

1

FOOD FOR HEALTH

Vocabulary



Vocabulary 1

Types of food • Preparing food

1 Complete the sentences.

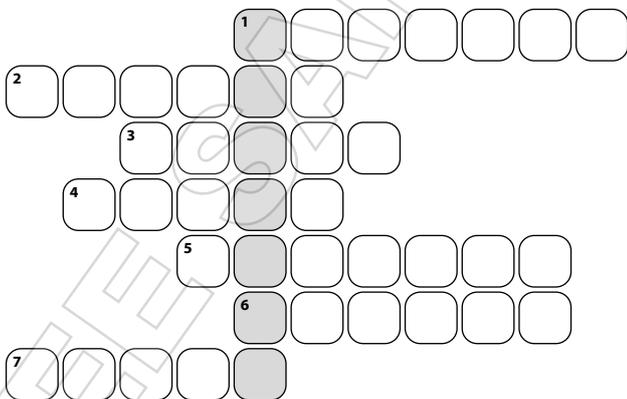
- A vegetarian doesn't eat meat or f . A vegan eats no eggs or d products, such as cheese.
- Scientists believe we should eat at least five portions of f and v a day. It is also important not to eat many s because sugar is very bad for you.
- Would you like a d ? Some fruit juice perhaps?

2 Complete the missing words in the table.

	Polish	English	Product category
1	jogurt	<u>yoghurt</u>	dairy products
2	_____	salmon	_____
3	dynia	_____	_____
4	_____	sour cream	_____
5	wołowina	_____	_____
6	_____	salt	_____

3 Do the crossword. Then write your own definition of the mystery word.

- A kind of seafood.
- Fried flat round pieces of potato.
- A round vegetable that makes you cry when you cut it.
- To mix ingredients.
- A round flat food made of flour, eggs and milk.
- Something you eat with milk for breakfast.
- A little salt that you can hold between your thumb and index finger.



Mystery word: _____

Definition: _____

4 Complete the dietician's advice with the correct words.

Get healthy and fit before the summer!

- Start your day with a glass of water . You can s some lemon juice into it for more vitamin C.
- If you like sandwiches, replace white bread r with brown bread.
- Use h in your tea or coffee instead of sugar.
- Don't add c to your coffee - it's full of calories.
- Don't f meat. It's better to cook it without oil.
- Remember that green vegetables, for example b and c , are good for you. Try to have some at least once a week.



5* Read the WATCH OUT box and choose the correct options in sentences 1-5. Then match the underlined idioms with their meanings a-e.

- The exam is in three days and you seem as cool as a cucumber / chilli powder. How do you do that?
- I usually take Ben's advice with a packet / pinch of salt - he's not a model to follow.
- Mia can't avoid punishment - the teacher caught her with her hand in the spinach / cookie jar.
- TV often squeezes / spices up real stories so that more people watch the programmes.
- 'What is your ingredient / recipe for success, Mr Jordan?' the journalist asked.

- złapać kogoś na gorącym uczynku
- opanowany, nieporuszony nawet w trudnych sytuacjach
- uatrakcyjnić
- przepis na sukces
- przyjmować coś z rezerwą

WATCH OUT

Idiomy

Idiom to wyrażenie, którego znaczenie nie jest dosłownym znaczeniem wchodzących w jego skład wyrazów. Idiomy spotyka się w niemal każdym języku. Niektóre idiomy są podobnie w języku polskim i angielskim, a inne tłumaczy się zupełnie inaczej:
know your onions - know a lot about a subject (znać się na rzeczy)
the salt of the earth - an ordinary person, honest and good (sól ziemi)

1 Watch the video and complete the sentences.



- Gloria believes that Graham eats too much cake and _____ fruit.
- Gloria thinks there are _____ burgers.
- They've got _____ cheese and _____ olives to make a pizza, but they don't have _____ tomatoes.

2 Complete the table with the words from the boxes.

Quantifiers

a lot of any each enough every few little
lots of many much some

Nouns

beef blueberry coffee dairy energy
information ingredient jar milk minute
money shrimp spice sugar time yoghurt

	Quantifiers	Nouns
Countable	_____	_____
Uncountable	_____	beef, ...
Countable and uncountable	a lot of, ...	_____

3 Choose the correct options.

- I'm sorry, but I couldn't find _____ soya milk.
a some b any c lots of
- If you keep eating so _____ sweets, you can have serious health problems.
a too many b much c many
- The soup is ready – just add a _____ salt and put it in a bowl.
a lots of b little c few
- I don't think we have _____ bread for breakfast.
a each b every c enough
- I'm afraid we don't have _____ time left, so hurry up!
a many b much c little
- There weren't _____ cookies left for us – the jar was empty.
a any b many c enough

4 Correct the mistakes in the sentences. One sentence is correct.

- Why didn't you buy ^{any} much milk? I need some for the milkshake!
- To make lemonade like this one, you need much lemons and a little sugar.
- Let's buy few fresh sandwiches for lunch.
- This recipe book doesn't give much useful information.
- I need to send a little emails to my teachers and then I'm free.
- My diet is rather healthy – I tend to drink too much coffee, but I eat few fast food.

5 Translate into English.

- I had a little salmon (trochę łososia) for dinner, so I'm not hungry.
- _____ (Ile butelek wody) do you drink every day?
- After the picnic we spent a _____ (trochę czasu) in the park.
- I know I _____ (dodaję za dużo soli) to my food.
- _____ (Ile pieniędzy) do you need for the party food?
- _____ (Nie ma miodu), so you need to use sugar.

6* Complete the text with one word in each gap.

Let's face it – the food industry is like fashion: there are ¹ some trends which people follow. The trend which began a ² _____ years ago is health and wellness. You can see in restaurants and in shops that more and more consumers follow a healthy diet – they eat ³ _____ of fruit and vegetables, avoid meat products and add very ⁴ _____ salt to their food. There is also another, more recent trend – functional drinks which are supposed to help you with various problems. One example is 'golden latte' – coffee with a ⁵ _____ turmeric, famous for its anti-inflammatory properties. Another drink, called Pretty Happy, which is fairly new in the shops, is a soft drink that can help you relax. Try drinking it ⁶ _____ day, and you will feel less stressed after one week.



1.3 Speaking

Giving instructions (cooking)

Key Phrases



VIDEO 03

1 Label pictures 1–5 using the verbs from the box.

add cook measure mix pour



add



2 Number sentences a–f in the correct order to make a recipe for pancakes.

- Next, add some eggs and mix them with the flour. ____
- Finally, pour it into a frying pan and cook it quickly. ____
- First, measure the flour and put it into a bowl. 1
- You can add a small amount of sugar to the flour if you like. ____
- Then add some milk to the flour and eggs and mix well. ____
- Serve with honey and lemon juice. Delicious! ____

3 Look at the photo and complete the description according to the clues in brackets.



In the photo, I can see two teenagers who are standing in front of a camera, maybe making a video for social media. It can be a film about cooking and food because they are ¹ in the kitchen [where?] and there are a lot of ² _____ [what?] on the table. The ingredients they are using are, for example, ³ _____, _____, and _____ [what?], which means they are cooking something ⁴ _____ [what is it like?].

