

## VOCABULARY AND SPEAKING

1 Work in pairs. Are the sentences true or false? Write (T) or (F). Then check your answers on page 279.

- ✓ 1 A common cold can be caused by more than two hundred viruses but only a few can cause flu.
- 2 Acne (a skin disease, usually affecting teenagers on the face and neck) is more common among boys than girls.
- ✓ 3 Angina can be a symptom of a more serious heart problem.
- 4 You get hay fever from exposure to hay.

Have you had any of these problems? When? Tell your partner.

## VOCABULARY

### Illnesses, symptoms and treatment

2 Match the adjectives in the box with the words and phrases 1–12 to make symptoms of common illnesses.

high / low (x2) excessive splitting high runny  
sudden sore abdominal upset swollen  
high sprained

- 1 \_\_\_\_\_ nose
- 2 high ankle
- 3 \_\_\_\_\_ throat
- 4 \_\_\_\_\_ blood pressure
- 5 runny headache
- 6 swollen stomach
- 7 high fever
- 8 sore tonsils
- 9 excessive weight loss
- 10 abdominal sweating
- 11 upset pain
- 12 \_\_\_\_\_ temperature

3 Complete sentences 1–12 with the phrases from exercise 2.

- 1 Could you buy some tissues for me, please? I've got a runny and I can't stop sneezing.
- 2 Tom's had to take his daughter to the doctor. She's got a high and they just can't get it down.
- 3 Hannah's excessive might be a sign of an eating disorder.
- 4 Please be quiet! I cannot bear any noise today. I have a splitting.
- 5 Let me have a look at your throat. Yes, you've certainly got a sore. You'll need some antibiotics, I'm afraid.
- 6 The food at that new restaurant has given me an upset. I'm not going there again!
- 7 Joe can't play in the football match on Saturday. He's got a sprained and can hardly walk.
- 8 My GP told me that the high I have been experiencing recently is probably caused by exam stress. He advised me to use antiperspirant.
- 9 Swollen can be a sign of a serious disease, such as appendicitis.
- 10 I'm sorry, I can't sing in the concert tonight. I've got a runny and I think I'm going to lose my voice.
- 11 I have high. Today it dropped to 90 over 60 and I felt dizzy.
- 12 A high, with a temperature of 39.5°C and above, can be a sign of a dangerous infection.

4 Match photos 1–4 with the words in the box.

eye drops cough mixture tablets / pills bandage  
herbal remedies plaster an injection lozenges



5 Study the words and phrases in the box in exercise 4. Which verbs do they take? Complete the chart.

put in	take	be in	have	put on
eye drops	cough mixture	plaster	an injection	bandage

Which items can you get without a prescription?

6 Work in pairs. Answer the questions about the last time you were ill. Use the phrases from the REMEMBER! box.

- 1 How did you feel?
- 2 How long were you ill?
- 3 What helped you feel better?

### REMEMBER!

I feel ill / unwell / dreadful / achy.  
I've got a backache / a stomach ache / toothache / an earache.  
My leg / arm / stomach / back hurts or aches.

- 7 **EXAM TASK** Przeczytaj poniższy tekst, z którego usunięto sześć zdań. Dobierz do luk zdania oznaczone literami A–G tak, aby powstał spójny i logiczny tekst. Wpisz odpowiednie litery w luki 1–6. Jedno zdanie zostało podane dodatkowo i nie pasuje do żadnej luki.

## FAMOUS HEART SURGEONS

1 In 1967, the first human heart transplant was performed by a South African surgeon called Dr Christiaan N. Barnard in Cape Town. Unfortunately, the patient only survived for  
5 eighteen days. <sup>1</sup> E One of these surgeons was Magdi Yacoub.

Yacoub was born in 1935 in Egypt, and became one of the most famous heart surgeons in the world. His father was a surgeon and Magdi  
10 was **brought up** in the world of hospitals and health care. <sup>2</sup> F After this, Yacoub worked in hospitals in Egypt. Then, in 1962, he moved to Britain, and in 1973 became a consultant cardiothoracic surgeon at Harefield Hospital.

15 It was in 1980 that Yacoub's career really **took off** when he led a transplant programme at the hospital. <sup>3</sup> C Not all of them were successful, but as time went on, there was an increase in survival rate and also a reduction in  
20 **recovery** periods.

