

Vocabulary

- 1 Podpisz obrazki wyrazami i wyrażeniami z ramki.

stomach ache a sore throat a black eye
a sprained ankle ~~a headache~~ a broken leg



1 a headache



2 _____



3 _____



4 _____



5 _____



6 _____

Grammar

- 2 Uzupełnij zdania podanymi czasownikami w twierdzącej formie czasu **present perfect**.

- We 've had (have) a great time.
- Sam and Ted _____ (meet) Roger Federer. They were really surprised.
- The dog _____ (eat) its dinner.
- I _____ (do) judo.
- Spencer and Abi _____ (fly) in planes.
- We _____ (run) ten kilometres.

- 3 Zmień zdania z zad. 3 w zdania przeczące.

- 1 We've had a great time.

We haven't had a great time.

- 4 Ułóż wyrazy i wyrażenia we właściwej kolejności, tak aby utworzyły pytania.

- 1 tidied / your / you / room / have

Have you tidied your room?

- 2 shopping list / your / have / forgotten / you / again

_____?

- 3 has / Dad / cat / fed / the

_____?

- 4 I / early / arrived / have

_____?

- 5 you or Eric / seen / have / that film

_____?

- 6 done / homework / you / your / have

_____?

Speaking

- 5 Przeczytaj dialog. Zakreśl właściwą formę.

Doctor Hello, Mrs Collis. What's ¹ a (the) problem?

Mrs Collis I've got ² sore ear / earache. It really hurts. And I feel really tired.

Doctor When ³ did / has it start?

Mrs Collis About two ⁴ ago days / days ago.

Doctor Let me have a ⁵ see / look ... Ah, yes. You've got an infection. I'll give you some medicine. ⁶ Take it / Take them every day. And drink a lot of water. Come back and see me when you've finished it.

Mrs Collis OK. Thank you very much, Doctor.

Reading

- 6 Przeczytaj tekst. Oznacz zdania jako prawdziwe (T) lub fałszywe (F).

In the UK there is a saying, 'An apple a day, keeps the doctor away'. Is this true? Well, it isn't only apples that can keep us healthy. It is important to eat lots of different types of food, especially fruit and vegetables. Drink water not cola, when you can. Our brains need water to work well. What have you drunk today?

Sport and physical activity is really important for health. Try to be active every day for at least an hour and try something new. Have you tried judo, or skateboarding or ballet?

Don't forget: exercise can make you happy, too!

Young people also need lots of sleep!

So, make sure you get eight hours of sleep a night.

- 1 Doctors eat apples every day. F
- 2 It isn't good to eat the same food every day. —
- 3 We need to eat fruit and vegetables every day. —
- 4 Water is good for our brains. —
- 5 Skateboarding can keep us healthy. —
- 6 Sleep isn't important for teenagers. —

Listening

- 7  08 Posłuchaj nagrania i ponumeruj poniższe zdania we właściwej kolejności.

- 1 Chris had an X-ray. —
- 2 Jane visited Chris at home. —
- 3 Chris stopped his bike suddenly. —
- 4 Chris fell off his bike and broke his leg. —
- 5 A little girl ran across the road. —
- 6 Chris was cycling home from school. 1

Writing

- 8 Napisz e-mail do kolegi, który jest chory i został w domu.

- Zapytaj, jak się czuje.
- Powiedz, co słyszeć w szkole lub u waszej koleżanki.
- Powiedz, że go odwiedzisz.

Pamiętaj o właściwych zwrotach rozpoczynających i kończących e-mail.

Hi, _____

- 9 Przeczytaj definicje i uzupełnij brakujące litery.

- 1 If I eat well and do some exercise, I will be f i t.
- 2 Liam often feels s _ _ _ _ because he stays up late.
- 3 You can use a fitness a _ _ to help you keep fit.
- 4 You often have a t _ _ _ _ _ _ _ _ when you have an infection.
- 5 Doctors can give you a _ _ _ _ _ _ _ _ when you have an infection.
- 6 It's good to do some p _ _ _ _ _ activity every week.

- 10 Popraw błąd, który podkreślono.

- 1 I haven't saw Ryan recently. seen
- 2 Tony's broke his leg. _____
- 3 Have they ate the biscuits? _____
- 4 I've took my antibiotics today. _____
- 5 Did you been to London? _____
- 6 Have Julia finished her homework? _____