

11 Zdrowie

Uzupełnianie luk w tekście

- 1 Przeczytaj tekst. Z podanych odpowiedzi wybierz właściwą, tak aby otrzymać logiczny i gramatycznie poprawny tekst. Zakreśl literę A, B albo C.

A Good Night's Sleep



Insomnia is a sleep disorder in which a person has difficulty falling or staying asleep. 1) we all experience the occasional sleepless night, people with insomnia suffer them regularly over a long 2) of time.

Naturally, this has a very negative impact on a person's daily life, as they often feel too tired to do normal activities properly. In fact, insomnia can also cause mood swings, low concentration levels and even serious health problems. So, what's the solution? Well, one choice is to take pharmaceutical medicines, but 3) often contain addictive chemicals. Instead, a better option is to use natural remedies and do calming exercises. For example, stress is a leading cause of insomnia, so it's a good idea to 4) it by doing things that relax you, such as yoga, meditation or simply listening to calming music. For example, some people like to listen to the sounds of waves or rain to help them fall asleep. It's also best 5) over-stimulating your brain before bedtime, which means no caffeine drinks, sugary snacks or TV after 8 pm! Generally, it's important to remember that insomnia is common and curable; you just have to find what works for you. After all, it's nothing to lose sleep over!

- 1 A While B When C As
2 A age B stage C period
3 A this B these C those
4 A battle B fight C struggle
5 A to avoid B to be avoiding C to have avoided

Uzupełnianie luk w dwóch zdaniach

- 2 W zadaniach 1–5 wybierz wyraz, który poprawnie uzupełnia luki w obydwu zdaniach. Zakreśl literę A, B albo C.

- There is a you will catch a cold if you don't wear a coat.
By, Fred and Mandy stayed in the same hospital ward.
A risk B chance C coincidence
- I hope to return to work Friday.
Can we stop a pharmacy to pick up my prescription?
A before B by C at
- Jenny arrived to the yoga class.
How long has it been since your appointment?
A last B late C previous
- Pam has been told that she should rest the next few weeks.
None of the nurses wanted to work the weekend.
A at B for C over
- She had no that there was a problem with her hearing.
I've just had a(n) Why don't we go to a health spa tomorrow?
A clue B thought C idea

Wybór tłumaczenia

- 3 W zadaniach 1–5 spośród podanych opcji (A–C) wybierz tę, która jest tłumaczeniem fragmentu podanego w nawiasie, poprawnie uzupełniającym lukę. Zakreśl literę A, B albo C.

- The doctor (znów pracuje do późna).
A is working late again
B is late for work again
C is in work again later
- Gordon looks like he's limping. (Miał ostatnio jakiś wypadek?)
A Did he fall by accident?
B Was he in the recent accident?
C Has he had an accident recently?



- 3 I meditate to relax. (**Dlaczego też tego nie spróbujesz?**)

A Don't you do it too?
B Do you want to try it?
C Why don't you try it too?

- 4 (**W wyniku testów**), Linda has to receive treatment.

A Since having the tests
B As a result of the tests
C Following the test results

- 5 (**Czy to jest chirurg, który**) operated on you?

A Is that the surgeon who
B Who is the surgeon that
C Was it that surgeon who



Wybór parafrazy

- 4 W zadaniach 1–5 spośród podanych opcji (A–C) wybierz tę, która może najlepiej zastąpić zaznaczony fragment. Zakreśl literę A, B albo C.

- 1 Karen **fell ill** yesterday and missed the party.

A hurt herself
B became sick
C had an accident

- 2 You're a little overweight so **you'd better** diet.

A it's highly recommended that you
B you need to greatly improve your
C you'd probably benefit from a

- 3 This drink **is rich in** minerals.

A tastes of
B has a lot of
C has too many

- 4 **If you don't** take your medicine, you won't get better.

A Given that you didn't
B Because you fail to
C Unless you

- 5 The doctor **had never heard of** the boy's rare disease.

A hadn't been told about
B didn't know about
C couldn't understand

Uzupełnianie minidialogów

- 5 Uzupełnij poniższe minidialogi (1–5), wybierając brakującą wypowiedź jednej z osób. Zakreśl literę A, B albo C.

- 1 X: I'm under the weather.

Y:

A What's wrong?
B Yes, it's raining a lot.
C When did that happen?

- 2 X:

Y: Me too.

A You look tired.
B I'm tired of waiting.
C How long will it take?

- 3 X: My back's in pain.

Y:

A Not again!
B I can't stand it.
C How do you know?

- 4 X:

Y: I have a headache and a runny nose.

A Why are you sick?
B What are your symptoms?
C Do you need some medicine?

- 5 X: Karen's glowing!

Y:

A She probably has a fever.
B She's been through a lot.
C She must be looking after herself.