

# PART 1 – VOCABULARY

10 tasks × 8 items

## Task 1 – Match the words with definitions

1. accident
  2. injury
  3. ambulance
  4. illness
  5. pain
  6. medicine
  7. healthy
  8. dangerous
- a. damage to the body
  - b. something bad that happens suddenly
  - c. feeling when something hurts
  - d. good for your body
  - e. something that can hurt you
  - f. vehicle that takes people to hospital
  - g. when you are sick
  - h. something you take when you are ill

## Task 2 – Choose the correct word

1. He broke his leg in a car \_\_\_\_\_.  
(accident / pain)
2. She had a bad \_\_\_\_\_ and stayed at home.  
(illness / healthy)
3. Call an \_\_\_\_\_, please!  
(ambulance / medicine)
4. This sport is very \_\_\_\_\_.  
(dangerous / healthy)
5. My head \_\_\_\_\_ a lot.  
(pain / injury)
6. The doctor gave me some \_\_\_\_\_.  
(medicine / accident)

7. Fruit and vegetables are \_\_\_\_\_.  
(healthy / dangerous)
8. He hurt his arm – it's an \_\_\_\_\_.  
(injury / illness)

### **Task 3 – Complete the sentences (ONE word)**

1. You should eat \_\_\_\_\_ food.
2. Smoking is \_\_\_\_\_ for your health.
3. She was taken to hospital by \_\_\_\_\_.
4. He has a serious \_\_\_\_\_ in his leg.
5. I have a \_\_\_\_\_ in my stomach.
6. The doctor gave me some \_\_\_\_\_.
7. She missed school because of an \_\_\_\_\_.
8. This job can be very \_\_\_\_\_.

### **Task 4 – Odd one out**

1. pain – injury – accident – healthy
2. doctor – nurse – ambulance – teacher
3. dangerous – safe – healthy – careful
4. medicine – pill – tablet – accident
5. illness – disease – cold – healthy
6. hospital – clinic – ambulance – school
7. pain – ache – hurt – sport
8. injury – leg – arm – head

### **Task 5 – Match the problem with advice**

1. headache
2. broken leg
3. cold
4. stomach ache

5. cut finger
6. toothache
7. fever
8. sore throat

- a. go to the dentist
- b. stay in bed
- c. see a doctor
- d. put on a plaster
- e. drink warm tea
- f. take some medicine
- g. rest and sleep
- h. don't walk on it

### Task 6 – Word building

1. danger → \_\_\_\_\_ (adjective)
2. health → \_\_\_\_\_ (adjective)
3. pain → \_\_\_\_\_ (adjective)
4. medicine → \_\_\_\_\_ (person)
5. injure → \_\_\_\_\_ (noun)
6. ill → \_\_\_\_\_ (noun)
7. help → \_\_\_\_\_ (adjective)
8. care → \_\_\_\_\_ (adjective)

### Task 7 – Translate into English

1. wypadek
2. ból
3. choroba
4. zdrowy
5. niebezpieczny
6. lekarstwo
7. karetka

8. uraz

### Task 8 – Complete the collocations

1. have an \_\_\_\_\_
2. feel \_\_\_\_\_
3. call an \_\_\_\_\_
4. take some \_\_\_\_\_
5. be \_\_\_\_\_ for you
6. get an \_\_\_\_\_
7. stay \_\_\_\_\_
8. be \_\_\_\_\_ to your health

### Task 9 – Choose the correct sentence

1. a) He had an accident.  
b) He had a healthy.
2. a) This sport is dangerous.  
b) This sport is illness.
3. a) She took some medicine.  
b) She took some ambulance.
4. a) Pain means something hurts.  
b) Pain means something is healthy.
5. a) Ambulance takes people to hospital.  
b) Ambulance gives medicine at home.
6. a) Injury is damage to the body.  
b) Injury is a vehicle.
7. a) Smoking is dangerous.  
b) Smoking is healthy.
8. a) Doctor helps sick people.  
b) Doctor causes accidents.

### Task 10 – Complete the sentences (your own ideas)

1. I try to eat \_\_\_\_\_ food.

2. When I'm ill, I \_\_\_\_\_.
3. I think \_\_\_\_\_ is dangerous.
4. If I feel pain, I \_\_\_\_\_.
5. A doctor works in \_\_\_\_\_.
6. An ambulance \_\_\_\_\_.
7. Medicine helps \_\_\_\_\_.
8. To stay healthy, you should \_\_\_\_\_.

