

PART 1 – VOCABULARY

10 tasks × 8 items

Task 1 – Match the words with definitions

1. accident
 2. injury
 3. ambulance
 4. illness
 5. pain
 6. medicine
 7. healthy
 8. dangerous
- a. damage to the body
 - b. something bad that happens suddenly
 - c. feeling when something hurts
 - d. good for your body
 - e. something that can hurt you
 - f. vehicle that takes people to hospital
 - g. when you are sick
 - h. something you take when you are ill

Task 2 – Choose the correct word

1. He broke his leg in a car _____.
(accident / pain)
2. She had a bad _____ and stayed at home.
(illness / healthy)
3. Call an _____, please!
(ambulance / medicine)
4. This sport is very _____.
(dangerous / healthy)
5. My head _____ a lot.
(pain / injury)
6. The doctor gave me some _____.
(medicine / accident)

7. Fruit and vegetables are _____.
(healthy / dangerous)
8. He hurt his arm – it's an _____.
(injury / illness)

Task 3 – Complete the sentences (ONE word)

1. You should eat _____ food.
2. Smoking is _____ for your health.
3. She was taken to hospital by _____.
4. He has a serious _____ in his leg.
5. I have a _____ in my stomach.
6. The doctor gave me some _____.
7. She missed school because of an _____.
8. This job can be very _____.

Task 4 – Odd one out

1. pain – injury – accident – healthy
2. doctor – nurse – ambulance – teacher
3. dangerous – safe – healthy – careful
4. medicine – pill – tablet – accident
5. illness – disease – cold – healthy
6. hospital – clinic – ambulance – school
7. pain – ache – hurt – sport
8. injury – leg – arm – head

Task 5 – Match the problem with advice

1. headache
2. broken leg
3. cold
4. stomach ache

5. cut finger
6. toothache
7. fever
8. sore throat

- a. go to the dentist
- b. stay in bed
- c. see a doctor
- d. put on a plaster
- e. drink warm tea
- f. take some medicine
- g. rest and sleep
- h. don't walk on it

Task 6 – Word building

1. danger → _____ (adjective)
2. health → _____ (adjective)
3. pain → _____ (adjective)
4. medicine → _____ (person)
5. injure → _____ (noun)
6. ill → _____ (noun)
7. help → _____ (adjective)
8. care → _____ (adjective)

Task 7 – Translate into English

1. wypadek
2. ból
3. choroba
4. zdrowy
5. niebezpieczny
6. lekarstwo
7. karetka

8. uraz

Task 8 – Complete the collocations

1. have an _____
2. feel _____
3. call an _____
4. take some _____
5. be _____ for you
6. get an _____
7. stay _____
8. be _____ to your health

Task 9 – Choose the correct sentence

1. a) He had an accident.
b) He had a healthy.
2. a) This sport is dangerous.
b) This sport is illness.
3. a) She took some medicine.
b) She took some ambulance.
4. a) Pain means something hurts.
b) Pain means something is healthy.
5. a) Ambulance takes people to hospital.
b) Ambulance gives medicine at home.
6. a) Injury is damage to the body.
b) Injury is a vehicle.
7. a) Smoking is dangerous.
b) Smoking is healthy.
8. a) Doctor helps sick people.
b) Doctor causes accidents.

Task 10 – Complete the sentences (your own ideas)

1. I try to eat _____ food.

2. When I'm ill, I _____.
3. I think _____ is dangerous.
4. If I feel pain, I _____.
5. A doctor works in _____.
6. An ambulance _____.
7. Medicine helps _____.
8. To stay healthy, you should _____.

PART 2 – GRAMMAR

8 tasks × 6 items

Task 11 – Past Simple (affirmative)

1. He _____ (break) his arm.
2. We _____ (go) to hospital.
3. She _____ (take) some medicine.
4. They _____ (call) an ambulance.
5. I _____ (feel) very ill yesterday.
6. The doctor _____ (help) me.

