

1. Które z wymienionych niżej zachowań służą zdrowiu, a które nie?

- a) drinking sugary drinks
- b) playing computer games all evening
- c) brushing your teeth twice a day
- d) sleeping for 8 hours a night
- e) having a stressful lifestyle
- f) exercising regularly
- g) walking or cycling short distances
- h) eating fresh fruit and vegetables
- i) skipping breakfast

2. Uzupełnij tekst wyrazami.

cut improve join let keep enjoy feel

Leading a healthy life will not only you live longer, but it will also help you your life more!
Just follow these simple steps.

- Eat at least five servings of fruit and vegetables every day. down on sweets and fatty foods.
- Walk or bike whenever you can and a sports club to make exercising fun!
- Drink more water. You will more energised.
- Get enough sleep. It will your memory and you alert.

3. Dopasuj opisy do nazw części ciała.

stomach lungs bones heart muscles brain

- a) The hard parts of the body which form the skeleton.
- b) The organs which control breathing.
- c) The organ that pumps blood around the body.
- d) The organ which digests food.
- e) The organ in your head which allows you to think.
- f) Pieces of body tissue connected to bones which let the body move.

4. Podpisz zdjęcia.

a stomach ache
a sore throat

a runny nose
a toothache

a cough
a headache

an earache
a backache

a high temperature
a rash

				
				

5. Co dolega każdej z osób?

- a) I have a high temperature and I feel cold.
- b) I have a pain inside my mouth.
- c) I was lifting heavy boxes and now I can't stand up straight.
- d) My skin is red and itchy.
- e) I ate too many sweets and now I feel a bit sick.
- f) I've blown my nose so many times today.

6. Uzupełnij zdania wyrazami.

breathing	chest	temperature	cold	food
usual	hay	lung	heart	runny

- a) It's nothing serious. You've probably caught a
- b) I don't feel my self, doctor.
- c) I had such a nose that I went through a whole packet of tissues.
- d) Let me take your to see if you need an aspirin.
- e) My grandad developed cancer when he worked in the mines.
- f) You can lower your risk of having a attack by exercising and eating healthily.
- g) You might get poisoning if you eat wild mushrooms.
- h) Due to my asthma, dusty houses give me problems.
- i) Tom was taken to hospital after complaining of pains.
- j) Watery eyes and sneezing are common symptoms of fever.

7. Wybierz odpowiedni wyraz.

- a) He wore a plaster cast for six weeks after he **broke / crashed / smashed** his leg.
- b) Tennis players can **blow / pull / sprain** their wrists while playing.
- c) He's so tall he **hits / slips / pushes** his head going through doorways.
- d) Matt got into a fight at school and **ached / bruised / bent** his eye.
- e) I only **cut / chopped / bled** my leg when I fell off my bicycle.
- f) She **pushed / pulled / turned** a muscle in her leg and couldn't play.
- g) He **bent / twisted / tripped** his ankle playing football and now it's sore and swollen.

8. Wybierz właściwy wyraz, a następnie odpowiedz na pytanie: *Where does each dialogue take place: at the doctor's? at the chemist's?*

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|---|---|
| <p>a) A: Good morning. How can I help you?
B: I had / got sunburnt on holiday. Do you have anything that could help? It really hurts / aches.
A: I recommend this skin cream. You should apply / cover it twice a day.
B: OK, thanks!
A: No trouble / problem.</p> | <p>b) A: Hello, Bill. Take a seat. What seems to be the problem?
B: Well, I have / raise a high temperature and I can't seem to get it down!
A: OK, let me check. Breathe / Pant in and out slowly while I hear / listen to your lungs. Do you have any other symptoms / signs?
B: Not really.
A: It's probably a virus then. You should keep / rest in bed for a few days.
B: OK, I'll do that.</p> |
|---|---|

9. Uzupełnij zdania wyrazami..

dress	come	give	addicted
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- a) Doctors don't like to prescribe sleeping pills as people can easily get to them.
- b) Clean and that wound to stop it from getting infected.
- c) I'm afraid I'm going to have to you a few stitches.
- d) You'll need to for regular check-ups to make sure your medication is working.