

ENGLISH

matters

57/2016

DODATEK

MY BODY



ENGLISH

matters

Language Guide

poradnik językowy

Dear Readers,

When you hear somebody say her heart is in the right place, he is a bit of a big-head, or she is such a lazy-bones, what do they actually mean? What do you do when you flutter your eyelashes? Do you usually sit with your legs crossed, or with your legs apart? Read the new *English Matters* guide and get familiar with vocabulary and expressions connected with your body.

Poradnik językowy jest bezpłatnym dodatkiem do *English Matters* nr 57/2016.

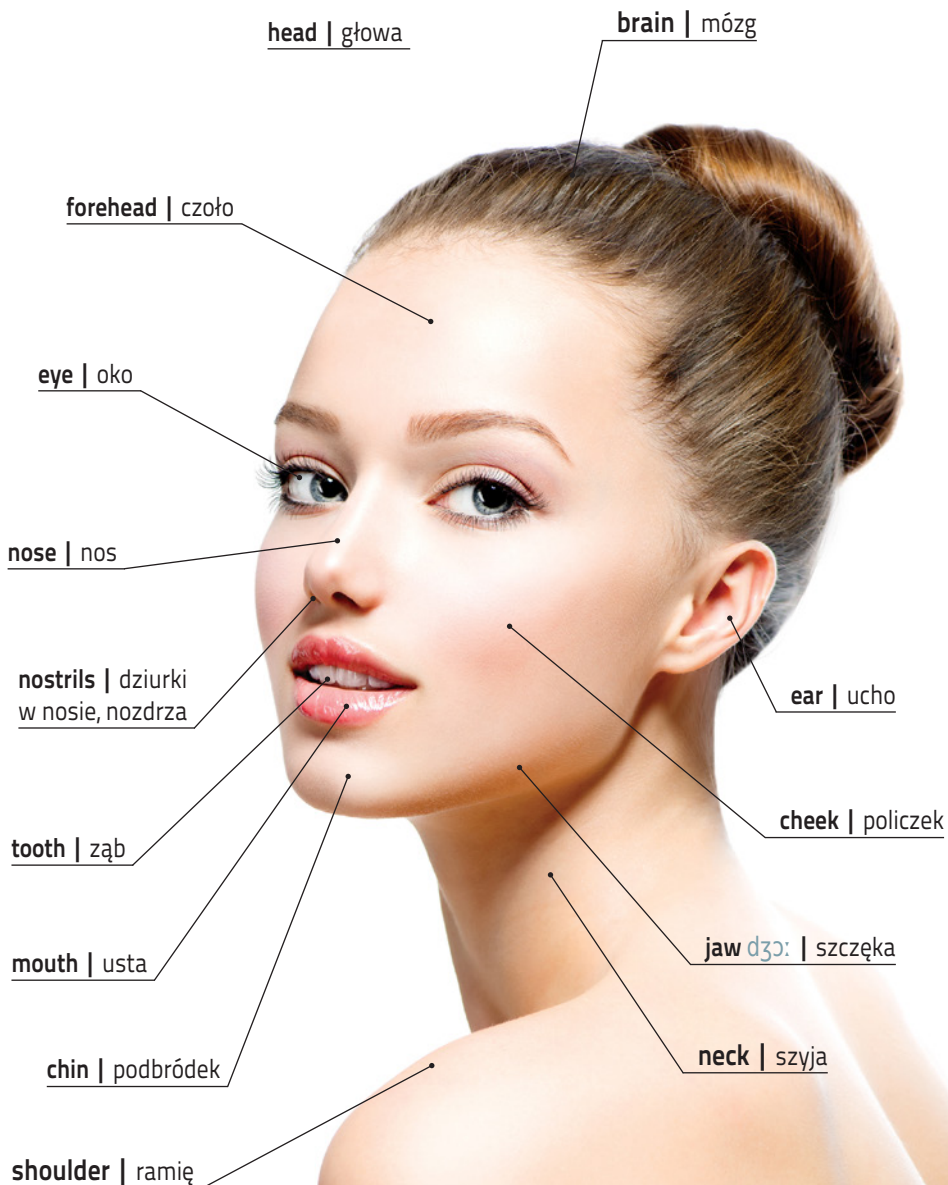
Opracowanie: Anna Buczko

Korekta: Graham Crawford

Colorful Media ul. Lednicka 23, 60-413 Poznań
tel. 61 833 63 28, redakcja@colorfulmedia.pl

Ilustracja na okładce: Amelia Fox

Parts of the body



Parts of the body



Parts of the body

In general, our body is divided into three main parts, namely:

