

1.10 Extra-curricular activities

art club zajęcia artystyczne
 ballet classes lekcje baletu
 challenge oneself stawiać sobie wyzwania
 choir chór
 debating team grupa dyskusyjna
 drama teatr
 environmental club klub ochrony środowiska
 explore one's abilities rozpoznawać swoje zdolności
 get fit być wysportowanym, w dobrej formie
 gymnastics gimnastyka
 interest club koło zainteresowań
 join (a club / a team) przyłączyć się do (klubu / drużyny)
 learn leadership and management skills zdobyć umiejętność kierowania ludźmi
 learn the trumpet uczyć się gry na trąbce
 meet new people poznawać nowych ludzi
 participate in extra-curricular activities uczestniczyć w zajęciach pozalekcyjnych
 photography fotografowanie
 play in a band grać w zespole muzycznym
 play in team sports uprawiać sporty zespołowe
 rock band zespół rockowy
 share one's interests (with) mieć podobne zainteresowania (jak)
 sports team drużyna sportowa
 stay away from bad habits unikać złych nawyków
 student union związek uczniowski
 the radio radio
 yearbook kronika szkolna

2 ZDROWIE

2.1 Illnesses and symptoms

ache boleć
 acne trądzik
 angina angina
 appendicitis zapalenie wyrostka robaczkowego
 asthma astma
 be allergic to sth być uczulonym na coś
 be diabetic być diabetikiem, cukrzykiem
 be injured zostać zranionym (zwykle w wypadku)
 be stung (by a wasp) zostać ukąszonym (przez osę)
 blister pęcherz, bąbel
 broken leg złamana noga
 cancer nowotwór
 chickenpox ospa wietrzna
 common cold zwykłe przeziębienie
 cough kaszel
 depression depresja
 eating disorder zaburzenie związane z odżywianiem
 excessive sweating nadmierne pocenie się
 eye condition wada wzroku
 faint zemdleć
 fall with an illness zachorować
 feel czuć się
 ~ a bit off-colour / under the weather niedobrze
 ~ achy obolałym
 ~ dreadful strasznie
 ~ drowsy sennym
 ~ unwell źle
 ~ sick niedobrze, mieć mdłości
 ~ terrible okropnie
 feel dizzy mieć zawroty głowy
 flu grypa
 get ill zachorować
 have mieć
 ~ a backache ból pleców
 ~ an earache ból ucha
 ~ a stomach ache ból brzucha
 ~ toothache ból zęba
 have a cold być przeziębionym
 hay fever katar sienny
 heart attack zawał serca
 (high / low) blood pressure (wysokie / niskie) ciśnienie krwi
 (high / low) temperature (wysoka / niska) temperatura
 hurt boleć

ill chory
 ~ with sth na coś
 seriously ~ poważnie
 terminally ~ śmiertelnie
 insomnia bezsenność
 lose appetite stracić apetyt
 lose one's voice stracić głos
 nose bleeding krwawienie z nosa
 pain ból
 abdominal ~ brzucha
 sharp ~ ostry
 ~ in the back / leg w plecach / nodze
 pneumonia zapalenie płuc
 rash wysypka
 runny nose katar
 serious disease ciężka choroba
 (severe) fever (ostra) gorączka
 skin disease choroba skóry
 sneeze kichać
 sore throat ból gardła
 splitting headache rozdzierający ból głowy
 sprained ankle zwichnięta kostka
 stroke wylew krwi do mózgu
 sudden weight loss nagły spadek wagi ciała
 suffer from sth cierpieć na coś
 swollen tonsils powiększone migdałki
 twisted ankle skręcona kostka
 upset stomach rozstrój żołądka
 virus wirus
 vomit, throw up wymiotować
 wound rana

2.2 Treatment

antibiotic antybiotyki
 be diagnosed with sth mieć postawioną diagnozę
 be examined zostać zbadanym
 be in plaster być w gipsie
 bedridden przykuty do łóżka
 carry an inhaler nosić ze sobą inhalator
 cure wyleczyć
 dental check-up przegląd dentystyczny
 get better czuć się lepiej
 get over the operation dojść do siebie po operacji
 give sb an injection zrobić komuś zastrzyk
 go to bed iść do łóżka
 go to the doctor iść do lekarza
 have mieć
 ~ an operation operację
 ~ surgery zabieg chirurgiczny
 ~ tests badania
 have a CT scan mieć zrobioną tomografię komputerową
 make a fast recovery szybko wyzdrowieć
 make an appointment to see the doctor umawiać się na wizytę do lekarza
 medicine, drug lekarstwo
 painkillers środki przeciwbólowe
 perform an operation przeprowadzać operację
 prescription recepta
 put in eye drops zapuszczać krople do oczu
 put on bandage założyć bandaż
 sleeping pills środki nasenne
 swallow połykać
 take brać, przyjmować
 ~ cough mixture syrop na kaszel
 ~ medicine leki
 ~ herbal remedies lecznicze środki ziołowe
 ~ lozenges tabletki do ssania
 ~ tablets / pills tabletki / pigułki
 tissue chusteczka (do nosa)
 treatment leczenie

