



BODY VOCABULARY CHALLENGE

It's time to test your knowledge of body-related terms! With a partner, pick one set of questions each, and take turns asking and answering — but remember, each student only answers the questions from their assigned set. The student with the most correct answers wins the game. Some questions are tricky, so make sure to think carefully before you answer!

Student A's Questions:

1. What do we call the part of the body that holds our brain?
2. What's the name of the muscle that helps you bend your arm?
3. What do we call it when you move your head from side to side?
4. What's the name of the system in your body that carries blood to all your organs?
5. What's the name of the action you do when you lower your head?
6. What are the five senses? Can you name them?

Student B's Questions:

1. Which part of the body connects your head to your body?
2. What do we call the action of making a fist with your hand?
3. What do we call the process when our body turns food into energy?
4. Which organ helps you breathe?
5. What do we call the tubes that carry blood to the heart from other parts of the body?
6. Can you name at least 5 parts of the mouth?

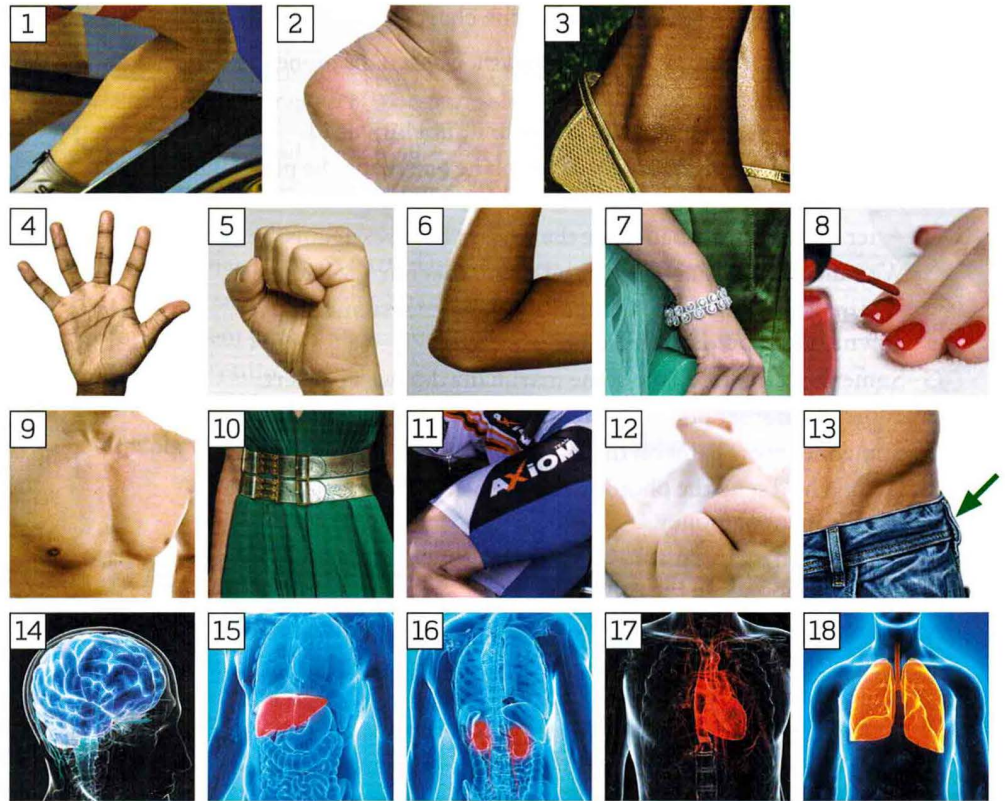
The body

VOCABULARY BANK

1 PARTS OF THE BODY AND ORGANS

a Match the words and pictures.

- ☐ ankle /'æŋkl/
- ☐ 1 calf /kɑ:f/ (pl calves)
- ☐ heel /hi:l/
- ☐ elbow /'elbəʊ/
- ☐ fist /fɪst/
- ☐ nails /neɪlz/
- ☐ palm /pɑ:m/
- ☐ wrist /rɪst/
- ☐ bottom /'bɒtəm/
- ☐ chest /tʃest/
- ☐ hip /hɪp/
- ☐ thigh /θaɪ/
- ☐ waist /weɪst/
- ☐ brain /breɪn/
- ☐ heart /hɑ:t/
- ☐ kidneys /'kɪdnɪz/
- ☐ liver /'lɪvə/
- ☐ lungs /lʌŋz/



b 4 17)) Listen and check.

