

# 12 The Body Beautiful

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- 12.1 bone** (n) /bəʊn/  
the hard parts of the body that form the skeleton • *Larry fell off his bike and broke two bones in his foot.* > boney (adj)
- 12.2 in motion** (phr) /ɪn ˈməʊʃn/  
moving • *Horses in motion are beautiful to watch.*

## Word Focus

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- 12.3 rational** (adj) /ˈræʃənəl/  
based on reason • *Please make a rational decision and leave your feelings out of this.*  
📎 Opp: irrational
- 12.4 sensible** (adj) /ˈsensɪbl/  
able to make good judgements • *You can trust Emily not to do silly things. She's very sensible.* > sensibly (adv), sense (n)  
📎 Opp: silly
- 12.5 neuron** (n) /ˈnjuərɒn/  
a cell which is part of the nervous system • *Without neurons our brains would not function.*
- 12.6 sensory** (adj) /ˈsensəri/  
relating to the senses • *The brain receives signals from the sensory organs such as the eyes and the tongue.* > sense (n), sensor (n)

## Reading

## pages 148-149

- 12.7 organ** (n) /ˈɔːgən/  
a part of the body that has a particular function • *The heart is an essential organ in the body and without it you cannot live.*
- 12.8 lung** (n) /lʌŋ/  
one of the two organs in your chest that you breathe with • *He has got pneumonia and his lungs are in a bad state.*
- 12.9 brain** (n) /breɪn/  
the organ in your head that you think with and that controls your body • *Human babies have big brains in relation to their bodies.* > brainy (adj)
- 12.10 skin** (n) /skɪn/  
the organ that covers the body • *Don't sunbathe for too long as you could burn your skin.*
- 12.11 blood vessel** (n) /blʌd ˈvesl/  
a narrow tube in your body that your blood flows through • *A bad diet can make your blood vessels narrow and lead to heart problems.*

- 12.12 on average** (expr) /ɒn ˈævərɪdʒ/  
generally • *On average, men are taller than women.*
- 12.13 jumble (up)** (v) /ˈdʒʌmbl ʌp/  
mix up • *An anagram is a word with the letters jumbled up.*
- 12.14 swap** (v) /swɒp/  
exchange one thing for another • *I swapped seats with my friend at school so he could sit next to the window.*
- 12.15 blink** (v) /blɪŋk/  
close and open your eyes quickly • *When I came out of the cave, the bright light made me blink.* > blink (n)
- 12.16 make sense of** (phr) /meɪk sens ɒv/  
understand • *I can't make sense of these instructions because they are in Chinese!*
- 12.17 microscopic** (adj) /maɪkrəˈskɒpɪk/  
tiny • *The cells in our body are microscopic so you can't see them using your eyes only.* > microscope (n)
- 12.18 race** (v) /reɪs/  
move quickly • *The doctor raced to the emergency room to help a man who had had a heart attack.* > race (n)
- 12.19 light bulb** (n) /laɪt bʌlb/  
the glass object inside a lamp that produces light • *I have to change the light bulb of my bedside lamp.*
- 12.20 shake (off)** (v) /ʃeɪk ɒf/  
move quickly so sth falls off • *There's a fly on your head, so try to shake it off and make it go away.*
- 12.21 mood** (n) /muːd/  
the way you feel at a particular time • *Mum is in a bad mood because she's got a headache.* > moody (adj)
- 12.22 stuck (on)** (adj) /stʌk (ɒn)/  
unable to answer or understand sth • *I'm stuck on this exercise because I don't understand it at all.* > stick (v)
- 12.23 optical illusion** (n) /ˈɒptɪkl ɪˈluːʒn/  
a picture that tricks your eyes and makes you see sth that is not really there • *This line looks longer than that one, but it's just an optical illusion.*
- 12.24 speed up** (phr v) /spiːd ʌp/  
go faster; make sth go faster • *The athletes speeded up as they ran down the hill.*
- 12.25 brain teaser** (n) /breɪn ˈtiːzə/  
a puzzle which is difficult to solve • *I enjoy doing brain teasers and crosswords, but I don't much like wordsearches.*

