

BODY OF KNOWLEDGE 03

1 Work with a partner. Read the information and discuss your ideas.

The Roman poet Juvenal wrote *mens sana in corpore sano*, which translates as 'healthy body, healthy mind'.

The phrase is often used to say that exercise is essential to mental health.



2 03 Watch the video and put the sentences in the correct order.

- ☐ As with any machine, the human body has design flaws.
- ☐ The body, and how it functions, is a mystery to many of us.
- ☐ Perhaps, in designing ways to improve the functioning of the body, we will create a new type of human being.
- ☐ The body is something about which you should educate yourself.
- ☐ Of course, the human body is not designed to last.
- ☐ The human body is extraordinary.

3 03 Work with a partner. Read the questions and discuss possible answers. Then watch the video again to check your answers.

- 1 What does the immune system do?
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- 2 What controls the body?
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- 3 What improvements in medicine over the last one hundred years have led to increased life expectancy?
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- 4 Why is sitting down for a long time bad for you?
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- 5 Why shouldn't you look at a screen for a long time without a break?
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- 6 What food do people want to eat more of when they are tired?
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- 7 What is exercise good for?
.....
- 8 How might technology change the human body?
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ABOUT YOU

4 Work with a partner. Ask and answer the questions.

- 1 Is it important to know about health and the body, or should this just be left to medical professionals?
- 2 Would you be interested in working in healthcare?
Why? / Why not?
- 3 What do you consider to be the single greatest danger to people's health?