21 While Yacoub was working in Britain, however, he remained concerned for the hundreds of young people around the world who were not receiving any treatment for their heart  
25 conditions, some of whom were dying before they even reached the age of eighteen. <sup>4</sup> B When Yacoub finally retired in 2001 at the age of sixty-five, he continued to work with the organization, operating and saving lives.

30 Today Chain of Hope continues to arrange for sick children to be brought to Britain for transplants. <sup>5</sup> A There, they perform as many as two transplants per day – all without payment. The name of the charity refers to  
35 the chain of volunteers needed when a child is brought to Britain. <sup>6</sup> G Sometimes airlines become the final link in the chain, providing free tickets for the journeys.

- A Alternatively, the team (including surgeons, cardiologists, anaesthetists, nurses and physiotherapists) volunteer to give up their holiday and travel to the poverty-stricken countries themselves.
- B As a result, he **set up** a charity called Chain of Hope which provides free heart transplants for children from poor countries.
- C After ten years, his team had performed an amazing one thousand transplants.
- D All of the heart transplants went well and he received world-wide fame.
- E However, the operation attracted world-wide interest and more and more surgeons started to perform the operation themselves.
- F Consequently, he also studied medicine, at Cairo University, and qualified as a doctor in 1957.
- G This includes the hospital, a family to look after the child, and the surgeons themselves.

## VOCABULARY

### Build your vocabulary

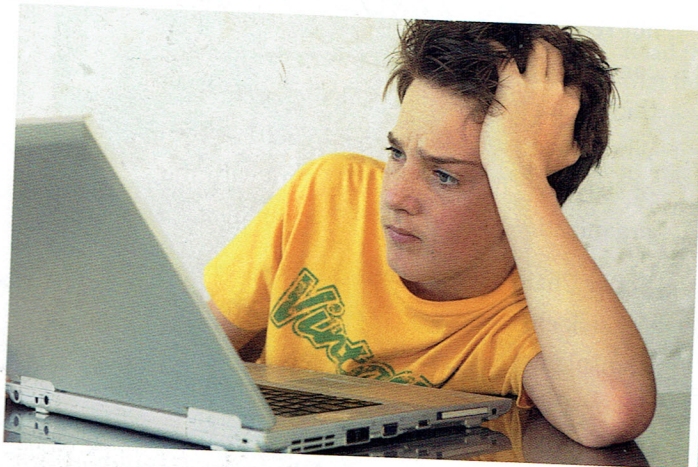
- 8 Match the highlighted words in the two texts with definitions a–g below. Then use them in sentences of your own.
- a start a business, organization, etc. *set up*
- b become successful *take off*
- c the process of becoming well again after an injury *recovery*
- d get better *recuperate*
- e look after a child until they are an adult *bring up*
- f using the most modern methods *state of the art*
- g relax, usually after a lot of stress *unwind*
- 9 What are hospitals like in Poland? Make notes about the aspects below. Then, share your ideas with the class.
- Buildings: are they old or modern?
  - Equipment: are the hospitals well-equipped?
  - Staff: are they well-paid? Is there a sufficient number of nurses and doctors?

## VOCABULARY

### Modern additions

1 Work in pairs. Which of the activities below are the most addictive? Put them in order starting from the most addictive (1).

- Checking bank accounts
- Visiting social networking websites (e.g. Facebook)
- Eating chocolate
- Using beauty products
- Smoking cigarettes
- Drinking coffee



2 Compare your results with the results of a survey done among young Brits on page 279. Are you surprised?

## GRAMMAR

### Present perfect and past simple

3 Tick ✓ the sentences which are grammatically correct. Then check with the rules below.

- 1 I've drunk five cups of coffee today.
- 2 I've never taken any drugs.
- 3 I didn't eat chocolate since yesterday.
- 4 When my dad was at university, he smoked for a year.
- 5 I gave up playing computer games.

