

1. Które z wymienionych niżej zachowań służą zdrowiu, a które nie?

- a) drinking sugary drinks .....
- b) playing computer games all evening .....
- c) brushing your teeth twice a day .....
- d) sleeping for 8 hours a night .....
- e) having a stressful lifestyle .....
- f) exercising regularly .....
- g) walking or cycling short distances .....
- h) eating fresh fruit and vegetables .....
- i) skipping breakfast .....

2. Uzupełnij tekst wyrazami.

cut improve join let keep enjoy feel

Leading a healthy life will not only ..... you live longer, but it will also help you ..... your life more!  
Just follow these simple steps.

- Eat at least five servings of fruit and vegetables every day. .... down on sweets and fatty foods.
- Walk or bike whenever you can and ..... a sports club to make exercising fun!
- Drink more water. You will ..... more energised.
- Get enough sleep. It will ..... your memory and ..... you alert.

3. Dopasuj opisy do nazw części ciała.

stomach lungs bones heart muscles brain

- a) The hard parts of the body which form the skeleton. ....
- b) The organs which control breathing. ....
- c) The organ that pumps blood around the body. ....
- d) The organ which digests food. ....
- e) The organ in your head which allows you to think. ....
- f) Pieces of body tissue connected to bones which let the body move. ....

4. Podpisz zdjęcia.

a stomach ache      a runny nose      a cough      an earache      a high temperature  
a sore throat      a toothache      a headache      a backache      a rash

				
				

5. Co dolega każdej z osób?

- a) I have a high temperature and I feel cold.
- b) I have a pain inside my mouth.
- c) I was lifting heavy boxes and now I can't stand up straight.
- d) My skin is red and itchy.
- e) I ate too many sweets and now I feel a bit sick.
- f) I've blown my nose so many times today.

6. Uzupełnij zdania wyrazami.

breathing	chest	temperature	cold	food
usual	hay	lung	heart	runny

- a) It's nothing serious. You've probably caught a .....
- b) I don't feel my ..... self, doctor.
- c) I had such a ..... nose that I went through a whole packet of tissues.
- d) Let me take your ..... to see if you need an aspirin.
- e) My grandad developed ..... cancer when he worked in the mines.
- f) You can lower your risk of having a ..... attack by exercising and eating healthily.
- g) You might get ..... poisoning if you eat wild mushrooms.
- h) Due to my asthma, dusty houses give me ..... problems.
- i) Tom was taken to hospital after complaining of ..... pains.
- j) Watery eyes and sneezing are common symptoms of ..... fever.

7. Wybierz odpowiedni wyraz.

- a) He wore a plaster cast for six weeks after he **broke / crashed / smashed** his leg.
- b) Tennis players can **blow / pull / sprain** their wrists while playing.
- c) He's so tall he **hits / slips / pushes** his head going through doorways.
- d) Matt got into a fight at school and **ached / bruised / bent** his eye.
- e) I only **cut / chopped / bled** my leg when I fell off my bicycle.
- f) She **pushed / pulled / turned** a muscle in her leg and couldn't play.
- g) He **bent / twisted / tripped** his ankle playing football and now it's sore and swollen.

8. Wybierz właściwy wyraz, a następnie odpowiedz na pytanie: *Where does each dialogue take place: at the doctor's? at the chemist's?*

- a) **A:** Good morning. How can I help you?  
**B:** I **had / got** sunburnt on holiday. Do you have anything that could help? It really **hurts / aches**.  
**A:** I recommend this skin cream. You should **apply / cover** it twice a day.  
**B:** OK, thanks!  
**A:** No **trouble / problem**.
- b) **A:** Hello, Bill. Take a seat. What seems to be the problem?  
**B:** Well, I **have / raise** a high temperature and I can't seem to get it down!  
**A:** OK, let me check. **Breathe / Pant** in and out slowly while I **hear / listen** to your lungs. Do you have any other **symptoms / signs**?  
**B:** Not really.  
**A:** It's probably a virus then. You should **keep / rest** in bed for a few days.  
**B:** OK, I'll do that.

9. Uzupełnij zdania wyrazami..

dress	come	give	addicted
-------	------	------	----------

- a) Doctors don't like to prescribe sleeping pills as people can easily get ..... to them.
- b) Clean and ..... that would stop it from getting infected.
- c) I'm afraid I'm going to have to ..... you a few stitches.
- d) You'll need to ..... for regular check-ups to make sure your medication is working.