- head
- torso
- limbs – kończyny

back | plecy

armpit | pachy

elbow | łokieć

buttock | pośladki

leg | noga

calf | tu: łydka

ankle | kostka u nogi

palm | dłoń

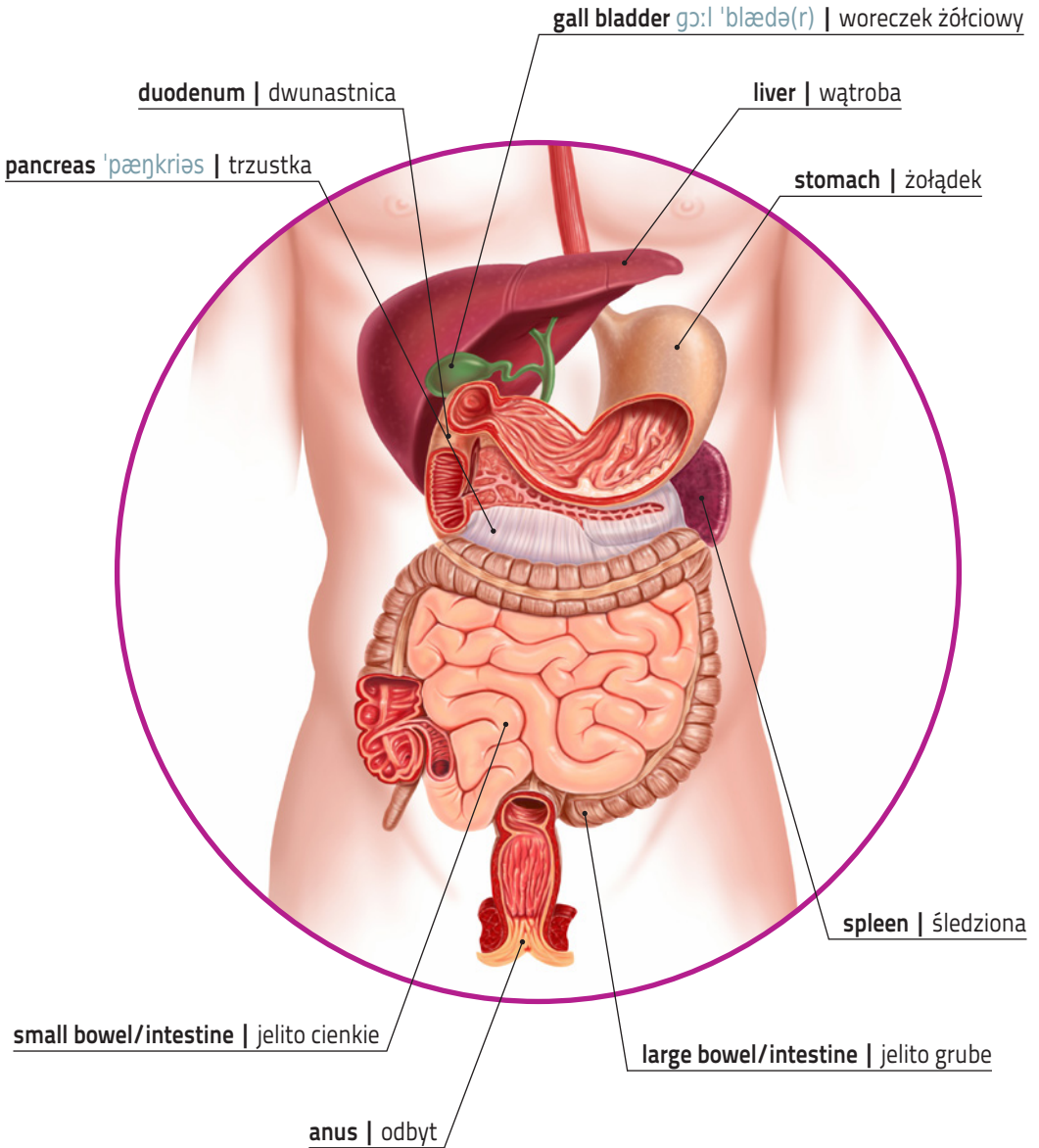
nail | paznokieć

wrist | nadgarstek

heel | pięta

Organs of the body

The abdomen:



Organs of the body

The chest:

