Listening

1 3.46 **Usłyszysz dwukrotnie rozmowę dwojga przyjaciół. Uzupełnij brakujące informacje w zdaniach 1-5 zgodnie z treścią nagrania.**

1 Katie is in bed because she has got _____.
2 Katie first felt ill on Thursday _____.
3 On Thursday, Katie came home from school by _____.
4 Katie's mum called _____.
5 Katie has to take medicine and _____ a lot.

__ / 5

Vocabulary

2 **Uzupełnij nazwy dolegliwości brakującymi literami.**

1 After I go swimming, I sometimes have **e** __ __ **a** __ **h** __.
2 When I eat too much, I often have __ **t** __ **m** __ **c** __ __ **c** __ **e**.
3 In winter, I sometimes have a __ **o** __ **d**.
4 I can't speak. I have a **s** __ __ **e** **t** __ __ **o** __ __.

__ / 4

3 **Zakreśl wyrazy, które poprawnie uzupełniają poniższe zdania.**

1 Your head is hot. You have a **cough / fever**.
2 Don't touch the hot iron! You'll **scratch / burn** your hand!
3 When you see an accident, you should **call / take** an ambulance.
4 Listen to your doctor and take **medicine / A&E**.
5 When you walk into a hole, you can twist your **finger / ankle**.

__ / 5

Functions

4 **Uzupełnij dialog zdaniami a-e. Dwa zdania nie pasują do dialogu.**

A: Mark, look at you! [1] ___
B: Oh, I broke my leg two days ago.
A: [2] ___
B: I was on my bike. I fell over on the street.
A: How does it feel now?
B: [3] ___

a When did it happen?
b It isn't too bad.
c What happened to you?
d It was two days ago.
e How did you do that?

__ / 3

Grammar

5 **Zakreśl poprawną odpowiedź: a lub b.**

1 I ___ a good film on TV yesterday.
a see **b** saw
2 Where did they ___ last weekend?
a go **b** went
3 She ___ call a doctor yesterday.
a wasn't **b** didn't
4 ___ Mark go to the health centre last Monday?
a Was **b** Did
5 We didn't ___ to Jack this morning.
a talk **b** talked

__ / 5

6 **Uzupełnij dialog odpowiednią formą czasowników w nawiasach w czasie *Past simple*. Uzupełnij krótkie odpowiedzi.**

A: Hi, Mandy. [1] _____ (**you / have**) a good weekend?
B: Hello, Robert. Yes, I [2] _____. My cousins from Manchester [3] _____ (**visit**) me.
A: Nice. How long [4] _____ (**they / stay**) with you? All weekend?
B: No. They [5] _____ (**leave**) on Sunday morning. But we [6] _____ (**have**) a really good time on Saturday. We [7] _____ (**not go**) cycling because it was cold and rainy but we [8] _____ (**play**) video games.
A: That sounds fun!

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Reading

7 **Przeczytaj tekst. W zadaniach 1-5 z podanych odpowiedzi wybierz właściwą, zgodną z treścią tekstu.**

STAY HEALTHY

We all want to be healthy and fit, and it's important to follow some rules of a healthy lifestyle.

- Don't eat big and heavy meals, especially before going to bed. They will often give you stomach ache. It's much better to eat a little but more often during the day. And forget fast foods!
- Don't ignore any illnesses or injuries. If you have a headache or a fever and they don't go away after one day, see a doctor. These are often symptoms of a cold or flu, so don't wait till it gets worse.
- Regular exercise is good for your body. You can do it every day if it's not too hard, but if you do a lot of exercise on one day, it's usually a good idea to give your body a rest for a day or two afterwards. When you have an injury, for example a bruised foot, always let your body get better before you start exercising again.
- Sleep is important! A good night's rest is something your body and mind need every day. To sleep well, try not to play games or watch films just before going to bed. Also, some people shouldn't do exercise in the evenings because they have problems falling asleep. Go to bed and get up at the same time every day, so your body has a regular sleeping routine.

1 The text says you can get a stomach ache if you eat
a many meals during the day.
b fast foods.
c too much before sleeping.

2 You should go to a health centre
a every time you have a headache.
b if you feel bad for longer than a day.
c when your flu gets worse.

3 The text says you should not do exercise
a when you hurt a part of your body.
b when you have a headache.
c when it isn't regular.

4 Which of the following will help you sleep well?
a Watching TV.
b Taking exercise.
c Regular bedtime hours.

5 The text was written to
a describe some common illnesses.
b show some ideas for a healthy lifestyle.
c give advice on dealing with illnesses.

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