4 Complete the dialogue with one word in each gap. Use the Key Phrases for giving instructions on page 148.

- Chad Hello, dear followers, and thanks for watching. Today, I'm going to show you how to prepare broccoli with carrots in honey and lemon sauce. This lovely girl here is my sister and she's going to help me. And no – she isn't a professional cook.
- Lucy Hi, everyone! OK, Chad, what ¹ do I have to do?
- Chad ² _____, _____ the carrots.
- Lucy ³ _____? Is that OK or should I do them smaller?
- Chad No, that's great. Then cut the broccoli into pieces and put all the vegetables in boiling water. ⁴ _____
_____ to cook them for too long. Broccoli and carrots need to be *al dente*.
- Lucy ⁵ _____?
- Chad Make the sauce. Cut the lemon in half and squeeze the juice. ⁶ _____, pour the juice into a small bowl and add two spoons of honey.
- Lucy ⁷ _____ mix it?
- Chad Of course! Until the ingredients combine and the sauce is smooth and creamy. ⁸ _____, put the sauce onto the vegetables. And here is your lunch – light and healthy!

5 Choose the correct options.

- Podajesz koledze/koleżance przepis na ciasto, w którym ważna jest proporcja składników. Co powiesz?
 - First, take out all of the ingredients.
 - It's important to measure the ingredients.
 - Be careful to add everything.
- Chcesz zrobić obiad, ale nie masz pewności, jak zrobić sałatkę. Poproś mamę o instrukcje.
 - What do I have to do next?
 - Shall I make the salad?
 - How do I prepare the salad?
- Powiedz koledze/koleżance, który/która pomaga ci w kuchni, aby dodał/dodała sól do potrawy.
 - Try not to add too much salt.
 - Then add a little salt.
 - It's important not to add too much salt.





Are pets good for your health?

1 A long tradition

Dogs, cats, horses, rabbits, hamsters, birds, snakes – the list of popular pets is very long. The tradition of looking after animals goes back a long way in history and is now more popular than ever. You can see from the way pet owners smile that their pets bring them lots of **pleasure**. But scientific studies show that owning a pet might also improve your health.

2 _____

Pet owners are generally more active than other people, mainly because they have to make sure their pet gets some exercise every day, even if they don't feel like it. And being active has many health **benefits**, like making your heart stronger. Animals like dogs or horses need a lot of exercise, but even when you have smaller animals such as rabbits, snakes and birds, you need to feed and clean them. This means it's impossible to spend all day sitting on the sofa!

3 _____

Keeping animals like chickens or goats gives you a lot of time in the fresh air, and that means contact with lots of dirt outside the home. Scientists believe this is good because it helps our bodies learn how to fight **diseases** better. Children who grow up with animals don't get sick as often as non-pet owners.

4 _____

Spending time with animals can also improve how we feel. Touching or holding an animal can reduce stress and help you calm down. People with pets also feel less **lonely**. Dolphins sometimes help children who find it difficult to communicate with people. Swimming with these 'therapy dolphins' can help them to become more open and show their feelings. Some people can get a special permission to take a pet with them when they fly on a plane to help them cheer up and feel more confident. The unusual pets people sometimes take with them include a duck, a kangaroo and even a very small horse!

- 1 Read the article and match headings A–E with paragraphs 1–4. There is one extra heading.

- A Improve your health
- B A long tradition
- C Better mood
- D Better relationships
- E Get fitter

- 2 Read the text again. Are the sentences true (T) or false (F)?

- 1 More people owned pets in the past. T / F
- 2 Pet owners always enjoy exercising their pets. T / F
- 3 Having a smaller pet like a rabbit can also help you to become more active. T / F
- 4 Our body becomes stronger if we have contact with dirt outside our homes. T / F
- 5 Having contact with animals can make people feel more relaxed. T / F
- 6 Watching dolphins can help some children to communicate better. T / F

- 3 Read the **WATCH OUT** box and look at the highlighted words in the article. Are they generally positive or negative? Choose the correct meanings.

- 1 pleasure positive
 - a a feeling of being sad
 - b a feeling of being happy
- 2 benefits _____
 - a advantages
 - b disadvantages
- 3 disease _____
 - a illness
 - b well-being
- 4 lonely _____
 - a unhappy to be alone
 - b happy to be alone

WATCH OUT

Wykorzystanie kontekstu do zrozumienia nowych słów

Aby zrozumieć nieznanne słowa, przeanalizuj wyrazy i informacje pojawiające się przed nimi i po nich. Postaraj się wywnioskować z kontekstu, czy są to słowa o znaczeniu pozytywnym, czy negatywnym.

- 4 Complete the brief summary of the benefits of owning a pet, according to the article. There may be more than one correct answer.

In general, pets ¹ bring a lot of pleasure to people. People who own a pet ² _____, and this is good for their health. Moreover, their bodies ³ _____ because they come into contact with more dirt. People who have a pet are usually ⁴ _____. Animals can also help people to ⁵ _____.

1.5 Vocabulary 2

Illnesses and treatment

1  Look at the pictures and complete the sentences.



1 I have a really bad cough.



2 Go home! You've got a fever.



3 I'm not going to eat - I've got a stomach ache and.



4 The doctor told me to take all of these medicines.



5 I've got a sore throat.



6 Grandpa suffers from brain pain all the time.

2 Unscramble the words to make phrases and then translate them into Polish.

	English	Polish
1	N M I U M E <u>immune</u> system	<u>układ odpornościowy</u>
2	U N R Y N _____ nose	_____
3	heart T A T K C A _____	_____
4	R P E N E T V _____ illness	_____
5	food O I P O S I N N G _____	_____
6	allergic A E R C I N O T _____	_____

3 Translate the questions in the survey. Then do the survey in your family.

How many people in your family:

- 1 _____ *have a cold* (są przeziębieni)?
- 2 _____ (brało tabletki przeciwbólowe) yesterday?
- 3 _____ (nigdy nie kicha)?
- 4 _____ (złapało grypę) last winter?
- 5 _____ (źle się czuje) today?
- 6 use _____ (płyn do dezynfekcji rąk) regularly?

4 Add a missing word to each sentence.

- 1 Unfortunately, we cancelled the trip because half of the class came ^{down} with the flu.
- 2 I take a lot of vitamin C to fight infections.
- 3 You can't eat this cake if you're allergic nuts.
- 4 I came home feeling unwell, so I took aspirin and went to bed.
- 5 I've got a really bad toothache, and I must make appointment with my dentist right away.

5★ Complete the text with one word in each gap.

Do you know the old saying 'An apple a day keeps the doctor away'? It might sound old-fashioned, but you can actually ¹ prevent illnesses with a healthy diet. For a start, you should eat a lot of green vegetables, such as ² b _____ or ³ s _____. Moreover, to ⁴ b _____ your immune system, you should eliminate ⁵ s _____ and any other foods that contain a lot of sugar. Also, you need to remember that once you ⁶ c _____ a cold, a proper diet can help the ⁷ t _____ you get from your doctor. So ... what's for lunch?



