

Health and the Body

Vocabulary Lesson, Examples & Practice Questions

Health and the Body

Your body is amazing! Every day, you use different parts of your body to walk, talk, eat, and feel. It is also important to talk about your health — how you feel and what happens when you are sick or well.

In this lesson, you will learn essential English words for **parts of the body**, **common health problems**, and **everyday health actions**. These words are very useful for talking to a doctor, a friend, or a family member.

A Simple Situation

Read this short conversation:

Anna feels sick today. She has a headache and a sore throat. Her mother says, "You need to rest and drink water." Anna calls the doctor and makes an appointment.

In this lesson, you will learn all the words in **bold** and many more!

Key Vocabulary & Meaning Breakdown

1. Parts of the Body

Word / Phrase	Part of Speech & Meaning	Example Sentence	Notes
head	<i>noun</i> — the top part of your body, where your brain is	I wear a hat on my head in winter.	Also: <i>headache</i> = pain in the head
eye	<i>noun</i> — the part of your face that you use to see	She has big brown eyes .	Plural: <i>eyes</i>
ear	<i>noun</i> — the part of your head that you use to hear	He puts his ear close to the door to listen.	Plural: <i>ears</i>
nose	<i>noun</i> — the part of your face that you use to smell and breathe	My nose is cold outside.	Common phrase: <i>runny nose</i>
mouth	<i>noun</i> — the part of your face that you use to eat and talk	Open your mouth wide for the dentist.	Inside the mouth: <i>teeth</i> , <i>tongue</i>
throat	<i>noun</i> — the inside of your neck; used for swallowing and speaking	I have a sore throat today.	Common phrase: <i>sore throat</i>

Word / Phrase	Part of Speech & Meaning	Example Sentence	Notes
neck	<i>noun</i> — the part of your body that connects your head and shoulders	I wear a scarf around my neck .	Also a verb: <i>to crane your neck</i> (at higher levels)
shoulder	<i>noun</i> — the top part of your arm, where your arm joins your body	She carries her bag on her shoulder .	Plural: <i>shoulders</i>
arm	<i>noun</i> — the long part of your body from shoulder to hand	He broke his arm playing football.	Plural: <i>arms</i>
hand	<i>noun</i> — the part at the end of your arm, with five fingers	She washes her hands before eating.	Parts: <i>fingers, thumb, palm</i>
finger	<i>noun</i> — one of the five long parts at the end of your hand	I cut my finger with the knife.	Plural: <i>fingers</i>
back	<i>noun</i> — the rear part of your body, from your shoulders to your waist	My back hurts after sitting all day.	Common phrase: <i>backache / back pain</i>
stomach	<i>noun</i> — the organ in your body that digests food; also the front of your middle body	I have a pain in my stomach .	Common phrase: <i>stomachache</i>
leg	<i>noun</i> — the long part of your body from your hip to your foot	She has long legs .	Plural: <i>legs</i>
knee	<i>noun</i> — the joint in the middle of your leg that bends	He hurt his knee when he fell.	Plural: <i>knees</i>
foot	<i>noun</i> — the flat part at the bottom of your leg, used for walking	My feet are tired after the long walk.	Irregular plural: <i>feet</i>
tooth	<i>noun</i> — one of the hard white parts in your mouth, used for biting and chewing	She brushes her teeth twice a day.	Irregular plural: <i>teeth</i>

2. Health Problems & Symptoms

Word / Phrase	Part of Speech & Meaning	Example Sentence	Notes
sick	<i>adjective</i> — not well; having an illness	I feel sick today. I cannot go to school.	Also: <i>ill</i> (more British English)
ill	<i>adjective</i> — not healthy; unwell	She is ill and is resting in bed.	Same meaning as <i>sick</i> in British English