- 12.26 raft** (n) /rɑ:ft/  
a flat structure made of wood that floats and is used as a boat • *The children floated down the river on a raft.*

### Your body

blood vessel	lung
bone	neuron
brain	organ

## Vocabulary

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- 12.27 ankle** (n) /'æŋkl/  
the joint between your foot and your leg  
• *John hurt his ankle when he fell down the step.*
- 12.28 calf** (n) /kɑ:ɪf/  
the muscle on the back of the lower part of your leg • *The footballer got a cramp in his calf while he was running.*
- 12.29 chest** (n) /tʃest/  
the part of your body above your stomach and below your neck • *If you've got a cold, you should rub eucalyptus oil onto your chest.*
- 12.30 elbow** (n) /'elbəʊ/  
the joint that connects the lower part of your arm to the upper part • *I hit my elbow on the table when I stood up and it really hurt.*
- 12.31 forehead** (n) /'fɔ:hed/  
the part of your head between your eyes and your hair • *Dad rubbed his forehead while he was thinking.*
- 12.32 hip** (n) /hɪp/  
the joint at the top of your leg • *Grandma needs to have an operation on her hips so she can walk better.*
- 12.33 shoulder** (n) /'ʃəʊldə/  
the part of your body between the top of your arm and your neck • *He hurt his shoulder playing basketball.*
- 12.34 stomach** (n) /'stʌmək/  
(1) the middle part of your body below your chest; (2) the organ where food goes when you swallow it • *I must have eaten something bad because my stomach really aches.*
- 12.35 thigh** (n) /θaɪ/  
the part of your leg between your knee and your hip • *She went running for the first time in ages yesterday and now her thighs are aching.*
- 12.36 thumb** (n) /θʌm/  
finger on side of your hand • *Humans can pick things up and hold them because they have fingers and thumbs.*
- 12.37 eyelid** (n) /'aɪlɪd/  
the piece of skin which covers your eye when you close it • *When you are asleep, I can see your eyes moving under your eyelids.*
- 12.38 cheek** (n) /tʃi:k/  
one of the two sides of your face • *She gave her little niece a kiss on the cheek.*
- 12.39 tongue** (n) /tʌŋ/  
the soft organ inside your mouth that you use for eating and talking • *I bit my tongue while having lunch today and it really hurt.*
- 12.40 sneeze** (v) /sni:z/  
suddenly blow air out of your nose • *I've had a cold for three days and can't stop sneezing.*  
➤ sneeze (n)
- 12.41 cough** (v) /kɒf/  
force air from your lungs • *Please put your hand in front of your mouth when you cough.*  
➤ cough (n)
- 12.42 yawn** (n) /jɔ:n/  
the act of opening your mouth and breathing in deeply because you are bored or tired • *He was bored and gave a big yawn.* ➤ yawn (v)
- 12.43 blood pressure** (n) /blʌd 'preʃə/  
the amount of force with which blood flows through your blood vessels • *Grandpa has high blood pressure and has to take medicine every day to control it.*
- 12.44 sweat** (n) /swet/  
salty liquid that comes out through your skin when you are hot or frightened • *The sweat was dripping down the athlete's body as he was running.* ➤ sweat (v), sweaty (adj)
- 12.45 left-handed** (adj) /left-'hændɪd/  
using your left hand in preference to your right to do things • *I write with my left hand because I'm left-handed.* 📝 Opp: right-handed
- 12.46 involuntarily** (adv) /ɪn'vɒləntɹɪli/  
without wanting to • *He blinked involuntarily when I shone the torch into his eyes.*  
📝 Opp: voluntarily
- 12.47 muscle** (n) /mʌsl/  
a part of the body that holds bones together and makes them move • *Footballers often get cramps and pull muscles during a match.*  
➤ muscular (adj)
- 12.48 sigh** (v) /saɪ/  
let out a breath when you are disappointed or sad • *Betsy sighed sadly when she heard that she had failed her driving test again.* ➤ sigh (n)
- 12.49 eyebrow** (n) /'aɪbrəʊ/  
the line of hair above your eye • *We show feelings with our eyebrows by moving them up and down.*
- 12.50 soul** (n) /səʊl/  
the part of a person that is their mind, thoughts and feelings • *Many religions teach that people's souls live after their body dies.*
- 12.51 facial** (adj) /'feɪʃl/  
relating to your face • *I can tell from her facial expression that she's upset about something.*  
➤ face (n, v)