A conversation about improving your health

1 Complete the phrases for healthy habits with the verbs from the box.

cut get (x2) keep spend take

- 1 cut down on sugary snacks
- 2 _____ time outdoors
- 3 _____ enough sleep every day
- 4 _____ up early
- 5 _____ fit
- 6 _____ care of yourself

2 Choose the correct options.

HEALTHY HABITS FOR SUCCESS

Who do you want to be like? Rafael Nadal? Jennifer Lawrence? Of course, people become successful for different reasons and in many different ways. There is no one secret to success, but here is a list of habits that a lot of successful people share.

RISE AND SHINE!

¹ **Get up / Stay up / Keep up** early, and if possible, do some exercise before breakfast. It's OK to ² **sleep on / stay in / sleep in** sometimes, but don't do it regularly.



GET ORGANISED!



Make a plan for each day to ³ **get out / get active / get up!** It's the best way to become more energetic. But remember to ⁴ **get / stay / take** enough sleep – feeling tired all the time is not healthy.

EAT WELL!

A healthy diet gives you more energy and helps you to think better. You don't need to stop eating your favourite unhealthy foods, but you should definitely ⁵ **cut out / cut down / cut off** on them.



3 **02** Listen to a dialogue between Ben and Alice. Tick (✓) the things that Alice mentions as ways of improving your health.

- laughter
- eating fish
- singing
- dancing
- sleeping more
- gardening
- having plants indoors
- not wearing shoes

4 **02** Listen again and choose the correct options.

- 1 Most people think that improving your health
 - a isn't enjoyable.
 - b is more fun if you go to the gym.
- 2 You can get the benefits of laughing
 - a only if you really find something funny.
 - b even if you don't find something funny.
- 3 Singing
 - a has the same benefits as laughing.
 - b is better for you than laughing.
- 4 Having plants in your home
 - a makes the air cleaner.
 - b isn't possible for everyone.

5 **02** Answer the questions.

- 1 What effect do laughing and exercise both have?
They both make you breathe more deeply.
- 2 What do people do during laughter yoga?
- 3 What are the benefits of 'earthing'?
- 4 What does Ben decide to do at the end of the conversation?

6 Which of the ideas that Alice suggests would you like to try? Why? Write 3–4 sentences.



1 Watch the video and complete each pair of sentences with the same word or phrase.

- 1
At first, Graham says _____ is fun, but in fact, he hates _____.
- 2
Graham needs _____ early. He wants _____ in the morning to play football.
- 3
Graham _____ to exercise at home. He also _____ to run.

2 Complete the questions with the correct forms of the verbs in brackets.

- What exercise are you planning *to do* (do) this week?
- What kinds of sports do you enjoy _____ (take) part in?
- Do you find it easy or difficult _____ (eat) a healthy diet? Why?
- What new things are you trying _____ (learn) at the moment?
- What sports are you interested in _____ (try) in the future?

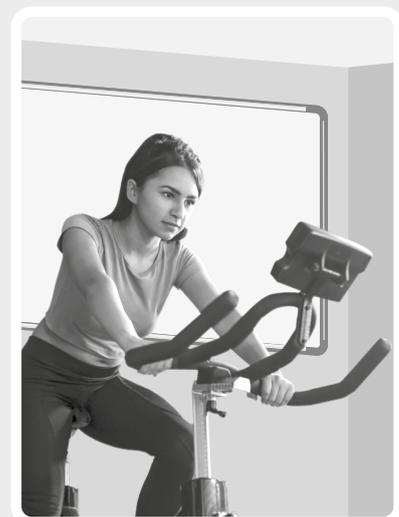
3 Answer the questions in exercise 2.

- _____
- _____
- _____
- _____
- _____

4 Complete the text with the correct forms of the verbs in brackets.

GETTING ACTIVE AT SCHOOL

It is well known that ¹ *doing* (do) exercise every day is good for your health, so some schools are now interested in ² _____ (find) new ways to include exercise in the normal school day. In the United States, Active Schools encourage students ³ _____ (become) fitter by ⁴ _____ (make) sure that they do at least one hour of physical exercise each day before, during and after classes. A few forward-thinking schools have decided ⁵ _____ (change) their normal classroom chairs for exercise bikes ⁶ _____ (allow) their students to cycle while they are studying. Most students are delighted ⁷ _____ (have) the bikes and find it easy ⁸ _____ (concentrate) on their work and cycle at the same time. What do you think? Would you enjoy ⁹ _____ (be) more active at school?



5★ Choose the correct options.



Anxiety (feeling worried or afraid) can be a common problem, but ¹ *many / much* young people are too shy to talk about it. YouTube star Zoe Sugg hopes ² *to change / changing* that. Zoe has a vlog called *Zoella* with over 8 million followers. She usually talks about beauty, fashion and life, but she also uses her vlog to talk about ³ *some / any* more serious problems, such as her own experiences with panic attacks and anxiety. That's why Zoe is the Digital Ambassador for the charity *Mind* and she runs their new campaign *#Don'tPanicButton*. People wear the button if they suffer from anxiety or if they want ⁴ *to show / showing* their support for others. A ⁵ *few / little* times a week, they post photos of themselves online wearing the badge, which is important ⁶ *making / to make* others feel better. Both Zoe and the organisers think social media can help a ⁷ *lot / lots* of young people by ⁸ *to show / showing* them they are not alone, and that it's good ⁹ *to talk / talking* about what they feel.

1 Complete the sentences.

- Mary is at home with a flu – she's got a **runny** nose and a **sore** throat.
- I'd better stay at home – I **s z** and **c h** all the time and it seems I have a cold.
- I eat chocolate to **h r** myself up and I drink herbal tea to help me down in stressful situations.
- To make a green smoothie, **b d** some apples, some green leaves (such as **sp n h**) and water.
- To lose a little weight, stop eating **d i y**, especially cheese, and all products made of **f u**, for example bread or rolls.
- V t r n** don't eat **b f**, but they eat eggs and cheese.
- l ep** in at weekends is important, especially if you up on a Friday night.

2 Choose the correct options.

- My teacher in primary school made us **to clean / clean** our desks before **to go / going** home.
- I promised **helping / to help** you with the dinner, but I didn't agree **to cook / cooking** everything by myself!
- Too **many / much** sweets make your blood sugar go up and add **a lot of / enough** calories to your diet.
- Please don't add **some / any** nuts to the salad because **a little / a few** guests have allergies.
- The dish is fairly easy **making / to make** and very tasty if you add **every / enough** spices.
- Mum allowed us **stay / to stay** up late, but she didn't let us **play / to play** video games.

3  Read the text and choose the correct options.

Exercise – happy body, happy mind

Exercise isn't just good for your body, it's good for your mind too. ¹ _____ regularly helps with stress, mood and sleep! When you learn how to play a sport and succeed, it's also good for your self-esteem. ² _____ teenagers choose team sports because spending time with others makes them happier. It isn't always easy ³ _____ exercise into a busy day, so experts recommend ⁴ _____ it part of your daily routine and doing a little bit of physical activity ⁵ _____ day, for example by ⁶ _____ to school. They also say that doing some exercise outdoors, in the sunlight, gives you ⁷ _____ vitamin D to lift your mood.

