

Unit 8

student's book

Facts about Human Body حقائق عن الجسم البشري

Key words

performs	يؤدي	digestive	الهضم	intelligence	الذكاء	joints	المفاصل
functions	وظائف	excretory	الطرح	glands	الغدد	backbone	العمود الفقري
organs	اعضاء	circulatory	الدورة الدموية	secreted	يفرز	limbs	الاعضاء
lungs	رئتين	endocrine	نظام الغدد	flexible	مرن	spinal cord	النخاع الشوكي
kidney	الكلية	nervous	الاعصاب	framework	الهيكل	impulses	نبضات
liver	الكبد	muscular	العضلات	skeleton	الهيكل العظمي	intake	جرعة

جسمنا. الولادة من راحة بدون وظائف عديدة يؤدي الذي آلة رائعة جسم الانسان

The human body is a wonderful machine which **performs** several **functions** without rest from birth. Our body الكلية، القلب، الرئتين جسم الانسان ل الأعضاء الرئيسية، ثانية ل توقف بدون العمل ب يستمر continues to work, without stopping for a second. The main **organs** of the human body are **lungs**, heart, **kidney**, الهضمي مثل نظام كل العقل يحكمها و معا تعمل الأعضاء هذه. العقل و الكبد **liver** and brain. These organs work together and are controlled by the brain. Each system such as **digestive** تؤدي النظام العضلي أو النظام العصبي، نظام الغدد الصماء، نظام الدورة الدموية، نظام الاطراح، نظام system, **excretory** system, **circulatory** system, **endocrine** system, **nervous** system or **muscular** system **carries out** والجسدية استخدام الذكاء يعطينا الذي الدماغ من قبل تحكم منهم كل وظائف رئيسية a major function. All of them are controlled by the brain which gives us **intelligence** to use our physical and تشمل الخلايا هذه. نوع مختلف مانتني من الخلايا الحية من اكثر يملك الجسم. مقدرتنا العقلية mental abilities. The body has more than 50,000 **living cells** of two hundred different types. These cells include بواسطة تفرز و تنتج انزيمات و هرمونات (الخلايا المتخصصة) الغدد و الخلايا العصبية neurons (nerve cells) and **glands** (specialized cells). The hormones and enzymes are produced and **secreted** by مرن هو الذي، الجلد ب مغطى جسم الانسان وظائف مختلفة تؤدي التي الغدد هذه these glands that perform different functions. The human body is covered by the **skin**, which is a **flexible** الهيكل الداخلي القوي للجسم بعيدا الجراثيم الضارة و الماء يبقى و الجسم يحمي الذي غطاء covering that protects the body and keeps water and harmful germs out. The body's strong internal **framework** (الحركة تساعدنا المفاصل هذه. الساقين مثل، المفاصل متصلة، عظمة 206 يتكون) الهيكل العظمي (**skeleton**) is made of 206 bones, connected at the **joints**, such as in legs. These joints help us to move. The هناك، الجلد و الهيكل العظمي بين. النخاع الشوكي يحمي و الأطراف و الرأس يدعم العمود الفقري **backbone** supports the head and **limbs** and protects the **spinal cord**. Between the skeleton and the skin, there are صغيرة شكل إشارات تحمل، الجسم أجزاء كل الدماغ من تنتشر الاعصاب. عضلة 500 حوالي about 500 muscles. Nerves spread from the brain to all parts of the body, carrying signals in the form of tiny الدماغ الرسائل تمرر الجلد و اللسان، الالذنيين الانف العينيين هي و الأعضاء الحسية. نبضات كهربائية electrical **impulses**. The **sense organs** namely eyes, nose, ears, tongue and skin pass the messages to the brain يتحكم تلقائيا الدماغ. العضلات الى الدماغ من التعليمات تأخذ. الاعصاب عبر through nerves. They take the instructions from the brain to the muscles. The brain automatically controls وما إلى ذلك الهضم ضربات القلب التنفس breathing, heartbeat, **digestion**, etc.

