

7

Body and mind

VOCABULARY parts of the body • illnesses • symptoms and treatment

1) Label the organs in the pictures.

1 _____



4 _____



2 _____



5 _____



3 _____



6 _____



2) Cross out one inappropriate word in each sentence.

- The human body has two *elbows* / *spines* / *wrists* / *shoulders*.
- The *chin* / *jaw* / *knuckle* / *nose* is a part of your face.
- You will have trouble walking if your *elbow* / *ankle* / *hip* / *calf* hurts.
- The *thigh* / *toe* / *knee* / *skull* is a body part located below the waist.

3) Complete the sentences with the correct words from exercises 1 and 2. Are the sentences true (T) or false (F)?

- Everybody is able to crack their c l s . T / F
- It is possible to breathe with only one l g . T / F
- The v r , which is situated to the right of the stomach, is the second largest organ in the human body. T / F
- People who fall and break their p n always die. T / F
- When your blood isn't filtered properly, you may only have a k d y transplant if, for instance, a family member donates one of theirs. T / F
- The k l consists of five hard bones which protect the brain. T / F
- There is only one bone in your h g , which links the hip and the knee. T / F

4) Unscramble the words to complete the phrases. Then divide them into medical problems and forms of treatment.

- SKUC _____ some throat sweets
- SARNIP _____ your ankle
- DSOITLAE _____ your shoulder
- BNRU _____ your finger
- CCTAH _____ flu
- BERAK _____ a leg
- BEIUSR _____ your knee
- UTP _____ an ice pack on a swollen ankle
- have a NYTSA _____ rash
- take cough MCDNIEEI _____

Medical problems: _____

Forms of treatment: _____

5) Choose the correct option to complete each sentence.

- If your leg *hurts* / *pains*, take some *plaster* / *painkillers*.
- After sitting in the sun, I got a nasty *spots* / *rash*. I couldn't stop *itching* / *scratching*.
- This syrup is the best medicine for a *cough* / *sneeze*.
- It wasn't a good idea to eat that ice cream. I have a *sore* / *red* throat now.
- Mark should see a doctor – his nose *bloods* / *bleeds* are rather worrying.
- This *cut* / *infection* looks terrible. How did you do it?

6) Complete the text with the correct form of the words below. There are two extra words.

cut blood break swell infect pain catch



Our last holiday was particularly unlucky for my family. First, my brother had a minor ¹ _____ in his eye, and we had to look for a chemist's to buy some drops. Then, mum ² _____ a cold and spent two days in the hotel room, without getting out of bed. Finally, two days before the end of the holiday, I stepped on something sharp on the beach and ³ _____ my foot. It became ⁴ _____, so I put a plaster on it. I thought it would be OK, but the next day my foot was so ⁵ _____ that I was unable to walk. Mum called a doctor, and she prescribed some really expensive medicine. Well, let's just say that it wasn't the holiday of a lifetime ...

Vocabulary challenge!

7) Translate the Polish parts of the sentences into English.

- After the incident at school, the boys _____ (odbyli naprawdę szczerą rozmowę z rodzicami).
- _____ (Obaj uczniowie idą tę w tę) in this competition.
- They offered her a perfectly good job, _____ (ale ona kręciła nosem).
- I really can't go out tonight – _____ (jestem pochłonięty pracą domową).
- _____ (Po tym, jak mnie nabrał), I didn't speak to him for a month.
- When I _____ (wziąłem się za ten projekt), it soon turned out that it was extremely boring.

8) Write five sentences about a medical problem you have experienced. Write what happened, what the symptoms were and explain how it was treated.

1) Are the sentences facts (F) or opinions (O)?

- 1 The new drug is considered to be quite safe. ☐
- 2 According to scientists, this form of therapy has helped many patients. ☐
- 3 Most people realise that X-rays can be harmful. ☐
- 4 Pharmaceutical companies may earn less money as fewer and fewer people take antibiotics. ☐
- 5 Research has shown that these drugs are no longer effective. ☐

2) MP3 11 Listen to the interview about antibiotics and choose the correct answer.

Which of the topics below are not mentioned in the interview?

- A the potential threat of wonder drugs ☐
- B the origins of antibiotics ☐
- C the future of cosmetic surgery ☐
- D a recent scientific development ☐
- E the way new antibiotics work ☐

3) MP3 11 Listen again. Are the statements facts (F) or opinions (O)?

- 1 Medical experts are concerned about the future of antibiotics. ☐
- 2 The discovery of antibiotics is one of the most important developments in the history of medicine. ☐
- 3 Antibiotics have become ineffective, mainly because people have been taking them too often. ☐
- 4 The development of new drugs is a costly and complex process. ☐
- 5 Scientists have been successful in their attempts to develop new antibiotics. ☐
- 6 In the future governments will cooperate to create a new wonder drug. ☐

4) Match the words and phrases with their Polish equivalents.

