

# Wonders of human body

We have an amazing body. It is like a building. Our body is made of muscles, bones, organs, and nerves. There is also a brain, which is the most important part of our body. Our brain gives us the ability to think, feel, move, and react quickly. The brain controls our thoughts, feelings, and actions. The brain leads all other parts of our body. Without the brain, there would be no body at all.

Our body is full of blood that keeps it healthy. Our blood is full of good vitamins, minerals, and chemicals that give all the cells in our body the energy they need to work. If there is a disease in our blood, it can spread to other parts of the body and make them sick too.

The best way to thank Allah for this wonderful gift is to take care of it. We should eat healthy food and exercise regularly. We should not smoke, or use harmful chemicals. If we do these things, we will be healthy and enjoy our lives.

## Comprehension question

### A. True/ False

1. Heart is the most important part of our body.
2. Blood provide the energy that our body needs.
3. It is the heart that controls our feelings.

### B. Match two halves

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 1. without the brain            | a. can make us sick.              |
| 2. If we take care of our body, | b. our body does not work at all. |
| 3. Any disease in our blood     | c. we can enjoy our lives.        |

### C. Match the words from the passage to the definition

- |             |   |
|-------------|---|
| 1. mineral  | a. to do a physical activity such as walking.                       |
| 2. lead     | b. to control the situation   |
| 3. react    | c. a natural substance in some foods that you need for good health. |
| 4. exercise | d. to behave in particular way                                      |

**D. Complete the following sentences using the words in the box.**

**Vitamons**

**nerves**

**thoughts**

**regularly**

1. Let me have your ..... on that report by Friday.
2. Which ..... should you take for skin problems?
3. The best advice is to eat ..... and get plenty of sleep.
4. The drug affects the ..... in the back.