نحن عندما. بعمر 25 الى 18 حوالي يصل النمو البدني ذروة. النمو ب يستمر الجسم

The body **keeps on** growing. The **peak** of physical growth is reached at about 18 to 25 years of age. When we العظام و، ترتخي العضلات غير لينة تصبح المفاصل، مرونة اقل و متجدد يصبح الجلد، بالعمر نكبر grow old, the skin becomes **wrinkled** and less **elastic**, the joints become inflexible, muscles **loose**, and bones انت. العضو الأكبر هو الذي جلدك لطيف كن: بأمان شيخوخة ل نصائح بعض اليك. ضعيفة تصبح become weak. Here are some **tips** for aging gracefully: be kind to your **skin** which is your largest organ. You نوم كافي الحصول، أيضا. منخفض ضغط دم الحفاظ الحد الأدنى ل تناولك الملح تحافظ أيضا يجب should also keep your salt **intake** to a minimum to keep your **blood pressure** down. Also, getting enough sleep السكتة الدماغية و امراض القلب خطر يقلل انه اثبت قد has been proved to lower the risk of heart disease and stroke.

Read the text and answer the following questions.

1- The human body considered a great machine because it -----

- a- performs several functions b- doesn't perform any function c- performs one function d- none

2- ----- controls all the body organs.

- a- The brain b- The heart c- The head d- The nervous system

3- Hormones and enzymes are produced in -----

- a- the glands b- the nerve cells c- the brain d- the circulatory system

4- The body can be protected from harmful germs by -----

- a- the skin b- the nerves c- the spinal cords d- the skeleton

5- The nerves in our body -----

- a- take the instructions from the brain to the muscles. B- pass messages to the brain
C- carry signals in the form of tiny electrical impulses d- all answers

6- When we become older -----

- a- the skin becomes wrinkled and less elastic b- the joints become inflexible c- bones become weak d- all

Match the words with their meanings.

The definitions	the words
1-To make less tight, to loosen لجعل أقل ضيق، لتخفيف	Loose يرخي
2-With small lines and folds مع طيات وخطوط صغيرة	wrinkled مجعد
3-Capable of stretching قادرة على التمدد	elastic مرن
4-Relating to the system in your body that produces hormones المتعلقة بالنظام في جسمك الذي ينتج الهرمونات	endocrine الغدد الصماء
5-Produced ينتج	Secreted يفرز
6-An arm or leg ذراع أو ساق	Limbs أطراف
7-Having the function of getting rid of waste material from the body. لها وظيفة التخلص من النفايات من الجسم.	excretory اطراح

Choose the correct answer a,b,c or d.

1-To make less tight, to loosen.....

- a-wrinkled b-Loose c-elastic d-excretory

2-With small lines and folds.....

- a-excretory b-Secreted c-wrinkled d-Loose

3-Capable of stretching.....

- a-elastic b-Loose c-wrinkled d-Secreted

4-Relating to the system in your body that produces hormones.....

- a-Secreted b-endocrine c-Loose d-excretory

5- The word Produced means..

- a-elastic b-Secreted c-endocrine d-excretory

6-An arm or leg.....

- a-Secreted b-endocrine c-excretory d-Limbs

7-Having the function of getting rid of waste material from the body.....

- a-excretory b-elastic c-Secreted d-endocrine

Unit 8

Workbook

(Facts about Human Body)

كيف يعمل الجهاز المناعي? How does the Immune System Work?

Key words

immune	مناعة	encountered	يواجه	fungi	الفطريات	triggered	تحفز - تشغل
vital	حيوي	chickenpox	مرض الجدري	neutralize	تحيد - تقتل	tasks	مهام
substances	مواد	pathogens	مسببات المرض	antigens	المستضدات	harmful	ضار
aggressive	عدائي	parasites	الطفيليات	receptors	المستقبلات	activated	تنشط

