Word Quest 4

List 5 · Body and health 2

Vocabulary and example	Write it
observe v. /ɒb'zɜːv/ to watch carefully; also, to notice **Family:** observes · observed · observation (n.) Scientists **observed** the birds for a month.	
posture n. /'pɒstjʊə/ the way you hold your body when you sit or stand **Use it with:** good posture · bad posture Sit up straight: good **posture** protects your back.	
scent n. /sent/ a pleasant smell **Family:** scents The garden was full of the **scent** of roses.	
skull n. /skʌl/ the bones of the head **Family:** skulls A helmet protects your **skull**.	
spine n. /spaɪn/ the line of bones down the middle of your back **Family:** spines · spinal (adj.) Lifting heavy things the wrong way can hurt your **spine**.	
starve v. /stɑːv/ to suffer or die because there is not enough food **Family:** starves · starved · starvation (n.) **Use it with:** I'm starving! **Tip:** I'm starving (informal) just means "I'm very hungry". Many animals **starve** in a hard winter.	

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suicide n. /ˈsuːɪsaɪd/

killing yourself on purpose

Tip: A serious word. In China you can call the 12356 mental health hotline.

If a friend ever talks about **suicide**, tell an adult you trust right away.

therapy n. /ˈθerəpi/

treatment for an illness or problem, often by talking or exercise

Family: therapies · therapist (n.)

After the accident, she needed physical **therapy**.

thigh n. /θaɪ/

the top part of your leg, above the knee

Family: thighs

I pulled a muscle in my **thigh**.

toxic adj. /ˈtɒksɪk/

poisonous

Family: toxin (n.) **Use it with:** toxic waste

Some mushrooms are **toxic**.

viral adj. /ˈvaɪərəl/

caused by a virus; also, spreading fast online

Family: virus (n.) **Use it with:** go viral · a viral infection

The video of the dancing cat went **viral**.

vision n. /ˈvɪʒn/

the ability to see; also, an idea of the future

Family: visions

Carrots won't give you perfect **vision**.

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Vocabulary and example	Write it

visual adj. /ˈvɪʒuːəl/

about seeing

Family: visually (adv.) **Use it with:** visual arts

Diagrams are a great **visual** help for learning.

vital adj. /ˈvaɪtl/

extremely important; necessary for life

Family: vitally (adv.) **Use it with:** vital organs

Sleep is **vital** for teenagers.

vomit v./n. /ˈvɒmɪt/

to bring food back up from the stomach through the mouth

Family: vomits · vomited **Tip:** Informal: “throw up”.

The smell made him want to **vomit**.

welfare n. /ˈwelfeə/

health, safety and happiness

Use it with: animal welfare

The school cares about students’ **welfare**.

wound n./v. /wuːnd/

an injury, especially a cut

Family: wounds · wounded **Tip:** Pronounced “woond”.

The nurse cleaned the **wound**.

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