- 12.52 reveal** (v) /rɪ'viːl/  
show sth that was hidden • *Even if you smile, your eyes will reveal if you are really happy or not.* > revelation (n)
- 12.53 indicate** (v) /ɪ'ndɪkeɪt/  
show • *Dad's look of surprise indicated that he had had no idea about the birthday party we had prepared for him.* > indication (n), indicative (adj)
- 12.54 wise** (adj) /waɪz/  
able to make good decisions and give good advice because you have a lot of experience • *I always listen to my grandmother because she's wise.* > wisely (adv), wisdom (n)
- 12.55 loyal** (adj) /'lɔɪəl/  
always supporting your friends, country, etc. and being faithful to them • *He wasn't a loyal friend and revealed all my secrets to other people.* > loyalty (n)  Opp: disloyal
- 12.56 despair** (v) /dɪs'peə/  
lose hope • *When Ted was very ill, he didn't despair and slowly he got better and better.* > despair (n)
- 12.57 common sense** (n) /'kɒmən sens/  
the ability to make sensible decisions • *Please use your common sense and don't do stupid or dangerous things!*
- 12.58 ambition** (n) /æm'bɪʃn/  
wanting to be successful • *My ambition is to be a famous scientist.* > ambitious (adj)
- 12.59 gorgeous** (adj) /'ɡɔːdʒəs/  
very attractive • *You look gorgeous in that red dress.*
- 12.60 woollen** (adj) /'wʊlən/  
made of wool • *Grandma made me a woollen pullover for Christmas.* > wool (n)
- 12.61 blonde** (adj) /blɒnd/  
with light-coloured hair • *She had blonde hair when she was a child, but now she has got light brown hair.*
- 12.62 statue** (n) /'stætʃuː/  
a figure of a person, animal or object that sb makes from stone or metal • *There's a statue of Lord Nelson in Trafalgar Square in London.*
- 12.63 marble** (n) /mɑːbl/  
a type of rock, often white in colour, that becomes smooth when it is polished • *The floor in my living room is marble and it gets cold in winter.*
- 12.64 rollercoaster** (n) /'rɒləkəʊstə/  
a track with very steep slopes, which people ride on in a small train at amusement parks • *Janine got really scared on the rollercoaster because she hates going really fast.*
- 12.65 funfair** (n) /'fʌnfɛə/  
a fun event with rides and games • *They love going to the funfair and have asked their parents to take them to Allou Fun Park in Athens.*

## Listening

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- 12.66 chin** (n) /tʃɪn/  
the part of your face under your mouth  
• *Dad has grown a short beard on his chin and my mum doesn't like it.*
- 12.67 electrode** (n) /ɪ'lektroʊd/  
a small piece of metal which electricity goes through • *The researcher put electrodes on the lab mouse in order to measure its heartbeat and brain activity.*
- 12.68 meditate** (v) /'medɪteɪt/  
think calmly and quietly for religious reasons • *The monk meditated quietly every day and thought about God.*  
> meditation (n)
- 12.69 Buddhist** (adj) /'bʊdɪst/  
sb who follows an Asian religion based on the teaching of Gautama Buddha • *My friend is from Thailand and she's a Buddhist.*  
> Buddhism (n)
- 12.70 monk** (n) /mɒŋk/  
a man who is a member of a religious group who live apart from other people • *My brother enjoyed meeting the monks who live on Mount Athos.*

