


EXAM TASK

- 1  14 Usłyszysz dwukrotnie informację dla uczniów, którzy przybyli na obóz. Zdecyduj, które ze zdań (1.1–1.3) są zgodne z treścią nagrania (P – Prawda), a które nie (F – Fałsz). Zakreśl literę P albo F.

1.1 Members of the camp go running before breakfast.	P	F
1.2 Members of the camp don't have any free time during the week.	P	F
1.3 The instructor is describing the camp timetable.	P	F

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EXAM TASK

- 2 Uzupełnij dialogi (2.1–2.3), wybierając spośród podanych odpowiedzi brakującą wypowiedź jednej z osób. Zakreśl literę A, B albo C.

- 2.1 X: What seems to be the problem?  
Y: ...  
A I'm fine, thank you.  
B There's no problem at all.  
C I have a really bad pain in my chest.
- 2.2 X: My foot really hurts. Look, it's all swollen.  
Y: ...  
X: Do you really think so?  
A I'm sorry it hurts.  
B I'd see a doctor if I were you.  
C You will see a doctor immediately.
- 2.3 X: You've twisted your arm rather badly.  
Y: ...  
X: You should rest for a while without moving it.  
A What's wrong with it?  
B What should I do?  
C What would you do?

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EXAM TASK

- 3 Przeczytaj informacje o trzech osobach (3.1–3.3) oraz reklamy czterech portali internetowych z poradami (A–D). Do każdej osoby dopasuj portal, który byłby dla niej najbardziej odpowiedni. Wpisz odpowiednie litery obok numerów osób. **Uwaga!** Jedna reklama została podana dodatkowo i nie pasuje do żadnej osoby.



3.1 .....

William: I often fall asleep in the middle of the day. I sometimes even sleep in class, but the teachers don't often realise that. I can't help it because I'm always tired during the day. In the evening, I am full of energy, but in the morning my mum can't wake me up.



3.2 .....

Chloe: I'm just not myself at the moment. I don't get enough sleep because I study so much in the evening. When I feel tired, I can't concentrate or study at school in the morning. I'm really worried about it. I need to learn how to relax or I will fail all my exams.



3.3 .....

Andy: I drink five or six cups of coffee a day. I thought coffee was good for me because I could focus better, feel less stressed, and study longer in the evening. On the other hand, I can't face the day without coffee – I drink one cup after another, because without it, I simply feel too sleepy to do anything. My mum thinks I have a problem and she's always telling me I should drink less.

A Focus

Do you have problems with stress at school? Do you find it difficult to concentrate during lessons? Visit our website to learn how to focus better, relax and how to be calmer. You will also feel less stressed in other, non-school related, situations.

B Teen health

Here you can find plenty of information about what is a healthy diet for people of your age who spend a lot of time studying. An unhealthy diet often leads to problems with sleep, tiredness or problems with concentration. Find out what kinds of food will give you energy and increase concentration levels, and what will help you sleep.

C Are you at risk?

Do you think you are addicted to something? Are you hooked on texting, online games, chocolate or junk food? Here you will find some information on how to change things. If you want to get rid of bad habits, you need to relax better, eat better and sleep better. First complete our questionnaire to find out if you're at risk.

D Sleepless nights of the teen brain

Have you ever wondered why you feel so tired in the morning and stay up so late? Visit our website to find out how the brain of a teenager works – we explain why you find it difficult to fall asleep while the other members of the family are sleeping. It's not your fault – it's your brain's. We'll give you some tips on how to cope with the problem.

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**4 Uzupełnij zdania odpowiednimi wyrazami.**

- I have a bad cough – do you think I should take some \_\_\_\_ r \_\_\_\_ p?
- I can't write – I hurt my \_\_\_\_ r \_\_\_\_ t when I was playing tennis.
- I need to go to the dentist's, I've got terrible \_\_\_\_ h \_\_\_\_ .
- I had a \_\_\_\_ r \_\_\_\_ throat after I had eaten too many ice creams.
- The doctor explained to his \_\_\_\_ t \_\_\_\_ that he wanted him to stay in bed for a few days.
- You need to work out at the gym regularly if you want to have strong \_\_\_\_ s \_\_\_\_ l \_\_\_\_ s.
- Be careful with the fireplace, Tom, or you will \_\_\_\_ r \_\_\_\_ yourself!

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**5 Uzupełnij zdania wyrazami utworzonymi od wyrazów w nawiasach.**

- The doctor asked the child to ..... slowly. (BREATH)
- I had food ..... last week and I had to stay at home for three days. (POISON)
- It's easy to come down with an ..... if you are stressed and tired all the time. (ILL)
- Which computer games do you think are the most .....? (ADDICT)
- Doctor, I work 12 hours a day. Does that sound like ..... to you? (WORKAHOLIC)
- If you want to see a dentist, you must make an ..... much earlier. (APPOINT)

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**6 Przetłumacz fragmenty zdań w języku polskim na język angielski.**

- My uncle (*poczuje się*) ..... much better if he does more exercise.
- I often go jogging in the evening (*chyba, że zjem*) ..... a late dinner.
- (*Na twoim miejscu*) ..... I would eat less chocolate and drink less Coke.
- Mark (*spalby*) ..... better if he didn't worry about his exams so much.
- My doctor will not be very happy if (*nie zaczął uprawiać*) ..... a sport.

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**EXAM TASK**

- 7 Przeczytaj tekst. Spośród wyrazów podanych w ramce wybierz te, które poprawnie uzupełniają luki (7.1–7.3). Wpisz odpowiednią literę (A–F) obok numeru każdej luki. Uwaga! Trzy wyrazy zostały podane dodatkowo i nie pasują do żadnej luki.**

A fainted B sore C plaster D suffered  
E vitamins F weak

**Blog**

I'd like to get some advice about my health problems. I think there's something wrong with me. I feel tired and 7.1 ..... all the time. Yesterday I 7.2 ..... at school – I just fell to the ground and woke up a few minutes later. I don't really have the time to do any sport or go out. Should I take some 7.3 ..... or see a doctor? What do you think?

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**EXAM TASK**

- 8 Przeczytaj tekst i uzupełnij go, wpisując w każdą lukę (8.1–8.5) jeden wyraz z ramki w odpowiedniej formie. Wymagana jest pełna poprawność gramatyczna i ortograficzna wpisywanych wyrazów. Uwaga! Jeden wyraz został podany dodatkowo i nie pasuje do żadnej luki.**

addict have sleep obese spend you

**Forum**

**Ask a specialist**

Dear Amy,  
If you feel you can't cope with life, it may be because you're under too much stress at the moment. You write that you spend 8.1 ..... nights worrying about schoolwork and exams. I think you must learn how to take better care of 8.2 ..... and relax more. If you 8.3 ..... more time outdoors, you would feel better, too. Please remember that stress can lead to 8.4 ..... if you start eating too much. Don't worry – I don't think you are 8.5 ..... to chocolate, but please try to cut down on it. Please keep in touch.  
Violet

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**RAZEM:**

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