- | | | |
|----------------|--------------------------|---------------|
| 1 wonder drug | <input type="checkbox"/> | a umrzeć na |
| 2 die from | <input type="checkbox"/> | b leczyć |
| 3 prescribe | <input type="checkbox"/> | c cudowny lek |
| 4 go backwards | <input type="checkbox"/> | d przepisać |
| 5 treat | <input type="checkbox"/> | e cofać się |

5) Complete the sentences with the correct form of the words and phrases from exercise 4.

- 1 Did the doctor _____ you any antibiotics?
- 2 More than a hundred people _____ this disease every year.
- 3 We have made so much progress with the research – we can't _____ now.
- 4 Do you think scientists will soon discover a _____ for cancer?
- 5 The doctors are _____ me with a combination of medicines and a strictly controlled diet.

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6) Complete the sentences with the correct form of the words in brackets.

- 1 Unfortunately, the treatment I received turned out to be rather _____ (effect).
- 2 When Tom set up his business, nobody expected it would become so _____ (profit) within a year.
- 3 Mark apologised _____ (count) times, but Gina didn't want to see him anyway.
- 4 Your job can be very difficult at times if you work in the _____ (medicine) profession.
- 5 I'm afraid the disease seems to be _____ (resist) to all the drugs we've tried so far.
- 6 If you were dissatisfied with your looks, would you consider having _____ (cosmetics) surgery?

7) Match the adjectives from exercise 6 with their definitions a–f.

- a very many, more than is reasonable _____
- b connected with improving your appearance _____
- c bringing you money _____
- d not working correctly or bringing any results _____
- e not affected by something _____
- f connected with treating injuries and diseases _____

Vocabulary challenge!

8) Translate the Polish parts of the sentences in brackets into English.

- 1 These animals can _____ (może przenosić poważne choroby), harmful to humans.
- 2 The prime minister _____ (przekazał swoje stanowisko dotyczące) the funding of the new drug.
- 3 Do you know the _____ (szczegóły) this medical case?
- 4 Mr Fox _____ (został wypuszczony z) hospital two weeks ago.
- 5 _____ (Zawsze byliśmy przeciwni) the testing of cosmetics on animals.

9) Write answers to the questions below.

- 1 Which three medical discoveries do you consider to be most important?

- 2 Have you ever been given a treatment that was ineffective?

- 3 How often do you take antibiotics? Is it always necessary?

Reported statements

Mowy zależnej (*reported statements*) używamy, aby zrelacjonować wypowiedź własną lub innych osób. W języku angielskim, inaczej niż w języku polskim, w przypadku gdy czasownik w zdaniu głównym występuje w czasie przeszłym, **stosujemy zasadę następstwa czasów**, tzn. „cofamy się” o jeden czas, np. jeśli przytaczana wypowiedź jest w czasie teraźniejszym, to w mowie zależnej stosujemy czas przeszły:

Zdanie główne	Zdanie podrzędne
Lucy said (czas przeszły)	that she lived in Brighton. (czas przeszły)
Lucy powiedziała , (czas przeszły)	że mieszka w Brighton. (czas teraźniejszy)

ale:

Zdanie główne	Zdanie podrzędne
Lucy says (czas teraźniejszy)	that she lives in Brighton. (czas teraźniejszy)
Lucy mówi , (czas teraźniejszy)	że mieszka w Brighton. (czas teraźniejszy)

Uwaga!

Zwróć uwagę na różnice w użyciu czasowników **say** i **tell**.

Paul **said** he wanted to have cosmetic surgery. (NIE: *Paul told he ...*)

Monica **told** me her mum was ill. (NIE: *Monica said me ...*)

W **mowie zależnej** zmieniamy również **określenia czasu i miejsca**:

now	then, at that moment
today	that day
tomorrow	the next/the following day
tonight	that night
last week/year	the week/year before, the previous week/year
yesterday	the day before
this week/year	that week/year
next week/year	the next/the following week/year
here	there
ago	before

Schemat stosowania zasady następstwa czasów ilustruje również poniższa tabela:

Direct speech	Reported speech
present simple I go to the dentist's once a year.	past simple She said she went to the dentist's once a year.
present continuous I'm leaving .	past continuous He said he was leaving .
present perfect I've caught a cold.	past perfect She said she had caught a cold.
past simple We visited Jane in hospital.	past perfect They said they had visited Jane in hospital.
will I'll call you.	would Martha said she would call me.
can I can speak Spanish.	could Tom said he could speak Spanish.

Grammar challenge!

