

VOCABULARY, pp. 94-95

Parts of the body / Części ciała

ankle /'æŋk(ə)/ kostka, staw skokowy
cheek /tʃi:k/ policzek
chin /tʃɪn/ broda, podbródek
elbow /'elbəʊ/ łokieć
face /feɪs/ twarz
forehead /'fɔːrɪd/ czoło
knee /ni:/ kolano
neck /nek/ szyja
shoulder /'ʃəʊldə(r)/ ramię
stomach /'stʌmək/ brzuch
waist /weɪst/ talia
wrist /rɪst/ nadgarstek

Healthy lifestyle / Zdrowy tryb życia

be positive /bi: 'pɒzətɪv/ być optymistą
blood pressure /blʌd 'preʃə(r)/ ciśnienie krwi
breathe /bri:ð/ oddychać
cancer /'kænsə(r)/ nowotwór, rak
disease /di:zi:z/ choroba
drink lots of water /drɪŋk lɒts əv 'wɔ:tə(r)/ pić dużo wody
eat fruit and vegetables /i:t fru:t ənd 'vedʒtəb(ə)lz/ jeść owoce i warzywa
get fresh air /get freʃ 'eə(r)/ przebywać na świeżym powietrzu
get lots of sleep /get lɒts əv 'sli:p/ spać dużo, wysypiać się
get regular check-ups /get regjʊlə(r) 'tʃek ʌp/z badać się regularnie
have a balanced / healthy diet /hæv ə 'bælənst / 'helθi daɪət/ mieć zbilansowaną/ zdrową dietę
have close relationships with family / friends /hæv kləʊz ri'leɪʃ(ə)nʃɪps wɪð 'fæm(ə)li / frendz/ mieć bliskie relacje z rodziną / przyjaciółmi
heart rate /'hɑ:(r)t reɪt/ tętno
immune system /'ɪmjju:n sistəm/ układ immunologiczny (odpornościowy)
improve your health /ɪm'pru:v jɔ:(r) 'helθ/ poprawiać zdrowie
lower /'ləʊə(r)/ obniżać
prevent illnesses /pri'vent 'ɪlnəsɪz/ zapobiegać chorobom
exercise /'eksə(r)saɪz/ wykonywać ćwiczenia fizyczne

Illnesses and accidents / Choroby i wypadki

ache /eɪk/ boleć
acne /'ækni/ trądzik
allergy /'ælə(r)dʒi/ alergia, uczulenie
asthma /'æsmə/ astma
back pain /'bæk peɪn/ ból pleców
broken bone /'brəʊkən bəʊn/ złamanie kości
bruise /bru:z/ siniak, stłuczenie
catch a cold /kætʃ ə 'kəʊld/ przeziębienie się
check-up /tʃek 'ʌp/ badanie kontrolne
cough /kɒf/ kaszel
earache /'iəreɪk/ ból ucha
faint /feɪnt/ zemdleć
feel dizzy /fi:l 'dɪzi/ mieć zawroty głowy
feel poor / unwell /fi:l pɔ:(r) / ʌn'wel/ czuć się źle

flu /flu:/ grypa
get better /get 'betə(r)/ zdrowieć
hay fever /'heɪ fi:və(r)/ katar sienny
headache /'hedɪk/ ból głowy
high temperature /haɪ 'temprɪtʃə(r)/ wysoka gorączka
hurt /hɜ:(r)t/ zranić się
infection /ɪn'fekʃ(ə)n/ infekcja
nosebleed /'nəʊzbli:d/ krwawienie z nosa
pain /peɪn/ ból
prescription /pri'skrɪpʃ(ə)n/ recepta
recover /ri'kʌvə(r)/ powracać do zdrowia
runny nose /rʌni 'nəʊz/ katar
sneeze /sni:z/ kichać
sore throat /sɔ:(r) θrəʊt/ ból gardła
spots /spɒts/ pryszczki, krosty
sprained ankle /spreɪnt 'æŋk(ə)l/ skręcony staw skokowy
sting /stɪŋ/ użądlenie
stomach ache /'stʌmək eɪk/ ból brzucha
suffer from /sʌfə(r) 'frɒm/ cierpieć (na coś, z jakiegoś powodu)
unwell /ʌn'wel/ chory, niezdrowy
virus /'vaɪrəs/ wirus

