

VOCABULARY 8x8

1. Uzupełnij zdania (1 słowo)

1. We organised a charity event to _____ money for a local hospital.
2. If you eat too much sugar, you may _____ weight quickly.
3. After the accident, he was in a very serious _____.
4. You should know how to give first _____ in an emergency.
5. She had a terrible _____ on her arm after falling off her bike.
6. The doctor wrote a _____ so I could buy the medicine.
7. Firefighters sometimes help _____ babies in emergencies.
8. Mosquito nets can _____ lives in dangerous areas.

2. Dopasuj słowa do definicji

- a) donate
- b) treat
- c) sponsor
- d) cure
- e) train
- f) raise
- g) injure
- h) recover

1. give money to help → ____
2. get better after illness → ____
3. teach someone skills → ____
4. collect money → ____
5. hurt physically → ____
6. give medical help → ____
7. support financially → ____
8. make someone healthy again → ____

3. Wybierz poprawną opcję (A/B/C)

1. He had a serious ____ after the accident.
A injury B cure C treatment

2. I decided to ___ part in the marathon.
A take B do C make
3. You should ___ attention to your health.
A make B pay C take
4. She ___ a lot of money for charity.
A raised B trained C treated
5. He ___ from the illness quickly.
A injured B recovered C raised
6. The doctor will ___ you soon.
A treat B train C raise
7. They ___ money for cancer research.
A raised B cured C recovered
8. He ___ his leg while skiing.
A cured B injured C trained

4. Tłumaczenie (PL → ENG)

1. zbierać pieniądze → _____
2. pierwsza pomoc → _____
3. wziąć udział → _____
4. poważny stan → _____
5. zapobiegać chorobie → _____
6. opiekować się kimś → _____
7. wyzdrowieć → _____
8. uraz / kontuzja → _____

5. Uzupełnij kolokacje

1. take _____ in
2. raise _____
3. give first _____
4. recover _____
5. suffer _____
6. protect _____
7. catch a _____
8. be allergic _____

6. Wstaw poprawne słowo (bank)

(bank: cure, donate, injury, treatment, recover, raise, condition, train)

1. He is in a critical _____.
2. They want to _____ money.
3. She is still receiving medical _____.
4. He will _____ after the operation.
5. This medicine can _____ the disease.
6. He suffered a serious _____.
7. They decided to _____ money to charity.
8. You need to _____ hard for the competition.

7. Ułóż zdania (poprawna kolejność)

1. part / take / I / in / marathon / will / the
2. raised / they / money / charity / for
3. help / first / gave / he / aid
4. condition / is / serious / his / very
5. recover / quickly / she / will
6. donate / decided / we / money / to
7. treated / was / hospital / in / he
8. protect / nets / lives / mosquito

8. Wybierz słowo niepasujące

1. doctor / nurse / teacher / surgeon
2. cure / treat / injure / heal
3. hospital / clinic / school / ward
4. cold / flu / headache / table
5. run / walk / swim / chair
6. donate / raise / give / eat
7. healthy / ill / sick / tall
8. medicine / tablet / injection / banana

GRAMMAR 8x8

1. Uzupełnij (wish)

1. I wish I _____ (be) healthier.
2. I wish he _____ (stop) smoking.

3. I wish my feet _____ (not hurt).
4. I wish we _____ (learn) more about health at school.
5. I wish she _____ (not eat) so much sugar.
6. I wish they _____ (exercise) more.
7. I wish I _____ (have) more time.
8. I wish he _____ (feel) better.

2. First conditional

1. If you eat too much, you _____ (gain) weight.
2. If she studies medicine, she _____ (become) a doctor.
3. If they train hard, they _____ (win).
4. If you don't rest, you _____ (feel) worse.
5. If he runs daily, he _____ (improve).
6. If we donate money, we _____ (help).
7. If she sleeps well, she _____ (recover).
8. If they hurry, they _____ (arrive) on time.

3. Second conditional

1. If I _____ (be) you, I would see a doctor.
2. If he _____ (have) more time, he would exercise.
3. If they _____ (eat) better, they would feel better.
4. If she _____ (live) closer, she would visit more.
5. If we _____ (know), we would help.
6. If he _____ (run) daily, he would be fitter.
7. If I _____ (can), I would help you.
8. If they _____ (not smoke), they would be healthier.

