

# Lesson 9: The Human Body & Health

## Human body (Человéческое тéло)

Let's learn the words describing the human body!

First of all, body is 'тéло'. A body has a head (**голова́**), hands (**рука́**), torso (**туловище**), and legs (**нога́**).



Let's examine each of these parts more thoroughly.

## Head (**голова́**)

The front part of the head is the face (**лицо́**), the most important and beautiful part of the body. And the eyes (**глаз**) are the most noticeable part of the face. Eyes consist of an iris (**ра́дужка**), which makes them different colors, a pupil (**зрачо́к**) that allows us to control the light that comes into our eye and the sclera (**бело́к**). The eye is covered by an eyelid (**ве́ко**), which also has eyelashes (**ресни́цы**). Above the eye, on the very bottom of the forehead (**лоб**) are the eyebrows (**бровь**).

Between the eyes is the nose (**нос**), nostrils are called 'ноздря́'.



Under the nose is the mouth (**рот**) with lips (**губы**), teeth (**зубы** – you should already know this word from the lesson 1), tongue (**язык**) and gums (**десна́**).

Chin is '**подборо́док**'.

And, of course, let's not forget about ears (**у́хо**) and hair (**во́лосы**).



## Hand (Рука́)

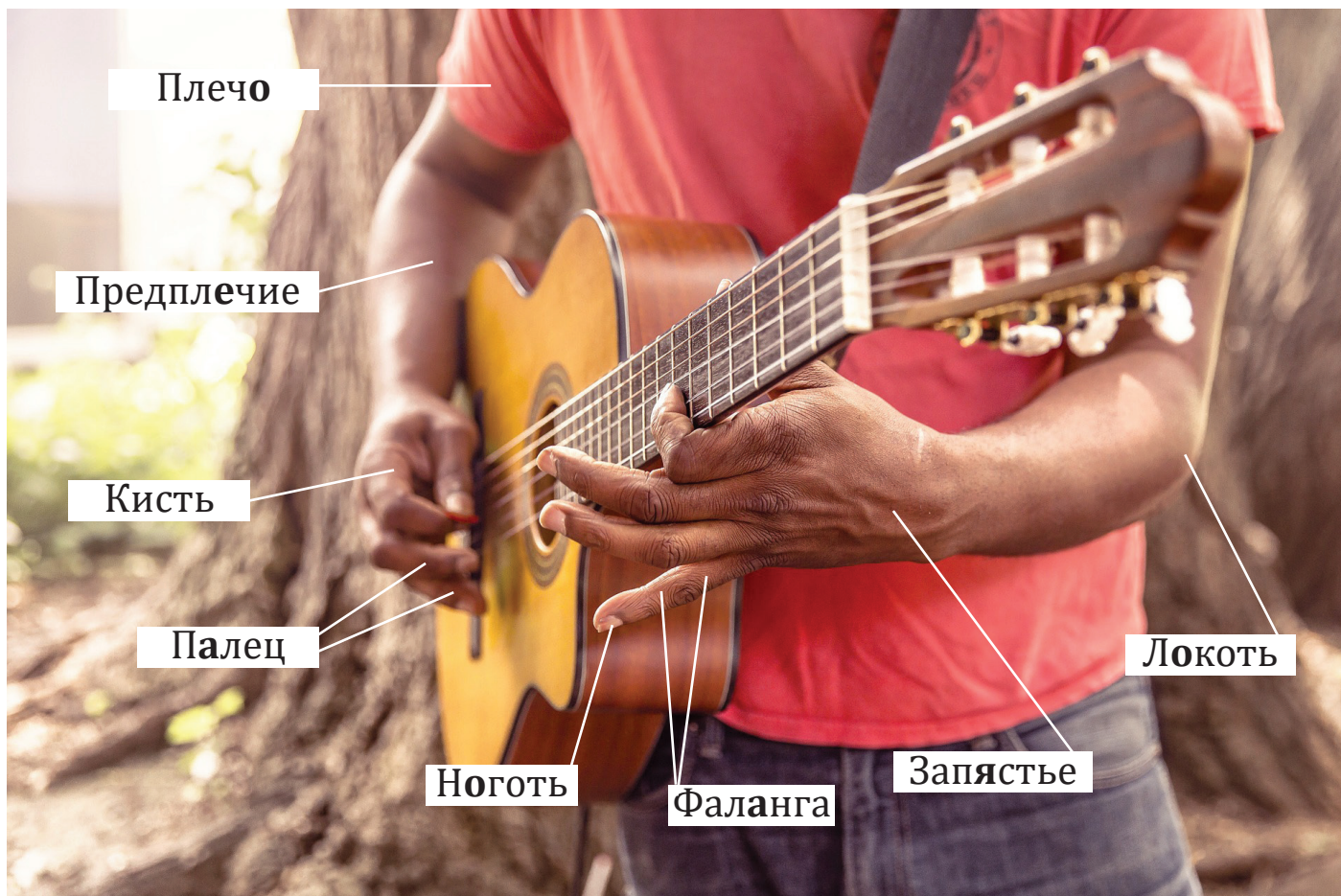
Hands have different parts as well.

