# Unit 03 Feeling ill?

# **1** Match the words from box A with the words from box B. Use the phrases to complete the sentences below.

Α

	high sick	eating	runi	ny	heart	sore	
В							
	nose	leave att throat			nperatu	ire	
A a	Bulimia is ar 40°C is a ver A common ca A a cold or flu an illness.  Match the sand B to creone extra line	uses of de	eathis	and are tim	ne of t sympt e off w ns from	oms of ork due to m column:	s
	one extra in	ie iii eacii			i		
2 3 4	Are you aller anything? I have a hea I'm having a breakdown. Why are you so much?	dache. nervous	b) c) d)	anti You ami I fee It's feye	depres shoul bulanc el faînt, becauser.	se of my h	
	Why have you out in such a rash? How often do	a terrible	<b>f</b> ) .	nut I've	s. got m	llen and easles. e painkiller	re
	get sick?			the	Q.		3
	Why is your plaster?			ank		ed my	
3	What's wrong In your note ones in ac	ebook, wr	ițe si				<b>,</b>
	I've been coug You poor thing I hope it clear	g!	ľve	e bee		petite. all night. to hear tha	ıt.
4	Underline ti	he correct	t wor	d in	each	sentence.	
2 3 4 5	Fluis an infe Alcoholism/, She ended u poison/poise I'm off school Feeling naus	Alcohol is a up in hosponing.  bl because	a ser ital w I hav	ious /ith t e a /	social errible unning	food /runny nos	e.

br	Complete the sentences with the verbs in ackets in the correct forms. Use the present rect or present perfect continuous.
1	I (cough) for the last three days. I (not feel) like this for ages.
2	We're tired because we (work) hard since breakfast, and we
3	(not have) a break.  She(take) three tablets, but her
4	headache (not go) yet.  My sister (suffer) from asthma
•	since childhood, but she (learn) to cope with it.
5	I(be) sick all afternoon and I(not eat) anything because of
6	it.  We (wait) for the blood test results since Monday, but they (not come) yet.
7/	you (not study) all night, so no
<u> </u>	wonder you (decide) to go for a swim. I've got no energy left.
8	The surgery (go) on since this morning, and we (not hear) any news yet.
	Complete each set of sentences with the same ord.
1	a) We haven't known each other for a time.
2	<ul><li>b) How have you been sneezing?</li><li>a) I haven't slept since yesterday.</li><li>b) How cough medicine have you had today?</li></ul>
3	<ul><li>a) My family have been sick a lot</li><li>b) I haven't seen him for ages. Have you spoken to him ?</li></ul>
4	<ul><li>a) I've been waiting for you night.</li><li>b) Where have you been? I've been worried this time.</li></ul>
5	<ul><li>a) I haven't been to the dentist's years.</li><li>b) We have been feeling ill a couple of days.</li></ul>
6	<ul><li>a) My sister has been suffering from hay fever</li><li> she was young.</li><li>b) My dad has been working at the hospital</li></ul>
7	a) How times in your life have you been
	to hospital? b) She's been in hospital for weeks now.

# 7 Use the prompts to write two questions for each situation. Use the present perfect or present perfect continuous.

- 1 Sheila is studying medical English.
  - a) How long/she/study it?
  - b) How many new words/she/learn?
- 2 Tom has a bad cough.
  - a) How long/he cough?
  - b) he/see a doctor yet?
- 3 Olaf is a swimming champion.
  - a) How long/he/train?
  - b) How many medals/he/win?
- 4 Linda is a qualified doctor.
  - a) How much experience/she/have since graduating?
  - b) How long/she/run her clinic?
- 5 Philip is a medical student.
  - a) he/ever/fail an exam?
  - b) How much time/he/spend revising for the exams recently?