airways | drogi oddechowe

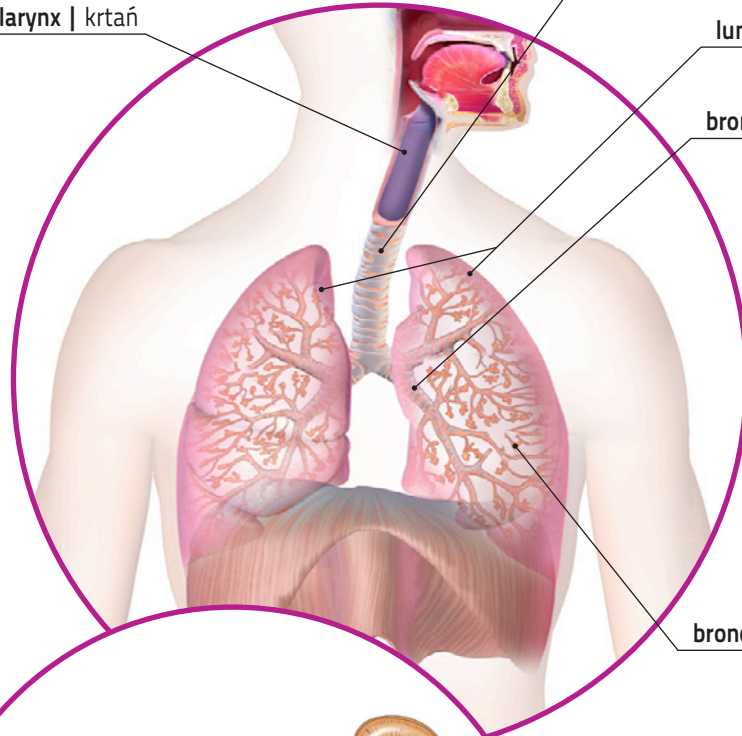
trachea trə'ki:ə / 'treikiə | tchawica

larynx | krtań

lungs | płuca

bronchus | oskrzele

bronchioles | oskrzeliki



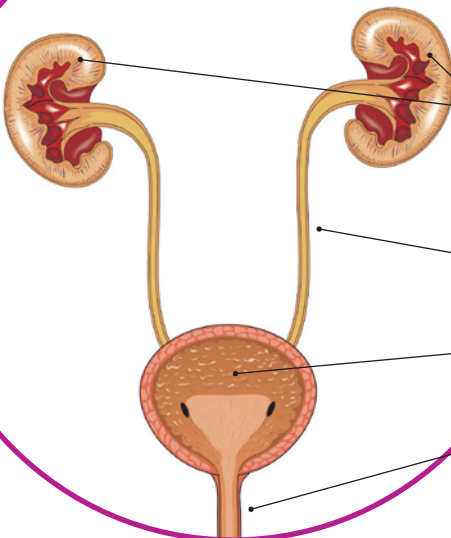
Urinary system:

kidneys | nerki

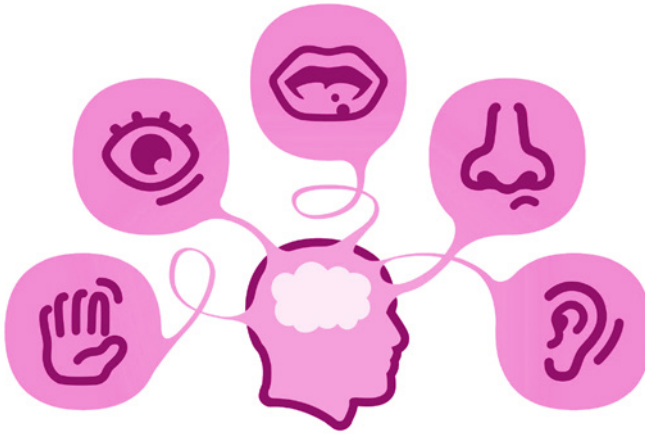
ureter | moczowód

bladder | pęcherz

urethra | cewka moczowa



The five senses



We have five basic senses, namely:

- **hearing** – słuch
- **sight** – wzrok
- **taste** – smak
- **touch** – dotyk
- **smell** – węch

When we talk about senses, they are usually followed by adjectives.

Examples:

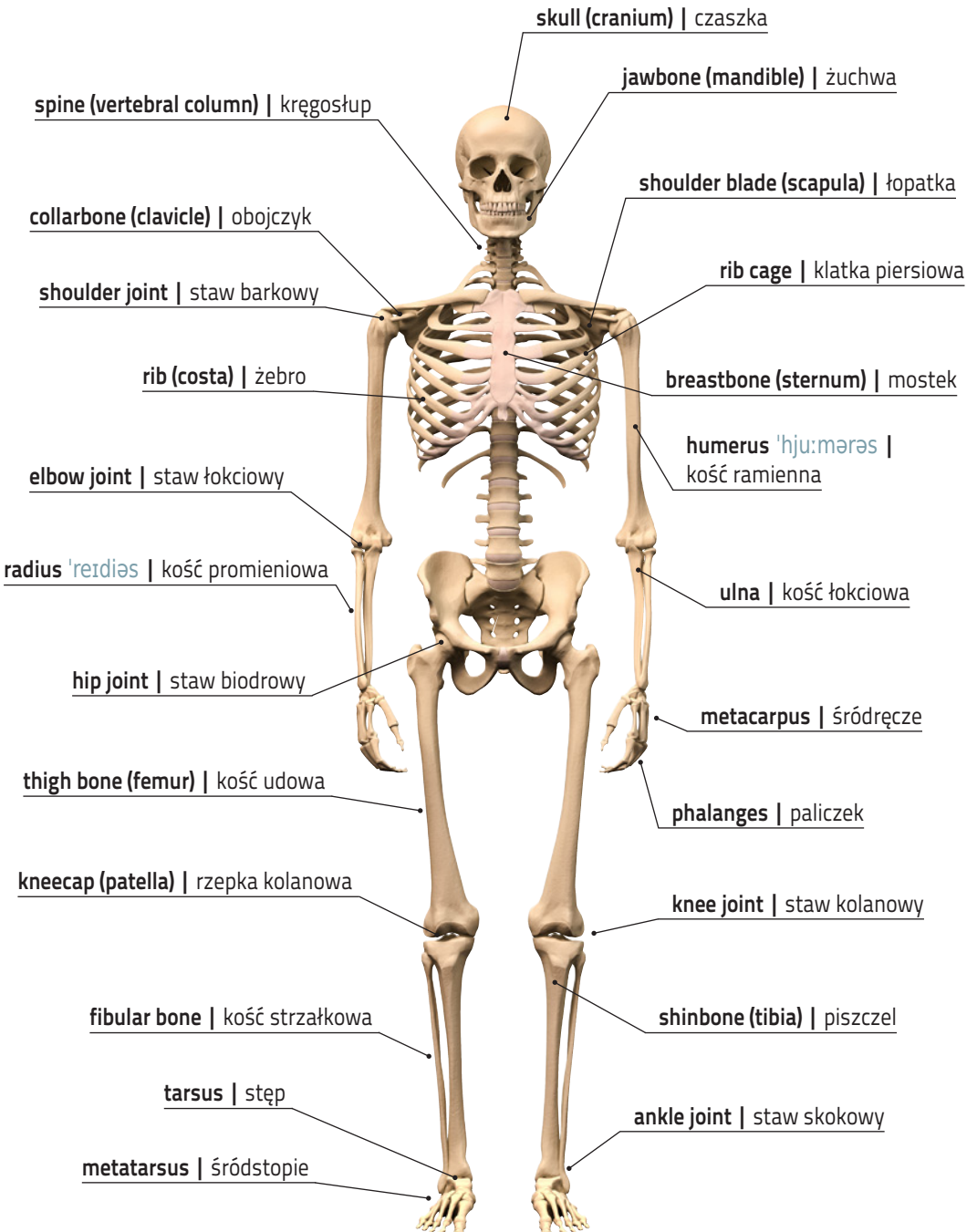
- *It tastes bad.*
- *The dinner smells delicious.*

