**Words 1**

1.  Your body has many systems that work together.

2.  Your heart pumps blood around your body.

3.  Your lungs put oxygen into your blood and remove carbon dioxide from it.

4.  You can feel your pulse in your wrist.

5.  Your trachea lets air into your lungs.

6.  Arteries and veins carry blood around your body.

**Words 2**

|  |  |
| --- | --- |
| **A working part of your body** | **Not a working part of your body** |
| * heart * lungs * diaphragm * capillary | * air * carbon dioxide * oxygen * mucus |

**Read 1**

1.  Your lungs put oxygen into your blood.

2.  The job of the diaphragm is to squeeze air out of your body.

3.  Your heart pumps blood around your body.

4.  Blood delivers oxygen to your muscles .

5.  Your lungs also remove carbon dioxide from your body.

6.  People used to think that your lungs helped you keep cool.

**Read 2**

* 1. oxygen
  2. trachea
  3. diaphragm
  4. capillaries
  5. arteries
  6. muscles
  7. carbon dioxide

**Read 3**

1. First

2. Next

4. After

5.As a result

6. During

7. Finally

**Grammar in Use 1**

|  |  |
| --- | --- |
| **Things I did often** | **Things I did one time** |
| * I used to ride my bike to school. * I used to play soccer on Saturday afternoon. * I used to cook dinner on Sunday night. * I used to eat a lot of chocolate. * I used to go running every Thursday evening. | * I went to the beach with my aunt. * I rode on a horse. * I ran for five miles. * I ate two big pizzas. * We had a class trip to the hospital. |

**Grammar in Use 2**

1.  I used to hate running when I was younger, but now I love it.

2.  My grandfather ran a marathon when he was 60 years old.

3.  I used to eat a lot of pizza, but now I eat lots of fruit and vegetables.

4.  People used to believe that the lungs kept your body cool, but now we know they put oxygen into your blood.

5.  Some people used to think that exercise was bad for your body, but now we know it’s good for you.

6.  I thought that the biology test was tomorrow, not today!

7.  My mom used to be a really good runner when she was younger. She stopped running when she injured her knee.

8.  Last week, I ran five miles! I was really happy.

**Grammar in Use 3**

1. I used to take the bus to school, but now I walk .

2. my dad used to drive to work, but now he cycles .

3. my mom used to cook unhealthy food, but now she cooks healthy food .

4. I used to watch lots of cartoons, but now I like watching sports .

5. I used to watch my dad play soccer, but now I play as well .

6. we used to visit my aunt every summer, but now she visits us .

**Grammar in Use 4**

* 1. used to live
  2. lived
  3. ate
  4. used to eat
  5. used to think
  6. thought
  7. used to talk
  8. talked

**Listening**

* Babies have about 300 bones.
* In your spine, you have 26 bones called “vertebrae.”
* Your jaw is the only part of your skull that can move.
* There are more bones in your hands than in your feet.

**Word Study**

1. duplicate
2. estimated
3. graduation
4. concentration
5. exaggerated
6. navigated

**Writing Study**

Everyone likes to be fit and healthy. Every Monday I goto a training session in the park. First, we all do some jumps and stretches to warm up, and then everyone starts running. We usually run around the park and through the woods. No one wants to be the slowest. Last week, somebody said we should jump in the lake afterward.