

Zdrowie

You can live to be a hundred if you give up all the things that make you want to live to be a hundred.

Woody Allen (American director, screenwriter and actor, b. 1935)

SPRAWDŹ, ILE JUŻ UMIESZ

1 Przeczytaj nagłówki poniżej. W parach wymieńcie jak najwięcej wyrazów z każdej kategorii.

- Internal organs *stomach*
- Illnesses *flu*
- Injuries *twisted ankle*
- Health care professionals *doctor*

BANK SŁÓW, strony 180–181

CZĘŚCI CIAŁA I NARZĄDY WEWNĘTRZNE

2 Uzupełnij luki wyrazami z ramki.

[skull heart liver spine lungs ribs stomach]

Internal organs: _____, _____, _____, _____
 Skeleton: _____, _____, _____

CHOROBY, URAZY, OBJAWY

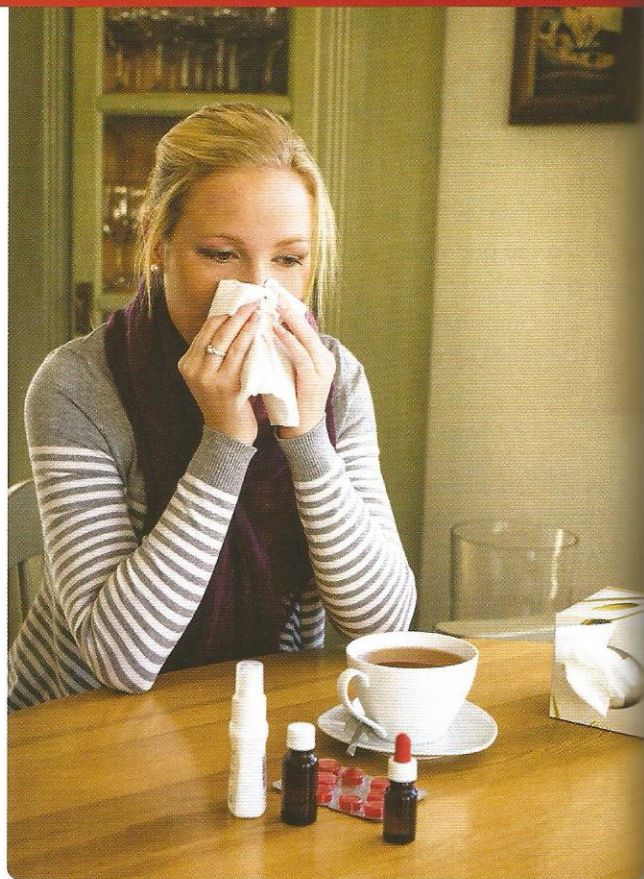
3 Podziel wypowiedzi na trzy grupy. Podkreśl wyrazy i zwroty oznaczające choroby, objawy i urazy.

Diseases:

Symptoms:

Injuries:

- 1 I've sprained my ankle.
- 2 He's got a few nasty cuts and bruises, but nothing worse.
- 3 I feel dizzy.
- 4 Karen had pneumonia last summer.
- 5 I think his leg's broken.
- 6 My daughter's got a nasty cough and she keeps sneezing.
- 7 Jack's in bed with chicken pox.
- 8 I've got diarrhoea and I keep vomiting.
- 9 You're running a fever.
- 10 Ruby's got measles.
- 11 Some of the accident victims had open wounds.
- 12 This form of cancer is often curable.



4 Uzupełnij zdania wyrazami z ramki. Jeden wyraz został podany dodatkowo.

[attack poisoning runny twisted sickness upset]

- 1 This _____ nose is such a nuisance. I've used a whole box of tissues today.
- 2 To help an _____ stomach, put a hot water bottle on it.
- 3 It wasn't a very successful trip. We had five cases of food _____!
- 4 Our neighbour had a heart _____ last night and an ambulance took him to hospital.
- 5 Heather has a problem with motion _____; she always feels sick in a car.

5 **CD-3.01 MP3-181** Posłuchaj czterech nagrań. Dopasuj je do dolegliwości, o których jest mowa.

- a flu c concussion
 b a rash d asthma

6 Uzupełnij zdania wyrazami: *pain, ache, hurt, sore*. Każdego z nich użyj dwa razy.

- 1 I've got a _____ throat.
- 2 Does it _____ when I press here?
- 3 I've got a sharp _____ in my left knee.
- 4 Grandma does special exercises for her back _____. They help her a lot.
- 5 I spent too much time in front of the computer today and my eyes are _____.
- 6 My right knee _____ a lot.
- 7 Please, be quiet. Mum's got a head _____.
- 8 If you're in _____, take one of these tablets.