Word / Phrase	Part of Speech & Meaning	Example Sentence	Notes
headache	<i>noun</i> — pain in your head	I have a headache . I need some water.	Say: <i>I have a headache</i> (not <i>I have headache</i>)
stomachache	<i>noun</i> — pain in your stomach	He has a stomachache after eating too much.	Also written: <i>stomach ache</i> (two words)
cold	<i>noun</i> — a common illness; a runny nose, sore throat, and cough	She has a cold and stays home from work.	Say: <i>I have a cold</i> (not <i>I have cold</i>)
cough	<i>noun / verb</i> — a sudden sound and push of air from your throat	He has a bad cough . He coughs all night.	Both noun and verb forms are common
fever	<i>noun</i> — a high body temperature; a sign of illness	The child has a fever of 39 degrees.	Also: <i>temperature</i> ; Say: <i>have a fever</i>
pain	<i>noun</i> — a feeling of hurt in a part of your body	I have a pain in my leg.	Adjective form: <i>painful</i>
tired	<i>adjective</i> — feeling a need to rest or sleep	I am very tired after work.	Verb form: <i>to feel tired</i>
hurt	<i>verb</i> — to feel pain; to cause pain	My back hurts today.	Irregular: <i>hurt / hurt / hurt</i>

3. Health Actions & People

Word / Phrase	Part of Speech & Meaning	Example Sentence	Notes
doctor	<i>noun</i> — a person whose job is to help sick people get better	I go to the doctor when I am ill.	Also: <i>GP</i> (General Practitioner) in British English
nurse	<i>noun</i> — a person who works in a hospital and cares for patients	The nurse gives me medicine.	Can be male or female
hospital	<i>noun</i> — a large building where sick or injured people are treated	She goes to the hospital after her accident.	Say: <i>go to hospital</i> (British) / <i>go to the hospital</i> (American)
medicine	<i>noun</i> — a substance (tablet, liquid, etc.) you take to feel better	Take this medicine twice a day.	Also: <i>medication, tablet, pill</i>

Word / Phrase	Part of Speech & Meaning	Example Sentence	Notes
rest	<i>verb / noun</i> — to stop activity and relax so your body can recover	You need to rest and sleep when you are ill.	Noun: <i>a good rest</i>
exercise	<i>noun / verb</i> — physical activity that keeps your body healthy	She does exercise every morning.	Common phrase: <i>do exercise or go for a walk</i>
healthy	<i>adjective</i> — in good health; good for your body	Eat healthy food to stay well.	Opposite: <i>unhealthy</i>
well	<i>adjective</i> — in good health; not sick	I feel well today, thank you.	Opposite: <i>unwell</i>
appointment	<i>noun</i> — a time you arrange to see a doctor or other professional	I have a doctor's appointment at 10 o'clock.	Phrase: <i>make an appointment</i>

Collocations & Useful Expressions

Collocations are words that go together naturally in English. Learn these common health collocations at A1 level:

have + a headache / a cold / a fever / a cough / a stomachache

I have a headache today.

She has a cold this week.

feel + sick / ill / tired / well / better

I feel sick this morning.

He feels better after taking the medicine.

see + a doctor

You should see a doctor if you feel ill.

take + medicine / tablets

Take this medicine three times a day.

make + an appointment

I need to make an appointment with my doctor.

go to + hospital / the doctor's

She goes to hospital for her operation.

I go to the doctor's every year.

do + exercise

He does exercise every morning to stay healthy.

drink + water

Drink lots of water when you have a fever.

get + better / worse

I hope you get better soon!

My cold is getting worse.

stay + in bed / at home

You should stay in bed when you have a fever.

Important Differences & Confusing Words

Sick vs Ill

Both **sick** and **ill** mean *not healthy*, but in British English there is a small difference:

- **Ill** is more common in British English to mean *unwell* in general.
She is ill and cannot come to school.
- **Sick** can also mean *feeling like you want to vomit* in British English.
I feel sick on the bus. (= I feel like I want to vomit)
- In everyday British English, both words are often used the same way.
I am sick / I am ill. (= I am not well)

Pain vs Ache

- **Pain** is a general word for any hurt in the body.
I have a pain in my shoulder.
- **Ache** is usually a dull, continuous pain. It is often used in compound words:
headache, stomachache, backache, toothache
- You can say both: *I have a toothache* or *I have a pain in my tooth.*

Tired vs Sick

- **Tired** means you need sleep or rest — it is not always an illness.
I am tired after my long day at work.
- **Sick / ill** means your body has a health problem.
I am ill. I have a fever and a cough.

