

SOLUTIONS INTERMEDIATE 2
UNIT 3: HUMAN BODY

3F

PEGAH BAHOJB GHASEMI

3E

Word Skills

Word families

I can recognise different words formed from the same base.

1 Complete the related adjectives and nouns.

	Noun	Adjective
1	a_____	angry
2	anxiety	a_____
3	depression	d_____
4	envy	e_____
5	fear	af_____
6	h_____	happy
7	pride	p_____
8	s_____	sad
9	shame	a_____
10	s_____	surprised

2 Complete the sentences with adverbs formed from the nouns in brackets.

- 1 *Angrily*, (anger) he threw his bag onto the floor.
- 2 'It's broken,' she said _____ (sadness).
- 3 _____ (happiness), everyone passed the exam.
- 4 We looked _____ (anxiety) at the screen.
- 5 He looked _____ (surprise) calm as the exam began.
- 6 When she'd finished the painting, she _____ (pride) showed it to her friends.
- 7 I left my bag in the café. _____ (hope), it's still there!
- 8 The police officer looked _____ (suspicion) at the men on the street corner.
- 9 We stood outside the restaurant and stared _____ (hunger) at the menu in the window.

3 Complete the adjectives that are formed from the nouns below.

annoy bore care disgust excite
help hope pain power surprise

A Form adjective with *-ed* or *-ing*.

annoyed

annoying

B Form adjective with *-ful* or *-less*.

4 Complete the sentences with adjectives formed from the words in brackets.

- 1 The leg injury was really _____ (pain) – in fact, I was _____ (surprise) it wasn't broken.
- 2 The shop assistant was very _____ (help) and gave me a refund.
- 3 I'm _____ (annoy) with my sister because she broke my sunglasses. She's so _____ (care)!
- 4 This TV has got really _____ (power) speakers, so action films are very loud and _____ (excite).
- 5 I enjoyed the play, but some parts of it were _____ (bore).
- 6 I'll never get these trainers clean. It's _____ (hope)! They're _____ (disgust)!

5 USE OF ENGLISH Complete the article with nouns, adjectives and adverbs formed from the words in brackets. Add prefixes and suffixes if necessary.



Everybody knows that smiling is a sign of ¹ _____ (happy) and that we frown when we are feeling ² _____ (happy). Our feelings affect our face. But scientists now believe that our face can also affect our feelings. In other words, smiling can actually help to create a feeling of ³ _____ (content). And one of the best ways to prevent ⁴ _____ (anxious) is to control your facial expression. In one study, volunteers looked at very unpleasant pictures. Some of the volunteers held a pen in their mouth so their face could not move easily. Those volunteers did not feel as ⁵ _____ (disgust) by the pictures as the others. Researchers also looked at women who were unable to frown because of botox injections. ⁶ _____ (surprise), these women were less likely to suffer from ⁷ _____ (depressed), even though they did not feel particularly ⁸ _____ (happiness) about the change in their appearance.



**WHAT IS ONE OF THE
MOST IMPORTANT
DAILY ACTIVITIES
WHICH HAS GREAT
INFLUENCE ON THE
WHOLE DAY?**





**WHY DO YOU THINK
OUR TIMES FOR
GOING TO BED AND
GETTING
UP CHANGE AS WE
GET OLDER?**



**WHEN ARE YOU
MORE ACTIVE IN
A DAY?**

1 SPEAKING Work in pairs. Ask and answer the questions.

- 1 What time do you usually go to bed a) on weekdays and b) at the weekend?
- 2 What time do you usually get up a) on weekdays and b) at the weekend?
- 3 Have those times changed much since you were younger?

Reading Strategy

When matching questions with texts, follow these steps:

- 1 Read the text to get a general idea of the meaning.
- 2 Read the task's lead-in line very carefully (*In which period of the day ...*). Then read all the options carefully.
- 3 Read the paragraphs of the text carefully one by one and match them to the correct option.
- 4 If you can't find the answer, leave it for now and come back to it later.