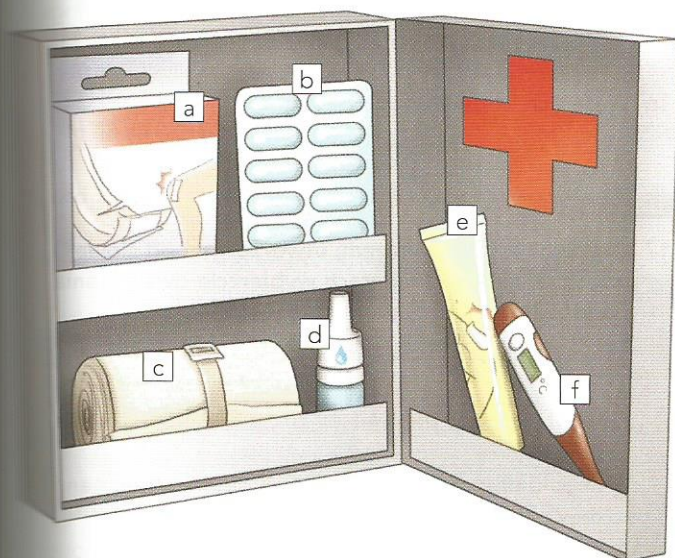
7 Uzupełnij zdania przyimkami z ramki. Jeden przyimek został podany dodatkowo.

[to on of from for]

- Susan is allergic _____ tomatoes. They give her a rash.
- Spending too much time in front of a computer screen is bad _____ your eyes.
- The number of people dying _____ heart disease has dropped in recent years, but it's still very high.
- Students who suffer _____ asthma are allowed to use their inhalers in class and in exams.

LECZENIE

8 Dopasuj wyrazy do przedmiotów przedstawionych na ilustracji. Dwa wyrazy zostały podane dodatkowo.



- | | |
|------------------------------------|--|
| 1 bandage <input type="checkbox"/> | 5 ointment <input type="checkbox"/> |
| 2 drops <input type="checkbox"/> | 6 plasters <input type="checkbox"/> |
| 3 pills <input type="checkbox"/> | 7 thermometer <input type="checkbox"/> |
| 4 vaccine <input type="checkbox"/> | 8 stethoscope <input type="checkbox"/> |

9 Dopasuj wypowiedzi 1–6 do chorób i urazów a–f. Podkreśl wyrazy i zwroty, które pomogły ci wykonać zadanie.

- 'We'll put it in a cast.'
- 'You'd better have a chest X-ray to check it's nothing serious.'
- 'I'll bandage it now and give you an ice pack to put on it at home.'
- 'I'm afraid I'll have to extract the tooth. I'll give you an injection first.'
- 'I'm pleased to tell you it's not appendicitis and you don't need surgery. You'll just have to take an antibiotic for a few days.'
- 'Stick a plaster on it and don't complain!'

- | | |
|----------------------|-----------------------|
| a a bad cough | d a twisted ankle |
| b a broken leg | e bad toothache |
| c a scratched finger | f severe stomach pain |

LECZENIE – CZASOWNIKI I ZWROTY

10 Wybierz właściwy czasownik.

THE SCEPTIC AND THE DOCTOR

My friend Richard doesn't believe in mainstream medicine because, he says, it's not natural. A few months ago he was feeling poorly but he didn't want to ¹see / go a doctor. In the end, Richard's older sister ²took / made an appointment for him and drove him to the health centre. The doctor ³examined / cured him, ⁴took / made his temperature and his blood pressure and so on. She said it was necessary to ⁵make / run a few tests, but they could all be done there at the health centre. In the end, to Richard's surprise, the doctor ⁶prescribed / diagnosed rest, a light diet and some herbal tea. He ⁷went / got better soon and now has a better opinion of conventional medicine!

SŁUŻBA ZDROWIA

11 Dopasuj zdjęcia do wyrazów. Jeden wyraz został podany dodatkowo.

- | | |
|--------------------------------------|--|
| 1 dentist <input type="checkbox"/> | 4 pharmacist <input type="checkbox"/> |
| 2 GP <input type="checkbox"/> | 5 surgeon <input type="checkbox"/> |
| 3 paramedic <input type="checkbox"/> | 6 physiotherapist <input type="checkbox"/> |