## PART 2 – GRAMMAR

8 tasks × 6 items

### Task 11 – Past Simple (affirmative)

1. He \_\_\_\_\_ (break) his arm.
2. We \_\_\_\_\_ (go) to hospital.
3. She \_\_\_\_\_ (take) some medicine.
4. They \_\_\_\_\_ (call) an ambulance.
5. I \_\_\_\_\_ (feel) very ill yesterday.
6. The doctor \_\_\_\_\_ (help) me.

### Task 12 – Past Simple (negative)

1. I \_\_\_\_\_ (not go) to school yesterday.
2. He \_\_\_\_\_ (not feel) well.
3. We \_\_\_\_\_ (not have) an accident.
4. She \_\_\_\_\_ (not take) the medicine.
5. They \_\_\_\_\_ (not call) the doctor.
6. I \_\_\_\_\_ (not break) my leg.

### Task 13 – Questions (Past Simple)

1. you / hurt / your leg

2. she / take / medicine
3. they / go / hospital
4. he / have / accident
5. you / feel / better
6. the doctor / help / you

#### **Task 14 – Should / shouldn't**

1. You \_\_\_\_\_ see a doctor.
2. You \_\_\_\_\_ smoke cigarettes.
3. He \_\_\_\_\_ rest at home.
4. She \_\_\_\_\_ eat healthy food.
5. We \_\_\_\_\_ be careful.
6. You \_\_\_\_\_ ignore the pain.

#### **Task 15 – Choose the correct option**

1. You should / shouldn't eat junk food every day.
2. He should / shouldn't go to school if he's ill.
3. We should / shouldn't call an ambulance in an emergency.
4. She should / shouldn't rest after an injury.
5. You should / shouldn't take medicine without asking.
6. They should / shouldn't be careful.

#### **Task 16 – Correct the mistakes**

1. He breaked his arm.
2. I didn't went to school.
3. She shoulds see a doctor.
4. We was in hospital.
5. They didn't took medicine.
6. You shouldn't to smoke.

## Task 19 – Read the text carefully.

### A Healthy Lifestyle – More Than Just Avoiding Illness

Many teenagers believe that being healthy simply means not being ill. However, doctors and psychologists agree that health is much more complex. It includes not only physical condition, but also mental well-being and everyday habits.

Nowadays, young people often spend long hours sitting in front of screens. As a result, they exercise less, sleep fewer hours and eat more processed food. Although these habits may not cause immediate illness, they can lead to serious health problems in the future, such as obesity, heart disease or mental health issues.

Experts emphasise that even small changes can make a big difference. Regular physical activity, a balanced diet and enough sleep are essential for staying healthy. In addition, learning how to deal with stress is becoming increasingly important, especially for students preparing for important exams.

Interestingly, many health problems could be avoided if people followed simple advice. For example, they should not ignore pain or injuries, as early treatment often prevents more serious consequences. In emergency situations, calling an ambulance quickly can save someone's life.

In conclusion, being healthy is not about being perfect. It is about making responsible choices every day and understanding that health is an investment in the future.

## Task 20 – Choose the correct answer.

*(jedna odpowiedź poprawna)*

1. According to the text, health
  - a) only means not being ill
  - b) is only about physical condition
  - c) includes physical and mental well-being
2. One of the main problems mentioned in the text is that teenagers
  - a) eat too much fruit
  - b) spend too much time in front of screens
  - c) exercise too much
3. The author suggests that unhealthy habits
  - a) are harmless
  - b) only affect adults
  - c) can cause problems later in life
4. Stress is described as
  - a) unimportant for young people
  - b) especially important for students
  - c) impossible to control
5. The main purpose of the text is to
  - a) describe a medical emergency

- b) give advice on how to stay healthy
- c) compare teenagers and adults

**Task 21 – Match the words with their meanings as used in the text.**

- 1. well-being
  - 2. processed food
  - 3. balanced diet
  - 4. consequences
  - 5. investment
- a. results of actions
  - b. food made with artificial ingredients
  - c. good physical and mental condition
  - d. something that brings benefits in the future
  - e. eating different types of healthy food

**Task 22 – Complete the sentences with ONE word from the text.**

- 1. Health includes physical condition and mental \_\_\_\_\_.
- 2. Teenagers often spend long hours in front of \_\_\_\_\_.
- 3. Unhealthy habits may cause serious problems in the \_\_\_\_\_.
- 4. Learning how to deal with \_\_\_\_\_ is very important for students.
- 5. Early treatment can prevent serious \_\_\_\_\_.

**Task 23 – Answer the questions in full sentences.**

- 1. Why do experts think that health is more than just avoiding illness?
- 2. What unhealthy habits are mentioned in the text?
- 3. Why is stress a problem for young people?
- 4. Why is it important not to ignore pain or injuries?
- 5. What does the author mean by saying that health is an investment?