

1 Połącz wyrazy/wyrażenia z kolumny A z wyrazami z kolumny B, tak aby utworzyć poprawne wyrażenia. Dwa wyrazy z kolumny B zostały podane dodatkowo.

A

- 1 have a sprained ... ____
- 2 get regular ... ____
- 3 feel ... ____
- 4 use a first aid ... ____
- 5 have a sore ... ____

B

- a cheek
- b kit
- c throat
- d disease
- e ankle
- f dizzy
- g check-ups

____ / 5

2 Zaznacz poprawne opcje.

- 1 Regular exercise helps to **lower** / **apply** your heart rate.
- 2 The doctor gave me a **receipt** / **prescription** for a course of antibiotics.
- 3 My sister suffers from **an allergy** / **acne**. She gets awful hay fever when spring starts.
- 4 The **waist** / **chin** is part of the face.
- 5 A healthy lifestyle will help to **prevent** / **improve** serious diseases like cancer.

____ / 5

3 Uzupełnij luki w tekście brakującymi wyrazami. Pierwsze litery zostały podane.

I think it's very important to have a healthy lifestyle. I (1) **f** _____ a healthy balanced diet and I also spend a lot of time outdoors. It's good for you to get a lot of fresh (2) **a** _____. Of course, I am occasionally ill. For example, I might catch a cold in winter, but it's never very serious and I (3) **r** _____ very quickly. Well, last year I broke my leg while I was skiing. It really (4) **h** _____ and I needed to take pills for the pain. I went to hospital and they put my leg in (5) **p** _____ for a few weeks. Now I'm much more careful when I go skiing!

____ / 5

1 Połącz wyrazy/wyrażenia z kolumny A z wyrazami/wyrażeniami z kolumny B tak, aby utworzyć poprawne wyrażenia. Dwa wyrazy/wyrażenia z kolumny B podano dodatkowo.

A

- 1 follow a balanced ... ____
- 2 feel ... ____
- 3 have a sore ... ____
- 4 have close ... ____
- 5 apply ... ____

B

- a a skin cream
- b unwell
- c relationships with friends
- d diet
- e antibiotics
- f first aid kit
- g throat

____ / 5

2 Zaznacz poprawne opcje.

- 1 This virus may **cause** / **mend** a serious infection.
- 2 I need to see my doctor next week for a **receipt** / **check-up**.
- 3 After playing tennis yesterday my arm hurt, especially my **ankle** / **elbow**.
- 4 Doing sports can **lower** / **improve** our general health a lot.
- 5 She felt so dizzy and weak that she almost **fainted** / **sneezed**.

____ / 5

3 Uzupełnij luki w tekście brakującymi wyrazami. Pierwsze litery zostały podane.

I try to take care of my health. I know it's important to (1) **e** _____, so I do sports regularly and I go for walks in the forest to (2) **b** _____ in some fresh air. Unfortunately, I have an (3) **a** _____ to some flowers and I always suffer from bad hay (4) **f** _____ in late spring. Sometimes when I'm tired and I haven't got enough sleep, I also get a headache. When it's really bad, I need to take a (5) **p** _____, usually some aspirin.

____ / 5