Foot vs Feet

- **Foot** is singular (one).
My right foot hurts.
- **Feet** is the irregular plural (two or more).
My feet are cold!
- Remember: **tooth → teeth** is also irregular.
I have a toothache. My teeth are very clean.

Common Mistakes

✗ I have headache.

✓ **I have a headache.** — Always use the article *a* before *headache*, *cold*, *fever*, and similar health nouns.

✗ My foots hurt.

✓ **My feet hurt.** — *Foot* has an irregular plural: *feet*.

✗ I am sick from three days.

✓ **I have been sick for three days.** — Use *for* (not *from*) to talk about how long you have been ill.

✗ She does a stomachache.

✓ **She has a stomachache.** — Always use *have* with health problems, not *do*.

✗ I go to see the doctor for make an appointment.

✓ **I go to make an appointment with the doctor.** — Use *to + infinitive* to explain why you go somewhere.

✗ He is very tire today.

✓ **He is very tired today.** — *Tired* is an adjective and must end in *-d*.

✗ My tooths hurt.

✓ **My teeth hurt.** — *Tooth* has an irregular plural: *teeth*.

✗ I feel pain in my stomatch.

✓ **I feel pain in my stomach.** — The correct spelling is *stomach*.

Health and the Body: Quick Summary & Review

Excellent work! In this lesson on **Health and the Body**, you have learned:

- **Parts of the body** — head, eye, ear, nose, mouth, throat, neck, shoulder, arm, hand, finger, back, stomach, leg, knee, foot, tooth
- **Health problems** — sick, ill, headache, stomachache, cold, cough, fever, pain, tired, hurt
- **Health actions and people** — doctor, nurse, hospital, medicine, rest, exercise, healthy, well, appointment
- **Key collocations** — *have a cold*, *feel sick*, *take medicine*, *make an appointment*, *get better*
- **Confusing words** — sick vs ill, pain vs ache, tired vs sick, foot vs feet

Remember these top tips:

- Use **have** with health problems: *I have a cold. She has a headache.*
- Use **feel** to describe how you feel: *I feel tired. He feels better.*
- Remember the irregular plurals: **foot → feet** and **tooth → teeth**.
- When you are unwell, say: *"I don't feel well"* or *"I feel sick."*

Now practise **Health and the Body** vocabulary in the exercises below.

Health and the Body – Practice Test

A1 | Practice Exercises: Multiple Choice, Fill-in-the-Gap, Fill-in-the-Blank, Matrix Matching & Sorting

Part 1: Multiple Choice (Questions 1–10)

1 Which part of your body do you use to see?

- A** ears
- B** nose
- C** eyes
- D** mouth

2 You feel very hot and your temperature is high. You have a ____.

- A** cold
- B** fever
- C** cough
- D** headache

3 Which word describes the front part of your head?

- A** back
- B** neck
- C** face
- D** chest

4 You go to the doctor because you are not well. You are ____.

- A** tired
- B** hungry
- C** sick
- D** cold

5 Which body part do you use to hear sounds?

- A** hands
- B** ears
- C** legs
- D** teeth

6 You take this small thing with water when you are sick. What is it?

- A** a bandage
- B** a pill
- C** a cream
- D** a thermometer

7 Which word means the pain in your head?

- A** stomachache
- B** backache
- C** headache
- D** toothache

8 You use your ____ to walk and run.

- A** arms
- B** fingers
- C** legs
- D** shoulders

9 Which word means the person you see when you are sick?

- A** teacher
- B** doctor
- C** dentist
- D** nurse

10 Which word describes what you do when your nose is not well and water comes out of it?

- A** sneeze
- B** cough
- C** yawn
- D** blink

Part 2: Fill in the Gap (Questions 11–20)

