

Imię i nazwisko: \_\_\_\_\_

total: \_\_\_\_\_/34pkt.

**SŁOWNICTWO****1 Uzupełnij słowa. Każda kreska odpowiada jednej literze.**

I was at work when I was hit on the head and suffered from <sup>0</sup> c o n c u s s i o n . I lost consciousness for a few minutes. A doctor <sup>1</sup> x    n    d me and <sup>2</sup> a    some tests on my head and then I went home. When I woke up, I had a terrible <sup>3</sup> e d    h but the doctor told me to expect this and he had <sup>4</sup> r s    b    some strong painkillers. I feel a bit better now but I have made another <sup>5</sup> p    n m    to see him again next week.

/5

**2 Uzupełnij zdania wyrazami z ramki. Podano cztery dodatkowe słowa.**

spine	runny	wrist	sore	hurt
wound	pain	scratched	rash	drops

0 I've got some drops for my eye but I hate putting them in.

- I've got a really \_\_\_\_\_ throat.
- I've got a strange \_\_\_\_\_ on my chest and it itches.
- I've got a \_\_\_\_\_ nose but I don't feel ill.
- A strange cat \_\_\_\_\_ me and the cut could be infected.
- If you fall and damage your \_\_\_\_\_, you may not be able to walk again.

/5

**3 Uzupełnij zwroty, tak aby miały znaczenie jak najbliższe podkreślonym zwrotom w zdaniach.**

0 Why don't you start doing a new sport.  
take up a sport

- You should eat less fast food.  
cut \_\_\_\_\_ on fast food
- I rang the doctor and arranged to visit him on Thursday.  
made an \_\_\_\_\_ with him for
- I can't stop eating chocolate.  
I'm \_\_\_\_\_ to
- You should eat more healthily.  
\_\_\_\_\_ a sensible diet
- Don't do too much until you get better.  
Take it \_\_\_\_\_.

/5

**GRAMATYKA****4 Uzupełnij drugie zdanie, tak aby miało takie samo znaczenie jak zdania wyjściowe.**

0 My mum said to me: "Cover your mouth when you cough".  
My mum told me to cover my mouth when I cough.

- I said to my sister: "Don't scratch that mosquito bite."  
I told \_\_\_\_\_.
- The doctor said to me: "Breathe in."  
The doctor told \_\_\_\_\_.
- The doctor said to my mum: "Don't take too many tablets."  
The doctor told \_\_\_\_\_.
- I said to my friend, Amelia: "Talk to your doctor before the marathon."  
I told \_\_\_\_\_.
- I said to my grandfather: "Don't forget to take your medicine."  
I told \_\_\_\_\_.

/10

**ŚRODKI JĘZYKOWE****5 Wybierz jedno słowo, które poprawnie uzupełnia obydwa zdania.**

0 Try taking \_\_\_\_\_ a sport like cycling.  
You should give \_\_\_\_\_ smoking.

(A) up      B in      C off

- Mike \_\_\_\_\_ a bit dizzy.  
Jenny \_\_\_\_\_ a bit better today.  
A gets      B goes      C feels
- What do you think he died \_\_\_\_\_ ?  
My dad is a bit hard \_\_\_\_\_ hearing.  
A with      B of      C for
- I'm afraid you \_\_\_\_\_ a high temperature.  
You should \_\_\_\_\_ a check-up to make sure you're alright.  
A take      B run      C have
- When you've recovered \_\_\_\_\_ your illness, you can go running again.  
I suffer \_\_\_\_\_ hay fever in the summer.  
A from      B with      C for
- I sometimes get short \_\_\_\_\_ breath.  
I've been out \_\_\_\_\_ shape since I stopped going to the gym.  
A in      B off      C of

/5

## CZYTANIE

**6 Przeczytaj tekst. Dobierz właściwy nagłówek (A–F) do każdego fragmentu tekstu. Wpisz odpowiednią literę w miejsca (1–4).**  
**Uwaga: dwa nagłówki zostały podane dodatkowo i nie pasują do żadnego fragmentu.**

- A Don't spread germs.  
B Use technology to improve your health. C Dieting alone won't make you healthier. D Prevention is better than cure.  
E Don't worry so much about your health.  
F Get advice from people you can trust.

### **READERS' HEALTH TIPS**

**1**

The Internet is a mixture of useful and bizarre tips about health. You may misinterpret your symptoms online and the suggestions for cures may be useless or even dangerous. When it comes to your health, only listen to people who you are sure know what they are talking about.

**2**

Doctors are better trained than ever before. Advances in medicine make us all safer but visiting the doctor's or going to hospital is still an unpleasant experience. By changing your lifestyle and eating more healthily, you can greatly reduce your chances of getting ill.

**3**

Sometimes, to be kind to colleagues, you come to work when ill. You cough and sneeze all day and don't actually get much done. A week later, half of your colleagues are off sick, blaming you for their illness. Next time you feel ill, stay in bed. It's better for everyone.

**4**

When we see someone who is obese, we often think about heart attacks or strokes. However, losing weight may not improve your health. Experts agree that a stressed, slim person who does no exercise is more likely to be ill than a relaxed, overweight person who goes for a short walk every day.

