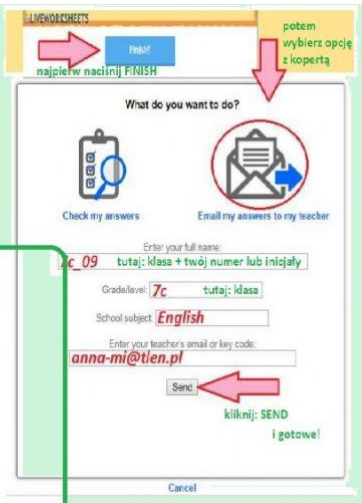
8B Praca Kontrolna Tydzień 12: ZDROWIE



Wybierz poprawne odpowiedzi.

0 When you exercise, your *muscles become / blood becomes* bigger and stronger.
1 The *hearts / bones* in your legs and arms are the longest in your body.
2 The *bone / heart* is a big muscle and it beats about 100,000 times a day.
3 Do intelligent animals have a big *brain / blood*?
4 *Blood* / Bone is red and it goes to all parts of the body.

Posłuchaj tego młodego człowieka, który dzieli się z nami tajnikami swojej dobrej formy. Zaznacz właściwe odpowiedzi: zaznacz wszystkie, które pasują.

1. He doesn't eat a lot of ... **sugar fruit cake candy veggies**
2. He gets up really ... **early late**
3. He does exercises every ... **day evening hour morning**
4. Which of these doesn't he do outside? **run push-ups jog walk crunches**
5. Which of these does he do at home? **walk jog push-up crunches run**

What do you do to keep fit? - napisz trzy zdania, uwzględniając czynności, a także kiedy i gdzie je wykonujesz. Użyj czasu Present Simple.

Przyporządkuj wyrazy z ramki do odpowiedniej kategorii. Jeden wyraz został podany dodatkowo i nie pasuje do żadnej kategorii.

broken arm cold cut GP injection nurse pneumonia

ILLNESSES	INJURIES	PEOPLE

Uzupełnij zdania przymiotnikami utworzonymi od podanych wyrazów.

1 Donna had a _____ skiing accident and she broke her leg. PAIN
2 'Are you alright?' 'I'm fine. It's just a _____ nose.' RUN
3 Last night Rob and Linda's baby had a fever so it was a _____ night for them. SLEEP
4 It's difficult to lead a _____ lifestyle these days. HEALTH

Wybierz właściwe słowo.

1 If you want to lose weight, you should *take / make* regular exercise.
2 I feel tired, I've *lost / left* my appetite. Am I sick?
3 It's important to *make / have* regular check-ups at the doctor's.
4 You should cut *down / out* on salt in your diet. It can be really harmful.
5 You have food poisoning? That's terrible! *Make / Get* better soon!

Zakreśl poprawną formę: A lub B.

Przykład:	Sorry, but I didn't ____ your name.	A take	B catch
1	When you feel ____ in your chest, go to the doctor's immediately.	A pain	B fever
2	It wasn't a doctor, but a _____ from the ambulance.	A surgeon	B paramedic
3	What's your ____ group?	A blood	B brain
4	He's ____ his appetite and hasn't eaten anything for two days now.	A cut	B lost
5	If you want to stay fit, ____ out in the gym twice a week.	A do	B work