How do we touch?

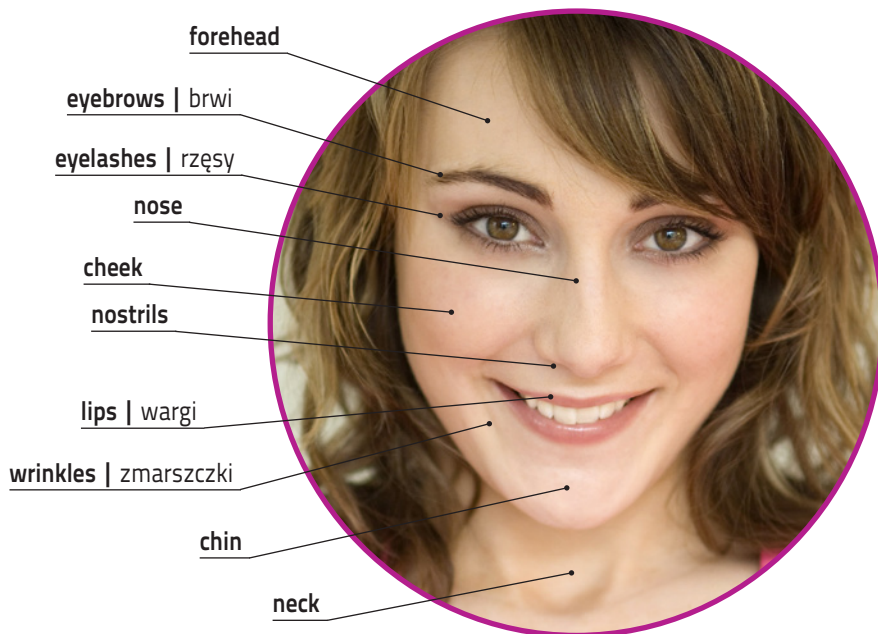
- **to tap sth/sb** – to touch sth lightly with the finger or hand, usually more than once, for example:
He tapped her on her shoulder.
- **to grab** – to take sth with a quick movement of the hand, for example:
She grabbed the keys and got out of the house.
- **to press** – to push, for example:
Press the red button.
- **to stroke** – to touch sth/sb gently with a long and steady movement of the hand, for example:
She stroked her cat.