11 My ____ hurts because I walked a lot today.

- A** foot
- B** elbow
- C** finger

12 I use my ____ to see things around me.

- A** eyes
- B** ears
- C** hands

13 She has a ____, so she is sneezing a lot today.

- A** cold
- B** smile
- C** dream

14 The doctor gives you ____ when you are sick to help you feel better.

- A** medicine
- B** music
- C** money

15 He broke his ____ and now he cannot write.

- A** arm
- B** knee
- C** back

16 I feel very ____ and I need to rest in bed today.

- A** sick
- B** happy
- C** tall

17 The nurse checked my ____ to see how fast my heart was beating.

- A** pulse
- B** voice
- C** shadow

18 I brush my ____ every morning and every night.

- A** teeth
- B** hair
- C** nails

19 My ____ is very high, so the doctor said I must rest.

- A** temperature
- B** homework
- C** weight

20 The doctor looked at my ____ to check if my lungs were healthy.

- A** chest
- B** shoulder
- C** ankle

Part 3: Fill in the Blank (Questions 21–30)

21 I have a pain in my _____. I need to lie down and rest.

22 She went to the _____ because she was feeling very sick.

23 I use my _____ to see the words in a book.

24 He broke his _____ when he fell off his bicycle.

25 I have a sore _____ and it hurts when I drink water.

26 The nurse took my _____ to check if I had a fever.

27 I wash my _____ before I eat to stay healthy.

28 He has a bad _____ and he is sneezing a lot.

29 The doctor gave her some _____ to help her feel better.

30 My _____ hurts because I walked a very long way today.

Part 4: Matrix / Match Values (Questions 31–40)

31 Match each body part on the left with its correct description on the right.

MATCHING OPTIONS:

- A** The organ in your head that controls your body **B** The organs in your chest that help you breathe
C The organ in your body that digests food **D** The organ in your chest that pumps blood

Item / Phrase	Write Match Letter (A, B, C...)
Heart	[]
Lungs	[]
Stomach	[]
Brain	[]

32 Match each health problem on the left with its correct meaning on the right.

MATCHING OPTIONS:

- A** When your body temperature is higher than normal **B** When air comes out of your throat with a loud sound
C A pain that you feel in your head

Item / Phrase	Write Match Letter (A, B, C...)
Headache	[]
Fever	[]
Cough	[]

33 Match each word on the left with its correct synonym or related word on the right.

MATCHING OPTIONS:

- A** Healthy **B** In pain
C Exhausted **D** Sick

Item / Phrase	Write Match Letter (A, B, C...)
Ill	[]
Tired	[]
Hurt	[]
Well	[]

34 Match each body part on the left with its correct location or function on the right.

MATCHING OPTIONS:

- A** The joint in the middle of your arm **B** The joint in the middle of your leg
C The part of your body where your arm connects to your chest

Item / Phrase	Write Match Letter (A, B, C...)
Knee	[]
Elbow	[]
Shoulder	[]

35 Match each health verb on the left with its correct meaning on the right.

MATCHING OPTIONS:

- A** To suddenly push air out of your nose **B** To stop working and relax your body
C To move food or drink from your mouth to your stomach **D** To lose blood from your body

Item / Phrase	Write Match Letter (A, B, C...)
Rest	[]
Sneeze	[]
Swallow	[]
Bleed	[]

36 Match each word on the left with the correct collocation on the right.

MATCHING OPTIONS:

- A** Take medicine **B** Feel better
C See a doctor

Item / Phrase	Write Match Letter (A, B, C...)
Take	[]
See	[]
Feel	[]

37 Match each face and head word on the left with its correct description on the right.

MATCHING OPTIONS:

- A** The lower part of your face below your mouth **B** The bone in your face that helps you chew
C The soft part on the side of your face **D** The part of your face above your eyes

Item / Phrase	Write Match Letter (A, B, C...)
Chin	[]
Forehead	[]
Cheek	[]
Jaw	[]

38 Match each health place or person on the left with their correct description on the right.

MATCHING OPTIONS:

- A** A person who cares for patients in a hospital **B** A place where sick or injured people go for treatment
C A person who helps sick people get better

Item / Phrase	Write Match Letter (A, B, C...)
Doctor	[]
Hospital	[]
Nurse	[]

39 Match each health adjective on the left with its correct opposite on the right.

MATCHING OPTIONS:

- A** Weak **B** Asleep
C Cold **D** Unhealthy

Item / Phrase	Write Match Letter (A, B, C...)
Healthy	[]
Strong	[]
Awake	[]
Hot	[]

40 Match each hand and foot word on the left with its correct description on the right.

MATCHING OPTIONS:

