

**Ex. 1 Listen to the people talking about health problems. Match the speakers (1-4) to the sentences (A-E). One sentence is extra.**

**This speaker**


- A** waited some time before seeing a doctor.
- B** sometimes eats something harmful.
- C** missed an event because of illness.
- D** needed treatment immediately.
- E** had to change his/her career plans.

Speaker 1 \_\_\_\_      Speaker 2 \_\_\_\_      Speaker 3 \_\_\_\_      Speaker 4 \_\_\_\_

**Ex. 2 You are going to hear a phone call. Fill in the missing words.**

Hi Debra,  
Do you remember the leaflet from the local hospital we saw (1) \_\_\_\_? The one about volunteers needed to help ill children? Well, I've talked to a person from the hospital. If we'd like to do that, we should go to a meeting with a (2) \_\_\_\_\_. Her name's Robertson. It's (3) \_\_\_\_\_ at 4 p.m. The work sounds easy – we just need to talk to the children or (4) \_\_\_\_\_. Interested?  
Let me know.  
Debra

**Ex. 3 Read the text and fill in the missing information in Polish language.**



The Coney Island Polar Bear Club was created by Bernarr Macfadden in 1903. He believed that bathing in the ocean during the winter could help people stay in good health. That's why he created the oldest winter bathing organisation in the United States. Members of the club swim in the Atlantic Ocean every Sunday from November to April, but their swim on New Year's Day is very special. About 3,000 swimmers and around 6,000 spectators take part in this event. The swimmers wear bathing suits or even warm clothes and bathe in the very cold waters of the Atlantic. Members of the Club swim in the freezing cold water not only for health reasons - they also regularly collect money for sick children.

**Prezentacja: The Coney Island Polar Bear Club**

- Klub został założony przez Bernarra Macfaddena w (1)  roku.
- Celem członków klubu jest utrzymanie dobrego zdrowia.
- Członkowie klubu zażywają zimnych kąpeli raz w tygodniu od listopada do (2) .
- Specjalna kąpiel odbywa się w dzień (3) .
- Niektórzy uczestnicy są ubrani w stroje kąpielowe, a inni w (4) .
- Oprócz dbania o własne zdrowie, członkowie klubu zbierają pieniądze dla (5) .

**Ex. 4 Choose the right word.**

- 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**.

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

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