## 8 Read the sentences and write two other sentences about the described situations. Use the prompts in brackets.

1	Norah started studying medicine four years ago.
	She has a good knowledge of medicine now.

- a) (for four years) \_
- b) (learnt a lot) \_
- 2 Jim is sick. He fell ill two weeks ago. He's starting a third course of antibiotics.
  - a) (feeling)
  - b) (two courses of antibiotics)
- 3 Paul's a doctor. He began working in his private surgery last year. 50 patients have visited him since last year.
  - a) (since last year) \_
  - b) (treated) \_
- 4 Alice needs some medical help. She hasn't been able to sleep recently.
  - a) (a lot of sleepless nights recently)
  - b) (well recently)

## **9** Read Angela's post on a website and divide her concerns into the groups.

	•
ACADEMIC/CAREER-RELATED	OTHER
47/7	
>	

I'm 18 years old. My name's Angela. I'm busy doing different things. I've got a demanding part time job, play two team sports, I'm studying for my A levels and I'm trying to choose my college and thinking of where to find the money to pay for it. I also have an end-of-term test and a project to finish off this week. I'm looking for a partner to go with me to the prom and a dress for the same party. I've put on weight, and I've just fallen out with my best friend. I used to feel happy and motivated by life's challenges, but now I feel under a lot of pressure and not in control of my life.

# **10** Listen to an interview with a teenage stress management expert. Put a tick (</) next to the points he mentions and a cross (X) next to the points he doesn't mention.

271. 10 1110 \$10.110 710 710 710 1011 1110 11110 1111	
Types of changes young people experience. Groups of teenagers that are under more	
Reasons for feeling stressed out. Types of psychological therapies for	
teenagers. Signs of serious stress.	

- 6 Types of food to avoid.
  7 More traditional methods of coping with
- 7 More traditional methods of coping with stress.

2

- 8 Less typical ways of dealing with pressure.
- 9 Ranking of which methods are the best.

# **11** Listen again and complete the diagram with the information from the interview.

1/		
	<b>(a)</b>	_0
N	м	7

TEENAGE	STRESS
---------	--------

	:			<del>.</del>
1	types of changes:	∢	<b>►</b> 4	typical advice:
			• • • •	
			• • • •	
2	causes of stress:	∢.	<b>►</b> 5	symptoms of stress:
			:	
			:	
			•	
3	less conventional	<b>⋖</b> …	:	

techniques (of dealing with stress):

# Unit US New systems

#### 1 Complete the words with the missing vowels. Then arrange the sentences to create a story.

A	They took me to c_slty.	
		1 B
С	He told me I had to pay	

the  $f_s$  for the care I'd

received.

A passer-by in the street was trying to give me first \_\_d, but he couldn't help me so he called an \_mb\_l\_nc\_.

D When I was abroad, I passed out.

- E Before leaving the s\_rg\_ry, he gave me a pr\_scr\_pt\_ n for some medicine to calm me down and advised me to make an pp ntm nt with a teenage stress management expert. Then I felt like passing out again!
- F He asked me if I had taken out h\_lth \_ns\_r\_nc\_before going there, and I said I didn't know I had to.
- G The doctor gave me ad\_gn\_s\_s-'extreme tiredness caused by too much studying'.

#### 2 Write the missing nouns from the story in activity 1 to form collocations.

	A (VERB 1)	B (VERB 2)	NOUN
1	give	learn	
2	have	take out	
3	pick up	give	
4	go to	be in	
5	make	have	$\wedge$

#### 3 Write your own sentences using the collocations from activity 2. Use the verbs from column B.

Example: learn first aid – I'd like to	learn first ajo	S
because I think it's a useful skill.		/