Treatment / Leczenie

antibiotics /æntɪbaɪ'ɒtɪks/ antybiotyki
apply /ə'plai/ stosować, używać
apply a skin cream /ə'plai ə 'skɪn kri:m/ używać kremu do pielęgnacji skóry
bandage /'bændɪdʒ/ bandaż
bleeding /'bli:diŋ/ krwawienie, krwotok
cough syrup /'kɒf sɪrəp/ syrop na kaszel
cream /kri:m/ krem
cut yourself /kʌt jə(r)'self/ skaleczyć się
first aid kit /fɜ:(r)st eɪd 'kɪt/ apteczka
follow a diet /fɒləʊ ə 'daɪət/ przestrzegać diety
medicine /'med(ə)s(ə)n/ lekarstwo
nurse /nɜ:(r)s/ pielęgniarka
pill /pɪl/ tabletkę
plaster /'plɑ:stə(r)/ plaster
plaster cast /'plɑ:stə(r) kɑ:st/ gips
put sth under running water /pʊt stʌmθɪŋ ʌndə(r) rʌnɪŋ 'wɔ:tə(r)/ opłukać coś pod bieżącą wodą
stay out of the sun /steɪ aʊt əv ðə sʌn/ nie przebywać na słońcu
sweat /swet/ pocić się
tablet /'tæblət/ tabletkę
take an aspirin /teɪk ən 'æsprɪn/ wziąć aspirynę
thermometer /θə(r)'mɒmɪtə(r)/ termometr
treat /tri:t/ leczyć

READING, p. 96

avoid sugary drinks /əvɔɪd 'ʃʊɡəri drɪŋks/ unikać napojów słodzonych
be physically active /bi: fizɪkli 'æktɪv/ być aktywnym fizycznie
go to bed at a regular time /gəʊ tə bed æt ə 'regjʊlə(r) taɪm/ chodzić spać o stałej porze

have back pain /hæv 'bæk peɪn/ mieć ból pleców
healthcare professional /helθkeə(r) prə'feɪʃ(ə)nəl/ członek personelu medycznego
limit computer game time /'lɪmɪt kəm'pjʊ:tə(r) geɪm taɪm/ ograniczać czas gry na komputerze
skip meals /skɪp 'mi:lz/ opuszczać posiłki

LISTENING, p. 98

break a bone /breɪk ə 'bəʊn/ złamać kość
get treatment for /get tri:tment 'fɔ:(r)/ być leczonym (na, z powodu)
hurt your knee /hɜ:(r)t jɔ:(r) 'ni:/ zranić się w kolano
keep fit /ki:p 'fɪt/ utrzymywać formę
leg injury /leg 'ɪndʒəri/ uraz nogi
painful /'peɪnf(ə)l/ bolesny
pull a muscle /pʊl ə 'mʌs(ə)l/ naciągnąć mięsień

USE OF ENGLISH, p. 99

come down with /kʌm daʊn wɪð/ zachorować na coś
fight off /faɪt 'ɒf/ zwalczać
get over /get əʊvə(r)/ dojść do siebie
look after /lʊk 'ɑ:ftə(r)/ zajmować się kimś, opiekować się kimś
pass out /pɑ:s 'aʊt/ zemdleć
throw up /θrəʊ 'ʌp/ zwymiotować