### Your face

cheek	eyebrow	forehead
chin	eyelid	tongue

### Your body

ankle	elbow	stomach
calf	hip	thigh
chest	shoulder	thumb
collar bone	skeleton	waist

## Vocabulary

page 154

- 12.71 back away** (phr v) /bæk ə'weɪ/  
move backwards and away from sth • *We backed away when we saw the large dog.*
- 12.72 back out of** (phr v) /bæk aʊt ɒv/  
not do sth that you had said you would do  
• *Tina was going to join the same gym as me but she backed out of it so now I'll have to go alone.*
- 12.73 hand over** (phr v) /hænd 'əʊvə/  
give sth to sb without really wanting to  
• *Bill got caught cheating and the teacher told him to hand over his hidden notes.*
- 12.74 hand out** (phr v) /hænd aʊt/  
give sth to everybody in a group; distribute  
• *These flyers were being handed out, so I took one.*

- 12.75 head for** (phr v) /hed fɔː/  
go in the direction of • *Every day after work, he heads for the swimming pool where he swims for an hour.*
- 12.76 head off** (phr v) /hed ɒf/  
leave • *I've got to head off because I'm meeting Kay in ten minutes at the bank.*
- 12.77 run over** (phr v) /rʌn 'əʊvə/  
hit sb/sth with a car, bus, lorry, etc. • *A car raced down the road and nearly ran over an old lady who was crossing.*
- 12.78 think over** (phr v) /θɪŋk 'əʊvə/  
think about sth carefully before making a decision • *I don't know if I want to take up tennis. I'll have to think it over.*
- 12.79 think up** (phr v) /θɪŋk ʌp/  
think of a new idea; invent • *We've thought up a great diet; you can eat whatever you like, but in small amounts.*
- 12.80 stand out** (phr v) /stænd aʊt/  
look different from everybody else • *I'm sure your blue hair will make you stand out and get noticed!*
- 12.81 stand in** (phr v) /stænd ɪn/  
replace sb in their job because they can't do it • *Our English teacher was ill today, so another teacher stood in for her and let us watch a DVD.*
- 12.82 hit** (v) /hit/  
have a strong effect on sb • *A terrible smell hit us as soon as we went into the room.* > hit (n)
- 12.83 haircut** (n) /'heəkʌt/  
the style in which your hair is cut • *Your hair is too long. You should get a haircut.*
- 12.84 bruised** (adj) /bruːzɪd/  
black and blue from being hit • *I fell over in the street and now my knees are cut and bruised.*  
> bruise (v, n)
- 12.85 catch up (with)** (phr v) /kætʃ ʌp (wɪð)/  
reach sb who is in front of you by going faster • *I ran after Fred, but he was on his bike and I couldn't catch up with him.*
- 12.86 do sb a favour** (phr) /duː 'sʌmbədi ə 'feɪvə/  
do sth for sb to help them or to be kind to them • *Can you do me a favour and give me a few tennis lessons?*
- 12.87 leaflet** (n) /'liːflɪt/  
a piece of paper or a few pages that advertise sth or give information about sth • *The local gym has handed out these leaflets which give details of prices and special offers.*
- 12.88 hair salon** (n) /heə 'sælɒn/  
a place where you can have your hair cut, dyed and styled • *Sandra goes to the hair salon once a month to have a haircut.*
- 12.89 proposal** (n) /prə'pəʊzəl/  
a suggestion or plan • *They thought his proposal was excellent.* > propose (v)

- 12.90 beauty salon** (n) /'bjʊːti 'sælɒn/  
a place where you have treatments to make you more beautiful • *Many women go to beauty salons for hair and face treatments.*
- 12.91 come across** (phr v) /kʌm ə 'krɒs/  
find sb/sth by chance • *I came across these old diaries in the attic.*
- 12.92 deal** (n) /di:l/  
an agreement, especially in business • *They made a deal to go into business together.*
- 12.93 shake hands on sth** (phr) /ʃeɪk hændz ɒn 'sʌmθɪŋ/  
take sb's hand and move it up and down to show you have made an agreement about sth • *So, do we agree? Let's shake hands on it.*
- 12.94 shoot** (v) /ʃu:t/  
fire a gun • *The man shot the deer and killed it.* > shot (n)