Task 12 – Past Simple (negative)

1. I _____ (not go) to school yesterday.
2. He _____ (not feel) well.
3. We _____ (not have) an accident.
4. She _____ (not take) the medicine.
5. They _____ (not call) the doctor.
6. I _____ (not break) my leg.

Task 13 – Questions (Past Simple)

1. you / hurt / your leg

2. she / take / medicine
3. they / go / hospital
4. he / have / accident
5. you / feel / better
6. the doctor / help / you

Task 14 – Should / shouldn't

1. You _____ see a doctor.
2. You _____ smoke cigarettes.
3. He _____ rest at home.
4. She _____ eat healthy food.
5. We _____ be careful.
6. You _____ ignore the pain.

Task 15 – Choose the correct option

1. You should / shouldn't eat junk food every day.
2. He should / shouldn't go to school if he's ill.
3. We should / shouldn't call an ambulance in an emergency.
4. She should / shouldn't rest after an injury.
5. You should / shouldn't take medicine without asking.
6. They should / shouldn't be careful.

Task 16 – Correct the mistakes

1. He breaked his arm.
2. I didn't went to school.
3. She shoulds see a doctor.
4. We was in hospital.
5. They didn't took medicine.
6. You shouldn't to smoke.

Task 19 – Read the text carefully.

A Healthy Lifestyle – More Than Just Avoiding Illness

Many teenagers believe that being healthy simply means not being ill. However, doctors and psychologists agree that health is much more complex. It includes not only physical condition, but also mental well-being and everyday habits.

Nowadays, young people often spend long hours sitting in front of screens. As a result, they exercise less, sleep fewer hours and eat more processed food. Although these habits may not cause immediate illness, they can lead to serious health problems in the future, such as obesity, heart disease or mental health issues.

Experts emphasise that even small changes can make a big difference. Regular physical activity, a balanced diet and enough sleep are essential for staying healthy. In addition, learning how to deal with stress is becoming increasingly important, especially for students preparing for important exams.

Interestingly, many health problems could be avoided if people followed simple advice. For example, they should not ignore pain or injuries, as early treatment often prevents more serious consequences. In emergency situations, calling an ambulance quickly can save someone's life.

In conclusion, being healthy is not about being perfect. It is about making responsible choices every day and understanding that health is an investment in the future.

Task 20 – Choose the correct answer.

(jedna odpowiedź poprawna)

1. According to the text, health
 - a) only means not being ill
 - b) is only about physical condition
 - c) includes physical and mental well-being
2. One of the main problems mentioned in the text is that teenagers
 - a) eat too much fruit
 - b) spend too much time in front of screens
 - c) exercise too much
3. The author suggests that unhealthy habits
 - a) are harmless
 - b) only affect adults
 - c) can cause problems later in life
4. Stress is described as
 - a) unimportant for young people
 - b) especially important for students
 - c) impossible to control
5. The main purpose of the text is to
 - a) describe a medical emergency

- b) give advice on how to stay healthy
- c) compare teenagers and adults

Task 21 – Match the words with their meanings as used in the text.

- 1. well-being
 - 2. processed food
 - 3. balanced diet
 - 4. consequences
 - 5. investment
- a. results of actions
 - b. food made with artificial ingredients
 - c. good physical and mental condition
 - d. something that brings benefits in the future
 - e. eating different types of healthy food

Task 22 – Complete the sentences with ONE word from the text.

- 1. Health includes physical condition and mental _____.
- 2. Teenagers often spend long hours in front of _____.
- 3. Unhealthy habits may cause serious problems in the _____.
- 4. Learning how to deal with _____ is very important for students.
- 5. Early treatment can prevent serious _____.

Task 23 – Answer the questions in full sentences.

- 1. Why do experts think that health is more than just avoiding illness?
- 2. What unhealthy habits are mentioned in the text?
- 3. Why is stress a problem for young people?
- 4. Why is it important not to ignore pain or injuries?
- 5. What does the author mean by saying that health is an investment?