The place where the arms connect with the torso is called the 'shoulder' (**плечо́**). The forearm is '**предплéчье**'. The place where the forearm connects with the upper arm is called the elbow (**ло́коть**).

And of course, a hand (**кíсть**) has fingers (**па́лец**). Hands have two sides – the inside is called the palm (**ладо́нь**), and the backside where it joins the arm is called the wrist (**запя́стье**). A closed palm is a fist (**кула́к**).

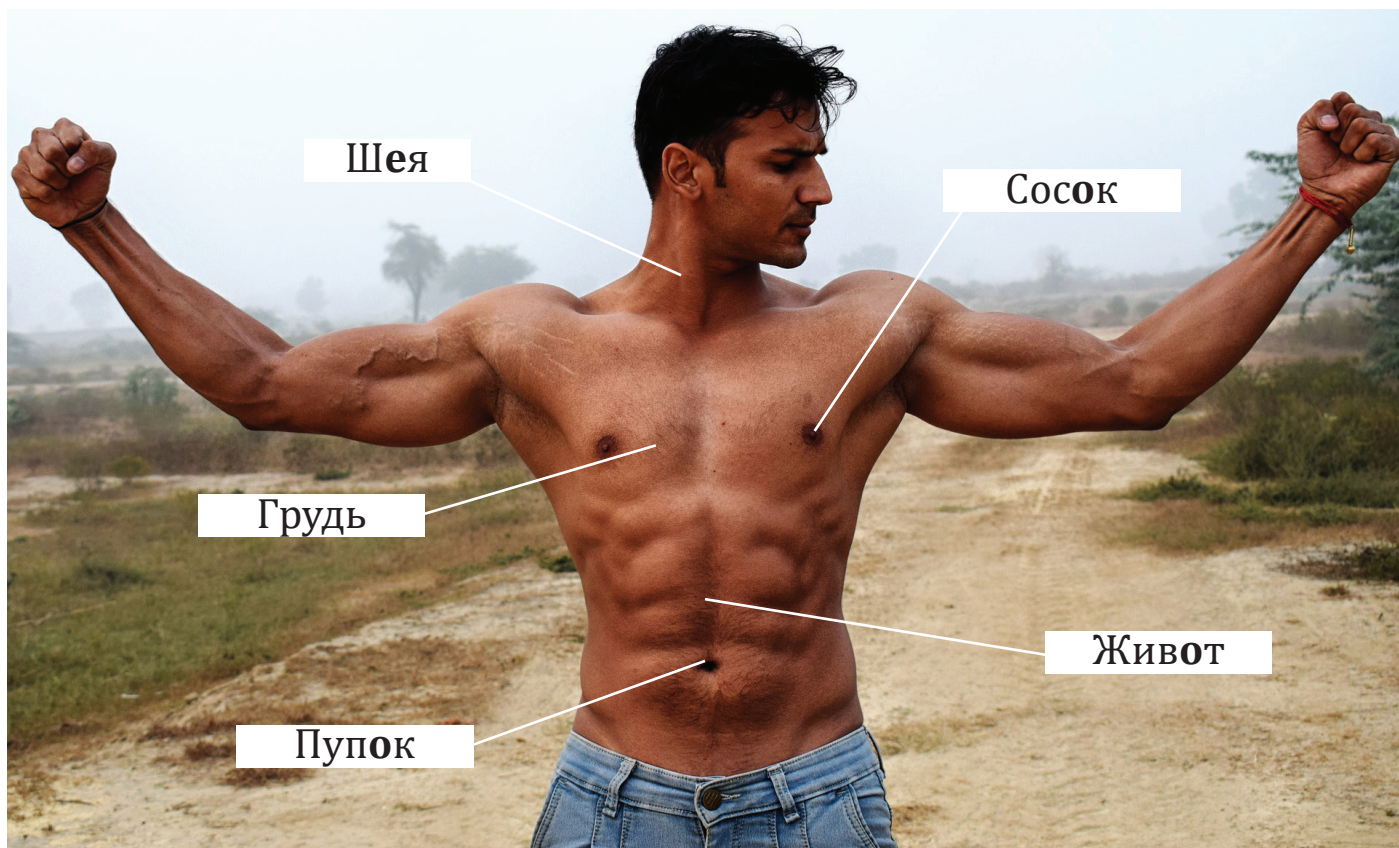
Fingers consist of phalanges (**фала́нга**) and have fingernails (**но́готь**) on them.