Gdy przytaczamy czyjeś prośby, rozkazy, polecenia, obietnice w mowie zależnej, stosujemy różnorodne czasowniki z bezokolicznikiem, np.:

offer (zapropionować), **order** (kazać), **promise** (obiecać), **refuse** (odmówić), **tell** (powiedzieć, kazać), **ask** (prosić), **advise** (doradzić), **instruct** (poinstruować), np.:

'Go home!'

He **told / instructed me to go home**.

'Could you call me tomorrow?'

She **asked me to call her the next day**.

'I'll help you with this.'

He **promised to help me with that**.

1) Choose the correct answers.

- 'You are going in the wrong direction,' said the policeman. The policeman said _____ in the wrong direction.
a we are going
b we were going
c we went
- 'The dog ate my homework,' said Rob. Rob told the teacher the dog _____ his homework.
a had eaten b has eaten c ate
- 'They have tested the drug on animals,' said the woman. The woman said they _____ the drug on animals.
a were testing b tested c had tested
- 'Jason takes painkillers every day,' said Mary. Mary said that Jason _____.
a took painkillers every day
b had taken painkillers the day before
c would take painkillers the next day
- 'Doctor Smith will see you tomorrow,' said the nurse. The nurse told me that Doctor Smith _____.
a would see me tomorrow
b will see me the next day
c would see me the next day

- 'I have a sore throat and a cough,' says Ginger. Ginger says she _____.
a had a sore throat and a cough
b has a sore throat and a cough
c had had a sore throat and a cough

2) Find and correct a mistake in each sentence. Two sentences are correct.

- Michael said he had bruised his elbow last week.

- Karen told she hadn't been ill for months. _____
- Pam said she had found a wallet a few days before.

- When I called Ted, his sister told me he hadn't come back from school. _____
- Dave said us he would visit grandma in hospital the next day. _____
- Paul told me that the doctor is examining his knee.

- When I said goodbye, Mark answered that he will write to me soon. _____

3> Complete each gap with one word.

- Steve said he _____ not taken any medicine before.
- Jim called me and said his nose _____ bleeding and he couldn't come.
- Kevin said he had had a doctor's appointment the day _____.
- Laura complained that her ankle _____ swollen.
- The hospital manager informed us that the doctor _____ perform a liver transplant the next day.
- The coach said the team _____ finally going to win the championship.

4> Complete the sentences with the correct form of the verbs in brackets.

- I called him last weekend, but his mum told me he _____ (**go**) away on holiday the day before.
- My aunt called to inform us that she _____ (**stay**) in hospital at that moment.
- He says he _____ (**not prescribe**) any antibiotics for weeks.
- The scientists announced that they _____ (**develop**) the new medicine by the end of that year.
- We came up with a handful of ideas, but dad said they _____ (**be**) no good.
- I can't believe you told him that I _____ (**need**) money for cosmetic surgery. It was so embarrassing!
- Everybody enjoyed the performance, but Mary said she _____ (**never see**) anything so bad before.

5> Complete the second sentence so that it means the same as the first, using the word given.

- 'I can touch my toes,' said Lucy.
Lucy said _____ toes. **SHE**
- 'I didn't pass my driving test yesterday,' said Tony.
Tony said _____ his driving test the day before. **FAILED**
- 'We're leaving for France next week,' said Jane.
Jane said _____ week. **THE**

- 'I went skiing last year,' said Linda.
Linda said _____ year. **GONE**
- 'My British friends are coming to Poland next week,' said Piotr.
Piotr said _____ **FOLLOWING**
- 'I started coughing three days ago,' said Rita.
Rita said _____ three days. **FOR**

Grammar challenge!

6> Rewrite the sentences in reported speech, using the verbs below.

order refuse advise promise instruct offer

- 'I'll love you all my life,' said Gilbert to Tina.

- 'Why don't you go to see the doctor tomorrow?' my brother said.

- 'I can buy the medicine and bring it tonight,' Frank said.

- 'Wash your hand and put a plaster on the cut,' said the teacher.

- 'Stop, now!' said the police officer.

- 'I won't come to your party,' Mandy said to Peter.

7> Complete the sentences so that they are true for you.

- An article I've read recently said that _____.
- Our teacher told us _____.
- This morning, my mum said _____.
- When I last saw my doctor, he said that _____.
- My friend has recently advised me to _____.
- My parents instructed me to _____.

Reported questions

Relacjonując **pytania w mowie zależnej** (*reported questions*), należy pamiętać, że oprócz zastosowania zasady następstwa czasów, należy również zmienić **szyk wyrazów** z pytającego na twierdzący: *'Where are you?' she asked.*

She asked me where I was. (NIE: She asked me where was I)

Pamiętaj:

- do relacjonowania pytań typu Czy ...? używamy **if** lub **whether**:
'Have you been here before?' Tom asked.
Tom asked if I had been there before.
- w pytaniach w mowie zależnej nie używamy czasowników posiłkowych **do** oraz **did**, a także znaków zapytania:
'What did the doctor say?' mum asked.
Mum asked me what the doctor had said.