2 Read the **Reading Strategy**. Then read the article to get an idea of the general meaning. Which is the best summary: a, b, c or d?

The writer's main purpose is to explain:

- a why children need more sleep than adults.
- b why we should always get lots of sleep.
- c why our bodies feel more or less tired at different times of day.
- d why some people feel more alert than others.

NIGHT AND DAY

1.32

HOW MUCH SLEEP DO WE NEED?

- Young children need more sleep than adults and tend to wake up earlier. A typical ten-year-old needs about ten hours' sleep.
- As you reach adolescence, your body clock changes. Most teenagers need about nine hours' sleep, but wake up later.
- 5 ○ As an adult, you'll need about eight to eight and a half hours' sleep a night.
- When we are much older, in our 70s and 80s, we're less able to sleep deeply and we usually need less sleep.

OUR PERSONAL BODY CLOCK

Each of us has our own personal body clock, which makes us more alert in the morning or more alert in the evening. You might be a 'lark' who likes to go to bed early and get up early, or you might be an 'owl' who prefers to go to bed late and get up late. Or somewhere in between.

A 6 A.M. - 9 A.M. Your body is waking up. It stops producing melatonin, the hormone which makes you feel sleepy. Blood vessels are stiffer and less flexible. Your blood is thicker and stickier and your blood pressure is at its highest, so it's not the best time to **exercise**.

B 9 A.M. - 12 P.M. You're at your most alert at this time in the morning. Tests **show** that short-term memory is at its best right now. It's a good time to get a lot of **work** done, because you'll experience a big dip after lunch.

C 12 P.M. - 3 P.M. Your stomach is full and working **hard** after lunch. You become much less alert and probably feel a bit sleepy. More road accidents happen at this time of day than at any other, particularly involving older people.

D 3 P.M. - 6 P.M. This is a very good time to exercise. Body temperature increases in the late afternoon. Your heart and lungs work better and muscles are six per cent stronger than at their lowest point in the day. Some sportspeople believe that if you try to break a world **record** at this time of day, you'll have a greater chance of success.

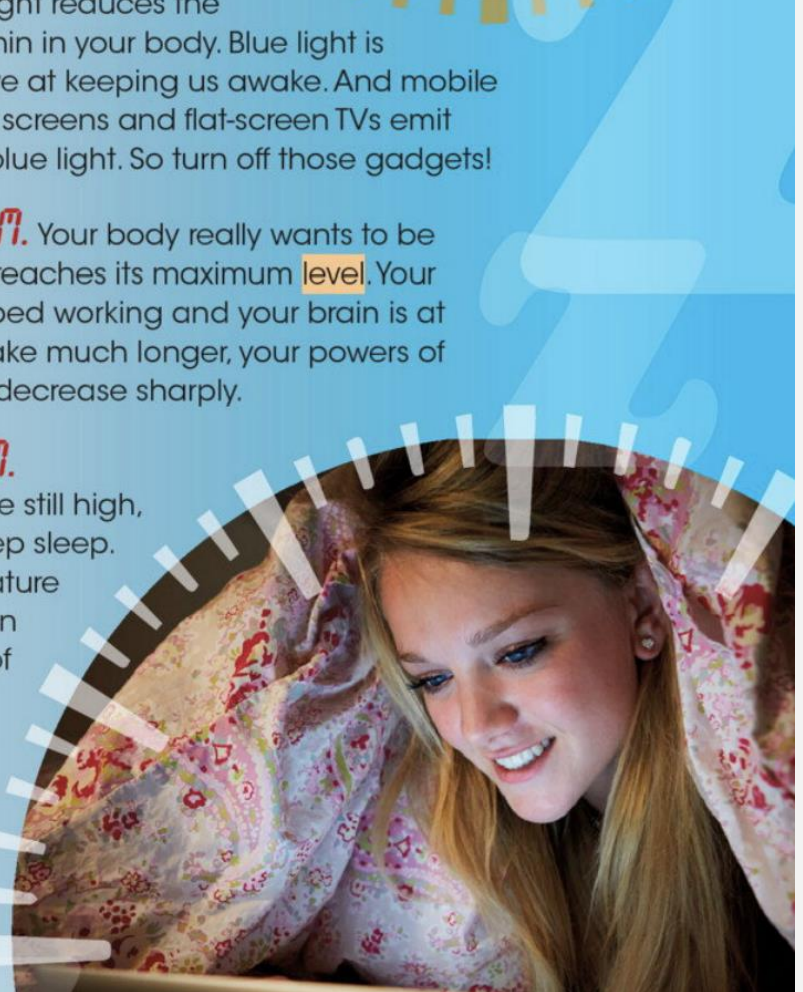
E 6 P.M. - 9 P.M. By now you'll be getting hungry. But don't eat too late! In the evening, our bodies struggle to digest fats and sugars. Studies show that people will lose more weight if they have their main meal at lunchtime rather than in the evening. (But how much you eat is always more important than when you eat.)

