Word Quest 1

List 3 · Body and health

Vocabulary and example	Write it

alive adj. /əˈlaɪv/

living, not dead

Use it with: stay alive · keep something alive **Tip:** Used after a verb: “The fish is alive”, but “a living fish”, not “an alive fish”.

The fish jumped out of the bowl, but luckily it was still **alive**.

bone n. /bəʊn/

one of the hard white parts inside your body

Family: bones · bony (adj.) **Use it with:** break a bone · a dog’s bone

My friend fell off his bike and broke a **bone** in his arm.

brain n. /breɪn/

the organ inside your head that you think with

Family: brains **Use it with:** use your brain · brain power

Your **brain** needs sleep to remember what you learned.

breathe v. /briːð/

to take air into your body and let it out

Family: breathes · breathed · breath (n.) **Use it with:** breathe in · breathe out · breathe deeply
Tip: Verb “breathe” ends in -e; the noun is “breath”: take a deep breath.

Close your eyes and **breathe** slowly before the test.

chest n. /tʃest/

the front part of your body between your neck and your stomach

Family: chests **Use it with:** chest pain · a strong chest

The runner felt a pain in her **chest** and stopped.

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Vocabulary and example	Write it

disease n. /dɪˈziːz/

an illness that makes people, animals or plants sick

Family: diseases **Use it with:** heart disease · catch a disease **Tip:** Disease is usually more serious than "illness".

Washing your hands stops many **diseases** from spreading.

doctor n. /ˈdɒktə/

a person whose job is to help sick people get better

Family: doctors **Use it with:** see a doctor · go to the doctor

The **doctor** told me to drink more water and rest.

fever n. /ˈfiːvə/

a body temperature that is higher than normal because you are ill

Family: fevers **Use it with:** have a fever · a high fever

I had a **fever** of 39 degrees and stayed in bed all day.

health n. /helθ/

how well or ill your body and mind are

Family: healthy (adj.) **Use it with:** good health · health care · mental health **Tip:** Health is the noun; "healthy" is the adjective: a healthy diet.

Too much sugar is bad for your **health**.

hear v. /hɪə/

to notice sounds with your ears

Family: hears · heard **Use it with:** hear a noise · hear about · hear from **Tip:** Hear just happens; "listen" is when you try to hear.

Can you **hear** that? I think someone is in the kitchen.

heart n. /hɑːt/

the organ in your chest that pushes blood around your body

Family: hearts **Use it with:** heart rate · heart attack · learn by heart **Tip:** Learn by heart means remember every word.

My **heart** was beating fast before I went on stage.

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Vocabulary and example	Write it

hospital n. /ˈhɒspɪtl/

a building where sick or hurt people get treatment

Family: hospitals **Use it with:** in hospital · go to hospital **Tip:** British English often says “in hospital”; American English says “in the hospital”.

After the car accident, she spent a week in **hospital**.

leg n. /leg/

one of the long parts of the body that you stand and walk on

Family: legs **Use it with:** break a leg · a table leg **Tip:** Break a leg! means “Good luck!” before a show.

I can’t play football this week: I hurt my **leg**.

listen v. /ˈlɪsn/

to pay attention to sounds or to what someone says

Family: listens · listened · listener (n.) **Use it with:** listen to · listen carefully **Tip:** Say “listen to music”, not “listen music”.

Listen carefully: the answer is in the recording.

nurse n. /nɜːs/

a person whose job is to care for sick or hurt people

Family: nurses **Use it with:** a school nurse · a nurse at

The school **nurse** put a plaster on my knee.

pain n. /peɪn/

the bad feeling you have when part of your body hurts

Family: pains · painful (adj.) **Use it with:** in pain · a sharp pain · back pain

I have a terrible **pain** in my tooth.

rest v./n. /rest/

to stop working or moving so your body can relax

Family: rests · rested **Use it with:** have a rest · take a rest · the rest of **Tip:** The rest of also means what is left: the rest of the cake.

After the race, we **rested** under a tree.

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Vocabulary and example	Write it

see v. /siː/

to notice things with your eyes

Family: sees · saw · seen **Use it with:** see a doctor · see you later **Tip:** Past forms: see, saw, have seen.

I can't **see** the board: the girl in front of me is too tall!

smell v./n. /smel/

to notice something with your nose; also, what you notice with your nose

Family: smells · smelled · smelly (adj.) **Use it with:** smell good · a strange smell **Tip:** It smells alone means it smells bad.

This old sock **smells** terrible!

tongue n. /tʌŋ/

the soft part inside your mouth that moves and tastes

Family: tongues **Use it with:** bite your tongue · mother tongue **Tip:** Mother tongue is your first language.

The doctor asked me to stick out my **tongue** and say "ahh".
"ahh"

watch v. /wɒtʃ/

to look at something for some time

Family: watches · watched **Use it with:** watch TV · watch a film · watch out **Tip:** Watch out! means be careful. You "see" a film at the cinema but "watch" TV.

We **watched** the football match on my dad's phone.

weak adj. /wiːk/

not strong; without much power

Family: weaker · weakest · weakness (n.) **Use it with:** a weak point · feel weak **Tip:** Sounds like "week" but has a different meaning.

After a week in bed, my legs felt **weak**.

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