1> Match direct questions 1–6 with corresponding indirect questions a–i. There are three extra indirect questions.

- What is the matter?
- How are you feeling now?
- Can you open your mouth?
- Did you take any painkillers last week?
- How long have you felt like this?
- How many times a week do you exercise?

☐
☐
☐
☐
☐
☐

The doctor asked me

- if I could open my mouth.
- what the matter was.
- did I take any painkillers the week before.
- what is the matter.
- how many times a week I exercised.
- how I was feeling at that moment.
- if I had taken any painkillers the week before.
- how long I had felt like that.
- how many times a week did I exercise.

2) Choose the correct option to complete each sentence.

- 1 We asked the teacher how much time *did we have / we had / we have* to finish the essay.
- 2 Fiona asked me why *hadn't I come / I hadn't come / I didn't come* to meet her at the station.
- 3 Sue asked Jack if *he was / he is / was he* going with her.
- 4 Sara wanted to know what time *are we leaving / we are leaving / we were leaving*.
- 5 The doctor asked me *if I'm taking / were you taking / if I was taking* any drugs.
- 6 Diana wanted to know when *would we come / we would come / we will come*.

3) Rewrite the questions in reported speech.

- 1 'Did you see her last week?'
The police officer asked us _____.
- 2 'Where have you been?'
Dad wanted to know _____.
- 3 'What are you going to do?'
I asked my friend _____.
- 4 'Will you be able to join us?'
They asked me _____.
- 5 'Are you living here?'
My new neighbours asked us _____.
- 6 'Has my car been repaired?'
I asked the mechanic _____.
- 7 'Have you done your homework?'
The teacher asked us _____.
- 8 'Do you smoke a lot?'
The doctor asked him _____.

4) Complete the indirect questions with the words below.

if (x2) could were had (x2) whether drank how
where would what

- 1 My sister wanted to know _____ I _____ come to visit her in Australia.
- 2 Mum asked me _____ Peter and Ben _____ gone but I didn't know.
- 3 One of the teachers saw us in the staffroom and asked _____ we _____ doing there.
- 4 My friend wanted to know _____ I _____ help her with her project.
- 5 He was practising the guitar when his father suddenly entered and asked him angrily _____ he really _____ to make so much noise.
- 6 The doctor asked Sheila _____ many cups of coffee she _____ a day.

5) Complete the dialogue with the correct phrases (a-h). There are two extra phrases.

- a if she had
- b how long it would take
- c when it had been
- d if she had ever been involved in
- e if we had been thinking
- f how many students were planning
- g what she thought
- h if there would be

Julia Did you talk to Lisa about our campaign?

Pete Yes, she fully supports it. I asked her ¹ _____ about leading a healthy lifestyle, and her opinion is the same as ours.

Julia Is she going to join us?

Pete She didn't know. I asked her ² _____ time to stay behind after school, but she couldn't say. She wanted to know ³ _____, and ⁴ _____ to take part in the campaign.

Julia Did she ask anything else?

Pete Yes, she wanted to know ⁵ _____ anything about the campaign in the school paper. I really hope she can make it. I asked her ⁶ _____ a similar protest, and it turned out she had! A few times, in fact ...

Cumulative grammar

6) Complete the email, using the correct form of the words in brackets. Add any extra words where necessary.

Hi Helen,

Remember my aunt Lidia – the psychologist I told you about? I finally talked to her about the addiction project we are preparing for next month. I asked her ¹ _____ (*she / have / experience*) with treating gaming addictions and she said she had. She said ² _____ (*she / help / I*) with the project! She ³ _____ (*tell / I / she / work*) in a clinic which treated such addictions in the past, and she ⁴ _____ (*say / she / can / give*) me an interview. I asked her ⁵ _____ (*when / she / can / meet*) me, but she told me she ⁶ _____ (*go away*) on holiday the following day. I'm waiting for her to come back so I can meet her. I'll keep you informed.

Maya

7) Rewrite the following sentences and questions in reported speech.

- 1 'We have improved the healthcare system in the country.'
The prime minister said _____.
- 2 'Can you speak Spanish?'
I asked her _____.
- 3 'I will have to examine your heart today.'
The surgeon told the woman _____.
- 4 'I didn't come to school last week because I was very sick.'
Kate told the teacher _____.
- 5 'How long have you known her?'
The detective asked me _____.
- 6 'My father isn't very well.'
Pete said _____.
- 7 'Who are you looking at?'
My friend asked me _____.
- 8 'Will she undergo the same treatment next month?'
I asked them _____.
- 9 'I won't take the medicine a second time,' said Tom.
Tom refused _____.
- 10 'Take off your sock so that I can examine your ankle.'
The doctor told the patient _____.