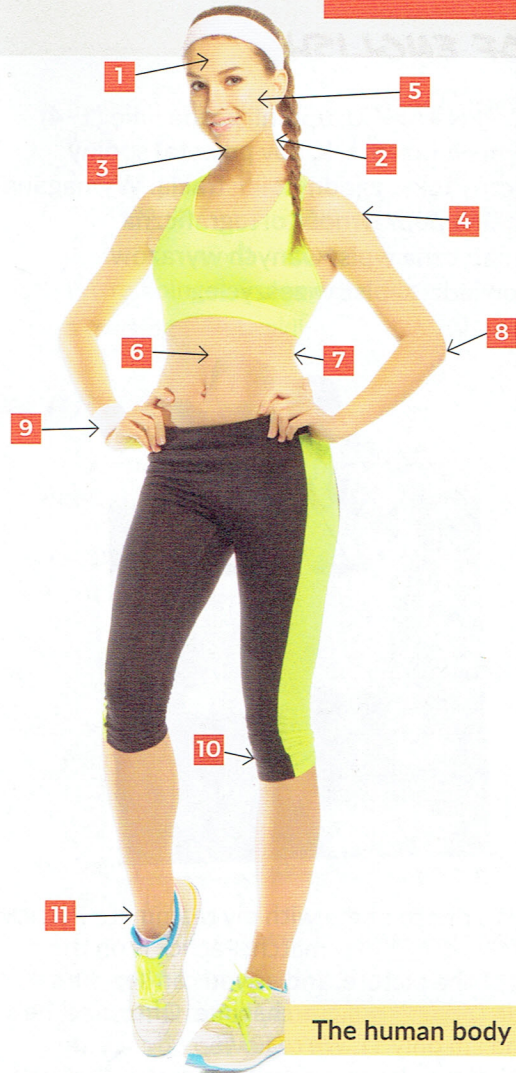
OTHER WORDS

bang your head /bæŋ jɔ:(r) 'hed/ uderzyć się w głowę
coach /kəʊtʃ/ trener
exercise bike /'eksə(r)saɪz baɪk/ rower treningowy
fever /'fi:və(r)/ gorączka
football practice /'fʊtbɔ:l 'præktɪs/ trening piłkarski
lungs /lʌŋz/ płuca
mend /mend/ zdrowieć
opportunity /ɒpə(r)'tju:nəti/ okazja
receipt /ri:si:t/ paragon
relief /ri:'li:f/ ulga
scream /skri:m/ krzyczeć
spin classes /spɪn 'klɑ:sɪz/ spinning (ćwiczenia na rowerze stacjonarnym)
stitch up the wound /stɪtʃ ʌp ðə 'wu:nd/ zszywać ranę, zakładać szwy
stretch /stretʃ/ rozciągać się
take a bath / shower /teɪk ə 'bɑ:θ / 'ʃaʊə(r)/ brać kąpiel/prysznic
treadmill /'tredmɪl/ stacjonarna bieżnia
wasp /wɒsp/ osa
weight training /weɪt 'treɪnɪŋ/ ćwiczenia siłowe

PARTS OF THE BODY

1 In your notebook, match the words in the box with parts of the body (1-11) in the picture.

- cheek • ankle • wrist • elbow • neck
- forehead • knee • stomach • shoulder
- waist • chin



The human body

HEALTHY LIFESTYLE

2 Work in pairs. How important are the lifestyle choices below for staying healthy?

In your notebook, write:

- 1 = extremely important
- 2 = quite important
- 3 = not so important.

Share your ideas with the class, giving reasons for your answers.

I think that eating fruit and vegetables is extremely important because we need vitamins to keep healthy.

- a be positive
- b drink lots of water
- c eat fruit and vegetables
- d get fresh air
- e get lots of sleep
- f get regular check-ups
- g have a balanced / healthy diet
- h have close relationships with family / friends
- i exercise

3 Work in pairs. Which of the things from exercise 2 do you do? Can you think of any lifestyle choices which are bad for our health?

4 35 Listen to a podcast about forest bathing and, in your notebook, complete the gaps.

- 1 Forest bathing involves sitting in a forest and in fresh air.
- 2 Forest bathing helps to our heart rate and blood pressure.
- 3 It also generally our health.
- 4 Scientists think that it helps our immune .
- 5 This can help to cancer and other diseases.

ILLNESSES AND ACCIDENTS

5 In your notebook, match the words and phrases in the box with a medical problem that each person (1-6) has. There is one extra word or phrase that you do not need to use.

- headache • sore throat • high temperature
- runny nose • broken leg • sprained ankle
- stomach ache

- 1 It really hurts to swallow and I can't talk properly!
This person has a .
- 2 I think I ate something bad.
This person has .
- 3 My forehead is really hot!
This person has a .
- 4 Do you want to write something on the plaster cast on my leg?
This person has a .
- 5 I need another tissue!
This person has a .
- 6 I fell while I was out running. Now it's really painful and I can't walk properly.
This person has a .

Choose the odd one out. Write the answers in your notebook.

Anna suffers from *asthma* / *an allergy* / *broken bones*.

Don't spread germs on other people! Cover your mouth when you *cough* / *sneeze* / *faint*.

- 3 Melanie was very ill with flu, but she's *mending* / *recovering* / *getting better* now.
- 4 Mum, my legs *hurt* / *pain* / *ache* today.
- 5 Kelly is keeping her son at home today because she doesn't want him to catch the *virus* / *earache* / *cold* that's going round.
- 6 The doctor gave me a *prescription* / *check-up* / *receipt*.
- 7 I'm feeling a bit *dizzy* / *poor* / *unwell*. I think I'll lie down for a few minutes.
- 8 Why don't you take an aspirin for your *headache* / *infection* / *back pain*?