2.3 Medical care

accident and emergency (US the ER) pogotowie ratunkowe
 be discharged być wypisanym (ze szpitala)
 casualty izba przyjęć
 dentist stomatolog
 do an examination zbadać, zrobić badania
 doctor, physician lekarz
 go into hospital iść do szpitala
 general practitioner (GP) lekarz ogólny
 have an X-ray mieć wykonane zdjęcie rentgenowskie
 health care centre ośrodek zdrowia
 health clinic klinika
 hospital szpital
 nurse pielęgniarka

operate on sb operować kogoś
 patient pacjent
 physiotherapist fizjoterapeuta
 public health care publiczna opieka medyczna
 recover from an illness wyzdrowieć
 specialist lekarz specjalista
 surgeon chirurg
 surgery gabinet lekarski
 take sb's temperature / blood pressure mierzyć komuś temperaturę / ciśnienie krwi
 take medication brać leki
 treat sb for sth leczyć kogoś na coś
 ward oddział

2.4 Alternative medicine

acupuncture, acupuncturist akupunktura, specjalista wykonujący akupunkturę
 aromatherapy, aromatherapist aromaterapia, aromaterapeuta
 faith healing, faith healer praktyka uzdrowicielska, uzdrowiciel
 herbal medicine, herbalist ziołolecznictwo, zielarz
 homeopathy, homeopath homeopatia, homeopata
 iridology, iridologist irydiologia, irydiolog
 osteopathy, osteopath kręgarstwo, kręgarz
 reflexology, reflexologist refleksjologia, refleksjolog

2.5 Modern addictions

addict nałogowiec
 addiction uzależnienie
 be addicted to sth, be dependent on sth, be hooked on sth być uzależnionym od czegoś
 check a bank account sprawdzać stan konta
 come down with AIDS zachorować na AIDS
 come off drugs odstawić narkotyki
 die of an overdose umrzeć z przedawkowania
 drug addict narkoman
 effects skutki
 long-term ~ długoterminowe
 short-term ~ krótkoterminowe
 high anxiety stany lękowe
 impaired memory osłabiona pamięć
 play computer games grać w gry komputerowe
 prohibit drugs zakazać narkotyków
 quit / give up (smoking) rzucić (palenie)
 restlessness niepokój
 take an overdose przedawkować
 shopaholism zakupoholizm
 smoke cigarettes palić papierosy
 use beauty products używać kosmetyków upiększających
 visit social networking websites wchodzić na portale społecznościowe
 withdrawal symptoms objawy związane z rzuceniem nałogu

2.6 The disabled

be (physically / mentally) disabled być (fizycznie / psychicznie) niepełnosprawnym
 be in a wheelchair poruszać się za pomocą wózka inwalidzkiego
 be on crutches chodzić o kulach
 blind niewidomy
 climb stairs wchodzić po schodach
 disabled parking miejsce parkingowe dla niepełnosprawnych
 disability niepełnosprawność
 drive a specially adapted car jeździć specjalnie przystosowanym samochodem
 get through narrow doors przedostać się przez wąskie drzwi
 guide dog pies przewodnik
 install a stair lift zainstalować krzesło schodowe (dla niepełnosprawnych)
 partially-sighted słabowidzący
 read Braille czytać w alfabecie Braille'a
 read small print odczytywać mały druk
 ride a mobility scooter poruszać się za pomocą elektrycznego wózka inwalidzkiego
 use public transport używać środków komunikacji publicznej
 use ramps używać podjazdów
 walk long distances pokonywać duże odległości
 wear a hearing aid nosić aparat słuchowy
 white cane laska dla niewidomych

6 Complete the school rules with suitable words. The first letter of each missing word has been given. Use words in the Word Bank for unit 1.

Midmarsh High School rules

Midmarsh High is a ¹b_____ school. Students eat and sleep here. We expect silence after 10 p.m. When the ²b_____ goes at 9 a.m., all students must go into class immediately.

Students who play ³t_____ will be ⁴e_____ from school.

In the evening, we have ⁵e_____ -c_____ classes. These classes are not part of the school's main ⁶c_____. These courses include art and music. They are ⁷o_____. You can choose to do them if you want to. PE, however, is ⁸c_____. You must do it.

We expect all our students to be hard-working and ⁹c_____. We expect all your work to be neat and tidy. ¹⁰S_____ work is not acceptable.

Please remember that school ¹¹b_____ up on December 18th this term.

