

Understanding Our Body

COMPREHENSION • VOCABULARY • DISCUSSION

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Reading Passage

Read the passage carefully. Each paragraph is labelled with a letter for easy reference.

- A** Our body is a wonderful machine. It has many parts that work together. The heart pumps blood to every part of the body. The lungs help us breathe in air and breathe out carbon dioxide. Our stomach digests food and gives us energy. The brain controls everything we do. It helps us think, learn, and remember. We must take care of our bodies. Eating healthy food is important. Fruits and vegetables give us vitamins. Drinking enough water keeps us hydrated. Exercise is also essential. It helps our muscles and bones stay strong. Regular exercise can include walking, running, or playing sports. Getting enough sleep is crucial too. Sleep helps our bodies recover and stay healthy. If we take care of our bodies, we can live longer and feel better every day.

Vocabulary Glossary

Key words and phrases from the passage. Study them before attempting the exercise below.

WORD / PHRASE	DEFINITION	EXAMPLE SENTENCE
machine	a thing with many parts that work together to do a job	<i>A car is a machine that takes us places.</i>
pump	to move liquid from one place to another	<i>The pump moved water from the well to the house.</i>
digest	when your stomach breaks down food for energy	<i>It takes time for our bodies to digest big meals.</i>
control	to direct or manage something	<i>She used a remote to control the TV.</i>
essential	very important; necessary	<i>Water is essential for life.</i>
recover	to get better after being sick or tired	<i>After a long run, I need time to recover.</i>
hydrate	to give your body enough water	<i>Drinking water helps to hydrate our bodies.</i>
crucial	extremely important or necessary	<i>Studying is crucial for passing exams.</i>

Vocabulary Exercise — Fill in the Blank

Use one word or phrase from the glossary above to complete each sentence. Each item is used only once. Answers are on the final page.

1. The heart _____ blood to all parts of the body.
2. It is _____ to drink water every day.
3. Our stomach helps to _____ food into energy.
4. The brain _____ everything we do, like moving and thinking.
5. Getting enough sleep is _____ for our health.
6. Drinking water helps to _____ our body.

Comprehension Questions

These questions are different from the online practice test. Choose the best answer (A, B, C, or D). Answers and explanations are on the final page.

Question 1

What role do the lungs play in our body?

- A. They pump blood.
- B. They help us breathe.
- C. They digest food.
- D. They control our thoughts.

Question 2

Why is eating fruits and vegetables important?

- A. They give us energy.
- B. They provide vitamins.
- C. They help us sleep.
- D. They control our muscles.

Question 3

How can we keep our muscles and bones strong?

- A. Eat more sugar.
- B. Drink more water.
- C. Exercise regularly.
- D. Sleep all day.

Question 4

What is the main idea of the passage?

- A. Our body is like a machine that needs care.
- B. Only the brain is important.
- C. Exercise is the most important thing.
- D. We should sleep all the time.

Question 5

What happens if we do not drink enough water?

- A. Our bodies will stay strong.
- B. We will stay fully hydrated.
- C. We will not be properly hydrated.
- D. Our brains will work better.

Discussion & Writing Prompts

Each prompt references a specific detail from the passage above. Use for classroom discussion or a short written response (150–200 words).

1. The passage says that regular exercise can include walking, running, or playing sports. Which of these activities do you prefer and why?

2. According to the passage, eating healthy food is important for our bodies. How easy is it to find healthy food options in your area?

3. The passage mentions that sleep helps our bodies recover and stay healthy. How do you ensure you get enough sleep each night?

Answer Key

COMPREHENSION QUESTIONS

Q1 B

Q2 B

Q3 C

Q4 A

Q5 C

VOCABULARY EXERCISE

FIB1 pumps

FIB2 essential

FIB3 digest

FIB4 controls

FIB5 crucial

FIB6 hydrate

Comprehension Question Explanations

Why the correct answer is right — and why each wrong option is incorrect.

1. What role do the lungs play in our body?

✓ B — They help us breathe. The passage states that the lungs help us breathe in air and breathe out carbon dioxide.

✗ A — They pump blood. *The heart pumps blood, not the lungs.*

✗ C — They digest food. *The stomach digests food.*

✗ D — They control our thoughts. *The brain controls our thoughts.*

2. Why is eating fruits and vegetables important?

✓ B — They provide vitamins. The passage mentions that fruits and vegetables give us vitamins.

✗ A — They give us energy. *The passage does not specifically mention energy from fruits and vegetables.*

✗ C — They help us sleep. *The passage does not link fruits and vegetables to sleep.*

✗ D — They control our muscles. *The passage does not say they control muscles.*

3. How can we keep our muscles and bones strong?

✓ C — Exercise regularly. The passage says exercise helps our muscles and bones stay strong.

✗ A — Eat more sugar. *The passage does not mention sugar as beneficial.*

✗ B — Drink more water. *Water is important for hydration, not specifically for strong muscles and bones.*

✗ D — Sleep all day. *The passage recommends exercise, not excessive sleep, for strength.*

4. What is the main idea of the passage?

✓ A — Our body is like a machine that needs care. The passage describes how our body works and how to keep it healthy, like a machine.

✗ B — Only the brain is important. *The passage discusses many parts of the body, not just the brain.*

✗ C — Exercise is the most important thing. *Exercise is important, but not the main focus.*

✗ D — We should sleep all the time. *The passage does not suggest sleeping all the time.*

5. What happens if we do not drink enough water?

✓ **C — We will not be properly hydrated.** The passage states that drinking enough water keeps us hydrated.

✗ **A — Our bodies will stay strong.** *The passage links water to hydration, not strength directly.*

✗ **B — We will stay fully hydrated.** *Without enough water, we cannot stay fully hydrated.*

✗ **D — Our brains will work better.** *The passage does not claim that hydration directly improves brain function.*

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