7 In your notebook, match each medical problem in the box with descriptions 1-7.

• sting • bruises • flu • nosebleed • hay fever
• spots • acne

- 1 If you hit or bang a part of your body hard you will get these.
- 2 When this happens to you, you must tip your head forward and pinch your nostrils to stop the blood coming out.
- 3 This is caused by a bee or wasp, for example, and might give you red skin or pain.
- 4 Teenagers often get these on their cheeks or forehead.
- 5 This medical problem causes a lot of red marks on your face and neck.
- 6 People who are allergic to flowers sneeze and have a runny nose because of this.
- 7 This virus usually causes you to have a fever, cough, sore throat, and headache.

TREATMENT

8 In your notebook, match the words in the box with pictures 1-6.

• cream • bandage • first-aid kit • pills / tablets
• thermometer • plaster



9 The words in bold are in the wrong sentences. Write the correct sentences in your notebook.

- 1 After the doctor had stitched up the wound, the nurse wrapped a **pill** around it.
- 2 I was given this **syrup** to put on the spots.
- 3 This **bandage** will help stop your cough. Drink it with a spoon.
- 4 **Plasters** are used to fight off bacteria, not viruses.
- 5 My grandmother takes a **thermometer** for her high blood pressure.
- 6 You should always have **antibiotics** in your first-aid kit for small cuts.
- 7 Put this **cream** under your arm to see if you have a high temperature.

10 How much do you know about medical treatments? Take the quiz and find out!

QUIZ!

- 1 **What should you do if you cut yourself badly?**
 - A Put pressure on the skin until the bleeding stops.
 - B Put the cut under running cold water immediately.
 - C Call a friend and start screaming loudly.
- 2 **What's the best way to treat acne?**
 - A Follow a balanced diet and leave your skin alone.
 - B Apply a skin cream to help with the redness.
 - C Drink lots of water and stay out of the sun.
- 3 **What should you do if you have toothache?**
 - A Take an aspirin and see a dentist as soon as you can.
 - B Put ice on it and keep it there for several minutes.
 - C Go to hospital and ask to see the nurse.
- 4 **How do we treat the flu?**
 - A Take flu medicine and get lots of rest.
 - B Have a hot bath for half an hour.
 - C Sit in a sauna until you sweat the virus out.

See p. 191 for results »

11 Work in pairs. Describe a situation when you or someone you know was ill. What did you/they do? What medicine did you/they take? How long did it take for you/them to get better?

UNIT 11

Past perfect

- Użyj czasu *past perfect*, aby opisać czynności lub sytuacje przeszłe, które miały miejsce wcześniej niż inne wydarzenia w przeszłości, np. *She didn't know how to play tennis because she hadn't tried it before.*

Zdania twierdzące

I / You / He / She / It /	had ('d)	German
We / You / They	learnt	before.

Zdania przeczące

I / You / He / She / It /	had not (hadn't)	German
We / You / They	learnt	before.

Pytania

Odpowiedzi

Had he practised this sport?	Yes, he had. No, he hadn't.
Had they won any match before James joined the team?	Yes, they had. No, they hadn't.
Where had she lived before she moved to Poznań?	

- 1 In your notebook, complete sentences 1–4 with the correct form of the verbs in brackets. Use the past perfect.

- 1 When I joined the gym, I felt very unfit at first because I (*not do*) any sports for a few years.
- 2 Peter couldn't dance at my birthday party because a week earlier he (*break*) his leg.
- 3 Tom told me yesterday that he didn't play basketball in the club any longer. He (*give*) it up a few weeks earlier.
- 4 After my little brother (*eat*) too much chocolate, he had a terrible stomachache.

- 2 In your notebook, write past perfect sentences about situations 1–7. Use the word in brackets to join the sentences.

Tom trained hard for three months. He won the tennis tournament. (*after*)

After Tom had trained hard for three months, he won the tennis tournament.

- 1 Mr Jenkins couldn't see the doctor. The doctor left his office an hour earlier. (*because*)
- 2 She went to bed. Monica drank a glass of hot milk. (*before*)
- 3 Someone stole Ann's bicycle. Ann did not go cycling with us last weekend. (*because*)
- 4 Peter felt better. Peter stayed all week in bed. (*after*)
- 5 The film started. Then we arrived at the cinema. (*by the time*)