F 9 P.M. - 12 A.M. It's getting near to bedtime. Your body temperature is falling and your body clock is telling you that it's

time for bed. Your body is producing lots of melatonin to help you go to sleep. It can be difficult to sleep with the **light** on because light reduces the amount of melatonin in your body. Blue light is particularly effective at keeping us awake. And mobile phones, computer screens and flat-screen TVs emit large amounts of blue light. So turn off those gadgets!

G 12 A.M. - 3 A.M. Your body really wants to be asleep. Melatonin reaches its maximum **level**. Your stomach has stopped working and your brain is at **rest**. If you stay awake much longer, your powers of concentration will decrease sharply.

H 3 A.M. - 6 A.M. Melatonin levels are still high, and you are in deep sleep. Your body temperature is much cooler than at any other time of the day. As dawn approaches, your melatonin levels will decrease and your body will prepare to wake up.



**3 Match the paragraphs (A–H) with questions 1–10 below.
Two of the paragraphs match more than one question.**

In which period of the day ...

- 1 do you completely stop digesting food? _____
- 2 is it best to be physically active? _____
- 3 do our bodies have difficulty digesting certain foods?

- 4 are older people more likely to have accidents? _____
- 5 does your body contain the most melatonin? _____
- 6 are you best at remembering things over short
periods of time? _____
- 7 are you at your strongest physically? _____
- 8 does your body stop making melatonin? _____
- 9 is your body at its coolest? _____
- 10 does your body begin to become cooler? _____



LARK






OWL




4 Read the article again and answer the questions.

- 1 How much more sleep does a young child need than an adolescent?
- 2 What's the difference between 'larks' and 'owls'?
- 3 Why is it better not to exercise early in the morning?
- 4 When do sportspeople think is a good time to try to break a record?
- 5 If you want to lose weight, which is more important: when you eat or how much you eat?
- 6 Why is it not a good idea to use gadgets such as tablets and mobiles late at night?



**I COULDN'T SLEEP
WELL LAST NIGHT. I
KEPT SEEING THE
NIGHTMARE THAT I'M
FALLING DOWN INTO A
WELL.**



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LEARN THIS! Homonyms



Homonyms are words that have the same spelling or pronunciation but a different meaning or part of speech.

bank 1 a place where you keep money 2 the side of a river

walk 1 a noun 2 a verb

5 **VOCABULARY** Read the **Learn this!** box. Then look at the highlighted words in the article. What part of speech are they?

6 Find a homonym for each of the highlighted words in the article. If the meaning is different, translate the words. Use a dictionary to help you.

exercise (verb) homonym: exercise (noun)

7 SPEAKING Work in pairs. Ask and answer.

- 1 Do you get enough sleep? If not, why not?
- 2 How do you feel if you don't get enough sleep? What things are more difficult to do?
- 3 Do you use gadgets such as mobiles late at night? What for? Do you find that they keep you awake?
- 4 When are you most alert? Are you a 'lark', an 'owl', or in between the two? Explain your answer.

**ASSIGNMENT:
WORKBOOK 3F
VOCABULARY BUILDER
PAGE 122
SUMMARY**

DEADLINE: SATURDAY