1	
2	
3	

#### 4 Look at the photograph. Use the vocabulary from unit 3 to describe it.



_	
_	
_	
_	
J	Complete the dialogues with question tags.
1	- I understand you aren't prepared, You've beer
	sick,?
	- That's right. It's possible to take this test some
	other time,?
	– How about next week?
	- Fine. ///>
2	- I'm a bit late,?
	<ul> <li>Unfortunately, so. We've been trying to solve</li> </ul>
	the problem without you. There isn't much
	time left, ///?
	<ul> <li>No, there isn't, I'm sorry. Let's brainstorm</li> </ul>
	some ideas then,?
	<ul> <li>You should have a solution to this problem,</li> </ul>
	?
	/ Just because I'm your boss, it doesn't mean
	/ know it all,?
3	He's passed out. Give him a mouth-to-mouth.
	Do something,?
	- I don't know how to give first aid. You can call
	an ambulance,?
	Yeah Lend me your phone,?
	You haven't lost yours again,?
	<ul> <li>I'm afraid so.</li> </ul>
4	<ul><li>Everybody wanted to help,?</li></ul>
	<ul><li>Yes. It was amazing,? How did the</li></ul>
	accident happen? The newspaper says that
	the young man was drunk. You don't believe it
	?
	<ul> <li>Not really. He just fell asleep at the wheel. He</li> </ul>
	was tired after working all night.
	– He's a doctor,?
	<ul> <li>Yes. That's right. Doctors work far too much</li> </ul>
	these days,?
	<ul><li>Yeah, I agree.</li></ul>
6	Write sentences connected to the topic of

## health to match the question tags.

1	a)	
		do you?
	b)	
		don't you?
2	a)	
		will you?
	b)	
0	۵\	won't you?
3	a)	is there?
	b)	is there:
	D)	isn't there?
4	a)	
-	,	was he?
	b)	
	,	wasn't he?

7 Make polite requests. Use the prompts and add the correct question tags.  1 You/ not could/go to the nearest chemist's,? I've got such a bad headache.  2 You/not could/help me with this problem,? I really need someone's help.  3 You/not have a sore throat mixture,? I can't stop coughing.  4 You/not give me a lift to the hospital,? I'd like to visit my mum.  5 You/not leave me in hospital,? I'd be very lonely if you did.  8 Check the meaning of the words in the box. Use your dictionary or go to	FIVE SUPER STRANGE SPA TREATMENTS Fed up with the healthcare system in your country? Why don't you go for one of the more original health treatments?  1 Take a bath in tea, coffee, red wine, sake or beer Yunessan Spa in Hakone, Japan, is a theme park designed for families. At Yunessan, the spa baths offer pools of green tea, coffee, red wine or sake (a Japanese alcoholic drink). Sake is said to be good for your skin while green tea is known to help improve your immune system. Similarly, the Chodovar Family brewery in the Czech Republic offers bath treatments where you can have a bath in dark beer, which helps increase blood circulation and detoxify the body.
www.macmillandictionary.com.  spa nightingale excrement	2 A celebrity facial  Also in Japan, beauty company Umo has developed a 24-carat gold facial treatment for \$250. From Cleopatra to the Chi'ng dynasty, gold has always been used to make your skin look youthful. Umo says that the facial will prevent your skin from looking old.
<ol> <li>Answer the questions below.</li> <li>'Toxic' means 'toksyczny, trujący'.         What could 'to detoxify' mean?</li> <li>'Brew' means 'warzyć np. piwo'.         What is 'a brewery'?</li> <li>'Face' means 'twarz'. What could 'a facial' be?</li> <li>'New' means 'nowy'.         What could 'a renewal' mean?</li> <li>'Venom' means 'jad'.         What does 'a non-venomous snake' mean?</li> <li>Read the text about strange spa treatments.</li> <li>Write which treatment would be the best for</li> </ol>	<ul> <li>The Geisha Facial         For hundreds of years, Japanese geishas (and more recently, Victoria Beckham) have been brightening and conditioning their dry skin with this treatment. Known as the Geisha Facial, the treatment uses sterilised nightingale excrement, which contains enzymes important for your skin. You can find it today at the Shizuka New York Spa for \$180 or the spa at Diamond Hawaii Resort &amp; Spa in Maui.     </li> <li>4 Snakes that relieve tension         Just an hour north of Tel Aviv, in Talmei Elazar, Israel, therapist Ada Barak offers a \$70 spa treatment which uses six non-venomous California and Florida king snakes that move up and down your back to help you     </li> </ul>
the people in the pictures.  A Moja mama ma chorobe skory.  C Mam taka sucha skore.	eliminate stress.  5 Fish that give you a pedicure  One of the most recent spa treatments that has become very popular is a foot treatment by Garra Rufa fish, also known as 'Doctor Fish' or 'little dermatologist'. Feet are put into a small pool filled with these little carp, which eat away at the dead skin on your feet. The treatment is also recommended for patients with different serious skin conditions.
Jestem bardzo zestresowany.  Moja sąsiadka chciałaby E wyglądać młodziej!	11 Describe a treatment you would like to receive at a spa. Use 3–4 sentences.

