

UNIT 7 Revision

Uzupełnij luki właściwymi formami podanych wyrazów. Dwa wyrazy nie pasują do żadnej luki.

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Leeches, blood-sucking worms that live in fresh water, have been used for ¹_____ purposes for millennia. Maybe even since ancient Egypt, as many believe that the Egyptian hieroglyphs originally identified as cobras actually might ²_____ intended as leeches. Through ancient times to the Middle Ages, doctors ³_____ believed they helped treat a great number of problems. In the 19th century, many authorities on medicine ⁴_____ bloodletting and the ⁵_____ became so popular that millions of leeches were used every year in Europe. Asia and America: unfortunately sometimes too enthusiastically, causing patients to feel unwell from the blood ⁶_____. With the ⁷_____ of antibiotics, leech therapy lost its popularity at the beginning of the 20th century, only to start regaining it over the last few decades. Today, leeches play a vital role in microsurgery, where doctors deal with very small veins.

Uzupełnij zdania właściwymi formami podanych wyrazów, dodając brakujące słowa takie jak czasowniki posiłkowe lub przyimki.

- The man said he _____ (already / suffer) a heart failure once before.
- Look! John tripped and now he can't walk! He _____ (must / sprain / ankle).
- I wish _____ (you / not be / distracted), this is important.
- If people didn't overuse antibiotics, the bacteria _____ (not be / resistant / they).
- If only someone _____ (develop / cure) migraines.
- The nurse asked _____ (I / allergic) anything.

Przeczytaj tekst i uzupełnij luki 1–4 zdaniami A–F.

Dwa zdania podane są dodatkowo i nie pasują do żadnej luki.

The sound of an alarm clock is possibly one of the most hated sounds in the world. And although admitting that you love to sleep is sometimes seen as laziness, neuroscientists disagree. ¹_____ Our stress levels, on the other hand, go up. The list goes on and on. And yet, most of us don't get enough sleep to allow it to do its magic. Before the Industrial Revolution and the invention of the electric light bulb, people slept much more. ²_____ And yet their achievements are astounding. In the 20th century, when the pressure to work as much as possible increased, a myth arose from these tales which claimed we could all sleep less and actually benefit from it. What these stories fail to mention is that some of these men napped during the day, and would crash and sleep for hours when they were done with their work. ³_____ The famous non-sleepers actually slept almost as much as the rest of us, only they divided their sleep into many naps, which is called a polyphasic pattern. The majority of us simply sleep once a day, but for longer – we're monophasic sleepers. So what's the right recipe for sleep? Some studies suggest that it's not about how much or when we sleep, but at which point we stop. During sleep, we go through cycles of alternating phases of light and deep sleep. ⁴_____ How? You can use your smartphone, for example. A special application can control your sleep and ring the alarm at the perfect moment within the time frame you set (e.g. between 6.00 and 7.00 a.m.). There are many gadgets out there that claim to help you wake up at just the right moment.

- A** According to this theory, to feel rested you need to open your eyes during the light phase.
B Without sleep, our memory fails to file away and sort through our experiences and our creativity decreases.
C Another thing to remember is that not everybody's sleep pattern is the same.
D They claim that long sleep during daylight hours makes your brain less effective and early morning is the most productive moment of our day.
E Of course, there are some famous exceptions such as Isaac Newton, Thomas Edison or Napoleon Bonaparte and other geniuses, who are believed to have slept only 4–5 hours a day.
F Their sleep was controlled by the natural pattern of light and darkness of night and day, especially among the lower classes.

Complete the sentences with the missing words.

- If you want to get less d _____ in class and b _____ your memory, eat more magnesium-rich foods.
- If the rash starts i _____, put this cream on it. Never s _____ the spots!
- Put some ice cubes in your mouth to stop a noseb _____.
- If you s _____ your ankle, you must r _____ it, rather than continue to walk.
- To keep your l _____ in good shape, avoid alcohol.
- For a headache, just take some p _____, but see a doctor if your head continues to a _____.
- Don't smoke if you want to have healthy l _____.
- Use an ice p _____ if you injure your knee or b _____ it badly.

Complete the sentences with the correct forms of the words in brackets.

- John _____ (locate) his shoulder and it took him ages to make a full _____ (recover).
- Brain _____ (tease) are an _____ (effect) way of keeping your brain active.
- Sheila suffered from memory _____ (lose) and could not recognise her sister.
- Some people believe that eating garlic makes you _____ (resist) to _____ (infect).
- There are _____ (count) _____ (medicine) cases which doctors cannot explain.

Rewrite the sentences, starting with the phrases in bold.

- People really must do something about advertisements promoting unhealthy food.**
It's high time _____.
- I'd like you to exercise regularly.**
I'd rather _____.
- I think we should ban energy drinks, but I'm not the president so I can't do that.**
If _____.
- My dream is that people will stop writing nasty comments on Internet forums.**
I wish _____.
- Do you think I should not get involved in this protest?**
Would you rather _____.
- Don't you dream of supermarkets selling only organic food?**
Don't you wish _____.

Choose the correct words to complete the dialogue.

Mia: What ¹is / seems to be the problem?
Zoe: I've been feeling ²badly / unwell since last week. I've got awful headaches. What do you think I ³should / ought to do?
Mia: You ⁴had / would better see a doctor. Would you like me to make ⁵an appointment / a visit for you?
Zoe: Oh, no. I have no time for that. I hope it's nothing ⁶too / so serious.
Mia: If I ⁷was / were you, I'd go immediately. You will only ⁸do / make it worse. You've got to ⁹get / make it sorted.