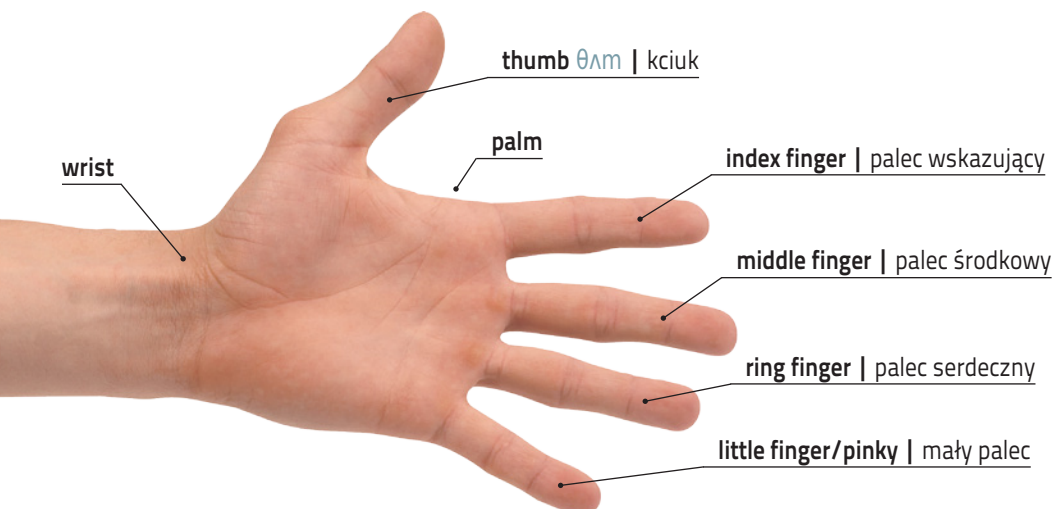
Bones



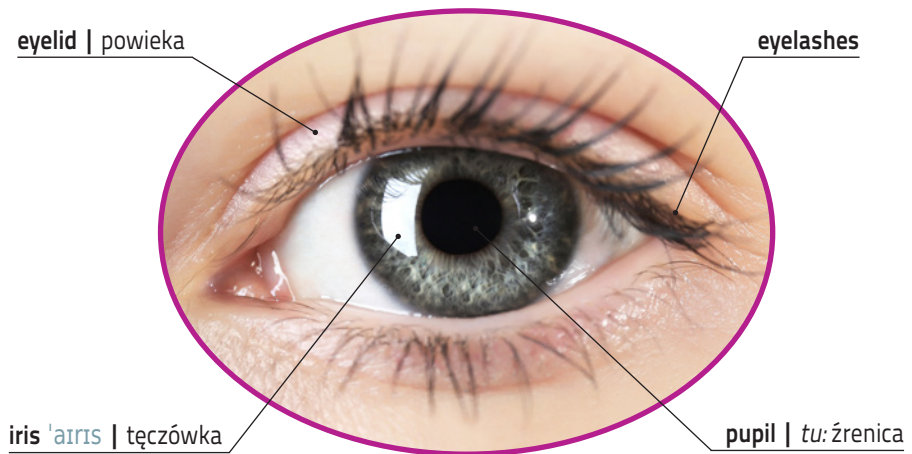
The face



The hand



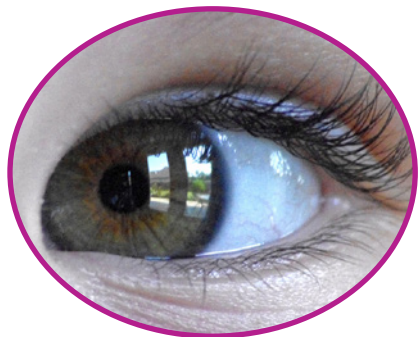
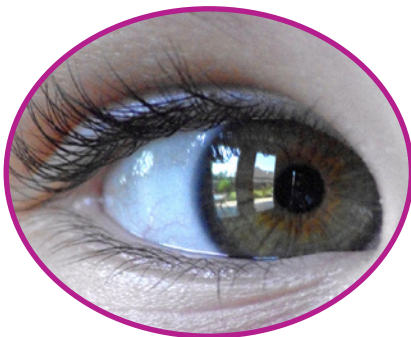
The eye



The most common sight defect is a squint.

Example:

- *She has a squint./She is cross-eyed./She is boss-eyed.*
- squint | zez



Tract/System

The following tracts/systems are present in our bodies, namely:

- **urogenital system** – układ moczowo-płciowy
- **nervous system**
- **locomotor system** – układ motoryczny
- **respiratory system** – układ oddechowy
- **cardiovascular system** ,kɑːdiəʊ'væskjələ(r) 'sɪstəm
– układ krwionośny
 - **gastrointestinal system** – układ trawienny
 - **reproductive system** – układ rozrodczy
 - **endocrine system** – układ hormonalny

The skin

What types of skin are there?

- **dry skin**
- **combination skin** – skóra mieszana
- **oily skin** – skóra tłusta
- **normal skin**
- **sensitive skin**



What does my body do?

Verbs connected with the face:

- **to blush** – when your cheeks become red, for example, *She blushed with embarrassment when he came up to her.*
- **embarrassment** – wstyd
- **to grin** – to smile widely showing teeth, for example, *He grinned at the thought of going to the cinema.*
- **to frown** – to move your eyebrows down when you do not like something, when you are worried, etc., for example, *Susie frowned at her father when he told her to do her homework.*

to frown **tə fraʊn** | marszczyć brwi



Verbs connected with eating and digesting:

- **to bite** – to use your teeth to cut or break something, for example, *Don't bite your nails!*
- **to burp** – to make a loud noise after you've finished eating, for example, *The baby burped after drinking the whole bottle of milk.*
- **to chew** – to use your teeth to divide the food in your mouth into small parts, to make it easier to swallow, for example, *She was chewing bubble gum.*
- **to feel nauseous** – when you want to vomit, for example, *I shouldn't have eaten so much! Now I'm feeling nauseous, I think I am going to vomit!*
- **to lick** – to touch something with your tongue, for example, *A kitten was licking its paws.*
- **to rumble** – a noise your stomach makes when you are hungry – *It's embarrassing when your stomach rumbles during the lesson.*
- **to suck** – when you keep something in your mouth for long, for example, *Small children like to suck their thumbs.*
- **to swallow** – to use your saliva to push the food through your throat, for example, *I've got a sore throat – it is difficult for me to swallow.*

to digest tə daɪ'dʒest / dɪ'dʒest | trawić

to burp | odbijać się, beknąć

to chew | żuć

to swallow | połykać

to feel nauseous tə fi:l 'nɔ:ziəs | mieć mdłości

to vomit | wymiotować

tongue tʌŋ | język

paw | łapa

to rumble | burczeć

to suck | ssać

saliva sə'laɪvə | ślina

I've got a sore throat. | Boli mnie gardło.