### Phrasal verbs

back away	head off
back out of	help sb out
catch up (with)	run over
come across	speed up
grow apart	stand in
hand out	stand out
hand over	think over
head for	think up

## Grammar

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- 12.95 waist** (n) /weɪst/  
the narrow part in the middle of the human body • *She wore a red leather belt around her waist.*
- 12.96 skeleton** (n) /'skelɪtən/  
all the bones of a body • *Did you know that there are 206 bones in an adult human skeleton?*
- 12.97 enable** (v) /ɪn'eɪbl/  
make it possible for sth to happen • *Your heart enables your blood to move around your body.*
- 12.98 internal** (adj) /ɪn'tɜːnl/  
inside your body • *Your heart and liver are among your most important internal organs.*  
> internally (adv) 📖 Opp: external
- 12.99 irregular** (adj) /ɪ'regjʊlə/  
having a shape that is not even or smooth • *I broke this finger last year and now it is an irregular shape and doesn't look the same as the others.* > irregularity (n) 📖 Opp: regular
- 12.100 collar bone** (n) /'kɒlə beɪn/  
one of the pair of bones that go from the bottom part of your neck to your shoulders • *He broke his collar bone playing rugby.*

# Writing: a dramatic story

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- 12.101 twist** (n) /twɪst/  
an unexpected development in a story  
• *She wrote a wonderful short story with a twist at the end.* > twist (v)
- 12.102 not see eye to eye** (phr) /nɒt si: ai tu ai/  
not have the same opinion about sth as sb else  
• *My parents and I don't see eye to eye about politics.*
- 12.103 rush** (v) /rʌʃ/  
move quickly • *It's late, so we'll have to rush to catch the bus.* > rush (n) ☞ Syn: hurry
- 12.104 tear** (n) /tɪə/  
a drop of salty liquid that comes out of your eye when you are crying • *The child was crying and there were tears coming down his cheeks.* > tearful (adj), tearfully (adv)
- 12.105 stare** (v) /steə/  
look at sb/sth for a long time • *Don't stare at people. It's rude.* > stare (n)
- 12.106 stranger** (n) /'streɪndʒə/  
sb that you do not know • *I don't know anyone at the party. They're all strangers.* > strange (adj), strangely (adv)
- 12.107 trust** (v) /trʌst/  
believe that sb is good, honest, capable, etc.  
• *Of course I trust her. She's my best friend.* > trust (n)
- 12.108 give sb a hand** (phr) /gɪv 'sʌmbədi ə hænd/  
help sb • *You look busy. Let me give you a hand.*

- 12.109 grow apart** (phr v) /grəʊ ə'pɑ:t/  
stop having a close relationship with sb over a period of time • *We were good friends at school, but in later life we grew apart.*
- 12.110 help sb out** (phr v) /help 'sʌmbədi aʊt/  
help sb in a difficult situation • *At the weekend, I help out at the local animal shelter.*

# Video 12 The Memory Man

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- 12.111 vice versa** (adv) /vaɪs 'vɜ:sə/  
used to say that the opposite of what you have just described is also true • *I help John when he needs me and vice versa.*
- 12.112 memorise** (v) /'meməraɪz/  
learn by heart • *Medical students have to memorise a lot of information in order to pass their exams.* > memory (n)
- 12.113 blindfold** (v) /'blaɪndfəʊld/  
cover sb's eyes with a piece of cloth so that they cannot see • *I was blindfolded with a scarf, guided into the room and then everybody said 'Happy Birthday!'* > blindfold (n)
- 12.114 backwards** (adv) /'bækwɜ:dz/  
in the opposite direction • *Can you say the alphabet backwards from Z to A?*
- 12.115 make (good) use of** (phr) /meɪk (gʊd) ju:s əv/  
use sth well or effectively • *You should make good use of your musical talent and become a musician.*