الخلوية و الجراثيم ، المواد الضارة من جسمك يحمي لأنه دورا حيويا جهاز المناعة
The **immune** system has a **vital** role since it protects your body from harmful **substances**, germs and cell
المناعي طالما . البروتينات و خلايا ، أعضاء مختلفة من يتألف . مريض تجعلك يمكن التي التغيرات
changes that could make you ill. It is made up of various organs, cells and proteins. As long as your immune
ضعيف لأنه _ بشكل صحيح العمل عن توقف اذا لكن . وجوده تلحظ لن ، بسلاسة يعمل جهازك
system is **running** smoothly, you don't notice that it's there. But if it stops working properly – because it's weak
من قبل يواجهها لم جسمك الجراثيم . تمرض انت _ الجراثيم العدوانية خصوصا يقاتل لا يستطع او
or can't fight particularly **aggressive** germs – you get ill. Germs that your body has never **encountered** before are
بهم للاتصال تتعرض المرة الأولى مريض تجعلك فقط سوف الجراثيم بعض . مريض تجعلك من المحتمل أيضا
also likely to make you ill. Some germs will only make you ill the first time you come into contact with them.
جدري الماء مثل امراض الطفولة تتضمن هذه
These include childhood diseases like **chickenpox**.

The task of the immune system المهمة الجهاز المناعي

الخارج من جسمنا ا تدخل التي الأشياء الضارة نقاتل ل طريقة ليس لدينا نحن ، الجهاز المناعي بدون
Without an immune system, we would have no way to fight **harmful** things that enter our body from the outside
جسمنا داخل تحدث التي تغيرات ضارة او
or harmful changes that occur inside our body.
هي جهاز المناعي الجسم المهمة الرئيسية
The main **tasks** of the body's immune system are:
من ازالته و ، الفطريات أو الطفيليات الفايروسات ، البكتيريا مثل (مسببات المرض) الجراثيم المسبب المرض محاربة ل
• to fight disease-causing germs (**pathogens**) like bacteria, viruses, **parasites** or **fungi**, and to remove them from
الجسم
the body.

البيئة من المواد الضارة تبطل مفعول و التعرف
• to recognize and **neutralize** harmful substances from the environment.

الخلايا السرطانية مثل ، الجسم في التغيرات المسببة للأمراض محاربة
• to fight **disease-causing changes** in the body, such as cancer cells.

How is the immune system activated? كيف يتم تنشيط جهاز المناعة؟

خاصة به انها على يميزها لا الجسم التي الأشياء المختلفة من الكثير تنشيط يمكن جهاز المناعة
The immune system can be activated by a lot of different things that the body doesn't recognize as its own.
الفيروسات و البكتيريا اسطح على البروتينات تتضمن المستضدات عن امثلة ، مولدات المضادات تدعى هذه
These are called **antigens**. Examples of antigens include the proteins on the surfaces of bacteria, and viruses.
سلسلة كاملة ، (خلايا الجهاز المناعي) الخلايا المناعية مستقبلات خاصة ترتبط المستضدات هذه عندما
When these antigens attach to special **receptors** on the immune cells (immune system cells), a whole series of
ل الجرثومة المسببة المرض ل يتعرض الجسم عندما . الجسم في تحفيز يتم العمليات
processes are **triggered** in the body. Once the body has come into contact with a **disease-causing germ** for the
مع يتعرض اذا ثم . تقاتله كيف و الجرثومة حول معلومات يسجل عادة انه ، مرة اول
First time, it usually stores information about the germ and how to fight it. Then, if it comes into contact with the
اسرع محاربتها تبدأ يمكن و مباشرة الجرثومة تتعرف ، مرة أخرى الجرثومة
germ again, it recognizes the germ **straight away** and can start fighting it faster.

Choose the correct answer a, b, c or d.

1. The immune system plays a vital role because it ----- our body from harmful substances.

- a-Fights b- attacks c- protects d- decomposes

2. The immune system consists of -----

- A- only various organs b- cells and proteins c- the nerves and cells d- various organs, cells and proteins

3. If the immune system is unable to work -----

- A- you get better b- you get healthier c- you get ill d- nothing happens

4. When the body has been exposed to the germs for the first time -----

- A- it doesn't care about it b- it neglects it c- it stores information about the germs d- it ignores it

5. The body fights germs more quickly -----

- A- if it comes into contact with the germs for the first time,
B- if it comes into contact with the germs for the second time
C- if it doesn't come into contact with the germs again
D- both b and c

Match the words with their definitions.