2 VERBS AND VERB PHRASES

a Complete the verb phrases with the parts of the body.

arms eyebrows hair (x2) hand hands
head nails nose shoulders teeth
thumb toes

- 1 **bite** your nails /baɪt/
- 2 **blow** your _____ /bləʊ/
- 3 **brush** your _____ /brʌʃ/
- 4 **comb** your _____ /kəʊm/
- 5 **fold** your _____ /fəʊld/
- 6 **hold** somebody's _____ /həʊld/
- 7 **touch** your _____ /tʌtʃ/
- 8 **suck** your _____ /sʌk/
- 9 **shake** _____ /ʃeɪk/
- 10 **shrug** your _____ /ʃrʌg/
- 11 **shake** your _____
- 12 **raise** your _____ /reɪz/

b 4 18)) Listen and check.

c Read the sentences. Write the part of the body related to the **bold** verb.

- 1 He **winked** at me to show that he was only joking. eye /wɪŋkt/
- 2 The steak was tough and difficult to **chew**. _____ /tʃu:/
- 3 When we met, we were so happy we **hugged** each other. _____ /hʌgd/
- 4 Don't **scratch** the mosquito bite. You'll only make it worse. _____ /skrætʃ/
- 5 She **waved** goodbye sadly to her boyfriend as the train left the station. _____ /weɪvd/
- 6 Some women think a man should **kneel** down when he proposes marriage. _____ /ni:l/
- 7 The teacher **frowned** when she saw all the mistakes I had made. _____ /fraʊnd/
- 8 The painting was so strange I **stared** at it for a long time. _____ /steəd/
- 9 She got out of bed, and **yawned** and **stretched**. _____ /jɔ:nd/
- 10 If you don't know the word for something, just **point** at what you want. _____ /pɔɪnt/

d 4 19)) Listen and check.

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THE IMPORTANCE OF BODY LANGUAGE

- How do you use your body to express feelings or emotions?
- What are some body language signs that tell you someone is nervous or uncomfortable?
- What are some positive body language cues that make people seem more approachable or friendly?
- What do you think is the most powerful gesture or posture to communicate confidence?
- Do you think people from different cultures interpret body language in the same way? Why or why not?
- Have you ever misinterpreted someone's body language? How did you figure out what they really meant?
- Can you think of any common gestures that have different meanings in different cultures? For example, a handshake or a thumbs up?
- Are there any hand gestures that are commonly used in your country? Do they have a special meaning?



Watch this video and, along with the American and Indonesian girl, try to guess the meaning of the hand gestures and the nationalities of the other three girls.

World Friends. (2023, May 18). *Hand gestures around the world: Cultural differences explained* [Video]. YouTube.
<https://www.youtube.com/watch?v=LE0muoYmwos>

6 READING & LISTENING

- a Look at the title of the article and read the subheading. Why do you think the writer called his book *What **Every Body** is Saying* and not *What **Everybody** is Saying*?

- b Read the article once and then in pairs, answer the questions.

- 1 Why wasn't the man being questioned one of the main suspects?
- 2 Why did the agent ask him the question about four different murder weapons?
- 3 How did the man show that he committed the murder?
- 4 Why was Joe Navarro a very successful FBI agent?
- 5 What are the two kinds of communication he mentions?



- c Read the article again, and find synonyms for the words and phrases below.

Paragraph 1

- 1 believable _____
- 2 honest, not pretending _____
- 3 continued in a determined way (verb) _____

Paragraph 2

- 1 watched _____
- 2 meaning (noun) _____
- 3 seen _____

Paragraph 3

- 1 thought to be responsible for _____
- 2 find the meaning of _____
- 3 make it possible for _____

Paragraph 4

- 1 identify _____
- 2 succeed in getting _____
- 3 join together _____

WHAT EVERY BODY IS SAYING

IT'S ESTIMATED THAT AS MUCH AS 80% OF OUR INTERACTION WITH OTHERS IS THROUGH NON-VERBAL COMMUNICATION, OR BODY LANGUAGE.

- 1 The man sat at one end of the table, carefully planning his replies. He wasn't considered a major suspect in the murder case. He had an alibi which was credible, and he sounded sincere, but the agent pressed on, and asked a series of questions about the murder weapons:



'IF YOU HAD COMMITTED THE CRIME, WOULD YOU HAVE USED A GUN?'



'IF YOU HAD COMMITTED THE CRIME, WOULD YOU HAVE USED A KNIFE?'