Verbs connected with the mouth and breathing:

- **to breathe** – to take air into your lungs through your nose or mouth and let it out, for example, *Relax, just breathe.*
- **to yawn** – when you open your mouth unintentionally when you are sleepy or bored, *Yawning can be infectious.*
- **to cough** – to make a loud noise through your throat, especially when you have cold, *I couldn't stop coughing because of the cigarette smoke.*
- **to sneeze** – to make a loud noise through your nose, especially when you have cold, *I thought I was going to sneeze.*
- to sigh – to breathe out with a sound, especially when you are disappointed, or when you disagree, *Peter sighed in disbelief.*
- **to hiccup** – to make a short, repetitive sound through your throat, very often because you've eaten or drunk too quickly, *She is having hiccups, let's frighten her to make it go away!*
- **to snore** – a loud sound you make while sleeping, for example, *My husband snores every night! I think I will get myself earplugs.*
- **to snort** – to make a short sound through your nose, especially when you want to show your disagreement, objection, disapproval, or when you laugh, etc., for example, *Mike snorted with anger.*

to breathe | oddychać

to yawn | *tə ˈjɔːn* | ziewać

to cough | *tə kɒf / kɔːf* | kaszleć

to sneeze | kichać, psikać

to sigh | *tə saɪ* | wzdychać

to hiccup | mieć czkawkę

to snore | chrapać

to snort | parskać, prychać

disagreement | brak zgody

objection | sprzeciw

disapproval | dezaprobata



Verbs connected with the arms and hands:

- **to hug** – to put your arms around someone, usually when you love them, or when you are friends with them, for example, *We hugged each other when we met.*
- **to scratch** – to move your nails along your skin, usually because your skin itches, for example, *Do not scratch your head.*
- **to wave** – to move your hand in order to say hello, or goodbye, *Steve waved goodbye sadly to his girlfriend, and got on the train.*

to hug | obejmować, ściskać, przytulać

to scratch | drapać

to wave | machać

Verbs connected with the whole body:

- **to perspire/sweat** – when your body releases water, usually when you are hot, *After such intensive judo training, he was drenched with sweat.*
- **to shake** – when your body makes a lot of small movements, usually when you are cold, or nervous, for example, *When she heard someone tinkering with her door lock, she shook with fear.*
- **to tremble** – to shake, *My hands tremble when I've been drinking too many energy drinks.*

to perspire/sweat | pocić się

to shake | trząść się

to tinker with sth | tu: majstrować przy czymś

to tremble | drżeć



Collocations

bite your nails | obgryzać paznokcie

blow your nose | wydmuchiwać nos

brush your teeth/hair | myć zęby/włosy

clap your hands | klaskać

comb your hair **kəʊm jɔː(r) heə(r)** | czesać się

fold your arms | zakładać ręce, rękę na rękę

nod your head | kiwać głową (potakująco), potakiwać

shake your head (to say no) | potrząsnąć/kręcić głową na znak zaprzeczenia

shake hands (with someone) | podać sobie ręce

raise your eyebrows | unosić brwi, dziwić się

shrug your shoulders | wzruszyć ramionami

How do we sit?

sit with your legs apart | siedzieć z rozsuniętymi nogami

sit with your legs crossed | siedzieć z nogą na nogę

sit back on your heels | siedzieć na piętach

sit cross-legged | siedzieć po turecku

squat | kucać

sit still | siedzieć nieruchomo



Idioms

- **be dead on your feet** – to be really tired – *I've spent all day driving my car, and I'm dead on my feet.*
be dead on your feet | padać z nóg
- **give someone a hand** – to help – *Could you give me a hand with this task?*
- **put your foot in it** – say something embarrassing without intention – I really put my foot in it the other day. – *I asked Jane about her husband, and she told me they got divorced.*
put your foot in it | palnąć gafę, wyrwać się z czymś
- **pull sb's leg** – to tease, to play a joke on someone – *Come on, it can't be real! You're pulling my leg.*
to tease sb tə ti:z 'sʌmbədi | drażnić się z kimś
- **it's on the tip of your tongue** – something that you normally remember, but at the time you are speaking, you forget – *What was the name of that restaurant? I've got it on the tip of my tongue.*
it's on the tip of your tongue | mieć coś na końcu języka
- **get cold feet** – get scared/to feel nervous – *I got cold feet before bungee jumping.*
- **have butterflies in your stomach** – feel nervous or excited about what you are about to do/what is about to happen, usually it is something very important for you – *I had butterflies in my stomach before going on stage.*
- **break sb's heart** – to hurt someone by saying to them you do not love them – *Don't break my heart.*
- **learn by heart** – to memorise – *You need to learn English phrasal verbs by heart – there is no other way to master them!*
- **get it off your chest** – to tell about something that has been bothering you/that has been worrying you – *I can see that something's been bothering you, get it off your chest.*
get it off one's chest | wygadać się, zrzucić ciężar z serca, wyrzucić coś z siebie
to bother sb | tu: dręczyć/męczyć kogoś