Czas **present perfect** stosujemy wtedy, gdy:

- mówimy o zdarzeniach mających związek z teraźniejszością, np.  
*I've lost some weight.* (jestem teraz szczuplejszy)
- mówimy, od jak dawna ma miejsce jakaś sytuacja, np.  
*I haven't drunk any coffee today.* (dlatego ciągle ziewam)
- mówimy, od jak dawna ma miejsce jakaś sytuacja, np.  
*I have been ill for a week.*
- mówimy, od jak dawna ma miejsce jakaś sytuacja, np.  
*Peter has had a headache since yesterday.*

Czas **past simple** stosujemy wtedy, gdy:

- mówimy o czynnościach zakończonych w przeszłości, np.  
*I was ill with flu last week.*
- mówimy o czynnościach zakończonych w przeszłości, np.  
*When I lived in London, I had terrible flu for two weeks.* (wtedy, kiedy mieszkałem w Londynie, czyli w przeszłości)

Uwaga!

Gdy informujemy o jakimś zdarzeniu, lecz nie mówimy, kiedy miało miejsce, stosujemy czas **present perfect**. Gdy następnie opowiadamy o szczegółach tego wydarzenia, mówimy o nich w czasie **past simple**, np.  
*I've read an interesting article in a health magazine. It was about a new fitness programme.*

4 Use the verbs in brackets in the past simple or present perfect.

Kate I <sup>1</sup> have (listen to) a very interesting lecture recently.

Jennifer Really? What <sup>2</sup> was (it / be) about?

Kate Professor Jenkins from Oxford University <sup>3</sup> has read (talk) about shopaholism. He <sup>4</sup> has (present) some unusual ways of fighting it and <sup>5</sup> gives (give) a lot of practical advice.

Jennifer Professor Jenkins? I think I <sup>6</sup> may (hear) that name. <sup>7</sup> has (he / publish) anything?

Kate He <sup>8</sup> wrote (write) a few books about modern additions so far and his latest book – *Don't shop until you drop* – <sup>9</sup> was (be) published two years ago; it <sup>10</sup> is (be) quite popular ever since.

Jennifer Oh yes, I <sup>11</sup> read (read) it. But I <sup>12</sup> didn't find (not find) it very practical. I <sup>13</sup> will try (even try) a few of his tips but they <sup>14</sup> don't work (not work) for me. Would you believe that this week I <sup>15</sup> am spending (spend) more than ever in the shops?

Kate I think you <sup>16</sup> are always (always be) a spender. Me too!

5 Use the prompts to write questions in the past simple or present perfect. Interview your partner. Do you think he/she leads a healthy life?

- 1 you ever drink / more than three cups of coffee a day?
- 2 how long / use / the internet this week?
- 3 how much / you spend / in the shops last week?
- 4 how many hours / you watch / TV yesterday?
- 5 you drink / any drinks with caffeine since this morning? What / you drink?
- 6 how many text messages / you send / last Saturday?

## 1.10 Extra-curricular activities

art club zajęcia artystyczne  
 ballet classes lekcje baletu  
 challenge oneself stawiać sobie wyzwania  
 choir chór  
 debating team grupa dyskusyjna  
 drama teatr  
 environmental club klub ochrony środowiska  
 explore one's abilities rozpoznawać swoje zdolności  
 get fit być wysportowanym, w dobrej formie  
 gymnastics gimnastyka  
 interest club koło zainteresowań  
 join (a club / a team) przyłączyć się do (klubu / drużyny)  
 learn leadership and management skills zdobyć umiejętność kierowania ludźmi  
 learn the trumpet uczyć się gry na trąbce  
 meet new people poznawać nowych ludzi  
 participate in extra-curricular activities uczestniczyć w zajęciach pozalekcyjnych  
 photography fotografowanie  
 play in a band grać w zespole muzycznym  
 play in team sports uprawiać sporty zespołowe  
 rock band zespół rockowy  
 share one's interests (with) mieć podobne zainteresowania (jak)  
 sports team drużyna sportowa  
 stay away from bad habits unikać złych nawyków  
 student union związek uczniowski  
 the radio radio  
 yearbook kronika szkolna

