

**1 Uzupełnij słowa. Każda kreska odpowiada jednej literze.**

I went out with some friends last week. We had a meal in a restaurant. That night I woke up in real <sup>0</sup> paln. I had eaten a lot, so I thought it was just an <sup>1</sup> pull stomach. I took a <sup>2</sup> ull and went back to bed. The next day, I felt worse. I went to a chemist's and told the <sup>3</sup> hrcc

how I felt. He told me to make an <sup>4</sup> pulmull to see a doctor. It's lucky I did. I had food <sup>5</sup> snull and was seriously ill for more than a week.

**2 Uzupełnij zdania wyrazami z ramki. Podano cztery dodatkowe słowa.**

cough	theatre	wrist	ankle	wheelchair
casts	breathe	insomnia	pulse	ointment

- 1 I've got some \_\_\_\_\_ to rub on this burn.
- 2 Take him straight to the operating \_\_\_\_\_.
- 3 Cover your mouth when you \_\_\_\_\_!
- 4 I twisted my \_\_\_\_\_ when I was jogging.
- 5 I suffer from \_\_\_\_\_. I just can't sleep at night.

**3 Uzupełnij zwroty, tak aby miały znaczenie jak najbliższe podkreślony zwrotom w zdaniach.****O You are ten kilograms heavier than you should be. overweight.**

- 1 You should stop smoking.  
\_\_\_\_\_ up smoking
- 2 I need to be examined to make sure I'm OK.  
have a \_\_\_\_\_-up
- 3 I'm sorry but I'm a bit deaf.  
I'm a bit \_\_\_\_\_ of hearing.
- 4 My knee suddenly hurt a lot.  
I had a sharp \_\_\_\_\_ in my knee.
- 5 John can't see.  
is .....

**4 Uzupełnij drugie zdanie, tak aby miało takie samo znaczenie jak zdanie wyjściowe.**

1. 'Don't go outside with a fever.'

My dad told .....

2 'Can you do me a favour?'

My girlfriend asked .....

3 'Did you come back early yesterday?'

They wondered .....

4 'Our mother is teaching us how to cook.'

They said .....

5 'I've baked my first chocolate cake today!'

Ola said .....

6 'I don't have time to explain it to you.'

Tom said .....

**5 Wybierz jedno słowo, które poprawnie uzupełnia oba zdania.**

1	Hope you _____ better soon.	A get	B fee	C have
	You don't _____ enough sleep.			
2	You're _____ very good shape.	A on	B with	C in
	Are you _____ pain?			
3	I'm allergic _____ nuts.			
	Don't sit there complaining about the pain,			
	go _____ the doctor's.			
	A for	B to	C with	
4	I think you should cut down _____ the amount of antibiotics you take.			
	The doctor will operate _____ you tomorrow.	A in	B with	C on
5	I've got a _____ throat.			
	My eyes are _____ because I watched too much television.	A hurt	B sore	C ache

**Zad. 6** Przeczytaj tekst. Dobierz właściwy nagłówek (A–F) do każdego fragmentu tekstu. Wpisz odpowiednią literę w miejsca (1–4). Uwaga: dwa nagłówki zostały podane dodatkowo i nie pasują do żadnego fragmentu.

- A Positive thinking will cure most things.
- B Think of others and yourself.
- C Make the most of new technology.
- D Be sure you're getting good advice.
- E Just because you look healthy, doesn't mean that you are.
- F Stay healthy without the need for doctors.

#### **READERS' HEALTH TIPS**

**1**

The Internet is a mixture of useful and bizarre tips about health. You may misinterpret your symptoms online and the suggestions for cures may be useless or even dangerous. When it comes to your health, only listen to people who you are sure know what they are talking about.

**2**

Doctors are better trained than ever before. Advances in medicine make us all safer but visiting the doctor's or going to hospital is still an unpleasant experience. By changing your lifestyle and eating more healthily, you can greatly reduce your chances of getting ill.

**3**

Sometimes, to be kind to colleagues, you come to work when ill. You cough and sneeze all day and don't actually get much done. A week later, half of your colleagues are off sick, blaming you for their illness. Next time you feel ill, stay in bed. It's better for everyone.

**4**

When we see someone who is obese, we often think about heart attacks or strokes. However, losing weight may not improve your health. Experts agree that a stressed, slim person who does no exercise is more likely to be ill than a relaxed, overweight person who goes for a short walk every day.