



ZDROWIE

Zadanie z luką (wybór wielokrotny)

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

It's All In Your Mind

What if, after overcoming a serious illness, you discovered that the medicine you 1) actually had no effect on your health whatsoever? This apparently miraculous recovery in the absence of real medication is referred to as the placebo effect. Placebos are prescribed to patients but contain no active ingredients. In fact, most are little more than a vitamin supplement. However, they have been used effectively in drug 2) therapy, disease treatment and psychological care for centuries. Placebos work because those taking them are under the impression that they 3) by pharmaceutical drugs and, as such, they wholly believe in their own inevitable recovery. Scientists are unable to predict which patients are more 4) to the powers of the placebo effect but research studies show that a significant percentage of us are. It just goes to show that our physical health and emotional wellbeing are directly linked to a positive mental attitude.

- | | |
|--------------------|---------------------|
| 1 A took | C had been taking |
| B have been taking | D take |
| 2 A deprivation | C prescription |
| B application | D addiction |
| 3 A are healing | C have healed |
| B are being healed | D have been healing |
| 4 A susceptible | C prone |
| B allergic | D vulnerable |

Tłumaczenie fragmentów zdań

- 2 Przetłumacz na język angielski podane w nawiasach fragmenty zdań 1–4, tak aby otrzymać logiczne i gramatycznie poprawne zdania. Wymagana jest pełna poprawność ortograficzna wpisywanych fragmentów zdań. W każdą lukę możesz wpisać maksymalnie pięć wyrazów.

- What would you do (zakładając, że miałbyś wypadek) at sea?
- You ought to feel better tomorrow (pod warunkiem, że będziesz odpoczywać) today.
- Please telephone an ambulance (w przypadku) an emergency.
- She had better receive treatment (w przeciwnym razie jej stan mógłby) worsen.

Zadanie z luką (otwarty test luk)

- 3 Przeczytaj tekst. Uzupełnij każdą lukę (1–4) jednym wyrazem, tak aby powstał spójny i logiczny tekst. Wymagana jest pełna poprawność gramatyczna i ortograficzna wpisywanych wyrazów.

Medicine in the Middle Ages

These days, we tend to trust entirely that our doctor's opinion is based on the best research and techniques available. Well, fortunately for us, we live 1) a modern, technological era because historically, medical professionals have not always been so reliable. In fact, during the medieval period, patients were treated by specialists 2) as toad doctors! If you fell ill, a toad doctor would come to your house and prescribe, depending on your complaints, 3) kinds of toad-based remedies. For example, placing a live toad on bruised skin or an aching muscle was supposed to reduce pain and swelling while toad soup was widely believed to be the only cure to accidental poisoning. Perhaps 4) more weirdly, a fever, the flu or a cold were all relieved by putting a toad inside a cotton bag and then tying it around the patient's neck! Once experts in their field, toad doctors now just seem hopping mad!

Układanie fragmentów zdań

- 4 Uzupełnij zdania 1–4, wykorzystując podane w nawiasach wyrazy w odpowiedniej formie. Nie należy zmieniać kolejności podanych wyrazów, trzeba natomiast – jeżeli to konieczne – dodać inne wyrazy, tak aby otrzymać logiczne i gramatycznie poprawne zdania. Wymagana jest pełna poprawność ortograficzna wpisywanych fragmentów. W każdą lukę możesz wpisać maksymalnie sześć wyrazów, wliczając w to wyrazy już podane.

- I would rather you (have/not/take) the medicine without a doctor's advice.
- Under (circumstance/you/drive) having consumed alcohol.
- Had it (not/be/you/help) I might have had a panic attack.
- It looked as if Lucy (have/not/have) a proper meal for a while.

Zadanie z luką (test luk z podanymi wyrazami)

- 5 Przeczytaj tekst. Uzupełnij każdą lukę (1–4), przekształcając jeden z wyrazów z ramki w taki sposób, aby powstał spójny i logiczny tekst. Wymagana jest pełna poprawność gramatyczna i ortograficzna wpisywanych wyrazów. Dwa wyrazy zostały podane dodatkowo i nie pasują do żadnej luki.

environment cause relax character prevent intense

Migraines

The word "migraine" derives from the Greek word hemikrania which means "pain in one side of the head." In medical terms, it is a chronic neurological disorder, usually beginning during childhood or adolescence, which is 1) by moderate to severe headaches. If untreated, one migraine attack can last up to 72 hours with symptoms that include 2) painful aching in one area of the head, blurred vision and sensitivity to light, sounds and smells. A migraine often results in nausea and vomiting, too. Little is known about the direct cause of migraines but genetics and 3) factors, such as stress, are believed to play a role. As such, there is currently no permanent cure though there are a number of prescriptive pain-killers available. Furthermore, adequate sleep, a healthy diet and regular physical exercise are effective ways to stop migraines occurring in the first place because like so many other conditions, 4) really is the best cure.

Słowotwórstwo

- 6 Uzupełnij każdą lukę (1–4) jednym wyrazem, przekształcając wyraz podany w nawiasie, tak aby powstał spójny i logiczny tekst. Wymagana jest pełna poprawność ortograficzna wpisywanych wyrazów.

Bipolar Disorder

Bipolar disorder is a mental health condition whereby someone experiences sudden and extreme changes in mood, thought and behaviour. These 'highs' and 'lows' can last for hours, days, weeks or even months. During high periods, people can feel incredibly confident and 1) (EXCESS) energetic, whereas during a low period they may feel physically exhausted, isolated and unsociable. Although it can occur at any age, bipolar disorder usually begins in late adolescence with early symptoms of 2) (DEPRESS). It is considered to be a hereditary illness, but there are many additional factors which might trigger bipolar episodes, such as 3) (BIOLOGY) changes, hormonal imbalance or traumatic experiences. Now that there is greater awareness of this relatively common condition, various treatments are widely available for those who have been 4) (DIAGNOSE). As well as medication, alternative therapies and regular counseling sessions can stabilise the effects of bipolar disorder and help patients lead a healthy, happy life.

Parafrazy zdań

- 7 Wykorzystując wyrazy podane drukowanymi literami, uzupełnij każde zdanie z luką, tak aby zachować sens zdania wyjściowego (1–4). W każdą lukę można wpisać maksymalnie pięć wyrazów, wliczając w to wyraz już podany. Nie należy zmieniać formy podanych wyrazów. Wymagana jest pełna poprawność ortograficzna i gramatyczna wpisywanych fragmentów zdań.

- 1 We had no idea that Tommy had a nut allergy. **KNOW**

Little
..... that Tommy had a nut allergy.

- 2 Mary needs to follow a healthy eating plan. **IS**
What

..... to follow a healthy eating plan.

- 3 You won't feel better until you take some time off work. **ONLY**

You'll
..... take some time off work.

- 4 The dermatologist recommended I use this cream. **WHO**

It
..... I use this cream.