## 2 ZDROWIE

### 2.1 Illnesses and symptoms

ache boleć  
 acne trądzik  
 angina angina  
 appendicitis zapalenie wyrostka robaczkowego  
 asthma astma  
 be allergic to sth być uczulonym na coś  
 be diabetic być diabetykiem, cukrzykiem  
 be injured zostać zranionym (zwykle w wypadku)  
 be stung (by a wasp) zostać ukąszonym (przez osę)  
 blister pęcherz, bąbel  
 broken leg złamana noga  
 cancer nowotwór  
 chickenpox ospa wietrzna  
 common cold zwykle przeziębienie  
 cough kaszel  
 depression depresja  
 eating disorder zaburzenie związane z odżywianiem  
 excessive sweating nadmierne pocenie się  
 eye condition wada wzroku  
 faint zemdleć  
 fall with an illness zachorować  
 feel czuć się  
 ~ a bit off-colour / under the weather niedobrze  
 ~ achy obolałym  
 ~ dreadful strasznie  
 ~ drowsy senny  
 ~ unwell źle  
 ~ sick niedobrze, mieć mdłości  
 ~ terrible okropnie  
 feel dizzy mieć zawroty głowy  
 flu grypa  
 get ill zachorować  
 have mieć  
 ~ a backache ból pleców  
 ~ an earache ból ucha  
 ~ a stomach ache ból brzucha  
 ~ toothache ból zęba  
 have a cold być przeziębionym  
 hay fever katar sienny  
 heart attack zawał serca  
 (high / low) blood pressure (wysokie / niskie) ciśnienie krwi  
 (high / low) temperature (wysoka / niska) temperatura  
 hurt boleć

ill chory  
 ~ with sth na coś  
 seriously ~ poważnie  
 terminally ~ śmiertelnie  
 insomnia bezsenność  
 lose appetite stracić apetyt  
 lose one's voice stracić głos  
 nose bleeding krwawienie z nosa  
 pain ból  
 abdominal ~ brzucha  
 sharp ~ ostry  
 ~ in the back / leg w plecach / nodze  
 pneumonia zapalenie płuc  
 rash wysypka  
 runny nose katar  
 serious disease ciężka choroba  
 (severe) fever (ostra) gorączka  
 skin disease choroba skóry  
 sneeze kichać  
 sore throat ból gardła  
 splitting headache rozdzierający ból głowy  
 sprained ankle zwichnięta kostka  
 stroke wylew krwi do mózgu  
 sudden weight loss nagły spadek wagi ciała  
 suffer from sth cierpieć na coś  
 swollen tonsils powiększone migdałki  
 twisted ankle skręcona kostka  
 upset stomach rozstrój żołądka  
 virus wirus  
 vomit, throw up wymiotować  
 wound rana

### 2.2 Treatment

antibiotic antybiotyk  
 be diagnosed with sth mieć postawioną diagnozę  
 be examined zostać zbadanym  
 be in plaster być w gipsie  
 bedridden przykuty do łóżka  
 carry an inhaler nosić ze sobą inhalator  
 cure wyleczyć  
 dental check-up przegląd dentystyczny  
 get better czuć się lepiej  
 get over the operation dojść do siebie po operacji  
 give sb an injection zrobić komuś zastrzyk  
 go to bed iść do łóżka  
 go to the doctor iść do lekarza  
 have mieć  
 ~ an operation operację  
 ~ surgery zabieg chirurgiczny  
 ~ tests badania  
 have a CT scan mieć zrobioną tomografię komputerową  
 make a fast recovery szybko wyzdrowieć  
 make an appointment to see the doctor umawiać się na wizytę do lekarza  
 medicine, drug lekarstwo  
 painkillers środki przeciwbólowe  
 perform an operation przeprowadzać operację  
 prescription recepta  
 put in eye drops zapuszczać krople do oczu  
 put on bandage założyć bandaż  
 sleeping pills środki nasenne  
 swallow połykać  
 take brać, przyjmować  
 ~ cough mixture syrop na kaszel  
 ~ medicine leki  
 ~ herbal remedies lecznicze środki ziołowe  
 ~ lozenges tabletki do ssania  
 ~ tablets / pills tabletki / pigułki  
 tissue chusteczka (do nosa)  
 treatment leczenie

