

UNIT 11 (ZDROWIE)

Imię i nazwisko _____

Klasa _____

1 ⑧36 Usłyszysz dwukrotnie cztery wypowiedzi na temat problemów zdrowotnych. Na podstawie informacji zawartych w nagraniu do każdej wypowiedzi (1–4) dopasuj właściwe zdanie (A–E).

Uwaga! Jedno zdanie zostało podane dodatkowo i nie pasuje do żadnej wypowiedzi.

This speaker

- A says he/she has to see a doctor regularly.
- B felt weak after hard physical exercise.
- C saw a doctor because the pain didn't go away.
- D should avoid food which is bad for him/her.
- E got ill just before an important event.

Speaker 1 _____ Speaker 2 _____ Speaker 3 _____ Speaker 4 _____

2 Do każdej z opisanych sytuacji (1–4) dobierz właściwą reakcję (A–C).

1 Jesteś u kolegi i słabo się poczułeś. Jak poprosisz go, żeby przyniósł Ci szklankę wody?

- A Could you get me a glass of water?
- B Can I get you a glass of water?
- C Why don't you have a glass of water?

2 Jesteś w poradni lekarskiej. Recepjonistka proponuje Ci termin wizyty kontrolnej, który Ci nie odpowiada. Co powiesz?

- A It's no problem.
- B I'm sorry, you can't.
- C That's not possible.

3 Gościsz u siebie kolegę, który prosi Cię o pozwolenie skorzystania z Twojego komputera. Zamierzasz się zgodzić. Co powiesz?

- A I'm afraid I can't.
- B Yes, of course.
- C Yes, I will.

4 Na lekcji WF-u doznałeś/doznałaś urazu kolana i jesteś u lekarza. Jak poprosisz lekarza, aby zbadał Twoje kolano?

- A Could you look at my knee?
- B Can I look at your knee?
- C I'd like to look at my knee.

3 Uzupełnij minidialogi 1–4. Wpisz w każdą lukę brakujący fragment wypowiedzi tak, aby otrzymać logiczne i spójne teksty.

1 X: Tom, could you get me my medicine from the kitchen cupboard, please?

Y: _____.

X: Thanks. It's really kind of you.

2 X: It's very hot in here. Would _____ OK if I opened the window?

Y: No problem.

3 X: Hello. My name's Tom Peterson. _____ to speak to Dr Jones, please.

Y: I'm afraid the doctor's busy at the moment.

4 X: I feel tired and cold. Helen, dear, _____ make me a cup of tea, please?

Y: OK. Just a minute.

4 Przeczytaj tekst o Liz Hartel. Uzupełnij luki 1–5 w notatce, którą wykorzystasz w szkolnej prezentacji. Notatkę należy uzupełnić w języku polskim.

Liz Hartel: a pioneer in horseback riding therapy

People have known about the positive effects of horse-riding on our health since ancient times, but the first professional therapeutic centres were created in Europe in the late 1960s. From there, the idea spread to North America. However, the person who inspired the modern idea of using horses in therapy was a Danish horse riding champion named Liz Hartel. She fell ill with polio at the age of 23 and, as a result, her legs below the knees were paralysed. She was determined to continue her riding career and she took part in the Olympic Games in 1952. Her silver medal there was the first medal for any woman in the history who competed against men. After she finished her riding career, Liz Hartel travelled a lot to raise money for people ill with polio and promoting the idea of riding as a form of therapy. The Dutch Liz Hartel Foundation was named after her.

Prezentacja – Liz Hartel: pionierka hipoterapii

- Pierwsze ośrodkie wykorzystujące jazdę konną jako formę terapii powstały (1) _____ pod koniec lat 60 ubiegłego wieku.
- Liz Hartel pochodziła z Danii i uprawiała (2) _____.
- Liz Hartel zachorowała na polio kiedy miała (3) _____.
- Jako pierwsza kobieta konkurująca z mężczyznami zdobyła srebrny medal na (4) _____ w 1952 roku.
- Po zakończeniu kariery, Liz Hartel zbierała (5) _____ dla chorych na polio.

5 Przeczytaj tekst. Na podstawie informacji w nim zawartych zdecyduj, czy zdania 1–3 są prawdziwe (P), czy fałszywe (F).

Hi everyone,

I'd like to share my experience of African dance. About a year ago my friend, Liz, suggested I should go with her to an African dance class. I'd always been quite overweight and shy and although I'd tried some diet pills and joining a gym, nothing seemed to work. At first I wasn't keen on the idea of joining an African dance group, but Liz didn't give up and in the end I agreed. Now, African dance is quite an injury-free activity because you keep your feet in line with the knees, which protects them and your back from too much strain. Also, you put your feet flat on the floor, so your ankles aren't in danger, either. It turned out just the right thing for me! Since I joined about half a year ago, I've lost quite a few kilos, and my confidence has improved, too!

Barbara

- 1 Barbara had tried to get slimmer before she joined the African dance class. **P / F**
- 2 Barbara didn't want to try African dance as soon as her friend told her about it. **P / F**
- 3 Barbara says she feels less confident because of the African dance classes. **P / F**

6 Przeczytaj tekst. Wybierz odpowiedź A, B lub C, aby poprawnie uzupełnić luki 1–4.

Hi Dan,

I'm writing this email from the hospital. You won't believe it but I've hurt my knee. Again! I fell off my bike while I (1) _____ really fast and I hit the ground. It was really painful! As you know, I (2) _____ a similar accident a few months earlier. Now my knee is really bad and the doctor has advised me (3) _____ surgery. I'm going to have it tomorrow morning. Unfortunately, it's going to take quite a while before I (4) _____.

Write back,

Iza

1 A was riding	B had ridden	C rode
2 A have had	B was having	C had had
3 A have	B to have	C having
4 A recover	B mend	C suffer

7 Uzupełnij każde zdanie (1–4) tak, aby zachować sens zdania wyjściowego. Wykorzystaj podany na końcu wyraz nie zmieniając jego formy. Wymagana jest pełna poprawność ortograficzna i gramatyczna wpisywanych fragmentów zdań.

Uwaga! W każdą lukę możesz wpisać maksymalnie trzy wyrazy, wliczając w to wyraz już podany.

1 We talked about it during our lunch. **WERE**

We talked about it while _____ lunch.

2 We went to the cinema because there was a new film on. **TO**

We went to the cinema _____ new film.

3 I don't really want to go out tonight. **KEEN**

I'm not very _____ out tonight.

4 She did some voluntary work in a hospital. Then she decided to study medicine. **HAD**

Before she decided to study medicine, _____ some voluntary work in a hospital.

8 Połącz wyrazy/wyrażenia z kolumny A z wyrazami/wyrażeniami z kolumny B tak, aby utworzyć poprawne wyrażenia. Dwa wyrazy/wyrażenia z kolumny B podano dodatkowo.

A

1 follow a balanced

a a skin cream

2 feel

b unwell

3 have a sore

c relationships with friends

4 have close

d diet

5 apply

e antibiotics

f first aid kit

g throat

B

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

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.

10 Uzupełnij zdania czasownikiem z nawiasu we właściwej formie.

a) I don't enjoy (watch) _____ horror films.

b) I'm not very good at (play) _____ the piano.

c) I prefer (read) _____ books to (watch) _____ films.

d) My brother decided (study) _____ mathematics.

e) The teacher wants us (write) _____ a short story for next week.

f) She did a lot of research (find) _____ some information for her project.