D.

Muszę wzmocnić mój system odpornościowy!

# Unit 03 Skills builder

#### LISTENING

1 Look at the photographs. Use the words/ phrases in the box to write what the people are saying about their addictions.

mobile technology going to funerals can't imagine his/her life without tanning can't live without addicted to hooked on I know I have an unhealthy addiction to My life without \_\_\_\_\_ would be just awful.









2 Make a list of words/phrases you could expect to hear in the extracts describing the addictions shown in activity 1. Then listen and check. Add words and phrases to your list.

Addiction 1	
Addiction 2	
Addiction 3	
Addiction 4	\(\sigma\)

3 Listen again and decide which speaker mentions the following information.



	WHICH SPEAKER?	ANSWER:
1	mentions when the addiction started	
2	sounds surprised	
3	talks about how the addiction makes the victim feel	
4/	talks about the possible negative health effects of the addiction	
5	mentions the reasons behind the addiction	
6	says the addiction is original	
7	regrets doing something	
8	says he/she doesn't feel addicted	

#### my www research

4 Go to www.google.com and find an interesting article about geophagy, an addiction to eating soil or pagophagia, an addiction to eating ice. Use your own words to write a short summary of the article (4–5 sentences).

#### SPEAKING:

- **5** Write the correct heading (1–4) above each set of sentences (a–d). Then rewrite the sentences/ questions using the prompts in brackets.
- 1 Giving/asking for advice
- 2 Reassuring
- 3/Sympathising
- 4 Asking for information/clarification
  - 1 What's the problem? (bothering)
    - 2 Could you tell me more about this? (I'd like)
    - 3 What exactly do I have to do in this job? (involve)
  - 1 I suggest you contact a helpline. (were)
    - 2 Why don't you tell the truth? (should)
    - 3 What can I do in this situation? (idea)
  - 1 You've had a terrible time. (poor)
    - 2 That's terrible! (sorry to hear)
  - 3 This sounds dreadful! (how)
- 1 You know you can rely on me. (count)
  - 2 Don't give up hope. (mustn't)
  - 3 Everything will be fine. (work out)

## **6** Write short dialogues with the expressions from activity 5.

1 Your friend is addicted to computer games. He's asking you for advice. You give him some suggestions and reassure that everything will be OK.

2 Your parents don't allow you to go to a tanning salon any more. Ask your friend for advice.

3 Your friend's sister has had a serious car accident and is in hospital. Sympathise with your friend and tell her she can always come to you for help.

#### 7 Read the exam task and write your dialogue.

W trakcie pobytu za granicą dowiedziałeś/dowiedziałaś się, że brat osoby, z którą się zaprzyjaźniteś/zaprzyjaźnitaś został przewieziony do szpitala po poważnym zatrucju pokarmowym. Zadzwoń do przyjaciela. W rozmowie:

- wyraź swoje współczucie w związku z zaistniałą sytuacją;
- zapytaj o stan zdrowia brata przyjaciela;
- poradź, co ty byś zrobił/zrobiła na jego miejscu.

(rozmowę zaczyna egzaminujący)

#### **WRITING**

on this issue.

#### 8 Complete the gaps with the correct words.

1 I think / In my my view,
2 As as I can see
3 As far as I am,
4 I disagree with this statement/opinion
because
5 I couldn't agree with this statement/
opinion because
6 This statement is only true because
7 I'm not how I feel about this.
8 On the hand, / On the
hand,
9 This statement's very because
10 vam writing to my disagreement with
11 Nook to reading other people's opinions

**9** Read the statements and express your opinions. Use at least three expressions from activity 8 for each statement.

1 Computer games are addictive so teenagers shouldn't play them.

oung people have no idea what is and what isn't healthy.