'IF YOU HAD COMMITTED THE CRIME, WOULD YOU HAVE USED AN ICE PICK?'



'IF YOU HAD COMMITTED THE CRIME, WOULD YOU HAVE USED A HAMMER?'

- 2 One of the weapons, the ice pick, had actually been used in the crime, but that information had been kept from the public. So, only the killer would know which object was the real murder weapon. As Joe Navarro, the FBI agent, went through the list of weapons, he observed the suspect carefully. When the ice pick was mentioned, the man's eyelids came down hard, and stayed down until the next weapon was named. Joe immediately understood the significance of the eyelid movement he had witnessed, and from that moment the man became the chief suspect. He later confessed to the crime.

- 3 Joe Navarro is credited with catching many criminals in his 25-year career with the FBI. If you ask him how he has been able to do this, he says, 'I owe it to being able to read people'. In his best-selling book *What Every Body is Saying*, he teaches us how to decipher other people's non-verbal behaviour, and thus to enable us to interact with them more successfully.

- 4 'When it comes to human behaviours,' he says, 'there are basically two kinds of signs, verbal and non-verbal, e.g. facial expressions, gestures, etc. All of us have been taught to look for the verbal signs. Then there are the non-verbal signs, the ones that have always been there but that many of us have not learnt to spot because we haven't been trained to look for them. It is my hope that through an understanding of non-verbal behaviour, you will achieve a deeper, more meaningful view of the world around you – able to hear and see the two languages, spoken and silent, that combine to present human experience in all its complexity.'

4 Since “body language” and shared feelings can be very vivid, many parts of the human body are used in everyday expressions; find the equivalents of the following idioms in your mother tongue. Which ones are nearly the same in literal translation and which ones are completely different?

to have a sweet tooth
to fight tooth and nail
to have a nose for news
there was a lump in his throat
Grandpa is young at heart
blood is thicker than water
he was completely tongue-tied
he opened his mouth and put his foot in it
he paid an arm and a leg for that car
he broke her heart
into the teeth of a gale
head over heels in love
don't let him fix the bike; he's all thumbs
he made a clean breast of it
I'm all ears
he's got a level head on his shoulders
he was only pulling your leg
it took guts to climb Everest
he doesn't have the stomach for a fight
two heads are better than one
he may be ugly, but he's got a heart of gold

5 Match the following verbs with the respective parts of the body and use them in sentences to illustrate their meaning.

A

- | | |
|-----------------|--|
| 1 to clench | a one's arms (across one's chest) |
| 2 to fold | b one's limbs, legs, arms |
| 3 to nod, shake | c nose, one's teeth |
| 4 to pick | d one's legs, fingers, eyes, arms, oneself |
| 5 to rub | e one's shoulders |
| 6 to stick out | f one's eyes |
| 7 to shrug | g one's head |
| 8 to cross | h one's neck, tongue, chest, belly, chin |
| 9 to blink | i one's teeth, hands, fists |
| 10 to stretch | j one's hands, nose, eyes |

B

- | | |
|----------------------|-----------------------|
| 1 to clean | a one's nose |
| 2 to turn up ____ at | b one's own feet |
| 3 to hold | c a tooth, one's leg |
| 4 to point | d with a finger |
| 5 to snap | e one's nails, teeth |
| 6 to stamp | f one's foot, feet |
| 7 to pull | g hands, one's breath |
| 8 to stand on | h one's brains |
| 9 to rack | i one's shoulder |
| 10 to throw st over | j one's fingers |

Body and Limbs

Shoulders

wide
thin
round
square

Chest

deep
narrow
pigeon
concave
barrel
flat

Stomach / tummy/ abdomen / belly / gut

flat
muscular
beer
pot (-belly)
belly button / navel

Hips

slim
broad
wide

Legs

thick × thin
knock-kneed
bowlegged

Skeleton

skull
socket
sinus
jawbone
funnybone
ribcage / ribs
breastbone
collarbone
spine / backbone
pelvis

coccyx

knee cap
shin
shoulder blade

Genitals / sex organs

vagina
clitoris
testicles
penis

Organs, systems and glands

brain
heart
windpipe
lungs
blood
veins
arteries
circulatory system
nervous system

liver

gall-bladder
gullet
stomach
spleen
pancreas
gut
small intestine
large intestine
colon
appendix
bowels
kidneys
bladder
tendons
ligament
cartilage
muscles
hamstring