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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Vocabulary and example	Write it

suicide n. /'suːɪsaɪd/

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. /'θerəpi/

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. /'tɒksɪk/

poisonous

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

Some mushrooms are **toxic**.

viral adj. /'vaɪərəl/

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. /'vɪʒn/

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

Family: visions

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

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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