- | | | |
|-----------------|--------------|-------------|
| 1 A To exercise | B Exercising | C Exercises |
| 2 A Much | B Few | C Many |
| 3 A fitting | B to fit | C fit |
| 4 A make | B to make | C making |
| 5 A any | B some | C each |
| 6 A cycling | B to cycle | C cycle |
| 7 A lot of | B too much | C enough |

4  Choose the correct translation.

- ___ (Ile) cream do I have to add to the soup?
A How many
B How much
C A lot of
- I forgot ___ (zostawić kilka naleśników) for Tom.
A leaving some pancakes
B to leave a few pancakes
C leave a little pancakes
- ___ (Liczenie kalorii każdego dnia) seems like hard work.
A Calories counter
B To count each day calories
C Counting calories every day
- Could you buy three ___ (paczki chipsów), please?
A packets of crisps
B cartons of chips
C jars of cereals
- I miss ___ (jedzenia tych przepysznych herbatników) for breakfast.
A to have those delicious biscuits
B eat these tasty biscuits
C eating these delicious biscuits

5 Match sentences 1–4 with responses a–e to make mini-dialogues. There is one extra response. Write a sentence or a question that could come before the extra response.

- How much sugar do I add? _____
 - I've got the nuts, what now? _____
 - Then, add some strawberries. _____
 - How do I cut the meat? _____
- a Just put them into the blender and mix all the ingredients.
b Like this, into small pieces.
c Only a few teaspoons.
d When the drink is ready, pour it into cups and serve.
e OK, how many exactly?

6  Complete the mini-dialogues.

- X: _____ packets of crisps do we need for the party?
Y: Only a few. Guests usually bring some snacks with them.
- X: Is the smoothie sweet enough?
Y: Try it. Is that OK or _____ add more honey?
- X: I'm so hungry!
Y: _____ we make a pizza? It only takes twenty minutes to make.

1.9 Writing

An informal email with an invitation

1 Match sentences 1–7 with the ideas they express a–g.

- 1 How are you? I hope you're well. ____
- 2 This event looks amazing and I'd love to take part in it. ____
- 3 I really hope you can come! Let me know. ____
- 4 I'd like you to do something for me. Do you know Jack's brother? ____
- 5 I'd like to tell you more about the fitness app I started using. ____
- 6 Unfortunately, Jenna and I can't come on Sunday. ____
- 7 Let's go camping next weekend. We can use my brother's tent. ____

- a Giving the reason for writing
- b Inviting
- c Rejecting an invitation
- d Beginning an email
- e Accepting an invitation
- f Ending an email
- g Asking for help

2 Match the parts of the sentences.

- 1 I'm looking forward ____
 - 2 The reason ____
 - 3 Thank you ____
 - 4 Would you like ____
 - 5 Could you ____
- a to go there with me?
 - b help me with the invitations?
 - c to your reply.
 - d I'm writing this letter is to tell you about a special event.
 - e for the invitation, but I can't join you.

3 Complete Robin's email with the missing sentences a–e. There is one extra sentence.

✉ New message

Hi Dan,

I hope everything is fine. ¹ ____ Let me tell you something about it. Today at school we talked about making healthy choices. ² ____ You know me – I like swimming and running, but sometimes I'm too busy. Also, it's difficult to eat healthy food, too. That's why I want to enter a 30-day HEALTH Challenge. ³ ____ For example, when I go to my friend's birthday tomorrow, which is in a pizza restaurant, I must choose a salad!

I think it can be easier if we do it together. So what do you say? ⁴ ____ I can't wait to hear from you. And wish me luck tomorrow!

Robin

4 Complete your reply to Robin's email. Use the prompts.

✉ New message

Robin,

Thanks for your email. The challenge is a great idea and ¹ _____

(*napisz, że chciałbyś/chciałabyś wziąć w nim udział*). Can you give me some details?

² _____

(*zadaj dodatkowe pytanie na temat tego wyzwania*)? Also, ³ _____

(*poproś, żeby Robin pomógł ci się do niego przygotować*). I'll keep my fingers crossed for the pizza party tomorrow. Let me know how it goes.

⁴ _____

(*napisz, że czekasz na odpowiedź*). Cheers,

5 Do the writing task.

Dostałeś/Dostałaś od kolegi/koleżanki zaproszenie do udziału w Kulinarnych Dniach Europy, podczas których uczestnicy gotują potrawy pochodzące z różnych państw. W e-mailu do kolegi/koleżanki:

- napisz, dlaczego nie możesz uczestniczyć w tym wydarzeniu,
- zaproponuj potrawę, którą mógłby/mogłaby zrobić kolega/koleżanka,
- napisz, jak ją przygotować,
- poproś o pomoc w zorganizowaniu podobnego wydarzenia w Twojej szkole.

Długość tekstu powinna wynosić od 100 do 150 słów.

Dear Marek, _____
Thank you for your email. I'm sorry, but ... _____

- a I try to stay healthy, but it isn't always easy.
- b I'd appreciate your help with it.
- c Would you like to join me in this challenge?
- d The idea is to make healthy choices for 30 days.
- e I'm writing to ask you to take part in a certain project with me.



VOCABULARY

- 1 Choose the correct options to complete the recipe for a healthy breakfast.

My super healthy fruit breakfast

First, get all the ¹ *food / ingredients*. You need different kinds of fruit (about 150 grams), 100 grams of oats, two ² *tablespoons / pinches* of natural yoghurt and some honey. First, ³ *cook / measure* the oats carefully, so you don't use too much. Next, ⁴ *add / chop* the fruit into small pieces. (I like to use apple, orange, banana and grapes.) ⁵ *Mix / Put* the chopped fruit into a cereal bowl. Then ⁶ *mix / add* it with the oats. ⁷ *Mix / Add* the yoghurt on top of the fruit, and ⁸ *first / finally*, for a lovely sweet taste, ⁹ *mix / pour* the honey on top – about a ¹⁰ *handful / teaspoon* is plenty. Cover and leave in the fridge overnight. And there it is – a delicious and healthy breakfast!

- 2 Complete Ana's healthy week diary with the phrases from the box.

cut down on sugar drink enough water
eat sugary snacks eat too fast
fight off infections get active get enough sleep
improving your mood make an appointment
skip breakfast taking an aspirin

Day 1

I'm trying to ¹ *cut down on sugar*. If I'm hungry, I don't ² _____ or sweets. I usually ³ _____, but this morning I had a good meal, so I hope I won't snack until at least 11 o'clock.

Day 3

Today I want to make sure I ⁴ _____. My goal for the day is two litres! I'm also trying to take more time with my meals because I know I often ⁵ _____ and it isn't good!

Day 5

Not a good day today because I was tired, so I ate some chocolate for energy! :(I'm going to bed early tonight to make sure I ⁶ _____.

Day 7

Yay! First week done! The goal for next week is to start moving a lot more and ⁷ _____. I'm going to walk to school every day. I know that doing exercise is a good way of ⁸ _____. – I feel more cheerful already.

