

VOCABULARY- ZDROWIE

1. Połącz wyrazy/wyrażenia z kolumny A z wyrazami z kolumny B, tak aby utworzyć poprawne wyrażenia. Cztery wyrazy z kolumny B zostały podane dodatkowo.

A

- 1 have a sprained
- 2 get regular
- 3 feel
- 4 use a first aid
- 5 have a sore
- 6 follow a balanced
- 7 feel
- 8 have a sore
- 9 have close
- 10 apply

1. __, 2. __, 3. __, 4. __, 5. __,
6. __, 7. __, 8. __, 9. __, 10. __

B

- a cheek
- b kit
- c throat
- d disease
- e ankle
- f dizzy
- g check-up
- h a skin cream
- i unwell
- j relationships with friends
- k diet
- l antibiotics
- m first aid kit
- n throat

2. Zaznacz poprawne opcje.

- 1 Regular exercise helps to **lower** / **apply** your heart rate.
- 2 The doctor gave me a **receipt** / **prescription** for a course of antibiotics.
- 3 My sister suffers from **an allergy** / **acne**. She gets awful hay fever when spring starts.
- 4 The **waist** / **chin** is part of the face.
- 5 A healthy lifestyle will help to **prevent** / **improve** serious diseases like cancer.
- 6 This virus may **cause** / **mend** a serious infection.
- 7 I need to see my doctor next week for a **receipt** / **check-up**.
- 8 After playing tennis yesterday my arm hurt, especially my **ankle** / **elbow**.

9 Doing sports can **lower** / **improve** our general health a lot.

10 She felt so dizzy and weak that she almost **fainted** / **sneezed**.

3. Uzupełnij luki w tekście brakującymi wyrazami. Pierwsze litery zostały podane.

Text 1

I try to take care of my health. I know it's important to (1) **e**_____, so I do sports regularly and I go for walks in the forest to (2) **b**_____ in some fresh air. Unfortunately, I have an (3) **a**_____ to some flowers and I always suffer from bad hay (4) **f**_____ in late spring. Sometimes when I'm tired and I haven't got enough sleep, I also get a headache. When it's really bad, I need to take a (5) **p**_____, usually some aspirin.

Text 2

I think it's very important to have a healthy lifestyle. I (1) **f**_____ a healthy balanced diet and I also spend a lot of time outdoors. It's good for you to get a lot of fresh (2) **a**_____. Of course, I am occasionally ill. For example, I might catch a cold in winter, but it's never very serious and I (3) **r**_____ very quickly. Well, last year I broke my leg while I was skiing. It really (4) **h**_____ and I needed to take pills for the pain. I went to hospital and they put my leg in (5) **p**_____ for a few weeks. Now I'm much more careful when I go skiing.