Encounter يواجه	to meet or experience something unpleasant
Aggressive عدائي	behaving in an angry threatening way
Receptors المستقبلات	nerve endings which receive information about changes in light, heat and causes the body to react in particular ways
Trigger يحفز	to make something happen very quickly
Parasites الطفيليات	organisms that live on or in another organism of a different species
Antigens المستضدات	a substance that makes the body produce antibodies
Fungi الفطريات	a group of organisms that grow in a wound

Choose the correct answer a, b, c, or d.

1-To meet or experience something unpleasant.....

- a-Encounter b- Aggressive c-Receptors d-Trigger

2-Behaving in an angry threatening way.....

- a-Encounter b-Aggressive c-Receptors d-Trigger

3-Nerve endings which receive information about changes in light, heat and causes the body to react in particular ways.....

- a-Encounter b-Aggressive c-Receptors d-Trigger

4-To make something happen very quickly.....

- a-Trigger b-Parasites c-Antigens d-Fungi

5-Organisms that live on or in another organism of a different species.....

- a-Trigger b-Parasites c-Antigens d-Fungi

6-A substance that makes the body produce antibodies.....

- a-Trigger b-Parasites c-Antigens d-Fungi

7-A group of organisms that grow in a wound.....

- a-Trigger b-Parasites c- Antigens d-Fungi

Progress Test 2(p. 71)

The Inspiration of Civil Rights' Movements

الهام حركة الحقوق المدنية

Key words

witness	يشهد	independence	استقلال	nonviolence	اللاعنف
racial	عنصرية	arrests	اعتقالات	protest	احتجاج - اعتراض
discrimination	تمييز	eventual	اخيرا	preaching	نشر
disobedience	عصيان	withdrawal	انسحاب	tolerance	تسامح
campaign	حملة	commitment	التزام	greed	الجشع

Gandhi was born in India in 1869. At that time, India was a part of the British **Empire** and at the age of 18, he travelled to London to study law. At the age of 24, Gandhi went to South Africa where he **witnessed** the **racial discrimination**. The biggest **turning point** in young Gandhi's life was on June 7, 1893, when he was **thrown off** a train station by a white man when he refused to move to a back seat. That would prove to be Gandhi's first, but certainly not last, act of civil **disobedience**. By 1906, Gandhi had organized his first civil disobedience **campaign** in South Africa. He would spend the next 9 years fighting for Indian rights in the country before returning home to fight for Indian **independence**. Over the years Gandhi would become a **leading figure** in the independence movement. After years of struggle and many **arrests**, Gandhi's "Quit India" movement in 1942 **paved the way** for Britain's **eventual withdrawal** from the country. Today, Gandhi is remembered for his **commitment** to **nonviolence**, peaceful **protest** and simple living. He inspired millions of people to action, **preaching** a message of love, **tolerance** and avoiding **greed**.

Choose the correct answer a, b, c :

1. Where did Gandhi study law?

- a- India b- British Empire c- south Africa

2. Why was he thrown off the train station? Because

- a- he refused to move to a back.
b- he gave his seat to a white man.
c- he took the seat of a white man.

3. How did Gandhi help make the world a better place?

- a- Through his commitment to nonviolence, peaceful protest and simple living.
b- Through preaching a message of love, tolerance and avoiding greed.
c- both a and b .

4- at the age ofhe travelled to London to study law.

- a-eighteen b- twenty four c- eighty

5- Gandhi had organized his first civil disobedience campaign in.....

- a-Britain b- South Africa d- India

Vocabulary

Body Idioms

Idiom	meaning	Key words
A pain in the neck	شيء مزعج لحد كبير annoying	Essays مقالات - outbursts انفجر
Speak her mind	تعبّر عما يدور في ذهنها	Polite مهذب Strong قوي
Costs you an arm and a leg	يكلف كثيرا	Food طعام - brand صنف
Jump out of his skin	shocked يفاجئ / ينصدم	Doorbell جرس باب Triplets توأم ثلاثي
Follow your heart	افعل ما تحب	Attracts يجذب - advice نصيحة Think carefully يفكر بحرص