Day 8

I think I'm ill. ☹️ I thought that a healthy diet could help me ⁹ _____, but I was wrong! I've got a headache and a sore throat. I tried ¹⁰ _____ in the morning, but it didn't help. I need to ¹¹ _____ with a doctor ASAP ...

GRAMMAR

- 3 Correct the mistakes.

- 1 Wash the fruit before eating it because there are *many* much germs on them.
- 2 When did you learn cooking like this? It's delicious!
- 3 I need to add a little green vegetables to my diet.
- 4 I know I should give up to drink coffee, but it's so hard!
- 5 If you want to lose any weight, try walking for thirty minutes every day.

- 4 Translate into English.

Jackfruit – an amazing superfood

¹ *Some fruit and vegetables* (Nektóre owoce i warzywa) are known as 'superfoods' because they help your body stay healthy. Very close to the top of the list of superfoods is the jackfruit. This amazing fruit ² _____ (wydaje się) good for you in lots of different ways, from making your heart stronger to giving you clearer skin. If you aren't keen ³ _____ (gotowania) or you haven't got ⁴ _____ (wystarczająco dużo czasu), it's possible to have it raw. It's ⁵ _____ (trudno uwierzyć), but when it is cooked, it tastes very much like meat, so you can add ⁶ _____ (kilka kawałków) to a dish to replace meat! So if you ⁷ _____ (lubisz próbować) new foods, and you ⁸ _____ (planujesz poprawić) your diet, get a jackfruit!

ROUND-UP

1 2 3 4 5 6 7 8

- 5 Choose the correct options.

I'm feeling hangry!

The word 'hangry' is a mix of 'hungry' and 'angry', and describes the feeling of ¹ _____ in a bad mood because you haven't eaten anything too long. Scientists once thought that the idea of being hangry wasn't real. But now research ² _____ that it really exists. It seems that people are ³ _____ to have arguments and ⁴ _____ changes when they don't eat for ⁵ _____ hours. The reason for this is that when you haven't eaten, your ⁶ _____ sugar drops, and it becomes more difficult ⁷ _____ your feelings and your behaviour. The good news is that you *can* avoid ⁸ _____ hangry easily – you just have to have a ⁹ _____ regularly!

- | | | |
|-----------------|---------------|-------------------|
| 1 a be | b to be | c being |
| 2 a shows | b is showing | c to show |
| 3 a too likely | b more likely | c too much likely |
| 4 a energy | b mood | c stress |
| 5 a a few | b a little | c few |
| 6 a brain | b heart | c blood |
| 7 a controlling | b to control | c control |
| 8 a becoming | b to become | c became |
| 9 a dish | b food | c snack |



LISTENING

- 1 03 Usłyszysz cztery wypowiedzi związane ze stresem. Do każdej wypowiedzi 1–4 dopasuj zdanie A–E. Jedno zdanie zostało podane dodatkowo.

This speaker:

- A is describing how stress affects his/her immune system.
- B is a specialist helping students with stress at school.
- C claims that a healthy diet helps to reduce stress.
- D is giving tips how to fight with stress.
- E is encouraging listeners to treat themselves to something unhealthy.

1 ____ 2 ____ 3 ____ 4 ____

READING

- 2 Przeczytaj tekst. W każdą lukę wpisz literę, którą oznaczono brakujące zdanie A–E. Jedno zdanie zostało podane dodatkowo.

- A I find it very difficult to follow a diet.
- B I'm planning to improve a lot of things within this time.
- C I must admit that the minor changes give me a lot of energy.
- D It's a good way of making sure that I don't give up.
- E I feel that I am making a difference and it makes me very happy.

MY ROAD TO PERFECTION

A journal by Mario B.

Monday, July 1st

This is the first day of my challenge. ¹ ____ I want to eat healthily, exercise more and make a lot of changes to my daily routine. I hope that keeping a journal can help me complete the challenge.

² ____ Also, I have a new app that can help me keep track of the vitamins and minerals I eat, control the number of calories and record physical activity. So today, I'm not eating any white rolls or sweets – only eggs, vegetables, salmon and wholegrains.

Tuesday, July 2nd

Today it's time to get active! I'm planning to spend some time outdoors, go cycling in the park and then have a walk with my friends in the afternoon. I keep improving my diet. I even try products that I usually never eat – spinach, lentils and oat milk. ³ ____ I feel like I could do anything!

Saturday, July 6th

Finally, it seems that I have a routine. I start the day with a healthy breakfast, I exercise in the evening, eat at fixed hours and never skip meals. ⁴ ____ Apart from a better mood, I can see some changes in my weight – minus 1 kg so far!!! Keep your fingers crossed for more! ;)





USE OF ENGLISH

3 Uzupełnij zdania, wykorzystując wyrazy podane w nawiasach w odpowiedniej formie. Możesz dodać inne wyrazy. W każdą lukę możesz wpisać maksymalnie pięć wyrazów.

- Don't forget _____ *to add a pinch of* _____ (add / pinch) salt to the egg whites.
- _____ (be / rice) to make curry, or shall I get some more?
- _____ (chop / carrot / not be) a task for a child.
- If you don't take care of yourself, you can _____ (come / serious) illness.
- In order to lose weight, it's _____ (good / count / calorie) than _____ to stop eating.

4 Uzupełnij drugie zdanie tak, aby oddać sens zdania wyjściowego. Użyj podanego wyrazu. W każdą lukę możesz wpisać maksymalnie pięć wyrazów.

- The doctor forced me to eat more veggies. **MADE**
The doctor _____ *made me eat* _____ more veggies.
- The patient says he has some allergies. **ADMIT**
The patient _____ some allergies.
- Why don't you drink some hot milk before going to bed? **A**
He suggested _____ hot milk before going to bed.
- Don't let the children eat chocolate for breakfast. **ALLOW**
It isn't a good idea to _____ chocolate for breakfast.
- I believe it's not easy to follow a diet. **BEING**
I believe _____ isn't easy.

5 Z opcji A-C wybierz właściwą odpowiedź.

Best tomato pasta recipe

This tomato pasta is very easy ¹ _____. You need ² _____ onion, some garlic and a tin of tomatoes. And ³ _____ pasta, of course! Don't use ⁴ _____ garlic as it can be too strong. If you haven't got ⁵ _____ garlic, you can leave it out. Cook the pasta in a lot of water. Make sure you pour ⁶ _____ water into the pan. When the pasta ⁷ _____, fry the onion in ⁸ _____ oil. Add the garlic and the tomatoes. After ⁹ _____ all the ingredients, cook the sauce for ten minutes. Finally, add the pasta.