## Torso (Туловище)

The torso has a front and a back. The head connects the torso with the neck (**шея**). At the front of the torso is the breast (**грудь**) with nipples (**сосок**) and the stomach





(живо́т) with a belly button (пупо́к). A man's sexual organ is a penis (пе́нис or член), and a woman's is a vagina (ваги́на).

The backside of the torso is the back (спина́) and below the waist is the butt (ягоди́цы or (conversational) по́па, зад, за́дница).

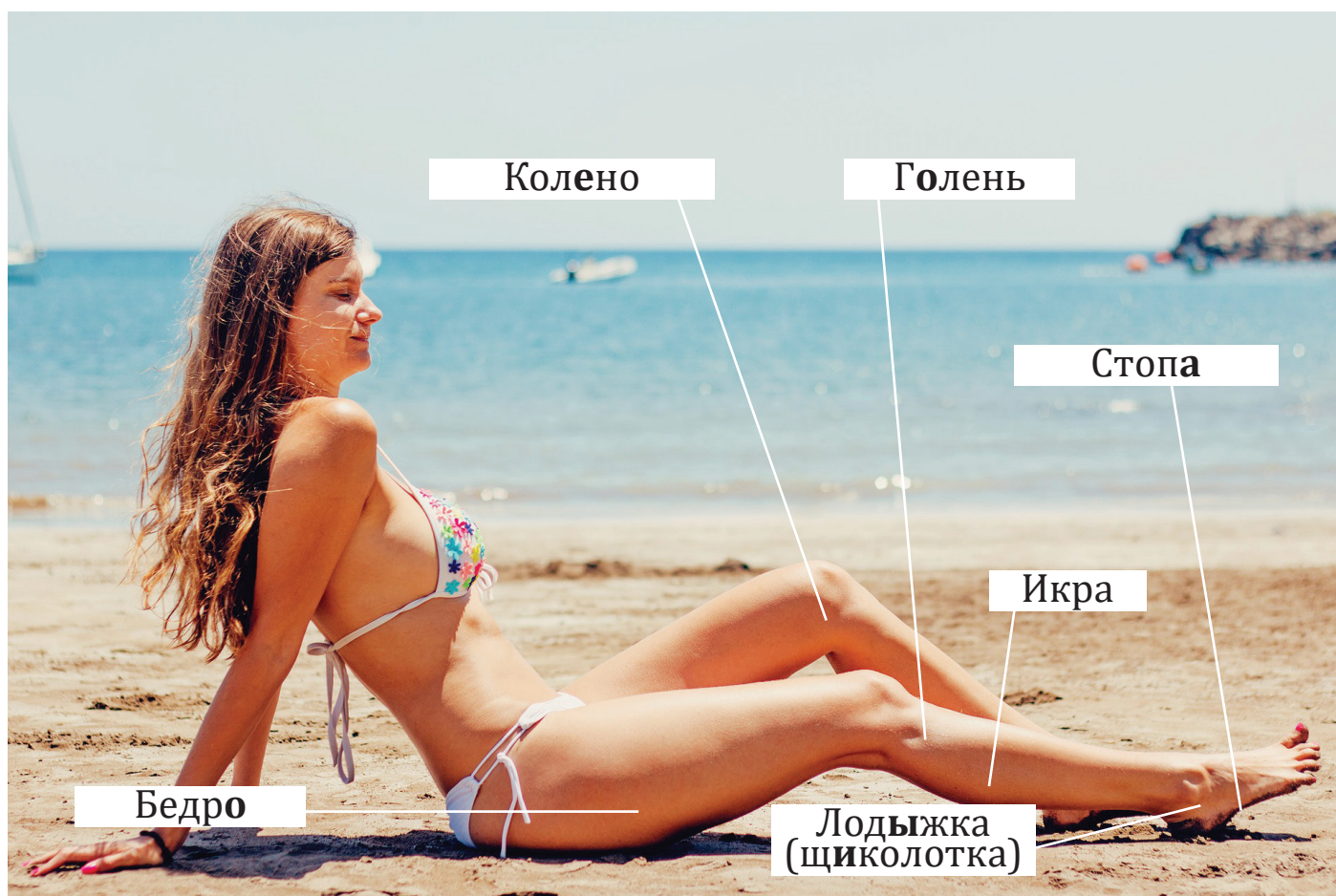
## Leg (Нога́).