- **ram something down someone's throat** – to force something upon somebody – *Don't try to ram that story down my throat!*
ram something down someone's throat | zmuszać kogoś do zaakceptowania czegoś
- **fall head over heels in love** – fall deeply in love, usually immediately – *Jane seems to be head over heels in love right now.*
- **have nothing between your ears** – to be stupid – *James is such a handsome man, but he has nothing between his ears.*
- **pull the wool over someone's eyes** – cheat somebody/trick somebody, usually by giving false information – *I think that he was trying to pull the wool over my eyes, and he made up that story.*
pull the wool over someone's eyes | mydlić komuś oczy
make sth up | zmyślić coś
- **put a brave face on it** – when you hide the fact that you are upset – *After this embarrassing situation, Jill had to put a brave face on it, pretending that nothing had happened.*
put a brave face on it | zachować pokerową twarz
upset | zmartwiony
- **have someone eating out of your hand** – to make someone admire you/like you so much that they agree with everything you do – *Look at Paul, Susannah had him eating out of her hand.*



- **wrap someone around your little finger** – to manipulate/to control someone
– *Don't try to wrap me around your little finger, darling.*
wrap someone around your little finger | owinać sobie kogoś wokół małego palca
- **twiddle your thumbs** – you do nothing, but you wait impatiently for something to happen – *I couldn't do anything, but twiddle my thumbs waiting for the final decision.*
twiddle your thumbs | siedzieć z założonymi rękami
- **feel it in your bones** – you are sure that something is true, but you do not have proof – *This project is going to be a real success – I can feel it in my bones.*
proof | dowód
- **poke someone's nose in (into)** – be too much interested in others' affairs, lives – *Don't poke your nose into my marriage – it's my business.*
poke someone's nose in (into) sth | wsadzać nos w nie swoje sprawy
- **to be pain in the neck** – to be a nuisance, to be very annoying – *Caroline can be a real pain in the neck, sometimes I wish I hadn't met her.*
to be pain in the neck | być jak wrzód na tyłku
nuisance 'nju:sns / 'nu:sns | niedogodność, utrapienie
- **have a heart of gold** – very nice, kind – *Steve regularly supports charities, he has a heart of gold.*
to support sb/sth | wspierać kogoś/coś
charity | instytucja charytatywna
- **a bit of a big-head** – to be sure that you are the best at something, and others ought to admire you – *Sean is a bit of a big-head, he expects everyone to admire him.*
ought to | powinni
- **a lazy-bones** – somebody who does not feel like doing anything, behaves in a lazy way – *Don't be such a lazy-bones, and help me with cleaning.*
- **keep your chin up** – don't lose heart or be discouraged – *Keep your chin up before the fight, don't let him scare you.*
keep your chin up | głowa do góry!



- **keep your cards close to your chest** – to hold back information – *Unfortunately, the committee keeps their cards close to their chest, so I don't know who is going to be the winner.*
keep your cards close to your chest | nie odkrywać kart
- **talk behind someone's back** – to say negative things about someone when they are not present – *Sarah is the kind of person who always talks behind your back, a real gossip!*
gossip | *tu:* plotkara
- **pay through the nose** – pay a lot of money – *We paid through the nose for the stay at the Hilton hotel.*
pay through the nose | płacić krocie
- **have a finger in every pie** – to be involved in a number of things, often in a way other people disapprove of – *Peter has a finger in every pie – he can't do anything well, or on time!*
have a finger in every pie | zajmować się wszystkim po trochu, *pej.* wtrącać się do wszystkiego



Body language

What does your body want to say?

- **flutter** your eyelashes – to flirt with someone
- **twitch** – a sudden, uncontrolled movement of your body
- **smirk** – a kind of smile you make when you are satisfied with yourself, usually when you won a confrontation with someone (negative meaning)
- **sniff** at something – when you disapprove of sth
- **titter** – small and nervous laughter