1-Writing long **essays** on uninteresting topics is

a- a pain in the neck b-a follow of your heart c- speak your mind d- a Jump out of his skin

2-She has very strong opinions and she's not afraid to

a- Cost you an arm and a leg b-Follow of your heart c-Speak her mind d- Jump out of his skin

3-You must visit that restaurant; the food is really good but it

a-costs you an arm and a leg b-follows your heart c- speaks your mind d- Jumps out of your skin

4-The doorbell made him

a- cost you an arm and a leg b-follow your heart c- speak his mind d- Jump out of his skin

5-You might make less money from that job, but if it really attracts you, you should

a- cost you an arm and a leg b-follow your heart c- speak your mind d- Jump out of his skin

6. His sudden outbursts have made him a real.....and a socially unwanted.

a- pain in the neck b-follow your heart c- speak her mind d- Jump out of his skin

7. Buying a brand new car is going tomaybe we should ride bikes.

a-cost you an arm and a leg b-follow your heart c- speak our mind d- Jump out of our skin

8. My sister is very **polite**. She does not

a- cost her an arm and a leg b-follow of her heart c-speak her mind d- Jump out of her skin

9. The best **advice** is to..... but keep your eyes open.

a- cost you an arm and a leg b-follow your heart c- speak your mind d- Jump out of your skin

10. Our friend almostwhen she learned her son and his wife were having **Triplets**.

a- cost her an arm and a leg b-followed her heart c- spoke her mind d- Jumped out of her skin

11-It was very difficult to tell you whether you have to travel or not. Think carefully and then.....

a- cost you an arm and a leg b-follow your heart c- speak your mind d- Jump out of your skin

13-To **jump out of your skin** means that you are (**relaxed, shocked**).

14-When doing something (**easy, annoying**) this means that it is a **pain in the neck**.

Pronunciation

تشديد المقطع Syllable Stress

Syllable stress is often determined by the **prefixes** and **suffixes** that have been added to the **basic form** of the word. In words with prefixes such as **a, un, be, in, pro, ex, ob, dis**, etc., the stress is almost always on the second or third syllable, i.e. **prefixes are not stressed in English words**. Similarly, suffixes such as **-ness, -able, -ous**, etc. are not stressed.

Underline the stressed syllable.

1- loudness	ambitious	dangerous
2- sociable	reliable	comfortable
3- irresponsible	sensible	impossible
4- competitive	talkative	aggressive
5- unfriendly	insecure	
6- unbelievable	illegal	
7- improbable	accountable	respectable
8- predictable	suggestible	
9- superlative	distinctive	interactive
10- unsafe	misbehave	reuse
11- incorrect	independent	insufficient

Everyday English

طلب المساعدة Asking for Help

I need your help.....	أحتاج مساعدتك
Could you.....	يمكن ان
Do you think you could possibly.....	هل تعتقد انه من الممكن

1- You are in a launderette. The instructions on the washing machine are not clear. (Ask for help)

- a- could you explain to me the instructions on the washing machine
- b- That's very kind of you
- c- that isn't an excuse
- d- I don't deserve any of the credit

2- You have a long ladder to get up on the roof. Ask a friend to help you put it up and hold it while you climb up

- a- I need your help to pass my exam
- b- I think you deserve this honor
- c- Could you hold the ladder for me
- d- That isn't an excuse

3- You are having a graduation party and you don't know what to do. (Ask for help)

- a- would you help me prepare what to do about the graduation party
- b- You are exaggerating
- c- Congratulations!
- d- I am sorry about what happened

Grammar

WISH(if only)

Wish + v2	التعبير عن الندم في الوقت الحاضر = I wish I went to the party.
Wish + would	التعبير عن الانتقاد أو الانزعاج لتغيير شيء ما في المستقبل = I wish you wouldn't always use my phone.
Wish + could	التعبير عن عدم الاستطاعة على القيام بعمل ما في الماضي = I wish I could speak English.
Wish + had + V3	التعبير عن الندم أو حالة مستحيلة في الماضي = I wish I had revised my lessons for the exam.
Wish + I – he – she – it = were (was)	
(positive) = wish + (negative)	
(negative) = wish + (positive)	