1> Read the text in exercise 3. In which paragraph can you find the following information?

- A arguments against vaccines ☐
- B the history of the discovery of vaccines ☐
- C doctors' worries ☐
- D some information about the life of a famous doctor ☐
- E the development of various vaccines ☐

2> Read the text in exercise 3 again and find the English names of the diseases below.

- | | |
|-----------------------|-----------------|
| 1 świnka | __ m _ s |
| 2 gruźlica | t _ _ r _ _ _ s |
| 3 żółtaczka | __ p _ _ t _ _ |
| 4 porażenie dziecięce | p _ _ o _ _ |
| 5 odra | m _ s _ _ _ |
| 6 ospa | _ m _ _ p _ _ |

3> Read the text and answer the questions below.

1

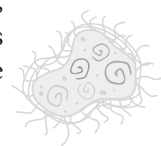
Undoubtedly, the person responsible for one of the greatest **breakthroughs** in the history of medicine was the English surgeon Edward Jenner (1749–1823). It was known at the time that people who worked with cows and had got **infected with** cowpox hardly ever got smallpox. Smallpox was a very dangerous and widespread disease, killing thousands of people every year, while cowpox was rather mild and simply went away after a few days. Jenner developed a theory about this phenomenon and decided to run some tests. He discovered that coming into contact with the cowpox virus actually made a person **immune to** smallpox.

2

This was how the idea of vaccine (from the Latin term for cowpox – *vaccinia*) was born. Despite the initial scepticism surrounding vaccinations, many doctors accepted the idea, and by 1800 it had become popular not only in England but in many other European countries. In 1980, the World Health Organisation officially declared that smallpox had been **eradicated**. Today we have vaccines for many diseases such as mumps, measles, tuberculosis, hepatitis or polio, and in many countries many of them are actually **obligatory** for young children.

3

It seems like an obvious thing to do – get your child immune to as many diseases as possible. Indeed, most parents are happy with the idea. And yet, a worrying new trend has recently been noticed. Although many vaccinations are **compulsory**, there are some parents who break the law by refusing to **vaccinate** their kids. Despite what the doctors say, these people think it's actually a very unnatural thing to do and worry about the safety of vaccines, claiming that some of them have dangerous **side effects**.



4

Doctors are desperate. They are afraid that if more people continue to avoid vaccinations, we might see the return of many dangerous diseases. They say people need to be educated. First of all, the various theories about the possible side effects have been disproved. Moreover, those parents who are against vaccinations need to understand how dangerous these **diseases** are. Paradoxically, the reason why they don't realise this is because they've never encountered the diseases that are rare thanks to the vaccines.

1 What is the difference between cowpox and smallpox?

2 How did Jenner get the idea that led to the discovery of the smallpox vaccine?

3 How did other doctors initially react to the idea of vaccinations?

4 What success did WHO announce in 1980?

5 What arguments against vaccinations do some parents present?

6 How do doctors respond to these arguments?

4) Match the words in bold from the text on page 69 with their definitions below.

- 1 put a substance into the body in order to protect it from disease _____
- 2 eliminate completely _____
- 3 an important discovery _____
- 4 make somebody else sick with _____
- 5 safe from infection with _____
- 6 an illness, usually caused by infection _____
- 7 something that must be done because of the law _____
- 8 the unintended and unpleasant effects of something _____

5) Translate the Polish parts of the sentences in brackets into English.

As a doctor, I don't understand parents who refuse to ¹ _____ (*zaszczepić*) their children against such serious ² _____ (*choroby*) as polio or measles. You never know when and where your child may come into contact with somebody who's sick and become ³ _____ (*zarażone*). We should be grateful for the fact that we have the chance to make ourselves ⁴ _____ (*odporni*) to these often life-threatening illnesses. The development of vaccines was one of the greatest medical ⁵ _____ (*przełomów*) and in my opinion, it's good that they are ⁶ _____ (*obowiązkowe*) for everybody. Without vaccinations, many serious illnesses ⁷ _____ (*nigdy nie zostaną wyeliminowane*). And as for the ⁸ _____ (*efekty uboczne*) – there's no current research to support such ideas.

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6) Complete the diagram with the correct parts of speech and find the hidden message.

- | | |
|------------------------|-------------------|
| 1 disable (noun) | 4 recover (noun) |
| 2 distract (adjective) | 5 solution (verb) |
| 3 lose (noun) | 6 tease (noun) |

1 SAYBIDLITI 3 6 8

2 RICS EDTADT 2

3 OSSL 4

4 VEERYORC 7

5 SEVLO 1

6 TARSEE 5

The hidden message:

* H 1 2 3 4 5 6 7 8

* an advantage over other people in the same situation as you
(This English course gives students preparing for the Matura exam a _____.)