The leg consists of a thigh (бедро́), knee (коле́но), shin (голе́нь) and foot (стопа́).

The back part of the shin is called 'икра́.

Ankle in Russian can be called лоды́жка or щико́лотка.

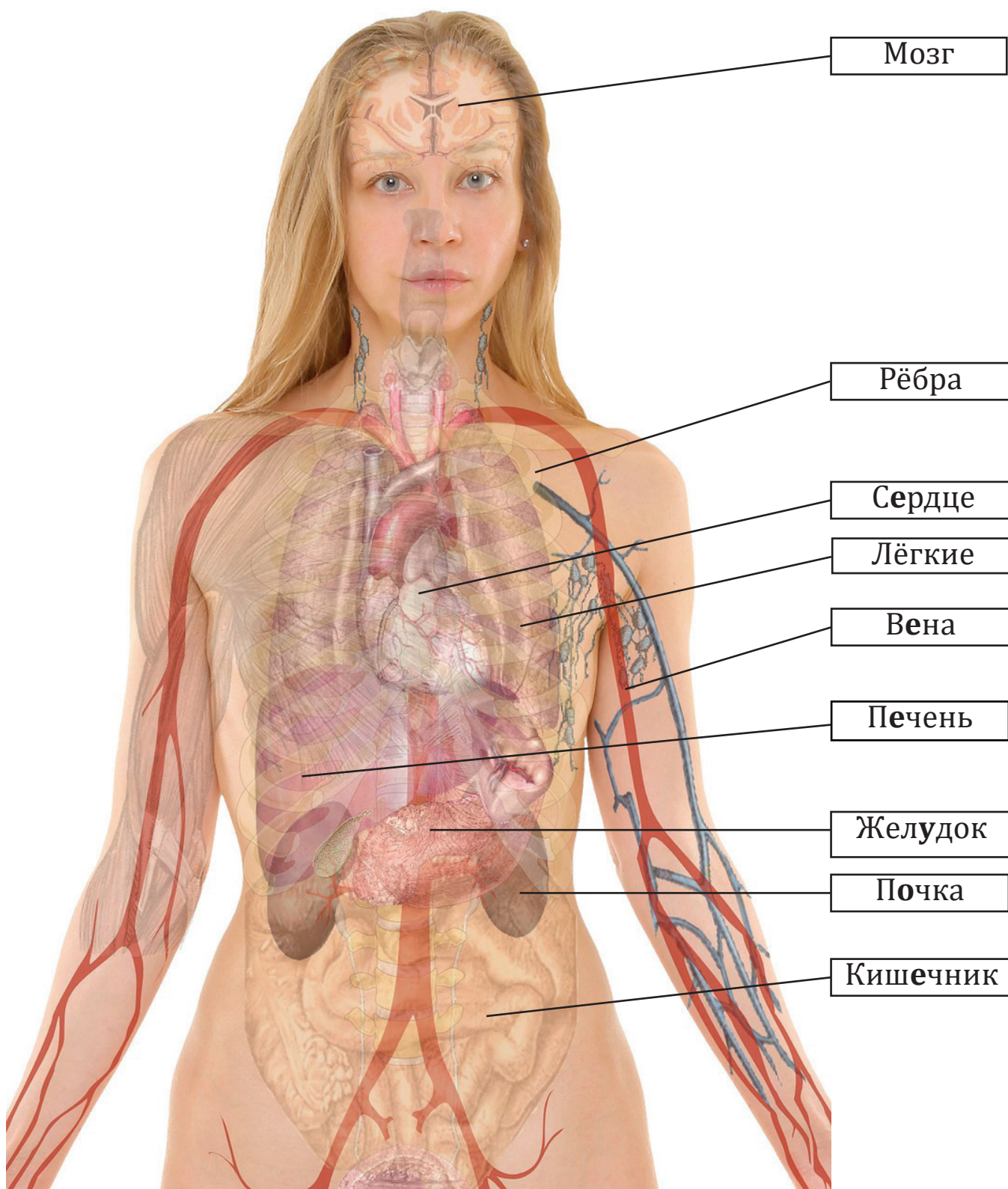
We already know some words for the feet – пя́тка is the heel, and носо́к is its front. And of course a foot has fingers too! The sole of the foot is called 'ступня́'.