All teenage parties are about binge drinking and taking drugs.

Teenagers who have addictions should stay in rehab clinics until they are fully cured.

#### 10 Read the exam task and write your letter.

W czasopiśmie dla młodzieży przeczytałeś/przeczytałaś artykuł, którego autor wyraził opinię, że wszyscy młodzi ludzie są uzależnieni od technologii i że należy ograniczyć im dostęp do niej. Napisz list do redakcji, w którym:

- określisz cel listu i napiszesz, jakie uczucia wywołata w tobie lektura artykułu;
- zgodzisz się częściowo z tezą autora, podkreślając jednak fakt, że nie dotyczy ona większości młodych ludzi:
- wyjaśnisz, dlaczego nie zgadzasz się w pełni z opiniami autora i przedstawisz własny punkt widzenia;
- zachęcisz innych czytelników do przedstawienia swoich opinii i wyrazisz nadzieję na duże zainteresowanie twoim artykułem wśród młodzieży.

# Unit 03 Real life English

Negotiating

Suggesting

Disagreeing

1 Read the dialogues and complete them with the words/phrases from the box that mean the same as the phrases underlined.

You must ... Will this do? Why don't you ...
What else can I do? I regret to say, but ...
Tell me ... These are the steps to take.
It isn't helping. ... demand ...
... as soon as possible ...

- A Emergency Unit. How can I help you?
  - There's been a serious accident. We need help
     (1) <u>urgently</u>.
  - What exactly has happened?
  - A young man was badly injured while snowboarding.
     I think he's lost consciousness. (2) You've got to come quickly and take him to hospital. Can you send a helicopter please?
  - (3) How about giving him some first aid?
  - I've no idea how to do it! (4) <u>Can you instruct</u> me how I should carry it out? Mouth-to-mouth or whatever it is I must do.
  - OK. Follow my advice carefully. (5) <u>Here's what you</u> should do.

\*\*\*

- B (6) It isn't working! He's still unconscious. I (7) insist you send the paramedics, or he'll die!
  - I must know if the man has an insurance policy.
     Otherwise (8) <u>I'm afraid</u> it isn't possible.
  - Listen! The guy's unconscious. He needs help desperately. (9) Is there any other way out?
  - Check in his pockets if he's got his policy on him.
     If he has one, he should have it.
  - I've found something. It's his EHIC. (10) Is this
     enough? Does it cover the transportation to hospital
     and the necessary treatment?
  - Yes. Thank you. The team's on their way. They'll be a minute.
  - At last! What would happen if he didn't have his EHIC?
  - Luckily, he does.
  - Oh! Thanks anyway.

## 2 Complete the dialogues. Each time negotiate hard to achieve your aim. Use the phrases from activity 1.

- 1 At a chemist's
  - Good evening. How can I help you?
  - My younger brother has a very high temperature.
     The doctor I rang said he needed some antibiotics.
     He suggested Vexan, but I've got no prescription.

2 At an insurance company

Listen! I've explained the situation to you. I paid all the expenses for my surgery while I was in Austria and

now I want my money back. The insurance policy I had covered all sorts of medical treatments. I paid out of my own pocket because you didn't transfer the money on time.

#### 3 At home calling an ambulance

- Emergency services. How can I help?
- Listen! My dad's feeling very unwell. He's got a heart problem, and I think he should see a doctor.
   Can you send an ambulance as soon as possible, please? It's 42, Blueberry Avenue.

**USEFUL PHRASES** 

Patrz str. 103

#### **Culture & fun**

Read the jokes and match them with the suitable endings.