2 ZDROWIE

1 Match symptoms 1–9 with doctor's advice a–i. You can find the words in section 2.1 of the Word Bank.

- 1 I feel dizzy.
 - 2 I've been stung by a wasp.
 - 3 I feel drowsy.
 - 4 I've got insomnia.
 - 5 I've got a blister.
 - 6 I have a dreadful rash on my arm.
 - 7 I feel under the weather.
 - 8 I'm diabetic.
 - 9 I've got appendicitis.
- a Take some sleeping pills.
 - b You'll need a simple operation.
 - c Do you have a bad headache?
 - d Don't worry. Everybody is sleepy when they take that medicine.
 - e Here are some tablets to stop the effects of the poison.
 - f Put a plaster on it. And buy better shoes!
 - g You need insulin to reduce the sugar in your blood.
 - h Don't worry. Everybody feels a bit poorly in winter.
 - i Put some cream on it.

2 Match words and phrases 1–6 with the names of people from the box. You can find them in sections 2.2 and 2.3 of the Word Bank.

GP surgeon nurse patient chemist dentist

- 1 ward take your blood pressure give an injection
- 2 toothache a dental check-up dental surgery
- 3 seriously ill be examined get better
- 4 an operation an X-ray hospital
- 5 pharmacy a prescription medicine
- 6 health care centre make an appointment treat an illness

3 Match verbs 1–8 with words and phrases a–i. More than one answer may be possible. You can find the words in sections 2.1–2.3 of the Word Bank.

- | | |
|---------------|------------------------------|
| 1 have | a ill |
| 2 get | b toothache |
| 3 go to | c an injury |
| 4 take | d surgery |
| 5 make | e (someone's) blood pressure |
| 6 treat | f an injection |
| 7 feel | g an illness |
| 8 suffer from | h hospital |
| | i an appointment |

4 Match the people in sentences 1–7 with the names of their professions from the box. You can find the words in section 2.4 of the Word Bank.

herbalist reflexologist acupuncturist iridologist
faith healer aromatherapist osteopath

- 1 Doctor Li is from China. He cures people by putting special needles into particular parts of the body.
- 2 Sally rubs oils into your skin to make you feel relaxed.
- 3 Billy Norman preaches in a church. He believes that when he touches people he can cure them.
- 4 Dr Nair treats back pain and muscle injuries by pressing and moving muscles and bones.
- 5 Patrick massages people's feet to make other parts of the body healthier.
- 6 Jack diagnosed Sarah's health problems by looking at her iris.
- 7 Jill treats ill people with herbal medicines.

5 Complete the leaflet with the words from the box. You can find the words in section 2.7 of the Word Bank.

do cut work follow get keep lose take

Fitness Fanatics Club

So, you want to ¹_____ fit. Follow our advice and you will!

- You should ²_____ a sensible diet.
- You should ³_____ down on fatty food.
- If you are overweight, you should ⁴_____ weight.
- You should ⁵_____ regular exercise.
- You should ⁶_____ enough sleep.
- You should ⁷_____ out in the gym at least twice a week.
- You should ⁸_____ up a sport like basketball or tennis.

VOCABULARY AND SPEAKING

1 Work in pairs. Are the sentences true or false? Write (T) or (F). Then check your answers on page 279.

- 1 A common cold can be caused by more than two hundred viruses but only a few can cause flu.
- 2 Acne (a skin disease, usually affecting teenagers on the face and neck) is more common among boys than girls.
- 3 Angina can be a symptom of a more serious heart problem.
- 4 You get hay fever from exposure to hay.

Have you had any of these problems? When? Tell your partner.

VOCABULARY

Illnesses, symptoms and treatment

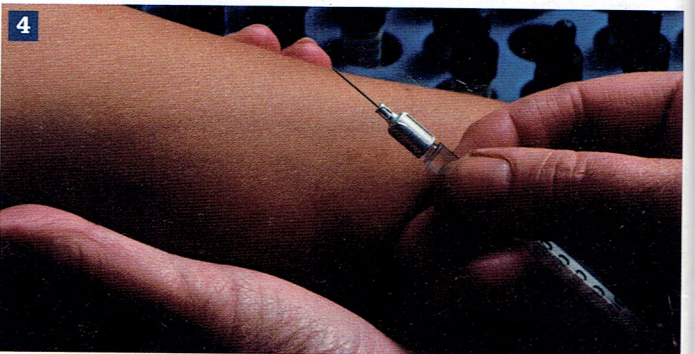
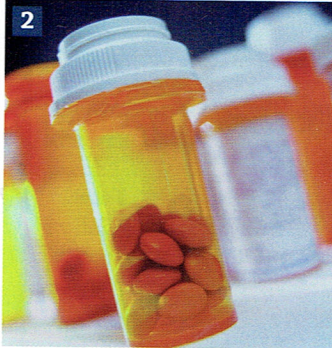
2 Match the adjectives in the box with the words and phrases 1–12 to make symptoms of common illnesses.