- | | | |
|-----------------|------------|--------------|
| 1 A making | B make | C to make |
| 2 A an | B a | C the |
| 3 A a packet of | B a packet | C packet of |
| 4 A too many | B too much | C too |
| 5 A a | B any | C a few |
| 6 A enough | B too much | C some |
| 7 A cooks | B cooking | C is cooking |
| 8 A some | B a | C too much |
| 9 A to add | B add | C adding |

WRITING

6 Przeczytaj polecenie i wykonaj zadanie.

Postanowiłeś/Postanowiłaś zmienić swoje przyzwyczajenia i zacząć prowadzić zdrowy tryb życia. Planujesz zorganizować dla przyjaciół i rodziny tydzień fitnessu, który ma być początkiem zmian. W e-mailu do kolegi/koleżanki:

- przedstaw swoje plany i wyjaśnij, dlaczego to robisz,
- napisz, na czym ma polegać Twoje przedsięwzięcie,
- zaprosz kolegę/koleżankę do udziału w zaplanowanych aktywnościach,
- poproś o pomoc w organizacji jednej z aktywności.

Długość tekstu powinna wynosić od 100 do 150 słów.

Hi, Adam,
I'd like to make some changes to my lifestyle and start living more healthily.



2 AMAZING PEOPLE

Vocabulary



Vocabulary 1

Personality adjectives

1 Cross out the extra vowels to find the missing adjectives.

- Sam makes me laugh. He's really funny. ~~AFUNENUY~~.
- Be _____ when you carry your drink because you might drop it. ~~OCEAREFEULY~~
- Eva makes a lot of noise. She is never _____. ~~AQUIOETEY~~
- When Ali is in a bad mood, he isn't very _____ to other people. ~~IPLEASOANTE~~
- My uncle is very _____ - he always does nice things for other people. ~~EKIONDY~~
- I like Karl because he's _____. ~~EFORIENUPLY~~

2 Choose the correct adjectives to describe each person.

- I never get angry or upset. *calm / creative*
- I'm careful, and I don't do stupid things. *brave / sensible*
- I'm always happy and excited to try new things. *hard-working / enthusiastic*
- I always try to see the good things in a situation. *positive / curious*
- You can trust me to do what I say I will do. *sociable / reliable*

3 Complete the sentences with the adjectives from the box. There are two extra adjectives.

brave calm confident creative curious
hard-working sociable talented

- This picture is so beautiful. You are really talented.
- We've got a very good team, so I'm _____ that we can win the game.
- My little sister is very _____ - she wants to learn about everything!
- You spend too much time on your own. You should be more _____!
- Dan is never scared - he's really _____!
- Sofia is very _____, so no wonder she is a top student.

4 Complete the personal profile with one adjective in each gap.

Hi, my name's Tara. I'm a very ¹ sociable person because I love being with other people. My friends tell me I'm not very ² _____, and it's true - I get quite annoyed when I have to wait! School is important to me and I'm ³ _____, so I always do my homework on time. I'm quite ⁴ _____ - I love designing new things and my friends say I have good imagination. I always try to be ⁵ _____, so my friends know they can depend on me if they need me. I love music, and I'm learning to play the guitar. My teacher wants me to play in a concert next month, but I don't feel very ⁶ _____ about playing in front of other people yet!



5* Make nouns from the adjectives in the table. Use a dictionary to help you. Then use the nouns to complete the sentences.

Adjective	Noun
confident	<i>confidence</i>
creative	_____
curious	_____
enthusiastic	_____
kind	_____

- He is a very good student, but he has little confidence in his abilities.
- Remember to treat all people around you with _____ and they will be good to you as well.
- People all over the world share great _____ for sports.
- The aim of the workshop is to help children develop their artistic _____ and originality.
- All children have a natural _____ about the world.



1 Watch the video and choose the correct options.



- Graham *used to / didn't use to* be sociable, but Gloria *did / didn't*. She *used to / didn't use to* go to parties.
- Graham *used to / didn't use to* do sport and once he even *used to win / won* a competition.

2 Choose the correct options.



Sid Wow! Is that a photo of you when you were younger? Did you ¹ *use / used to* have long hair?
 Mia Yes, I ² *used / did*. It ³ *used / use to* be really long.
 Sid And where was this photo? It looks like Rome. ⁴ *Used you / Did you use to* live there?
 Mia No, I ⁵ *didn't use / didn't*. I was on holiday in Italy with my family.
 Sid Is that your brother next to you? ⁶ *Did he use / Does he use to* have dark hair?
 Mia Yes, he ⁷ *did / does*. Hard to believe, right?

3 Write the questions about when you were younger using *used to*. Then write answers that are true for you.

- you / like / pizza?
Did you use to like pizza?
Yes, I did.
- you / enjoy / school?

- you / do / a lot of sport?

- you / play / computer games?

4 Look at the things Miles and Sofia did when they were younger. Complete their profiles with the correct forms of *used to* and the correct verbs.

	Miles	Sofia
play computer games	✓	✗
enjoy studying	✗	✓
do a lot of sport	✗	✓

Miles: I ¹ *used to play* computer games a lot when I was younger, but I don't play much now. I ² _____ studying, but I love it now! I also do a lot of sport now. Football is my favourite. I ³ _____ much sport when I was younger because I wasn't very good at it!

Sofia: I ⁴ _____ a lot of sport when I was younger. Tennis was my favourite, but I prefer yoga now. I ⁵ _____ studying too, but now I have a lot of exams and I don't enjoy it as much. I ⁶ _____ computer games, but I sometimes play now.

5 Complete the sentences with the correct forms of the verbs from the box. Use *used to* where possible. Where not, use the past simple.

go hire not go not like love spend take

I remember lots of things from when I was younger. Some of my favourite memories are from the summer holidays – they were great! We ¹ *used to spend* holidays in a little town near the sea. My sister ² _____ swimming in the sea, but I ³ _____ it! There was a little boat there, and my dad ⁴ _____ us sailing. My mum ⁵ _____ with us because she didn't like the sea, so it was just me and my sister with my dad, and we could do whatever we wanted. Once, we ⁶ _____ a motorboat and ⁷ _____ to a small island nearby.

6* Complete the sentences. Use *used to* where possible. Where not, use the past simple.

- In 1999, I *started working* (start / work) as a shop assistant in a local shop.
- In the past, we _____ (spend / less / money) on food, but now everything is so expensive!
- _____ (you / like) green vegetables when you were a child or is this something you eat now as an adult?
- Then my parents _____ (buy / house / countryside) and we moved.
- Where _____ (your parents / live) before that?
- I _____ (not / like / drink) cappuccino, but now it's my favourite type of coffee.

2.3 Speaking

Asking for and giving opinions

Key Phrases



1 Choose the correct options.

- 1 What did you *think* / *like* of the trip?
- 2 *Won't* / *Don't* you think that it was a bit boring?
- 3 *How* / *What* do you reckon?
- 4 In my *opinion* / *idea*, the tickets are too expensive.
- 5 *I* / *I'm* reckon that Jo would love this!
- 6 I loved it! I thought it was *terrible* / *awesome*!
- 7 I didn't enjoy it at all. It was really *awful* / *amazing*!

2 Complete the dialogue with the words and phrases from the box. There are two extra phrases.

Didn't you think fantastic I thought
my opinion terrible What did you think
What do you reckon you ask me

- Mel 1 What did you think of the zip wire?
Drew 2 _____ it was incredible!
Mel 3 _____ it was a bit quick?
If 4 _____, it's too expensive for something that only lasts about a minute!
Drew Well, yes, it was quick, but in 5 _____ it's worth the money. The views were really 6 _____!

