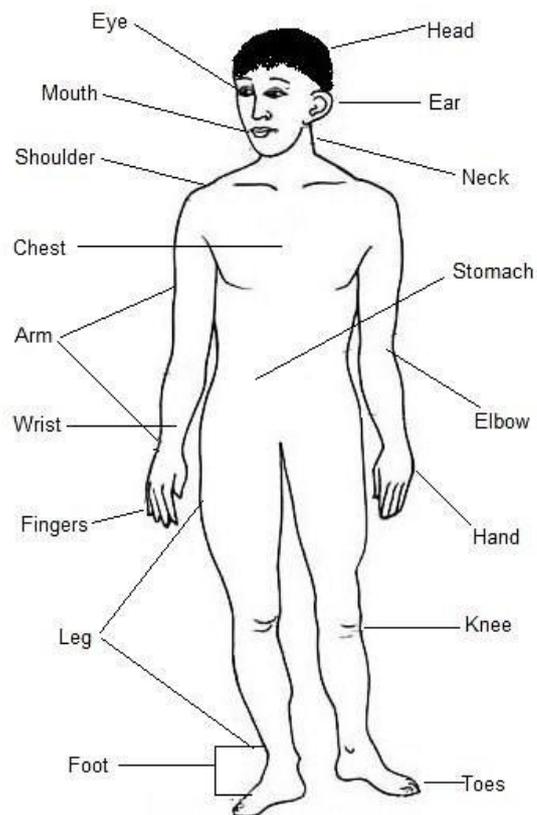
Task 2

Answer these questions.

1. Which are the main parts of the human body?
2. Describe the parts of the head.
3. Describe the parts of the trunk, the upper and lower extremities.
4. Name the five cavities.
5. Which organs can we find in the thoracic and the abdominal cavities?



Figure 1.1 Internal organs (available on < <http://www.sciencekids.co.nz> >)



Labeled Human Body

Figure 1.2 Parts of the body (available on < <http://www.buzzle.com/articles/human-body-diagram.html> >)

Task 3

Complete the sentences with the reference to the reading passage.

1. The face is made up of these parts:
2. The trunk consists of the two cavities:
3. The main internal organs in the trunk are:
4. The upper extremity is divided into:
5. The parts of the lower extremity are:

Task 4

Multiple-choice test.

1. Which of the following body cavities contains the heart?
a) spinal b) thoracic c) cranial d) abdominal
2. Where can we find the wrist in the body?
a) on the arm b) on the leg c) on the thorax d) on the head
3. The part of the face is used for breathing and smelling is called the
a) mouth b) ear c) eye d) nose
4. The part of the arm is called
a) the shoulder b) the back c) the foot d) the calf
5. Some of the organs of reproduction are found in the
a) pelvis b) thorax c) back d) cranium

3. Grammar Presentation

Using the expressions: *consist of, contain, is situated, is made up, comprise, is referred to, is attached, is composed of, join, include*. Observe the examples:

- The human body consists of a bony skeleton and muscles.
- The head is composed of the cranial and facial parts.
- The head is attached to the trunk by the neck.
- The trunk includes the chest, the back, the shoulders and the abdomen.
- The head contains the brain.
- The upper extremity is made up of the upper arm, the elbow, the forearm, the wrist and the hand.
- The hand comprises four fingers and one thumb.

Task 1

Replace the underlined words with other suitable words from the text.

1. The head consists of the cranial and facial parts.
2. The upper extremity is divided into the shoulder, the upper arm, the elbow, the forearm, the wrist and the hand with four fingers and a thumb.
3. The trunk consists of the chest (in front), the back, the shoulders and the abdomen.

4. The face is made up of the forehead, the eyes, the ears, the nose, the cheeks, the mouth and the chin.
5. The head is attached to the trunk by the neck.

4. Communication Activity

(Role-play)

Imagine you are on a three-year study stay in Scotland. You don't feel well and you should go to see a doctor. Your friend has recommended Dr. Brown to you. Phone Dr. Brown to make an appointment with him.