high / low (x2) excessive splitting high runny
sudden sore abdominal upset swollen
high sprained

- | | |
|-----------------------------|--|
| 1 _____ nose | 7 _____ fever |
| 2 <u>high</u> ankle | 8 <u>sore</u> tonsils |
| 3 _____ throat | 9 <u>excessive</u> weight loss |
| 4 _____ blood pressure | 10 <u>runny</u> sweating |
| 5 <u>splitting</u> headache | 11 <u>abdominal</u> pain <i>bruski</i> |
| 6 <u>swollen</u> stomach | 12 _____ temperature |

4 Match photos 1–4 with the words in the box.

eye drops cough mixture tablets / pills bandage
herbal remedies plaster an injection lozenges



3 Complete sentences 1–12 with the phrases from exercise 2.

- 1 Could you buy some tissues for me, please? I've got a runny and I can't stop sneezing.
- 2 Tom's had to take his daughter to the doctor. She's got a stomach ache and they just can't get it down.
- 3 Hannah's weight loss might be a sign of an eating disorder.
- 4 Please be quiet! I cannot bear any noise today. I have a splitting.
- 5 Let me have a look at your throat. Yes, you've certainly got a sore. You'll need some antibiotics, I'm afraid.
- 6 The food at that new restaurant has given me an upset. I'm not going there again!
- 7 Joe can't play in the football match on Saturday. He's got a sprained and can hardly walk.
- 8 My GP told me that the fever I have been experiencing recently is probably caused by exam stress. He advised me to use antiperspirant.
- 9 Acne can be a sign of a serious disease, such as appendicitis.
- 10 I'm sorry, I can't sing in the concert tonight. I've got a headache and I think I'm going to lose my voice.
- 11 I have high. Today it dropped to 90 over 60 and I felt dizzy.
- 12 A high, with a temperature of 39.5°C and above, can be a sign of a dangerous infection.

5 Study the words and phrases in the box in exercise 4. Which verbs do they take? Complete the chart.

put in	take	be in	have	put on
	<u>eye drops</u>	<u>plaster</u>	<u>an injection</u>	<u>bandage</u>

Which items can you get without a prescription?

6 Work in pairs. Answer the questions about the last time you were ill. Use the phrases from the REMEMBER! box.

- 1 How did you feel?
- 2 How long were you ill?
- 3 What helped you feel better?

REMEMBER!

I feel ill / unwell / dreadful / achy.

I've got a backache / a stomach ache / toothache / an earache.

My leg / arm / stomach / back hurts or aches.

EXAM

Rozmo

Wskaz

- Gdy elem
- Gdy egzami
- ci sy

8 Look

- 1 Work in pairs. Look at the photos at the bottom of the page. What do you think it would be like to have these kinds of disabilities? What kind of things do you think you could and could not do?

VOCABULARY

The disabled

- 2 Work in pairs. Make a list of words you connect with disabilities.

wheelchair, guide dog ...

- 3 Which of the phrases refer to problems disabled people face and which refer to things that can help? Write (P) for problems or (S) for solutions.

- a riding a mobility scooter S
- b climbing stairs
- c reading Braille
- d using public transport
- e walking long distances
- f being in an electric wheelchair
- g being on crutches
- h using ramps
- i driving a specially adapted car
- j having disabled parking
- k wearing a hearing aid
- l getting through narrow doors
- m installing a stairlift
- n reading small print
- o hearing what people say

- 4 Work in pairs. Take it in turns to describe the photos.



EXAM TRAINING


Zadanie wielokrotnego wyboru

Wskazówki

- Przed wysłuchaniem nagrania przeczytaj uważnie podane pytania.
- Większość z nich wymaga zrozumienia określonych informacji w tekście. Pamiętaj, że pytania te ułożone są w tej samej kolejności, w jakiej pojawiają się informacje w nagraniu.
- Ostatnie pytanie często sprawdza umiejętność określenia głównej myśli całego tekstu.

- 5 Read the exam tip. Then read the questions and decide whether they are asking for specific information (SI) or gist (G).

- 1 Ben started swimming because
- A his doctor recommended it.
 - B he wanted to meet other disabled people.
 - C he enjoyed physical exercise.
- 2 Ben increased his swimming hours when
- A he became interested in competing.
 - B he started competing at his school.
 - C he won an important competition.
- 3 Ben stopped swimming because
- A he started to do badly in competitions.
 - B he decided to do a different sport.
 - C he wanted to do other things, too.
- 4 What is Ben mainly talking about in this interview?
- A His life as a writer.
 - B His swimming career.
 - C His disability.

- 6  1.10 Now listen to the interview and for questions 1–4 from exercise 5, choose the correct answer A, B or C.