1 A doctor says to his patient, 'I have bad news and worse news'.

<u>^^^^^^</u>

- 'Oh dear, what's the bad news?' asks the patient. The doctor replies, 'You only have 24 hours to live'. 'That's terrible', says the patient. 'How can the news possibly be worse?'
- 2 A man walks into a doctor's office. He has a cucumber up his nose, a carrot in his left ear and a banana in his right ear.
  - 'What's the matter with me?' he asks the doctor.
- 3 A doctor answered his phone and heard the familiar voice of a colleague on the other end of the line. 'We need a fourth for poker tonight', said the friend. 'I'll be right over', whispered the doctor. As he was putting on his coat, his wife asked, 'Is it serious dear?'
- A The doctor replies, 'You're not eating properly.'
- Governments of the following of the fact, there are three doctors there already!
- C The doctor replies, 'I've been trying to contact you since yesterday.'

#### Revision

#### 1 Underline the correct verb form.

- 1 I have known/know him since we were children.
- 2 He has been coughing/has coughed all night, and there's no end to it.
- 3 I have taken/have been taking three painkillers, but I still have this headache.
- 4 She feels tired because she has been working/has worked all day long. It's time for her to stop.
- 5 How many times have you had/have you been having this treatment?
- 6 They are still at the university, aren't they? How long have they been studying/have they studied for?

2	Complete the sentences with the correct question
tac	IS.

	~	
1	Help me,	?

- 2 He looks sick, \_\_\_\_\_?
- 3 You haven't been ill again, \_\_\_\_\_
- 4 Everybody wants to be healthy, \_\_\_\_\_
- 5 You didn't forget to take out insurance, \_\_\_\_\_

## 3 Complete the sentences with words connected with health. The first letters have been given.

- 1 I've had a r\_\_\_\_ nose for a few days.
- 2 What are you taking for your s\_\_\_\_\_ throat?
- 3 He's sneezing because of his hay f\_\_\_\_\_
- 4 I've made an a\_\_\_\_\_ to see my dentist next week.

•	
5	In emergencies, patients are taken to c
	3 7

#### 4 Translate the expressions into English.

- 1 odebrać receptę \_
- 2 wezwać karetkę \_\_\_
- 3 pójść na zwolnienie lekarskie –
- 4 być uczulonym na pyłki –

# g on g sinc I (6) I this include I (6) I this I (6) I thi

4

#### **Extension**

### 1 Complete the text with the correct forms of the verbs in brackets.

Dear friends,
I need help! I'm addicted to computer games.
I (1) (sit) in front of the computer since
9 pm, which means I (2) (use) it for the
last 10 hours. My eyes hurt, and 4(3)
(have) a headache for two weeks now. But I somehow keep
on going. I (4)(play) six different games
since I started and (5) (lose) all of them.
I (6) (play) games a lot recently, and
I think I need help, or I'll die in front of my computer!
/// ^ ~

## 2 Add four question tags in the correct places in the dialogue below.

- You look stressed out.
- Because I am. I'm a surgeon. Have you forgotten?!
   You haven't had another sleepless night?
- Yes I have. I couldn't leave my patients without help.
- Nobody cares about their patients like you do. I really admire you.
- Thanks. I'm off to bed now.

#### 4

## 3 Replace the crossed out words with the correct ones to complete the sentences.

- 1 Jessica has been suffering from an eating illness
- 2 I'm allergic <del>on</del> \_\_\_\_\_ nuts.
- 3 Why has he come out in such a rush
- 4 She says she's feeling nausea
- 5 I want to learn first help

Ę

#### 4 Translate the sentences into Polish.

- 1 He has a serious skin condition.
- 2 She was taken to casualty.
- 3 The doctor took my blood pressure.
- 4 I feel faint. I need to sit down.
- 5 Many people are allergic to pollen.

5

#### If your score is

- 1-10 Not good! It is a very good idea to revise all the material again.
- 11-16 Not bad, really! Check your mistakes and correct them.
- 17–20 Excellent! Try the Extension section now for more exercises.

#### If your score is

- 1–10 Not good! Read the material more carefully.
- 11–16 Quite good. You just need a little more practice. 17–20 Very good! You are a fast learner!