A The short, thick finger on the side of your hand

B One of the five small parts at the end of your foot

C The back, lower part of your foot

D One of the five long parts at the end of your hand

Item / Phrase	Write Match Letter (A, B, C...)
Finger	[]
Thumb	[]
Toe	[]
Heel	[]

Part 5: Sort the Values (Questions 41–50)

41 Arrange the words to make a correct sentence.

headache

today.

have

I

a

42 Arrange the words to make a correct sentence.

doctor

every

year.

goes

She

the

to

43 Arrange the words to make a correct sentence.

hurts

lot.

arm

My

a

44 Arrange the words to make a correct sentence.

medicine

needs

take

now.

his

He

to

45 Arrange the words to make a correct sentence.

pressure.

checks

nurse

blood

The

my

46 Arrange the words to make a correct sentence.

today.

tired

feel

sick

and

I

47 Arrange the words to make a correct sentence.

should

drink

water

every

more

day.

You

48 Arrange the words to make a correct sentence.

today.

back

very

sore

His

is

49 Arrange the words to make a correct sentence.

doctor

rest.

says

need

The

to

I

50 Arrange the words to make a correct sentence.

fever.

cold

She

has

and

a

a

Answer Key & Explanations

Health and the Body | A1

Part 1: Multiple Choice

1. **C** Correct Answer: eyes ✓ Explanation: You use your eyes to see things. She closed her eyes to sleep.
2. **B** Correct Answer: fever ✓ Explanation: A fever means your body temperature is very high. He stayed in bed because he had a fever.
3. **C** Correct Answer: face ✓ Explanation: Your face is the front part of your head. It has your eyes, nose, and mouth. She washed her face every morning.
4. **C** Correct Answer: sick ✓ Explanation: When you are sick, your body does not feel well and you need a doctor. He was sick, so he stayed home from school.
5. **B** Correct Answer: ears ✓ Explanation: You use your ears to hear sounds. She put her hands over her ears because the music was too loud.
6. **B** Correct Answer: a pill ✓ Explanation: A pill is a small medicine you swallow with water when you are sick. The doctor gave her a pill for her headache.
7. **C** Correct Answer: headache ✓ Explanation: A headache is a pain you feel in your head. He had a headache, so he took a pill and rested.
8. **C** Correct Answer: legs ✓ Explanation: You use your legs to walk, run, and stand. Her legs were tired after the long walk.
9. **B** Correct Answer: doctor ✓ Explanation: A doctor is a person who helps sick people get better. She went to the doctor because she had a bad cold.
10. **A** Correct Answer: sneeze ✓ Explanation: When you sneeze, air comes out of your nose very fast. People often sneeze when they have a cold. She sneezed three times because of her cold.

Part 2: Fill in the Gap

11. **A** Correct Answer: foot ✓ Explanation: The foot is the part of the body we use for walking. My foot hurts after a long walk.
12. **A** Correct Answer: eyes ✓ Explanation: We use our eyes to see. I close my eyes when I sleep.
13. **A** Correct Answer: cold ✓ Explanation: A cold is a common illness that makes you sneeze and feel unwell. I have a cold and my nose is running.

14. **A** Correct Answer: medicine ✓ Explanation: Medicine is what you take when you are ill to get better. Take this medicine twice a day.
15. **A** Correct Answer: arm ✓ Explanation: The arm is the part of the body used for writing and lifting things. He wears a cast on his broken arm.
16. **A** Correct Answer: sick ✓ Explanation: When you feel sick, your body does not feel well and you need rest. I am sick, so I cannot go to school.
17. **A** Correct Answer: pulse ✓ Explanation: Your pulse shows how fast your heart beats. The nurse took my pulse at the hospital.
18. **A** Correct Answer: teeth ✓ Explanation: We brush our teeth to keep our mouth clean and healthy. Brush your teeth before bed.
19. **A** Correct Answer: temperature ✓ Explanation: A high temperature means your body is too hot, which can be a sign of illness. My temperature is 39 degrees.
20. **A** Correct Answer: chest ✓ Explanation: The chest is the part of the body where the lungs are. The doctor listened to my chest with a stethoscope.