Vocabulary

abdomen [æbdəmən] – brucho
 abdominal [æb'dominl] – brušný
 ankle [æ'ŋkl] – členok
 arch [a:č] – klenba (chodidla), oblúk
 calf [ka:lf] *pl.* calves [ka:vz] – lýtko
 cavity ['kæviti] – dutina
 cervical ['sə:vɪkl] – krčný
 collar-bone [kolə(r) 'bəʊn] – kľúčna kosť
 cranial ['kreiniəl] – lebečný
 cranium ['kreniəm] *pl.* crania ['kreiniə] – lebka
 diaphragm ['daiəfræm] – bránica
 dorsum ['do:səm] – priehlavok
 elbow ['elbəʊ] – lakeť
 extremity [ik'streməti] – končatina
 eye [ai] – oko
 eyebrow ['aibraʊ] – obočie
 eyelid ['ailid] – viečko
 face [feɪs] – tvár
 facial ['feɪʃ(ə)l] – tvárový, lícný
 foot [fu:t] *pl.* feet [fi:t] – noha (dolná časť), chodidlo
 forearm ['fo:ra:m] – predlaktie
 forehead ['forɪd] – čelo
 head [həd] – hlava
 heart [hɑ:t] – srdce
 heel [hi:l] – päta
 hip [hɪp] – bok
 human [hju:mən] – ľudský
 cheek [či:k] – líce
 chest [čest] – hrudník
 chin [čɪn] – brada
 integumentary [integju'mentri] – kožný, krycí
 intestine [in'testɪn] – črevo
 kidney ['kidni] – oblička
 large intestine [la:dʒ in'testɪn] – hrubé črevo
 larynx ['lærɪŋks] – hrtan
 lateral ['lætərəl] – bočný
 limb [lɪm] – končatina, úd
 liver ['lɪvər] – pečeň
 lungs [lʌŋz] – pľúca
 mouth [maʊθ] – ústa
 muscle [masl] – sval
 neck [nek] – krk
 nose [nəʊz] – nos
 oesophagus [i:so'fəgəs] – pažerák
 ovary [əʊvəri] – vaječník

pancreas [ˈpænkriəs] – podžalúdočná žľaza
 patella [pəˈtelə] – jablčko, patela
 pelvis [ˈpelvis] – panva
 pharynx [ˈfærinks] – hltan
 posterior [poˈstiəriə(r)] – zadný
 principal [ˈprinsəpl] – hlavný
 rectum [ˈrektəm] – konečník, rektum
 scalp [skælp] – skalp
 sense [sens] – zmyslový, zmysel
 shin [ʃin] – holeň
 shoulder [[ˈʃouldə] - rameno
 shoulder blade [ˈʃouldə(r) bleid] – lopatka
 shoulder girdle [ʃouldə(r) ˈgə:d(ə)l] – ramenný pletenec
 sinew [ˈsɪnju:] – šľacha
 small intestine [smo:l in ˈtestɪn] – tenké črevo
 sole [soul] – chodidlo
 spinal cord [spainl ko:d] – miecha
 spleen [spli:n] – slezina
 sternum [ˈstɛnəm] – hrudná kosť
 stomach [ˈstamək] – žalúdok
 temple [tempəl] – slucha, spánok
 thigh [θai] – stehno
 thoracic [θo:ræsɪk] – hrudný
 thorax [θo:ræks] – hrudník
 thumb [θam] – palec
 thyroid gland [ˈθairoid glænd] – štítna žľaza
 toe [təu] – prst na nohe
 trachea [trækiə] – priedušnica
 trunk [trank] – trup
 upright [apˈraɪt] – vzpriamený
 urinary bladder [ˈjuəriənəri blædə] – močový mechúr
 vagina [vəˈdʒaɪn[ˈʃouldə] – pošva
 vein [veɪn] – žila
 vertebra *pl.* – ae [ˈvɜ:təbrə / -i:] – stavec
 vertebral column [vɜ:tɪbrəl koləm] – chrbtica
 vessel [vesl] – cieva
 vital [vaɪtəl] – životný
 waist [weɪst] – pás
 wrist [rɪst] – zápästie