## Inner organs (Внутренние органы)

Let's take a look at the most important inner human organs!

The most important organ, of course, is our brain (**мозг**), which is in the skull (**череп**). The skull is a bone (**кость**), and is a part of the skeleton (**скелет**). The spine in Russian is 'позвоночник'. Muscles (**мышца**) are connected to the bones and allow us to move our body.



The heart (**сёрдце**) pumps blood (**кровь**) through our veins (**вёна**) and is protected by the ribs (**рёбра**). Inside the chest, there are also lungs (**лёгкие**), which enrich the blood with oxygen (**кислоро́д**). The kidney is '**пóчка**' and the liver is **печень**.

The food we eat goes to our stomach (**желу́док**), and then to the intestines (**кише́чник**).

## Health (Здорóвье)

Let's talk about our health.

When something in our body hurts, we use the verb '**болéть**'. For example, у меня **болíт живóт** (I have a stomachache). If someone is ill we say '**он/о́на болéет**'. In Russia, we usually treat (**лечíть**) ourselves at home, but in serious cases we call a doctor (**вызывáть врачá**). A doctor (**врач**) can prescribe some medicine (**лекáрство**) or in the most serious case they bring sick or injured (**рáненный**) people to the hospital (**больни́ца**). The surgery is called '**опера́ция**'.

Here are the basic words for human illnesses and injuries:

Pain (**боль**) – the feeling telling us something in our body is damaged or wrong.

Bruise (**синя́к**) – when we were hit by anything.

Sprain (**растяже́ние**) – when we sprain a muscle or ligament (**свя́зка**).

Fracture (**перелóм**) – when we break a bone.

Burn (**ожóг**) – when we burn our skin.

Disease (**боле́знь**) – when we are ill in general.

Cough (**ка́шель**) – the attempt of our system (**органи́зм**) to clear the lungs.

High temperature (**высо́кая температúра** or simply **температúра**).

High/low pressure (**высо́кое / нíзкое давлéние**).

Concussion (**сотрясе́ние мо́зга**).

When someone is blind we use the word '**слепóй**'.

When a person is deaf, he or she is '**глухо́й**'.

When a patient cannot walk, but can sit, doctors put him in a wheel chair (**инвали́дная коля́ска** or **коля́ска**).

When a patient can't sit, they put him on a stretcher (**носи́лки**).

An ambulance (**машíна скóрой пóмощи** or **скóрая пóмощь**) carry doctors and patients with the most possible speed throughout the city.

A disabled person in Russian is '**инвали́д**', and it is not offensive in any way.