to flutter | trzepotać

twitch | drgnięcie, tik

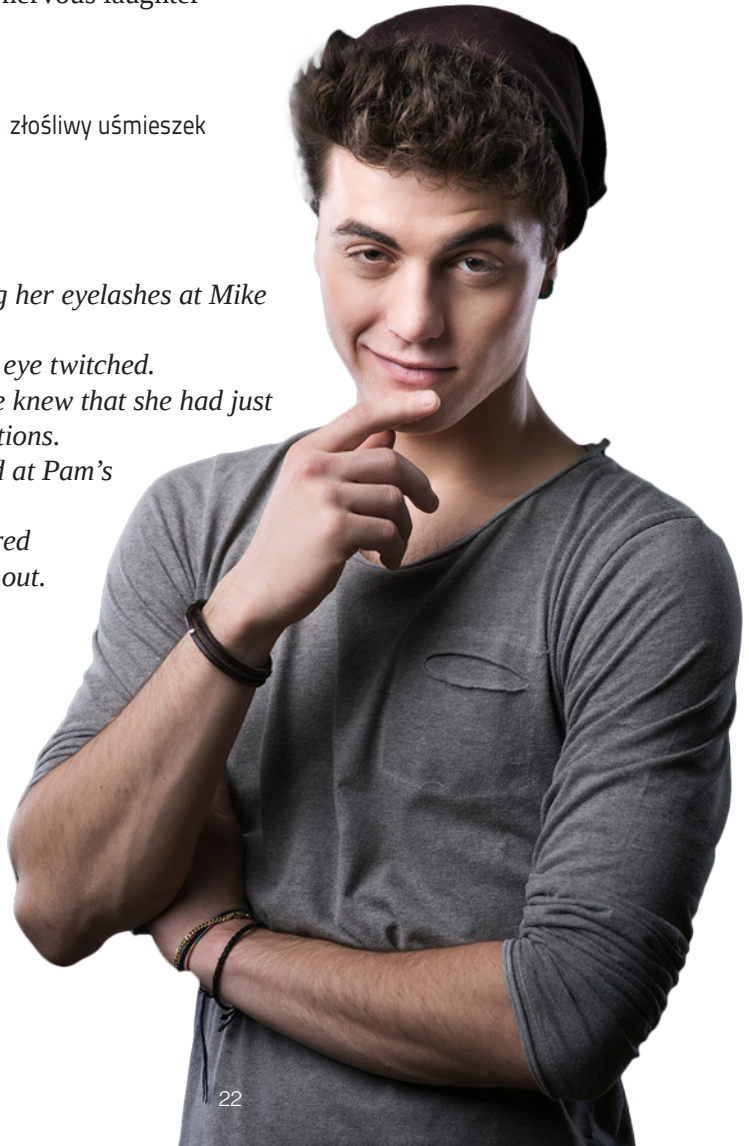
smirk sm3:k / sm3:rk | złośliwy uśmieszek

sniff | tu: prychnięcie

titter | chichot

Examples:

- *Sally was fluttering her eyelashes at Mike all evening long.*
- *A muscle near her eye twitched.*
- *Jane smirked – she knew that she had just won those negotiations.*
- *Critics only sniffed at Pam's new book.*
- *Amanda only tittered after he asked her out.*



Exercises

Exercise 1

Fill in the gaps with the missing letters.

- **L _ _ k** (verb connected with eating/1 word)
- **ir _ _** (part of the eye/1 word)
- **sc _ _ t _ _** (verb connected with the hand /1 word)
- **m _ _ _ le fi _ _ er** (part of the hand/2 words)
- **a _ _ pi _** (part of the body/1 word)
- **c _ _ _ arb _ _ e** (bone in our body/1 word)
- **b _ _ p** (verb connected with eating and digesting/1 word)
- **fl _ _ _ er y _ _ _ ey _ _ as _ _ s** (body language/3 words)

Exercise 2

What idioms are used to say the following:

- to memorise –
- to fall deeply in love –
- to hide the fact that you are upset –
- to pay a lot of money –
- to get scared –
- to manipulate someone –
- to tease somebody/to play a joke on somebody –

Exercise 3

Fill in the gaps with the words from the box to make collocations.

shrug	bite	comb	clap	blow
-------	------	------	------	------

-your nose
- your hair
- your hands
- your shoulders
- your nails

Exercise 4

hug snort frown chew burp blush yawn cough sneeze swallow wave

Put the words into the correct category.

Verbs connected with the hand:

.....

Verbs connected with the face:

.....

Verbs connected with eating and digesting:

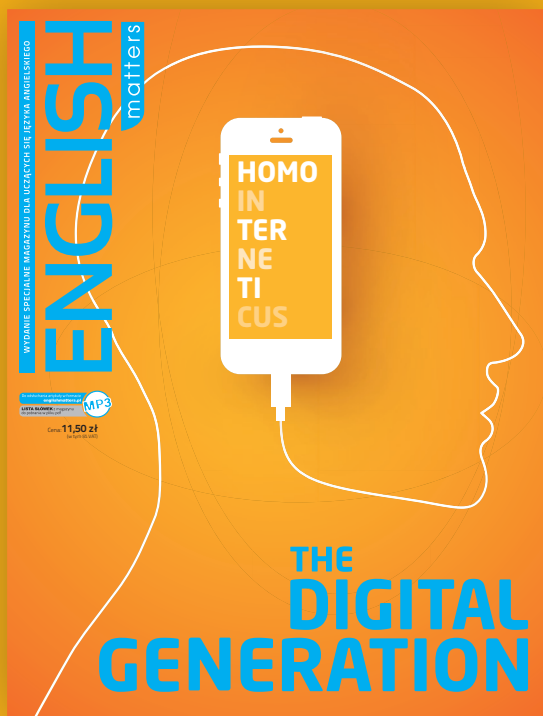
.....

Verbs connected with the mouth and breathing:

.....

Najnowsze wydanie specjalne

THE DIGITAL GENERATION



kupisz w salonach **EMPIK** oraz na **KIOSK.COLORFULMEDIA.PL**

Sprawdź aktualną promocję na wydania specjalne
w naszym sklepie internetowym: **kiosk.colorfulmedia.pl**

Colorful
MEDIA