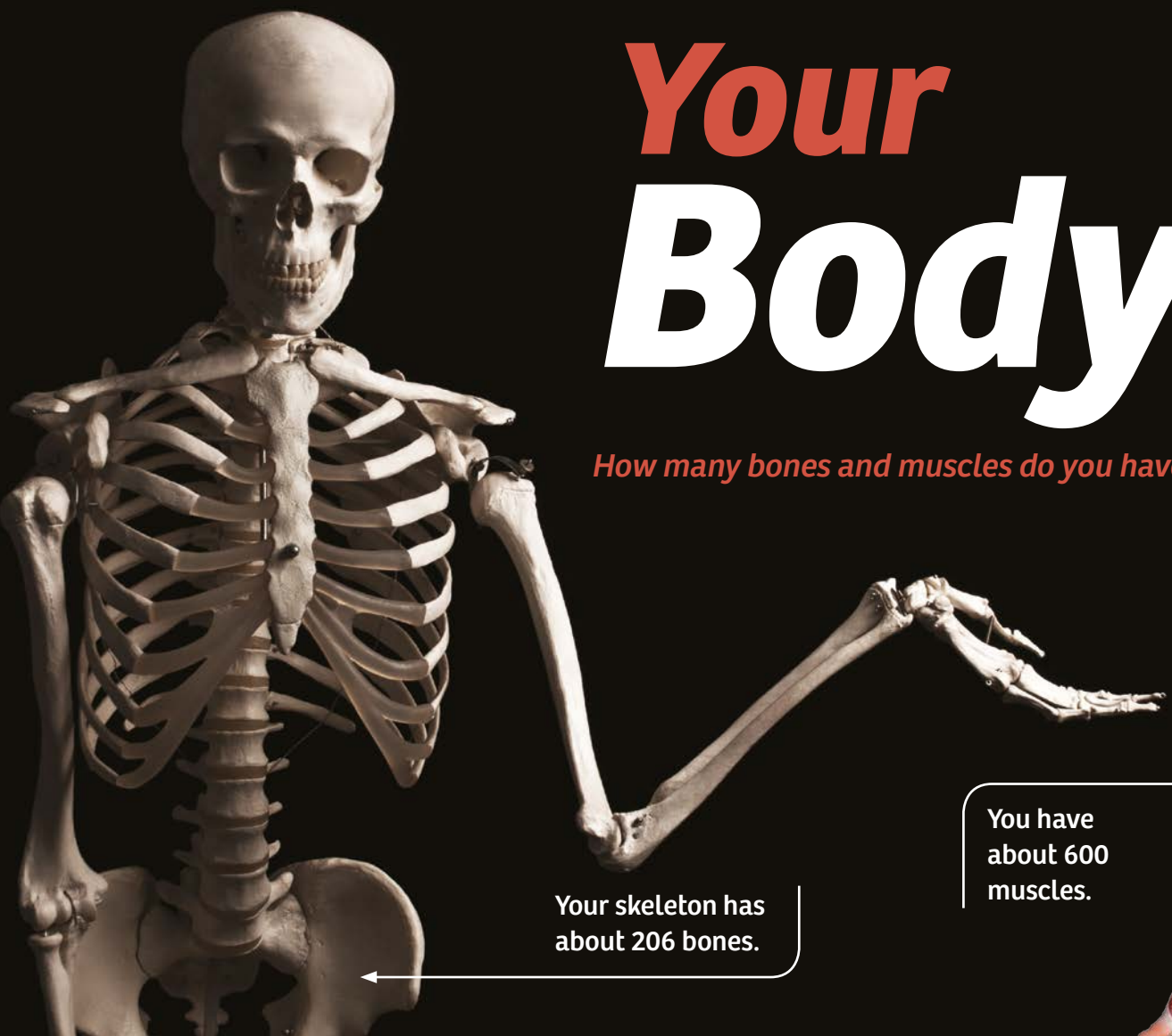


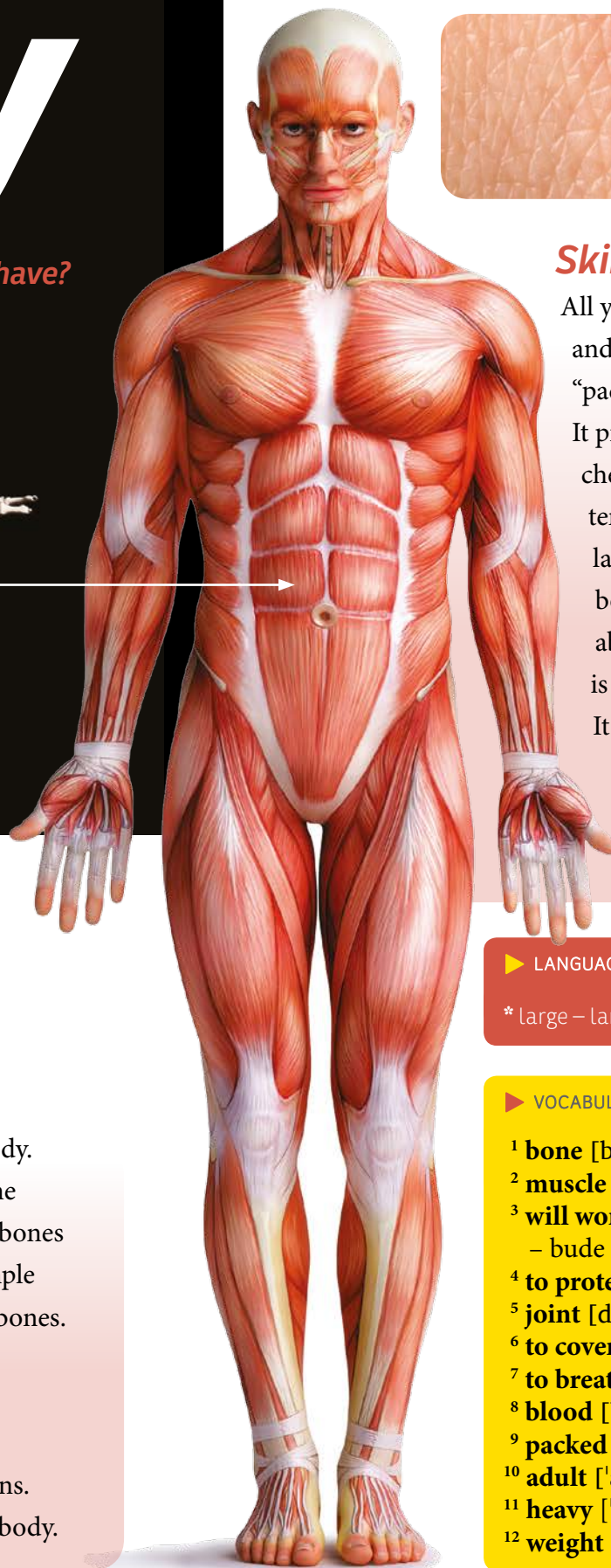
Your Body



How many bones and muscles do you have?

Your skeleton has about 206 bones.

You have about 600 muscles.



Some muscles help us run, walk and sit, some help us breathe⁷ and eat. Your heart is also a muscle, and it pumps blood⁸ through your body.

Your skin makes up 16% of your body weight.

Skin

All your organs, bones and muscles are “packed” in your skin. It protects you from chemicals, bacteria and temperature. Skin is the largest* organ in your body. An adult¹⁰ has about 2m² of skin! Skin is also pretty heavy¹¹. It makes up 16% of your body weight¹². So, how heavy is YOUR skin?

LANGUAGE NOTE

* large – larger – the largest

VOCABULARY

- ¹ **bone** [bəʊn] – kost
- ² **muscle** [ˈmʌsl] – sval
- ³ **will work** [wɪl wɜ:k] – bude fungovat
- ⁴ **to protect** [prəˈtekt] – chránit
- ⁵ **joint** [dʒɔɪnt] – kloub
- ⁶ **to cover** [ˈkʌvə] – pokrývat
- ⁷ **to breathe** [bri:ð] – dýchat
- ⁸ **blood** [blʌd] – krev
- ⁹ **packed** [pækt] – zabalený
- ¹⁰ **adult** [ˈædʌlt] – dospělý
- ¹¹ **heavy** [ˈhevi] – těžký
- ¹² **weight** [weɪt] – hmotnost

Your body is a very clever and complicated thing! We care about houses, gardens and cars, and you need to care about your body,