## Упражнения по произношению (Pronunciation practice)

Человéческое тéло, тéло, голова́, рука́, туловище, нога́, лицо́, глаз, ра́дужка, зрачо́к, бело́к, ве́ко, ресни́цы, лоб, бровь, нос, ноздря́, рот, губа́, зу́бы, язы́к, десна́, подборо́док, у́хо, во́лосы, плечо́, предплéчие, лóкоть, кíсть, па́лец, ладо́нь, запя́стье, кула́к, фала́нга, но́готь, ше́я, грудь, сосо́к, живóт, пупо́к, пéнис, член, ваги́на, спина́, ягодицы, по́па, зад, за́дница, бедро́, го́лень, стопа́, колéно, икра́, лоды́жка, щико́лотка, ступня́, мозг, че́реп, скелéт, позвоно́чник, мы́шца, се́рдце, кровь, вéна, ре́бра, лёгкие, кислоро́д, по́чка, пéчень, желу́док, кишéчник, здоро́вье, боли́т живóт, он/она́ болеет, лечи́ть, вызыва́ть врача́, врач, лека́рство, рáненный, больни́ца, опера́ция, пациéнт, боль, синя́к, растяжéние, связка, перелóм, ожóг, болéзнь, ка́шель, органи́зм, высо́кая температúра, температúра, высо́кое / нízкое давлéние, сотрясéние мóзга, слепóй, глухóй, инвали́дная коля́ска, коля́ска, носилки, маши́на скóрой по́мощи, скóрая по́мощь, инвали́д.

## Quiz 1. Hospital Story

Синяк, растяжение, радужка, больница, болит, голова, ресницы, лодыжка, вызвать врача, перелом, скорая помощь, глаза, боль, лечить, ступня, сердце, коляска.

I was walking down the street and fell down. My leg б\_\_\_\_\_ so much that I couldn't stand up. "There definitely will be a big с\_\_\_\_\_, - I thought. - and I really hope it is not the п\_\_\_\_\_"! ". I в\_\_\_\_\_ в\_\_\_\_\_ and с\_\_\_\_\_ п\_\_\_\_\_ arrived. The doctor came out, and I saw her big bright г\_\_\_\_\_ looking at me above the mask with the п\_\_\_\_\_ like the wings of a butterfly. "Where do you feel the б\_\_\_\_\_?" - the doctor asked, while she was groping my с\_\_\_\_\_. "In my с\_\_\_\_\_" - I whispered. "Don't be silly, have you hit your г\_\_\_\_\_ ? You just have п\_\_\_\_\_ л\_\_\_\_\_". But I could not help watching the green п\_\_\_\_\_ of her eyes. "Well, - she said, - let's get to the б\_\_\_\_\_, there we will л\_\_\_\_\_ your leg, and check if you have с\_\_\_\_\_ м\_\_\_\_\_ as well". So they put me into a к\_\_\_\_\_ and took away to the hospital.