Part 3: Fill in the Blank

21. **head** Correct Answer: head ✓ Explanation: The head is the top part of your body. When your head hurts, it is called a headache.
22. **doctor** Correct Answer: doctor ✓ Explanation: A doctor is a person who helps sick people feel better. The doctor gave me some medicine.
23. **eyes** Correct Answer: eyes ✓ Explanation: Your eyes are the body parts you use to see. Close your eyes and go to sleep.
24. **arm** Correct Answer: arm ✓ Explanation: Your arm is the long part of your body from your shoulder to your hand. He wears his watch on his arm.
25. **throat** Correct Answer: throat ✓ Explanation: Your throat is the inside part of your neck that you use to swallow and speak. A sore throat is common when you have a cold.
26. **temperature** Correct Answer: temperature ✓ Explanation: Your temperature shows how hot or cold your body is. A high temperature can mean you are sick.
27. **hands** Correct Answer: hands ✓ Explanation: Your hands are the body parts at the end of your arms with five fingers each. Washing your hands kills germs.
28. **cold** Correct Answer: cold ✓ Explanation: A cold is a common illness that makes you sneeze and feel sick. I drink hot tea when I have a cold.

29. **medicine** Correct Answer: medicine ✓ Explanation: Medicine is something you take when you are sick to help you get well. Take your medicine two times a day.
30. **leg** Correct Answer: leg ✓ Explanation: Your leg is the body part you use to walk and run, from your hip to your foot. She kicked the ball with her leg.

Part 4: Matrix / Match Values

31. **Heart: D • Lungs: B • Stomach: C • Brain: A** Correct Matches: • Heart → The organ in your chest that pumps blood • Lungs → The organs in your chest that help you breathe • Stomach → The organ in your body that digests food • Brain → The organ in your head that controls your body ✓ Explanation: These are all important internal organs. The heart keeps blood moving, the lungs take in air, the stomach breaks down food, and the brain controls everything your body does, e.g. My stomach hurts after eating too much.
32. **Headache: C • Fever: A • Cough: B** Correct Matches: • Headache → A pain that you feel in your head • Fever → When your body temperature is higher than normal • Cough → When air comes out of your throat with a loud sound ✓ Explanation: These are all common symptoms of illness. A headache causes head pain, a fever makes you feel very hot, and a cough affects your throat and chest, e.g. She has a fever and a bad cough.
33. **Ill: D • Tired: C • Hurt: B • Well: A** Correct Matches: • Ill → Sick • Tired → Exhausted • Hurt → In pain • Well → Healthy ✓ Explanation: These pairs are synonyms used to describe how someone feels. Ill and sick both mean not healthy. Tired and exhausted mean having no energy. Hurt means the same as in pain, and well means the same as healthy.
34. **Knee: B • Elbow: A • Shoulder: C** Correct Matches: • Knee → The joint in the middle of your leg • Elbow → The joint in the middle of your arm • Shoulder → The part of your body where your arm connects to your chest ✓ Explanation: These words describe joints and connecting parts of the body. The knee lets you bend your leg, the elbow lets you bend your arm, and the shoulder connects your arm to the rest of your body, e.g. He hurt his knee playing football.
35. **Rest: B • Sneeze: A • Swallow: C • Bleed: D** Correct Matches: • Rest → To stop working and relax your body • Sneeze → To suddenly push air out of your nose • Swallow → To move food or drink from your mouth to your stomach • Bleed → To lose blood from your body ✓ Explanation: These are all verbs related to body actions and health. You sneeze when you have a cold, you swallow medicine, you bleed when you cut yourself, and you need to rest when you are sick, e.g. The doctor told him to rest at home.

36. Take: A • See: C • Feel: B Correct Matches: • Take → Take medicine • See → See a doctor • Feel → Feel better ✓ Explanation: These are common collocations used when talking about health. We say take medicine (not drink medicine), see a doctor (not look a doctor), and feel better when you are recovering, e.g. I hope you feel better soon!