3 Look at the photo and put the sentences in the description in the correct order.

- a I believe they are having a great time. _____
- b There are five girls and three boys. _____
- c I reckon that they know each other very well. _____
- d The photo shows a group of teenagers in a pool. _____
- e I think they are in a waterpark, because they are sitting on special tubes for riding down the slides. _____

4 Translate into English.

- Troy Look what I found yesterday!
Meg Wow! This is our photo from the waterpark.
1 It was an amazing day
(To był niesamowity dzień!)
Troy 2 _____
(Szczerze mówiąc), some of the attractions
3 _____
(były rozczarowujące), but on the whole
4 _____
(to było fantastyczne doświadczenie).
Meg 5 _____ (Naprawdę dobrze się bawiłam). That said,
6 _____ (według mnie), the food wasn't so good there.
Troy I agree. 7 _____
(Myszę, że było okropne).
Meg 8 _____
(Nie sądzisz, że) we should do it again this summer?
Troy Definitely! How about next week?

5 Complete the mini-dialogues. There may be more than one correct answer.

- 1 X: _____
_____ that the film was boring?
Y: Not at all! I really liked it.
2 X: What was your opinion of the trip to the zoo?
Y: _____
_____ We should do it again some time.
3 X: I went to the new robotics exhibition last Saturday.
Y: _____?
X: A lot! Do you want to go with me next time?



From headbands to education for all



Mary Grace Henry is an amazing teenager. She grew up in the USA, where she learnt that education is very important. As a young girl, she used to read a lot about various problems around the world. She found out that in some African countries many girls don't go to school. This is because their families are poor and because some traditional cultures don't believe that education is important for girls.

Mary Grace decided to raise money to send one girl to school. At first, she wasn't sure how to raise money. Then one day, her dad gave her a headband as a gift. The headband soon broke, and Mary Grace had an idea. She asked for a sewing machine for her birthday, and she started making headbands to sell at her school. The headbands were popular, and Mary Grace soon raised enough money to achieve her first goal of sending one girl to school. She realised that she could do more and decided to continue. She started a business called *Reverse the Course*. Soon her goal changed to sending

100 girls to school. *Reverse the Course* became a successful business.

It made and sold hundreds of headbands and other hair accessories. Students helped her with the sewing.

All the money went to helping girls in Africa. In 2014, Mary Grace won an award for her work. She also travelled to Africa to meet some of the girls she helped. This made her even more determined to continue helping others. *Reverse the Course* helped 123 girls to receive an education before it ended in 2018. And so the ideas that used to be only a dream became reality.



1 Read the article quickly and choose the best title.

- a Why fashion is important
- b Making a difference to other people's lives
- c How a visit to Africa inspired a business

2 Read the article again and choose the correct options.

- 1 Mary Grace Henry
 - A lived in Africa when she was young.
 - B didn't enjoy her own education.
 - C learnt about how difficult life was for girls in Africa.
- 2 Many girls in Africa
 - A don't believe that education is important.
 - B can't go to school for various reasons.
 - C have a lot of problems at school.
- 3 Mary Grace got the idea for her business
 - A because of a present she received.
 - B after she got her sewing machine.
 - C when she saw some headbands at school.
- 4 When Mary Grace started selling headbands,
 - A she didn't raise any money.
 - B a lot of people liked them.
 - C other people encouraged her to do more.
- 5 What inspired Mary Grace to continue her work?
 - A Winning an award.
 - B Her visit to Africa.
 - C The need to earn money for herself.
- 6 What do we know about Mary Grace's business now?
 - A It now makes other things as well as headbands.
 - B It changed the lives of more than a hundred girls.
 - C Only some of the money from the company helped girls in Africa.

3 Answer the questions. In questions 4 and 5, you need to write your own opinion.

- 1 What was Mary Grace's first goal?

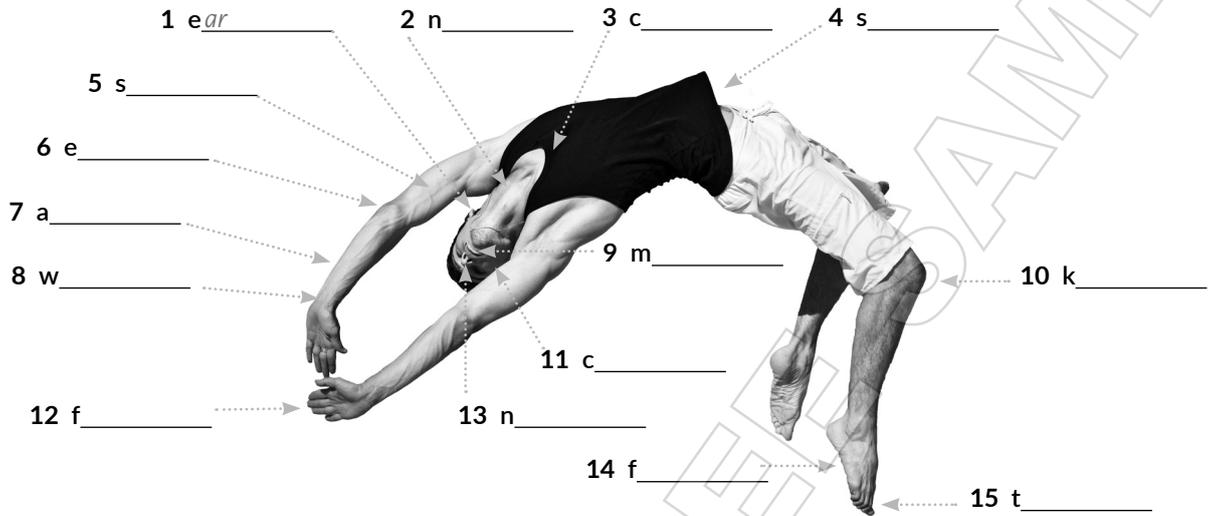
- 2 Why did Mary Grace ask for a sewing machine for her birthday?

- 3 Why did Mary Grace's goal change?

- 4 Why do you think Mary Grace started with a small goal?

- 5 How do you think Mary Grace felt when she met some of the girls she had helped?

1 Label the parts of the body.



2 Choose the correct options.

- My uncle is in a wheelchair and he's got a(n) *assistance* / *blind* / *carer* dog.
- Right after the accident, Martha had some problems with her ears and now she is almost *blind* / *deaf* / *disabled*.
- I hate needles, so when the doctor wanted to give me a(n) *scar* / *treatment* / *injection*, I panicked.
- Last summer my brother broke his leg and spent six weeks in a *plaster cast* / *casualty* / *bandage*.
- I'm afraid your wound isn't *treating* / *recovering* / *healing* well.

3 Complete the mini-dialogues.

- Paul fell off a tree yesterday and d i s l o c a t e d his shoulder.

Oh no! I feel so sorry for him.
- How are you? The last time I saw you was right after your jogging accident. You __ p r __ your ankle, right?

Yes, I did. And then I couldn't walk for two weeks!
- These mosquitoes are driving me crazy!

