

Health - revision p. 73

1

Uzupełnij luki w tekście poniższymi wyrazami. Trzy wyrazy podano dodatkowo.

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Jola has been unwell lately. She has junk food every day and avoids PE classes. She doesn't sleep well and she wants to change her lifestyle. Here are a few pieces of advice for her:

- If I (1) you, I would (2) down on processed food.
- If you ate healthy meals, you (3) feel much better.
- You need to drink a lot of water. It'll taste better if you (4) some lemon in it.
- I (5) skip PE classes if I (6) in your shoes: physical activity is as important as a healthy diet.
- If you (7) regular exercise, your sleep will improve.



2

Uzupełnij luki w zdaniach jednym wyrazem utworzonym od podanego słowa, tak aby zdania były poprawne gramatycznie i logicznie.

1. I've lost my somewhere. **PRESCRIBE**
2. The nurse took my blood . **PRESS**
3. I'd like to make an with doctor Reday, please. **APPOINT**
4. The doctor gave me antibiotics for my ear . **INFECT**
5. There are no facilities for the people. No wheelchair can go this way. **DISABILITY**
6. Two carried the patient to the ambulance. **MEDIC**

3

Uzupełnij zdania wyrazami w nawiasach w odpowiedniej formie. W każdą lukę możesz wpisać maksymalnie cztery wyrazy.



Now is the moment of truth: how much time do you spend in front of screens? Too much – that's for sure, so you need to take care of your body before it's too late. Here's some advice. First of all, if the top of (1) (you / computer screen / be) at the level of your eyes, you (2) (not / suffer) from a pain in your neck or back. Secondly, if you (3) (take / break) when playing games, (4) (you / able) to stretch your arms and legs. Finally, if you (5) (stop / use) your screens at least an hour before going to bed, you (6) (sleep / good) and you (7) (not / be tired) the next morning.

4

Wykorzystując podane wyrazy, uzupełnij każde zdanie z luką tak, aby zachować sens zdania wyjściowego. Nie zmieniaj formy podanych wyrazów. W każdą lukę możesz wpisać maksymalnie cztery wyrazy, wliczając w to wyraz już podany.

1. Jessica has got hay fever. **FROM**

Jessica hay fever.

2. You'd better stop smoking if you want to keep fit. **UP**

You'd better if you want to keep fit.

3. You should consult a doctor. **IF**

, I would consult a doctor.

4. Cathy has got an allergy to nuts. **IS**

Cathy nuts.

5. Jim sleeps too little. **GET**

Jim doesn't sleep.

5

Dopasuj wypowiedzi A–F do sytuacji 1–6.

Who Says What, When and Where?

1. You notice somebody sitting in a park on a cold day.

2. You're on the phone and you keep sneezing.

3. Your eyes are irritated. What will you tell your doctor?

4. You've just had yoghurt which expired last week.

5. You've been unwell. Your friend calls you.

6. You're tired and feeling dizzy.

A. I've got a bad headache.

B. Excuse me, is something the matter?

C. Sorry. I've got a bit of a cold.

D. They're itchy.

E. There's something wrong with my stomach.

F. How are you, mate?