7) Complete the sentences with the words below.

adapting brain boost disabilities distracted focus
memory recovery suffer

- 1 If you can't solve this _____ teaser, start with something simpler.
- 2 People with Alzheimer's usually _____ from _____ loss.
- 3 _____ to _____ such as blindness is much easier for children than for adults.
- 4 A quiet learning environment will help you to _____ on your work.
- 5 Constant challenges such as learning foreign languages _____ your brain power.
- 6 Although Mark's injuries were serious, he made a quick _____.
- 7 I've been constantly tired and _____ lately. Do you think I should see a doctor?



Vocabulary challenge!

8) Rewrite the parts of the sentences in bold, using idioms with **mind**, **brain** or **head**.

- 1 If you think you can run a marathon without training beforehand, **you're dreaming**. **HEAD**
- 2 If you don't like the treatment your doctor is prescribing then you should **tell him openly about it**. **MIND**
- 3 You can't have both ice cream and popcorn, please **decide which one you want**. **MIND**
- 4 I don't know what to do about this, could I **talk with you about it?** **BRAIN**
- 5 Ever since I heard about the eye surgery that would allow me to stop wearing glasses, **I've been thinking about having it**. **BRAIN**
- 6 When somebody gets hurt, it's important **not to lose control but to act in a calm way**. **HEAD**

SPEAKING

at the doctor's • at a chemist's • giving advice

1) Complete the sentences with the words below.

ought catch serious sorted symptoms effective
were gets temperature sore

- 1 You _____ to put some cream on this rash.
- 2 If I _____ you, I would consult a doctor about this.
- 3 I recommend this one. It's very _____.
- 4 It's nothing too _____, just a bruise.
- 5 You've got to get it _____ now.
- 6 Just avoid cold drinks, and if it _____ worse, see a doctor.
- 7 I'd like something for my _____ throat.
- 8 Have you got a high _____?
- 9 When did you first notice the _____?
- 10 Could you repeat that, please? I didn't _____ it.

2) Complete the mini-dialogues, using the prompts in brackets. Add any necessary words.

- 1 A What _____ (you / think / I / should / do)?
B You _____ (have / better / stay) in bed for a few days.
- 2 A My advice to you _____ (be / take) these painkillers.
B How often _____ (I / take / they)?
- 3 A What _____ (you / advise / I / do)?
B Whatever you do, don't do any exercise. You _____ (only / make / it / bad).
- 4 A What _____ (seem / be / problem)?
B I _____ (feel / unwell) for three days.
- 5 A _____ (I / need / take) some medicine?
B It _____ (sound / like / you / may / need) antibiotics.
- 6 A What _____ (be / matter)?
B I _____ (cut / hand / bad), and it won't stop bleeding.

3) Write a short dialogue. Use the phrases and ideas from exercises 1 and 2 to help you.

EXAM TASK 4 minuty

W trakcie kursu językowego przebywałeś u angielskiej rodziny. Ostatnio nie czujesz się najlepiej. Rozmawiasz na temat swoich problemów zdrowotnych. Porusz następujące kwestie.

Twoje dolegliwości

możliwa przyczyna Twoich problemów

domowe sposoby leczenia

konieczność wizyty u lekarza

Rozmowę rozpoczyna zdającą.

WRITING

a letter of complaint

1) Translate the Polish parts of the sentences in brackets into English.

- 1 _____ (Piszę, by wyrazić mój brak satysfakcji z) the services I received while covered by your insurance policy.
- 2 Your services _____ (nie spełniły moich oczekiwań).
- 3 I also wish to offer some suggestions which would help to improve your services in the future _____ (by uniknąć rozczarowania Państwa klientów).
- 4 _____ (Dlatego też, chciałabym) make some recommendations.
- 5 _____ (Zdecydowanie sugeruję) that basic medicines such as painkillers _____ (powinny być darmowe, tak jak Państwo reklamują).
- 6 _____ (Po pierwsze, dobrym pomysłem byłoby) to find doctors who can speak English or even Polish.
- 7 I hope that _____ (podejmiecie Państwo kroki mające na celu rozwiązanie) these problems.
- 8 I feel that you should _____ (zaferować mi przynajmniej przeprosiny).
- 9 _____ (Czekam na) hearing from you soon.

2) Match the phrases from columns A, B and C to make logical sentences.