too. You must eat a healthy diet, walk and exercise to keep fit. Your bones¹, muscles² and skin will work³ well then.

Bones and joints

You have about 206 bones in your body. They give you structure, protect⁴ some organs and help you move. All these bones make your skeleton. Joints⁵, for example elbows, knees or shoulders, connect bones. You have about 360 joints.

Muscles

Muscles cover⁶ the skeleton and organs. There are about 600 muscles in your body.



DID YOU KNOW?

When you are born, you have about 300 bones. Later, some of the bones grow together, so adults have about 206 bones.

WRITE

Listen to the beginning of the song and fill in the gaps.

Singer: Norma Jean Martine

Go to YouTube:



TASK 1

Band: Ofenbach & Quarterhead

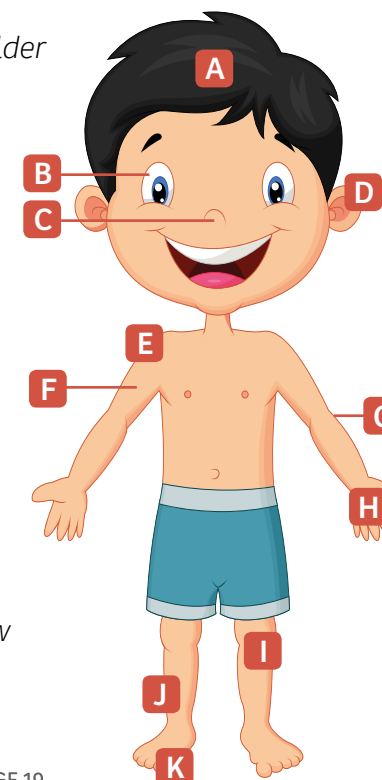
I feel it in my (a) _____,
my shoulders, (b) _____ and toes
My (c) _____
Your music gets me through the highs and lows
My head, (d) _____,
knees and (e) _____
My bones
You're keeping me from feeling all alone.

SOLUTIONS ON PAGE 19

LABEL THE PICTURES

Label the pictures with:

1. shoulder
2. head
3. knee
4. eye
5. toe
6. hand
7. arm
8. leg
9. ear
10. elbow
11. nose



TASK 2

SOLUTIONS ON PAGE 19