VOCABULARY- ZDROWIE

1. Połącz wyrazy/wyrażenia z kolumny A z wyrazami z kolumny B, tak aby utworzyć poprawne wyrażenia. Cztery wyrazy z kolumny B zostały podane dodatkowo.

A	B
1 have a sprained	**a** cheek
2 get regular	**b** kit
3 feel	**c** throat
4 use a first aid	**d** disease
5 have a sore	**e** ankle
6 follow a balanced	**f** dizzy
7 feel	**g** check-up
8 have a sore	**h** a skin cream
9 have close	**i** unwell
10 apply	**j** relationships with friends
	k diet
	l antibiotics
	m first aid kit
	n throat

1. ___, 2. ___, 3. ___, 4. ___, 5. ___,
6.___, 7. ___, 8. ____, 9.____, 10.___

2. Zaznacz poprawne opcje.

1 Regular exercise helps to **lower / apply** your heart rate.

2 The doctor gave me a **receipt / prescription** for a course of antibiotics.

3 My sister suffers from **an allergy / acne**. She gets awful hay fever when spring starts.

4 The **waist / chin** is part of the face.

5 A healthy lifestyle will help to **prevent / improve** serious diseases like cancer.

6 This virus may **cause / mend** a serious infection.

7 I need to see my doctor next week for a **receipt / check-up**.

8 After playing tennis yesterday my arm hurt, especially my **ankle / elbow**.

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9 Doing sports can **lower / improve** our general health a lot.

10 She felt so dizzy and weak that she almost **fainted / sneezed**.

3. Uzupełnij luki w tekście brakującymi wyrazami. Pierwsze litery zostały podane.

Text 1

I try to take care of my health. I know it's important to (1) **e**_____, so I do sports regularly and I go for walks in the forest to (2) **b**_____ in some fresh air. Unfortunately, I have an (3) **a**_____ to some flowers and I always suffer from bad hay (4) **f**_____ in late spring. Sometimes when I'm tired and I haven't got enough sleep, I also get a headache. When it's really bad, I need to take a (5) **p**_____, usually some aspirin.

Text 2

I think it's very important to have a healthy lifestyle. I (1) **f**_____ a healthy balanced diet and I also spend a lot of time outdoors. It's good for you to get a lot of fresh (2) **a**_____. Of course, I am occasionally ill. For example, I might catch a cold in winter, but it's never very serious and I (3) **r**_____ very quickly. Well, last year I broke my leg while I was skiing. It really (4) **h**_____ and I needed to take pills for the pain. I went to hospital and they put my leg in (5) **p**_____ for a few weeks. Now I'm much more careful when I go skiing.

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