A

- 1 I was extremely disappointed
- 2 I was shocked to find out
- 3 I told the nurse I spoke Polish and English.
- 4 I expect to receive a full refund

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

B

- 5 However, I was sent
- 6 with the fact that, despite my serious condition,
- 7 not just on my insurance policy
- 8 that I was asked to pay for the most basic medicines,

C

- 9 although they were supposed to be covered by my insurance policy.
- 10 but also on the medicines I was obliged to buy.
- 11 the doctor refused to come and visit me at the hotel.
- 12 to somebody who couldn't speak either.

3) Read the instructions and do the writing task.

EXAM TASK Wyjeżdżając za granicę, wykupiłeś/wykupiłaś ubezpieczenie zdrowotne (travel insurance). Podczas wyjazdu miałeś/miałaś problemy ze zdrowiem i skorzystałeś/skorzystałaś z lokalnej opieki medycznej. Niestety, agencja ubezpieczeniowa (insurance agency) nie wywiązała się, Twoim zdaniem, z umowy. Napisz do ubezpieczyciela list z zażaleniem (200–250 słów), w którym wyjaśnisz, dlaczego nie jesteś zadowolony z jego usług oraz zaproponujesz rozwiązania, które poprawią jakość ubezpieczenia oferowanego klientom (insurance coverage).

1) Choose the correct answers to complete the mini-dialogues.

- 1 X _____
 Y Don't scratch it! Put some cream on it.
 a I've heard this face cream will make you look 10 years younger.
 b I've got a rash and it itches terribly!
 c Do you want me to scratch your back?
- 2 X These brain teasers will boost your ability to process information.
 Y _____
 a Great, I love solving them.
 b Thanks, I've got all the information I need.
 c Stop teasing me, you know I don't like stupid jokes.
- 3 X _____
 Y I've been unwell since yesterday.
 a What seems to be the problem?
 b What happened yesterday?
 c What would you advise me to do?
- 4 X I'd like some syrup for my sore throat.
 Y _____
 a You'll make it worse.
 b How often do I take it?
 c I recommend this one. It's very effective.
- 5 X You've got to get it sorted now.
 Y _____
 a Did you notice any symptoms?
 b You had better see a doctor soon.
 c I'm going to a specialist tomorrow.
- 6 X You don't look well.
 Y _____
 X If I were you, I would stay in bed.
 a What do you think I should do?
 b Nothing too serious.
 c I didn't catch it.

Translation

2) Translate the sentences into English.

- 1 Lekarka zapytała Boba, czy kiedykolwiek wcześniej złamał kość. _____
- 2 Profesor powiedział, że ten nowy lek sprawi, iż ludzie staną się odporni na grypę. _____
- 3 Kolega z klasy zapytał mnie, czy coś mi dolega. _____
- 4 Choć bolało mnie kolano, nie chciałam wracać do domu. _____
- 5 Żaden z uczniów nigdy nie cierpiał na odrę. _____
- 6 Czy sądzisz, że większość antybiotyków stanie się nieskuteczna przed 2050 rokiem? _____

3) Choose the correct answers to complete the text.

The average human head weighs about 5 kg. If you hold it the way it was intended, your spine is perfectly capable of supporting that weight. Yet when you bend your neck to look at your smartphone, as we all do ¹ _____ times a day, the actual weight that your spine has to support increases to as much as 25 kg. That's like carrying an eight-year-old around your neck. It leads to degeneration of the spine that doctors are beginning to call 'text neck'. They are afraid thousands of people are already suffering ² _____ it. Research shows that text neck can lead to back pains and breathing problems. Researchers are stressing that they don't know what other problems ³ _____, but they know that's not the end of the list. So what should we do? 'Leave our smartphones at home,' joked one doctor. But he quickly added that he wasn't ⁴ _____ set against using them in general. In today's fast-moving world, when we're up to our ⁵ _____ in work, the chance to check your email or social media on the go is often a life-saver. So, doctors advise smartphone users ⁶ _____ down at their phones without bending their necks. Another thing to consider is giving your neck a rest from time to time or doing some simple neck-strengthening exercises a few times a day.

- | | | | |
|--------------------|-------------------|------------------|-------------------|
| 1 a countless | b number | c endless | d frequently |
| 2 a with | b from | c on | d at |
| 3 a will they find | b would they find | c they will find | d they would find |
| 4 a all | b completely | c ill | d dead |
| 5 a necks | b chins | c ears | d heads |
| 6 a look | b looking | c to look | d looked |

Challenge!

4) Complete the sentences with the correct form of the words in brackets. Add extra words where necessary. Use no more than five words.