### 2.3 Medical care

accident and emergency (US the ER) pogotowie ratunkowe  
 be discharged być wypisanym (ze szpitala)  
 casualty izba przyjęć  
 dentist stomatolog  
 do an examination zbadać, zrobić badania  
 doctor, physician lekarz  
 go into hospital iść do szpitala  
 general practitioner (GP) lekarz ogólny  
 have an X-ray mieć wykonane zdjęcie rentgenowskie  
 health care centre ośrodek zdrowia  
 health clinic klinika  
 hospital szpital  
 nurse pielęgniarka

operate on sb operować kogoś  
 patient pacjent  
 physiotherapist fizjoterapeuta  
 public health care publiczna opieka medyczna  
 recover from an illness wyzdrowieć  
 specialist lekarz specjalista  
 surgeon chirurg  
 surgery gabinet lekarski  
 take sb's temperature / blood pressure mierzyć komuś temperaturę / ciśnienie krwi  
 take medication brać leki  
 treat sb for sth leczyć kogoś na coś  
 ward oddział

### 2.4 Alternative medicine

acupuncture, acupuncturist akupunktura, specjalista wykonujący akupunkturę  
 aromatherapy, aromatherapist aromaterapia, aromaterapeuta  
 faith healing, faith healer praktyka uzdrowicielska, uzdrowiciel  
 herbal medicine, herbalist ziołolecznictwo, ziołarz  
 homeopathy, homeopath homeopatia, homeopata  
 iridology, iridologist irydiologia, irydiolog  
 osteopathy, osteopath kręgarstwo, kręgarz  
 reflexology, reflexologist refleksjologia, refleksjolog

### 2.5 Modern additions

addict nałogowiec  
 addiction uzależnienie  
 be addicted to sth, be dependent on sth, be hooked on sth być uzależnionym od czegoś  
 check a bank account sprawdzać stan konta  
 come down with AIDS zachorować na AIDS  
 come off drugs odstawić narkotyki  
 die of an overdose umrzeć z przedawkowania  
 drug addict narkoman  
 effects skutki  
 long-term ~ długoterminowe  
 short-term ~ krótkoterminowe  
 high anxiety stany lękowe  
 impaired memory osłabiona pamięć  
 play computer games grać w gry komputerowe  
 prohibit drugs zakazać narkotyków  
 quit / give up (smoking) rzucić (palenie)  
 restlessness niepokój  
 take an overdose przedawkować  
 shopaholism zakupoholizm  
 smoke cigarettes palić papierosy  
 use beauty products używać kosmetyków upiększających  
 visit social networking websites wchodzić na portale społecznościowe  
 withdrawal symptoms objawy związane z rzuceniem nałogu

### 2.6 The disabled

be (physically / mentally) disabled być (fizycznie / psychicznie) niepełnosprawnym  
 be in a wheelchair poruszać się za pomocą wózka inwalidzkiego  
 be on crutches chodzić o kulach  
 blind niewidomy  
 climb stairs wchodzić po schodach  
 disabled parking miejsce parkingowe dla niepełnosprawnych  
 disability niepełnosprawność  
 drive a specially adapted car jeździć specjalnie przystosowanym samochodem  
 get through narrow doors przedostać się przez wąskie drzwi  
 guide dog pies przewodnik  
 install a stair lift zainstalować krzesło schodowe (dla niepełnosprawnych)  
 partially-sighted słabowidzący  
 read Braille czytać w alfabecie Braille'a  
 read small print odczytywać mały druk  
 ride a mobility scooter poruszać się za pomocą elektrycznego wózka inwalidzkiego  
 use public transport używać środków komunikacji publicznej  
 use ramps używać podjazdów  
 walk long distances pokonywać duże odległości  
 wear a hearing aid nosić aparat słuchowy  
 white cane laska dla niewidomych

## VERBS AND TENSES

### Present simple and present continuous

- Choose the correct form of the verb to complete sentences 1–8. Explain your choice.
  - I usually *do / am doing* my homework in the evening.
  - Do you do / Are you doing* French at school this year?
  - More and more people *learn / are learning* English these days.
  - My aunt and uncle *live / are living* in Warsaw.
  - Elephants *don't eat / aren't eating* meat.
  - What time *does the exam start / is the exam starting*?
  - The children *don't watch / aren't watching* TV now. They're in the garden.
  - We always have / 're always having* maths tests! I can't stand them.
- Use the verb in brackets in the present simple or present continuous.