4. Third conditional

1. If he _____ (go) earlier, he wouldn't have missed it.
2. If she _____ (study), she would have passed.
3. If they _____ (train), they would have won.
4. If I _____ (know), I would have helped.
5. If we _____ (leave), we would have arrived on time.
6. If he _____ (eat) better, he wouldn't have got ill.
7. If she _____ (rest), she would have recovered faster.
8. If they _____ (listen), they wouldn't have failed.

5. Transformacje (2nd → 3rd lub odwrotnie)

1. If I were you, I would rest more. → If I _____ you, I would have rested more.
2. If she had studied, she would pass. → If she _____, she would pass.
3. If he were fit, he would win. → If he _____ fit, he would have won.
4. If we had time, we would travel. → If we _____ time, we would travel.
5. If they trained, they would win. → If they _____, they would have won.
6. If I had money, I would help. → If I _____ money, I would help.
7. If she were here, she would help. → If she _____ here, she would have helped.
8. If he had known, he would tell us. → If he _____, he would tell us.

6. Uzupełnij (mixed)

1. If he had trained, he _____ (be) fitter now.
2. If I were you, I _____ (see) a doctor yesterday.
3. If they had left earlier, they _____ (be) here now.
4. If she studied more, she _____ (have passed) the test.
5. If he hadn't eaten that, he _____ (feel) better now.
6. If I had known, I _____ (help).
7. If they were careful, they _____ (not have had) the accident.
8. If she had exercised, she _____ (be) healthier now.

7. Wybierz poprawną opcję (A/B/C)

1. If I ___ you, I would rest.
A am B were C was
2. If she studied, she ___ pass.
A will B would C would have

3. If he had known, he ___ come.
A would B will C would have
4. If they eat well, they ___ feel better.
A will B would C would have
5. If I had time, I ___ help.
A will B would C would have
6. If she had trained, she ___ won.
A will B would C would have
7. If he were here, he ___ help.
A will B would C would have
8. If we had left, we ___ arrived earlier.
A will B would C would have

8. Popraw błędy

1. If I will be you, I would help.
2. If she would study, she would pass.
3. If he had went, he would win.
4. If they will eat better, they feel better.
5. If I knew, I will help.
6. If she had study, she would pass.
7. If he were fit, he would won.
8. If they had left, they will arrive earlier.

READING (ok. 200 słów)

Tekst

People today are more interested in health than ever before, yet many of them are not actually healthier. One of the biggest problems is our lifestyle. We spend long hours sitting, often in front of screens, and we don't get enough physical activity. As a result, diseases related to lack of exercise are becoming more common.

Another issue is diet. Although healthy food is widely available, many people choose fast food because it is quicker and more convenient. Unfortunately, this leads to problems such as obesity and heart disease.

However, awareness is growing. More people are joining gyms, taking part in charity runs, and trying to improve their eating habits. Schools are also teaching children about the importance of a healthy lifestyle.

Experts say that even small changes can make a big difference. Walking instead of driving, eating more vegetables, and getting enough sleep can significantly improve your health. In the future, people may live longer lives, but only if they take better care of themselves.

Zadania 4x5

1. True / False

1. People are healthier than in the past.
2. Lack of exercise is a problem today.
3. Fast food is always healthy.
4. Schools teach about health.
5. Small changes can improve health.

2. Wybierz poprawną odpowiedź (A/B/C)

1. The main problem is
A lack of food
B lifestyle
C medicine
2. People choose fast food because
A it is cheap
B it is healthy
C it is convenient
3. More people now
A ignore health
B try to improve habits
C stop exercising
4. Experts believe
A nothing helps
B only big changes help
C small changes help

5. In the future people may
- A live shorter lives
 - B live longer
 - C stop caring

3. Dopasuj nagłówki

- A Healthy lifestyle
- B Problems today
- C Solutions
- D Future

- 1. Paragraph 1 → ____
- 2. Paragraph 2 → ____
- 3. Paragraph 3 → ____
- 4. Paragraph 4 → ____
- 5. Overall idea → ____