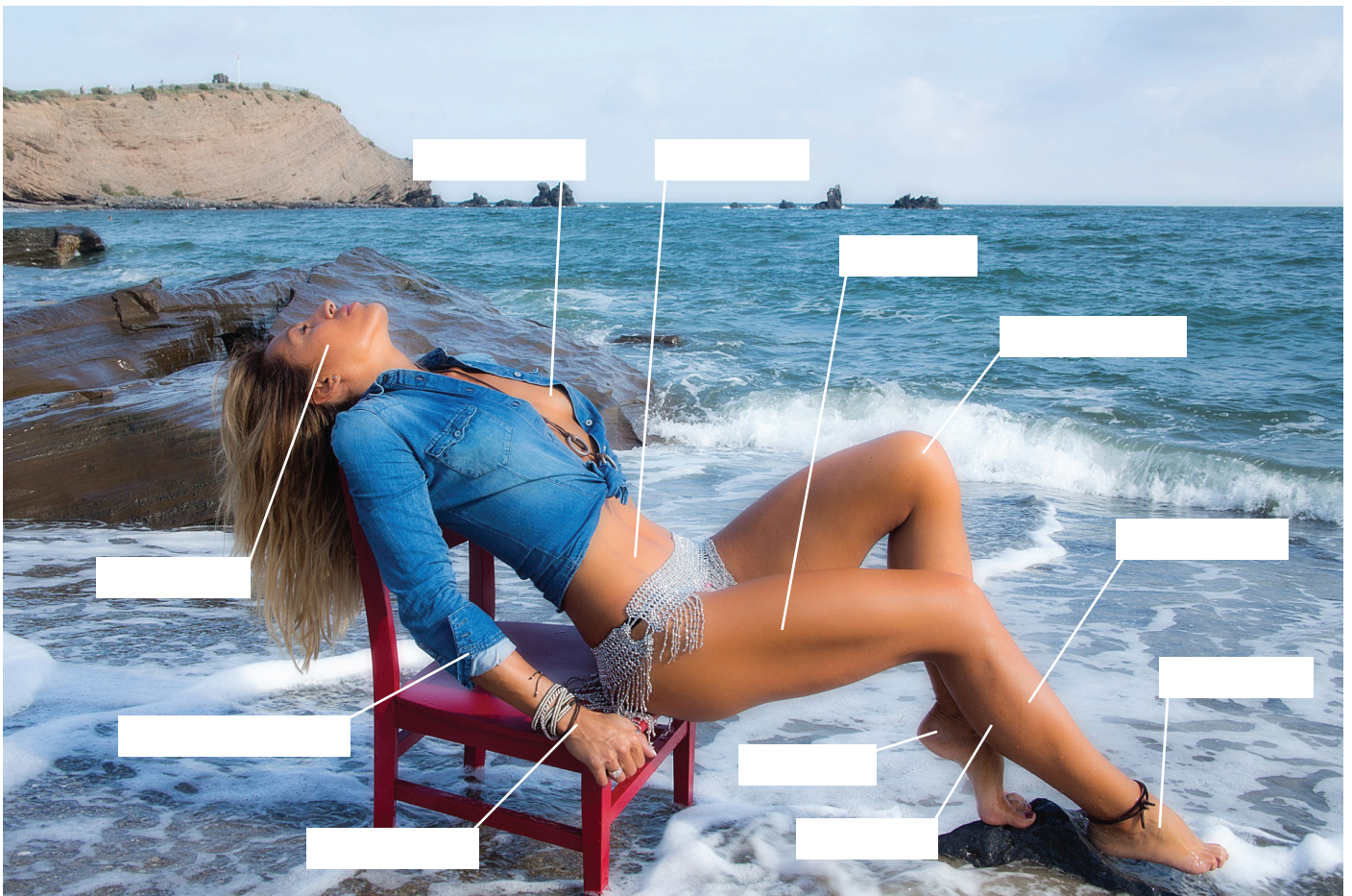
## Quiz 2. Fill in the blanks

Палец, тело, рука, температура, ноготь, спина, кулак, колено, кашель, волосы, ладонь, запястье.

1. I used to be a good runner, then I damaged my \_\_\_\_\_.
2. Pianists have long and strong \_\_\_\_\_.
3. Wow, that athlete has really strong \_\_\_\_\_! He can lift a 300 kg barbell!
4. She has the most beautiful \_\_\_\_\_, it is long and blonde.
5. I don't like the look of him, he keeps his \_\_\_\_\_ in \_\_\_\_\_, that's not good.
6. He is a weird person, he wears several watches on his \_\_\_\_\_.
7. My \_\_\_\_\_ hurts so much after I walked with a backpack.
8. She is a model, she has the perfect \_\_\_\_\_.
9. She has such long \_\_\_\_\_ on her fingers, how can she play a guitar?
10. I feel bad, I am so hot, I have \_\_\_\_\_, and I have \_\_\_\_\_, can I stay at home, please?



### Quiz 3. Fill in the gaps





## Keys to the Quiz 1. Hospital Story

I was walking down the street and fell down. My leg болит so much that I couldn't stand up. "There definitely will be a big синяк, – I thought. – and I really hope it is not the перелом!". I вызывать врача and скорая помощь arrived. The doctor came out, and I saw her big bright глаз looking at me above the mask with the ресницы like the wings of a butterfly. "Where do you feel the боль?" – the doctor asked, while she was groping my ступня. "In my сердце" – I whispered. "Don't be silly, have you hit your голова? You just have растяжение лодыжка". But I could not help watching the green радужка of her eyes. "Well, – she said, – let's get you to the больница, there we will лечить your leg, and check if you have сотрясение мозга as well". So they put me into a коляска and took away to the hospital.

## Keys to the Quiz 2. Fill in the gaps

1. I used to be a good runner, then I damaged my колено.
2. Pianists have long and strong палец.
3. Wow, that athlete has really strong рука! He can lift a 300 kg barbell!
4. She has the most beautiful волосы, it is long and blonde.
5. I don't like the look of him, he keeps his ладонь in кулак, that's not good.
6. He is a weird person, he wears several watches on his запястье.
7. My спина hurts so much after I walked with a backpack.
8. She is a model, she has the perfect тело.
9. She has such long ноготь on her fingers, how can she play a guitar?
10. I feel bad, I am so hot, I have температура, and I have a кашель, can I stay at home, please?



## Keys to the Quiz 3. Fill in the gaps