### The Harrogate School of Performing Arts

Our school of performing arts <sup>1</sup> \_\_\_\_\_ (*be*) well known for its variety of opportunity and this year, we <sup>2</sup> \_\_\_\_\_ (*offer*) even more exciting and original courses in modern dance, drama and singing. One of our best-established music teachers <sup>3</sup> \_\_\_\_\_ (*currently / start*) a new jazz group, and she <sup>4</sup> \_\_\_\_\_ (*plan*) to take this group on a European tour later in the year.

All our instructors <sup>5</sup> \_\_\_\_\_ (*be*) talented and successful performers and <sup>6</sup> \_\_\_\_\_ (*have*) recognised teaching certificates. We have a policy that we <sup>7</sup> \_\_\_\_\_ (*not employ*) anyone who <sup>8</sup> \_\_\_\_\_ (*not have*) talent, commitment and enthusiasm.

Lessons <sup>9</sup> \_\_\_\_\_ (*take*) place every evening. They usually start at 7 p.m. and finish at 9 p.m. Students can also <sup>10</sup> \_\_\_\_\_ (*have*) lessons on Saturday mornings.

We <sup>11</sup> \_\_\_\_\_ (*organize*) two performances every year, but students <sup>12</sup> \_\_\_\_\_ (*not have to*) take part in these if they really <sup>13</sup> \_\_\_\_\_ (*not want*) to. There are plenty of opportunities backstage.

Here is what some of our students said:

'I'm quite a shy person. I <sup>14</sup> \_\_\_\_\_ (*not like*) performing in front of other people. But now, I <sup>15</sup> \_\_\_\_\_ (*get*) used to it and <sup>16</sup> \_\_\_\_\_ (*begin*) to enjoy the stage. It's thanks to all my great teachers.' Lucy aged 15.

'My daughter started dance lessons last term. She <sup>17</sup> \_\_\_\_\_ (*seem*) really happy and her teachers <sup>18</sup> \_\_\_\_\_ (*say*) that she <sup>19</sup> \_\_\_\_\_ (*make*) really good progress! She certainly <sup>20</sup> \_\_\_\_\_ (*love*) going each week.' Mrs Jones – her daughter, Jess aged 4.

### Present perfect simple and past simple

#### Time expressions

We use the present perfect simple and the past simple with different time expressions:

The present perfect is used:

- with **ever** and **never** to talk about experiences.  
*Have you ever eaten Japanese food?*  
*I've never been to Australia.*
- with **just** and **already** in affirmative sentences.  
*We've already had lunch.*  
*They've just gone out.*
- with **yet** in negative sentences and questions.  
*I haven't had breakfast yet.*  
*Have you done your homework yet?*
- with **for** and **since** to talk about how long something has lasted and when it began.  
*I've known him for three years / five minutes / a long time.*  
*We've lived here since 1999 / March / we were children.*

The past simple is used with time expressions which refer to actions that happened at a specific time in the past.

*I first met Joe last year / yesterday / two days ago / in 2004.*

- Choose the correct word to complete each sentence.

- Have you \_\_\_\_\_ travelled around Europe?  
a ever      b never      c already      d yet
- We've had our English teacher \_\_\_\_\_ the beginning of term.  
a for      b just      c yet      d since
- Max hasn't been on holiday \_\_\_\_\_.  
a since      b ago      c yet      d never
- I'm sorry. You can't speak to Jack. He's \_\_\_\_\_ gone out.  
a since      b just      c yet      d never
- My sister met her boyfriend \_\_\_\_\_ summer.  
a since      b for      c last      d ago
- I'm not hungry. I've \_\_\_\_\_ had a sandwich.  
a yet      b since      c ever      d already

- Complete the second sentence so that it means the same as the first.

- We've already done a maths test today.  
We \_\_\_\_\_ it earlier today.
- I last ate meat three years ago.  
I \_\_\_\_\_ meat for three years.
- It's a long time since I've played football.  
I \_\_\_\_\_ football for a long time.
- I've just seen Tara.  
I \_\_\_\_\_ Tara a few minutes ago.
- I didn't have breakfast when I got up.  
I \_\_\_\_\_ breakfast yet.
- He moved to Warsaw years ago.  
He \_\_\_\_\_ in Warsaw for years.