

LISTENING [AUDIO 6] You will hear a dialogue between a basketball player, James, and his friend, Patricia. Listen and choose the correct answer (A, B or C).

1 James didn't play the match

A on Saturday. B on Sunday. C on Thursday.

2 What illness did James have last weekend?

A a bad back B a cold C a stomachache

3 On the day of the game, James had

A a lot of energy. B a nice dinner. C a stomachache.

4 During the game, James

A played badly. B blew his nose. C hurt his leg.

5 In the last 10 minutes, James's team

A lost the game. B stopped playing. C scored a lot of points.

READING Read the letters from an advice website for teenagers and choose the correct answer (A, B or C).

1 What did Cameron do with his parents last night?

A played video games

B watched films on his laptop

C watched television

2 What time did Cameron get up at night?

A at 9 o'clock

B at 10 o'clock

C at 11 o'clock

3 What was Cameron doing at 1 a.m.?

A He was sleeping.

B He was watching TV.

C He was talking to her parents.

4 How much sleep do adults need?

A eight hours

B nine hours

C twelve hours

5 One good thing about drinking caffeine is that

A you feel less sleepy.

B you get a stomachache.

C it helps your heart.

6 Polly says that Cameron should

A brush his teeth more and lose weight.

B go to bed a bit later when he's tired.

C not drink energy drinks.

Dear Polly

Last night I watched TV with my parents. Then I went to bed at 9 o'clock but I couldn't sleep. Two hours later

I still didn't feel sleepy so I got up, had another energy drink and continued watching TV. My parents were already in bed. I didn't fall asleep until 2 a.m.! I don't want to stay up late, I just can't go to sleep. What's the matter with me?

Cameron, 15

Dear Cameron

Teenagers need more sleep than adults (nine hours per night, one more than adults) but less than children (twelve hours). Scientists think that teenagers are getting less sleep than before. Energy drinks can be part of the problem. They have lots of sugar and calories, which give you energy. But sugar is also bad for your weight and your teeth!

Energy drinks are also often full of caffeine. You find caffeine in tea and coffee. It makes you feel less tired and sleepy, but it can also make you feel nervous, give you stomachaches and headaches and can even cause problems with your heart.

So my advice is not to stay up late until you feel sleepy but go to bed early. You should also stop drinking energy drinks. This will help your teeth and your weight as well, if that's a problem for you.

Polly

LANGUAGE FUNCTIONS:

Przekaż koledze/koleżance że:

- 1) źle się czułeś wczoraj
- 2) boli cię gardło
- 3) boli cię noga
- 4) masz alergię pokarmową
- 5) masz wysoką temperaturę
- 6) złapałeś grypę
- 7) zraniłeś się w plecy w ubiegłym tygodniu
- 8) kichasz z powodu (because of) kataru siennego
- 9) powinien umówić się na wizytę lekarską
- 10) powinien wziąć lekarstwo i się płożyć

Zapytaj kolegę/koleżankę:

- 1) Co się stało? (2 sposoby)
- 2) Czy czujesz się chory/chora?
- 3) Kiedy zaczęłaś/zacząłeś czuć się źle?