12 W parach odpowiedzcie na pytanie.

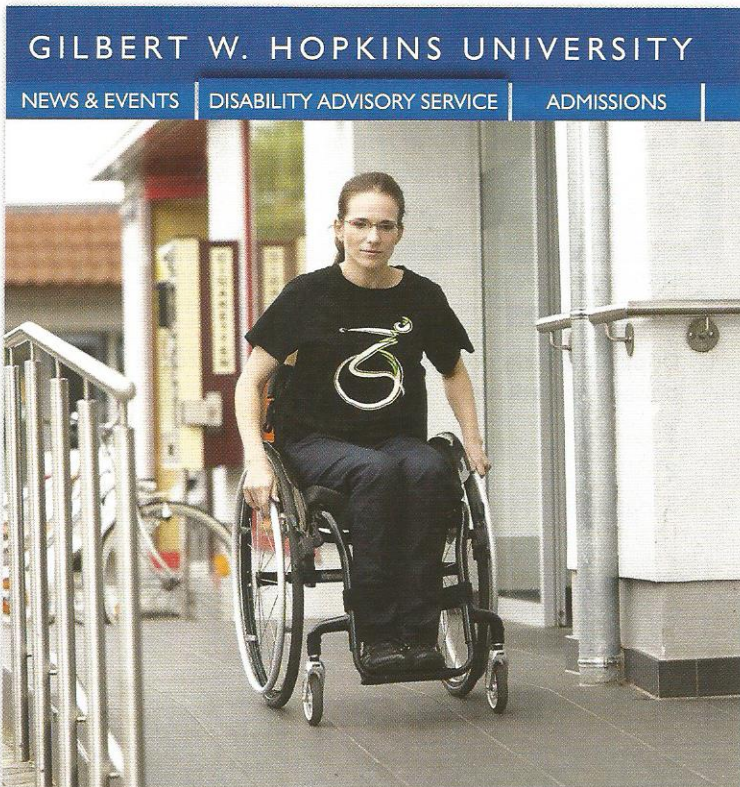
Would you like to work in health care? Why?/Why not?

13 **CD-3.02 MP3-182** Posłuchaj czterech rozmów. Dopasuj je do miejsc, w których się odbywają. Jedno miejsce zostało podane dodatkowo.

- a a doctor's surgery
- b a pharmacy
- c an operating theatre
- d A&E (Accident and Emergency department)
- e a hospital ward

NIEPEŁNOSPRAWNOŚĆ

14 Przeczytaj tekst i wybierz właściwe odpowiedzi.



Our university provides support and help for students with disabilities. There are reserved parking places for ¹ _____ drivers in front of most buildings. Ramps and elevators allow wheelchair ² _____ easy access to all lecture rooms. For students who are ³ _____ or severely short-sighted, we have a library of 50 thousand volumes in Braille or in audio form. For those who are ⁴ _____ of hearing, special systems in the larger lecture halls transmit the signal from the lecturer's microphone directly into the student's hearing aid. ⁵ _____ students are entitled to the help of a sign language interpreter.

- | | | |
|---------------|--------------|------------|
| 1 A disabled | B learner | C sick |
| 2 A drivers | B passengers | C users |
| 3 A deaf | B blind | C ill |
| 4 A difficult | B hard | C disabled |
| 5 A blind | B hearing | C deaf |

HIGIENICZNY TRYB ŻYCIA

15 **CD-3.03 MP3-183** Uzupełnij wypowiedź ucznia właściwymi czasownikami. Pierwsze litery wyrazów zostały podane. Posłuchaj nagrania i sprawdź swoje odpowiedzi.

Examiner: What's your idea of a healthy lifestyle?

Student: I don't have very strong views on healthy living. I suppose it's just common sense, isn't it? You have to ¹g_____ enough sleep and ²f_____ a sensible diet, for example, ³c_____ down on fatty foods, especially if you're overweight. You also need to ⁴h_____ regular checkups to make sure there's nothing wrong. Then it's also important to ⁵d_____ regular exercise. If you feel exercise is boring, it may be a good idea to ⁶t_____ up a new sport, one that you've never tried before. If someone smokes, obviously they need to ⁷g_____ up. And if you work a lot, you should remember to ⁸t_____ things easy from time to time.

16 W parach odpowiedzcie na pytanie.

What do you do to stay healthy?

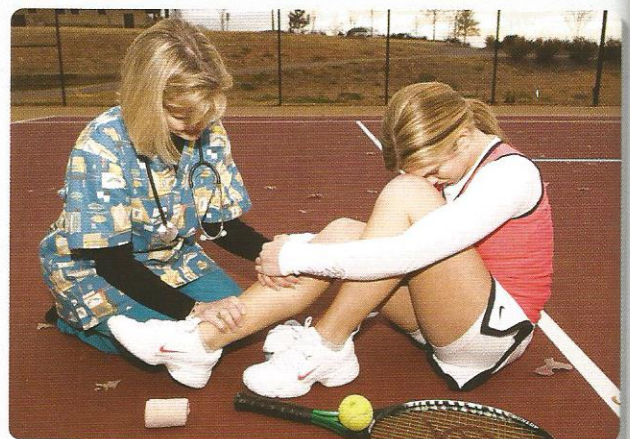
UZALEŻNIENIA

17 Uzupełnij zdania wyrazami utworzonymi od słowa *addict*. Następnie w parach wybierzcie dwa pytania i odpowiedzcie na nie.

- 1 Do you think people can get _____ to social networking sites? Why?/Why not?
- 2 What might be the signs of an _____ to a mobile phone?
- 3 Should drug or alcohol _____ get free treatment if they can't afford it?
- 4 Why do people use _____ substances even though everyone knows they are harmful?

18 W parach opiszcie zdjęcie i odpowiedzcie na pytania.

Zadanie maturalne



Pytania dla egzaminującego

- 1 What do you think is going to happen next?
- 2 How often do you play sports?
- 3 Tell me about a situation when you or someone you know was injured when doing sports.