- 1 Brenda said _____ (*she / sit*) at home with a sprained ankle and asked me to come over.
- 2 This bacterial infection is _____ (*resistant / all / know / antibiotics*).
- 3 Despite _____ (*fall / and / bad / cut / he*) knee, Derek finished the race in the third place.
- 4 The doctor asked Sam how _____ (*dislocate / he / shoulder*).
- 5 Many animals _____ (*die / from / infection*) already.
- 6 _____ (*You / have / better / put*) an ice pack on your swollen ankle.
- 7 Although I _____ (*pick / my mum / brains*) about the problem, I still don't know what to do about it.
- 8 Do you know anybody who knows _____ (*in / out*) of the American healthcare system?
- 9 I think that Fiona has _____ (*head / cloud*). She thinks she will work as an astronaut one day.
- 10 I can't wait to read this book, so when I _____ (*finally / get / tooth*) it, I'll probably read it in one sitting.
- 11 The drug company _____ (*refuse / make / statement*) concerning the criticism of their new wonder drug.

- 1> **MP3 12** Read the questions in exercise 2 below.
Which of the following ideas do you think will be mentioned in the recording? Listen and check your answers.

Text 1: breathing exercises, peacefulness, paintings, Zen, gallery
Text 2: medicines, GP, symptoms of an illness, prescription, hospital
Text 3: health problems, emotional problems, coffee, laws, studying

- 2> **EXAM TASK** Usłyszysz dwukrotnie trzy teksty. Z podanych odpowiedzi wybierz właściwą, zgodną z treścią nagrania. Zakreśl literę A, B albo C.

Tekst 1.

The best title for this news item is

- A 'Yoga is also a kind of art.'
- B 'Artists who were into meditation.'
- C 'Art as a way to well-being.'

Tekst 2.

The speakers are

- A two friends.
- B a therapist and a patient.
- C a pharmacist and a customer.

Tekst 3.

Which of the following information about energy drinks is presented as an opinion, not a fact?

- A Their influence on teenagers is greater than on adults.
- B They increase your brainpower and help you focus.
- C All the ingredients have to be proven to be safe.

- 3> **EXAM TASK** Przeczytaj tekst na temat snu. Do każdej części tekstu (1–4) dobierz właściwy nagłówek (A–F). Dwa nagłówki zostały podane dodatkowo i nie pasują do żadnej części tekstu.

- A Different sleeping habits
- B New study throws light on sleep
- C Relationship between sleep and genius

- D Science can tell you when to wake up
- E Sleep is the brain's wonder drug
- F Stories about not sleeping

1 _____

The sound of the alarm clock is probably one of the most hated sounds in the world. Some people think that reluctance to get up in the morning is a sign of laziness, but neuroscientists disagree. Without sleep, our memory fails to file away and sort through our experiences, our creativity gets worse, our stress levels go up, the list goes on and on. And yet, most of us don't get enough sleep to allow it to do its magic.

2 _____

Before the Industrial Revolution and the application of electricity in everyday life, people slept much more. Of course there are some famous exceptions such as Isaac Newton, Thomas Edison or Napoleon Bonaparte and other geniuses, who are believed to have slept only 4–5 hours a day. In the 20th century, when the pressure to work as much as possible increased, a myth arose from these tales which claimed we could all sleep less and actually benefit from it.

3 _____

What these stories failed to mention is that some of these men napped during the day, and would then crash and sleep for hours when they were done with their work. Another thing to remember is that not everybody's sleep pattern is the same. The famous non-sleepers actually slept almost as much as the rest of us, only they divided their sleep into many 'naps', which is called a polyphasic pattern. The majority of us simply sleep once a day, but for longer – we're monophasic sleepers.

4 _____

So what's the right recipe for sleep? Some studies suggest that it's not about how much or when we sleep, but at which point we stop. During sleep, we go through cycles of alternating phases of light and deep sleep. According to this theory, to feel rested you need to open your eyes during the light phase. How? You can use your smartphone, for example. A special application can control your sleep and ring the alarm at the perfect moment within the time frame you set (e.g. between 6.00 and 7.00 a.m.).

- 4> Match the sports injuries with their symptoms.

broken wrist sprained ankle dislocated shoulder

- a painful to move your arms, out of place, faint
- b swollen and bruised, cannot carry anything heavy, stiff
- c in great pain, cannot move your hand, pale fingers

- 5> Read the instructions and do the writing task.

EXAM TASK W trakcie przygotowań do zawodów sportowych doznałeś/doznałaś kontuzji. Napisz list (80–130 słów) do koleżanki z Anglii i:

- wyjaśnij, jak doszło do kontuzji;
- napisz, co dokładnie Ci dolega;
- zrelacjonuj, co powiedział lekarz na temat leczenia i dalszych treningów;
- wyraż swoje nadzieje dotyczące powrotu do zdrowia i zawodów.

Rozwiń swoją wypowiedź w każdym z czterech podpunktów.

Hi Lizzie,

What's up? Lots of news here.

Write back soon!

Hugs,

A.