Is/am/are	Weren't
Isn't /am not/aren't	Were

Don't /doesn't/will not /never	Would + v1
isn't telling	Would tell حالة نقد وانزعاج
limit	Would limit

Didn't + v1	Had + v3
-------------	----------

Can't	Could + v1
-------	------------

V1	Didn't + v1
----	-------------

V2	Hadn't + v3
Looked everywhere for	Hadn't lost

could only watch	Had been able to play
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1. The sun **isn't** shining right now. I wish the sun..... shining that time.

a-were b-weren't c-has been d-will be

2. I **am** very tired today. I wish I.....tired that day.

a-were b-weren't c- am d-am not

3. Our flat **is** rather small. I wish our flat..... small.

a-were b-weren't c- isn't d- aren't

4. It's a fantastic novel! I have almost finished it. I wish it longer.

a. had been b. were, was c. would be d-will be

5. Our classroom **doesn't** have colored walls. I wish Our classroom.....colored walls.

a-would have b-will have c-has d-have

6. I **don't** know how to dance. I wish I..... how to dance.

a-have known b-know c- would know d- knew

7. To someone who **never** answers your emails. I wish he.....my emails.

a- answers b- have answered c- will answer d- would answer

8. To someone who **isn't telling** you the truth. I wish you..... me the truth.

a-would tell b-tell c-told d- have told

9. I have a strong desire that our head teacher **limits** absence in our school. I wish our head teacher....absence in our school.

a- limited b-has limited c-limit d-would limit

10. I **didn't go** shopping last week. I wish I.....shopping last week.
a-go b-am going c-have gone d-had gone
11. to someone who **didn't do** the laundry for you. I wish he.....the laundry for me.
a-had done b-does c-did d-will do
- 12- I **didn't take** your advice. I wish I.....your advice.
a-take b-had taken c-am taking d-took
13. I **can't** watch the match tonight. I wish I.....the match that night.
a-could watch b-can watch c- watch d-watched
14. I **can't** go with you tomorrow. I wish I..... with you the next day.
a- go b-can go c-could go d-have gone
15. To someone who **can't** help you. I wish he.....me
a-could help b-can help c-helped d-helps
16. To someone who **makes** fun of people. I wish youfun of people.
a- make b-made c-don't make d-wouldn't make
17. To someone who **blows** cigarette smoke in your face. I wish hecigarette in my face.
a-couldn't blow b- doesn't blow c-wouldn't blow d-haven't blown
18. I **spent** all my money. I wish.....all my money.
a-haven't spent b-don't spend c-hadn't spent d-will not spent
19. I **missed** the flight. I wish I the flight.
a-haven't missed b-don't miss c-missed d-hadn't missed
20. Rana **left** the meeting early .I wish She the meeting early.
a-haven't left b-doesn't leave c-hadn't left d-will not leave
21. Lama **refused** to sign the contract. I wish she the contract.
a-hasn't refused b-doesn't refuse c-hadn't refused d-will not refuse
22. I **looked** everywhere for my key. I wish I my key.
a-find b- Haven't lost c-hadn't lost d-didn't lose
- 23-I **said** a stupid thing. I wish Istupid thing.
a-haven't said b-hadn't said c-wouldn't say d-said
24. I **regret that I started** smoking. I wish I smoking.
a-hadn't started b-haven't started c-don't start d-will not start
25. The injured player **could only watch** the match. He wishes if he.....the match .
a-can play b- play c- played d- had been able to play

Writing

-Many people look for medical advice on the internet before they visit their doctor.

-Do you think this is a good idea? Why? Why not?

Many people use Google for **their medical advice** instead of **asking their doctors**. I think it is not a good idea to search the internet about any kind of medical advice because many websites provided **inaccurate information**. This is a major problem, and **health care providers** need to be aware of the extent to which patients turn to the Internet for information about their care and then act on that advice, **regardless** of the **reliability** of the **source**. In my opinion, that not all the internet is bad, it's okay to use Google for health questions if you use a credible source and if it prompts you to visit your doctor to get the right **medication** and get your health back.