37. Chin: A • Forehead: D • Cheek: C • Jaw: B Correct Matches: • Chin → The lower part of your face below your mouth • Forehead → The part of your face above your eyes • Cheek → The soft part on the side of your face • Jaw → The bone in your face that helps you chew ✓ Explanation: These are all parts of the face and head. The forehead is at the top of the face, the cheeks are on the sides, the chin is at the bottom, and the jaw moves when you eat or talk, e.g. She put her hand on her cheek.

38. Doctor: C • Hospital: B • Nurse: A Correct Matches: • Doctor → A person who helps sick people get better • Hospital → A place where sick or injured people go for treatment • Nurse → A person who cares for patients in a hospital ✓ Explanation: These are key health vocabulary words. A doctor diagnoses and treats illness, a nurse looks after patients every day, and a hospital is the building where treatment happens, e.g. The nurse checked my temperature in the hospital.

39. Healthy: D • Strong: A • Awake: B • Hot: C Correct Matches: • Healthy → Unhealthy • Strong → Weak • Awake → Asleep • Hot → Cold ✓ Explanation: These are antonym pairs used to describe a person's health and body. Healthy and unhealthy describe overall wellbeing, strong and weak describe physical power, and hot and cold can describe body temperature, e.g. She felt weak and unhealthy after being ill.

40. Finger: D • Thumb: A • Toe: B • Heel: C Correct Matches: • Finger → One of the five long parts at the end of your hand • Thumb → The short, thick finger on the side of your hand • Toe → One of the five small parts at the end of your foot • Heel → The back, lower part of your foot ✓ Explanation: These are parts of the hands and feet. The thumb is different from a regular finger because it is shorter and wider. Toes are like fingers but on the foot, and the heel is the hard part at the back of the foot, e.g. I hurt my toe when I dropped a book on my foot.

Part 5: Sort the Values

41. Correct Answer: I have a headache today. ✓ Explanation: In simple present sentences, the subject comes first, followed by the verb, then the object, and finally a time expression. Here, I is the subject, have is the verb, a headache is the object, and today is the time expression.

- 42.** Correct Answer: She goes to the doctor every year. ✓ Explanation: In simple present sentences, the subject comes first, then the verb, followed by the place and then the frequency expression. Here, She is the subject, goes is the verb, to the doctor is the place, and every year shows frequency.
- 43.** Correct Answer: My arm hurts a lot. ✓ Explanation: The possessive adjective My comes before the noun arm (the subject). The verb hurts follows the subject, and the adverb phrase a lot comes at the end to describe how much.
- 44.** Correct Answer: He needs to take his medicine now. ✓ Explanation: The subject He comes first, followed by the verb needs. The infinitive phrase to take follows, then the object his medicine, and finally the time adverb now at the end.
- 45.** Correct Answer: The nurse checks my blood pressure. ✓ Explanation: The article + noun phrase The nurse forms the subject. The verb checks follows, and then the object my blood pressure comes at the end. Blood pressure is a compound noun used as the object.
- 46.** Correct Answer: I feel sick and tired today. ✓ Explanation: Feel is a linking verb, so it is followed by adjectives rather than an object. Here, sick and tired are two adjectives joined by the conjunction and. The time adverb today comes at the end.
- 47.** Correct Answer: You should drink more water every day. ✓ Explanation: The modal verb should comes after the subject You and before the base form of the verb drink. The object more water follows the verb, and the frequency expression every day comes at the end.
- 48.** Correct Answer: His back is very sore today. ✓ Explanation: The possessive adjective His modifies the noun back, forming the subject. The linking verb is connects the subject to the adjective sore, which is intensified by the adverb very. The time word today comes last.
- 49.** Correct Answer: The doctor says I need to rest. ✓ Explanation: This sentence has a main clause (The doctor says) and a reported clause (I need to rest). In the reported clause, the subject I comes before the verb need, which is followed by the infinitive to rest.
- 50.** Correct Answer: She has a cold and a fever. ✓ Explanation: The subject She comes first, followed by the verb has. Two noun phrases — a cold and a fever — are joined by the conjunction and to form the object. Both health nouns use the indefinite article a.

Score Guide

45–50 Correct	Excellent! You have mastered this topic.
38–44 Correct	Very good! Review the rules you missed.
30–37 Correct	Good start. Re-read the lesson and examples.
0–29 Correct	Study the lesson again before retaking the test.