Me too! I s _ _ _ t _ _ h the bites all the time!
- What are you doing?

Exercising. I'm working on my stomach __ u _ c __ s before the beach season.

4 For each point 1–3, decide which group of words is missing: a, b or c. Then complete the sentences with the correct forms of the words.

- | | | | |
|---|-------|----------|---------|
| a | break | sprain | survive |
| b | scar | bleed | wound |
| c | bone | disabled | spine |

- After the bike accident, everyone was scared that Jesse might be _____. That's because he broke a few _____ and severely injured his _____.
- Magda's doctor says that her _____ looks bad. It's _____ heavily and it'll probably leave a _____.
- It was a miracle that Tom _____ the plane crash. Doctors couldn't believe that he only _____ his ankle and _____ his arm.

5* Translate into English.

- Craig jest utalentowanym chirurgiem i wie, jak radzić sobie z różnymi urazami.

- Panikuję, kiedy widzę krew.

- To odważne pomagać ludziom z poważnymi niepełnosprawnościami.

- Ben był bardzo spokojny, kiedy rozciąłem sobie czoło, i zabrał mnie na pogotowie.

A radio programme about inspirational people

1 Match 1–7 with a–g to make phrases.

- | | |
|-----------------|----------------------|
| 1 start _____ | a an online petition |
| 2 raise _____ | b a goal |
| 3 change _____ | c society |
| 4 achieve _____ | d a campaign |
| 5 gain _____ | e knowledge |
| 6 make _____ | f a difference |
| 7 sign _____ | g money |

2 Match the phrases from exercise 1 with the definitions below. Then write the definition of the extra phrase.

- achieve a goal – to manage something that you wanted to do
- _____ – to learn more about something
- _____ – to add your name to a list of people who support an idea
- _____ – to make a difference to a group of people
- _____ – to help other people in some way
- _____ – to collect funds for others

3 Complete the dialogue with one word in each gap.

Luke Look at these plans to build houses in our park. Can you believe it?
 Trish That's awful! Everyone uses the park! Do you think we should¹ start a campaign to save it?
 Luke There's one already, and there's an² _____ petition. I think we should definitely³ _____ it.
 Trish Good idea! Let's make some leaflets, too. We could have a bake sale to⁴ _____ some money to print them, and we could tell our friends to do the same.
 Luke Yes. We need to do everything we can to help the campaign achieve its⁵ _____ of keeping the park open!
 Trish You know what – I feel it's about time to⁶ _____ a difference.

4 Read the WATCH OUT | SKILLS box. Then read the task in exercise 5 and guess what the radio programme is about.

- a discussion about the advantages and disadvantages of being an inspiration
- tips about how to make a difference and inspire other people
- personal stories about meeting inspiring people

WATCH OUT | SKILLS

Przewidywanie treści nagrania

Przeczytaj uważnie postawione w zadaniu pytania i możliwe odpowiedzi. Zastanów się, jakie informacje prawdopodobnie usłyszysz w nagraniu.

5 04 Listen to part of a radio programme. Match people 1–4 with advice a–d.



1 Yash Gupta



2 Walt Disney



3 Didier Drogba



4 Felix Finkbeiner

- Don't give up after failing. _____
- Start small. _____
- Use your personal experience for ideas. _____
- Use your talents to help other people. _____

6 04 Listen again and match people 1–4 from exercise 5 to sentences A–E. There is one extra sentence.

- This man shared something he had with other people.
- A personal problem gave this man an idea how to help others.
- This man tried very hard, but never succeeded.
- This man inspired others to help the environment.
- This man was determined to achieve his goal even though others didn't believe in him.

1 _____ 2 _____ 3 _____ 4 _____

7 04 Answer the questions.

- What problem did Yash Gupta have after he broke his glasses?
He couldn't study.
- Why didn't people like the idea of Mickey Mouse?

- Why did Felix think it was important to plant trees?

- What difference do you think Yash Gupta makes to young people's lives?

- Why do you think Felix wanted to encourage children – rather than adults – to plant trees?

- Which tip do you think is the most useful? Why?



▶VIDEO 08

1 Watch the video and write:

- two things that were happening last Saturday

- what happened when Graham was reading

2 Use the prompts to write sentences in the past continuous.

- this time yesterday / I / wait / for an X-ray / ER
This time yesterday I was waiting for an X-ray in the ER.
- where / you / sit / at lunch

- we / swim / pool / all morning

- I / write / an essay / for three hours

- we / not sleep / eleven o'clock

3 Read the WATCH OUT box and choose the correct options.

- ___ Jacob, he was chatting to Eva.
 - When I was seeing
 - While I was seeing
 - When I saw
- I made lots of new friends ___ money for charity.
 - when I raised
 - while I raised
 - while I was raising
- It wasn't raining ___ this morning.
 - when we left
 - while we were leaving
 - while we left
- ___ for the bus, I checked my phone for messages.
 - When I waited
 - While I was waiting
 - While I waited
- What ___ when I called you this morning?
 - were you listening to
 - did you listen to
 - you listened to

WATCH OUT

Czasowniki statyczne

Pamiętaj, że czasowniki statyczne (*state verbs*), takie jak: *believe, feel, hate, hear, know, like, love, mean, need, prefer, see, understand, want*, w swoim podstawowym znaczeniu nie przyjmują formy z końcówką *-ing*, nawet jeśli opisują czynność ciągłą:
When my dad was walking towards me, I saw that he was very tired.
I'm sorry, I didn't understand what you were saying.

4 Look at the pictures. Complete the sentences with the correct forms of the verbs from the box and *when* or *while*.

arrive cycle not do fall find start stop walk

- Mia was cycling to her friend's house when she fell off her bike.
- ___ Mum ___ home, Liam and George ___ their homework!
- We ___ our game of rugby ___ it ___ to rain.
- Sasha ___ a bag ___ she ___ through the park.

5* Complete the blog post with the correct forms of the verbs in brackets. Use *used to* (wherever possible), the past simple or the past continuous.

In the past I ¹ didn't use to care (not care) a lot about the environment, but it changed some time ago. A few months ago, I ² _____ (watch) TV at home when I ³ _____ (see) a programme about elephants dying in Africa. They said that the population of elephants ⁴ _____ (be) much bigger. I felt really sad, so I ⁵ _____ (start) raising money to help save them. While I ⁶ _____ (put) up a poster one day, some of my classmates ⁷ _____ (ask) me what it was for. When I ⁸ _____ (explain), they promised to help too. Now we organise lots of events and regularly send money to an elephant charity.



1 Write the correct adjective.

How can you describe a person who:

- is sure about their exam results? *confident* _____
- rescued a dog from fire? _____
- wants to know every detail about a topic?

- always gives their seat to elderly people on a bus? _____
- does everything he/she promises to do?

- likes spending time with other people?

2 Choose the correct options.

- Do you know any person who has an exceptional *ability* / *equality*?
- If you ask me, Robert is quite an *inspiring* / *ordinary* person and he doesn't deserve to win the prize.
- I expected the waterpark to be amazing, but the experience turned out to be rather *frustrating* / *disappointing*.
- Most of the class thought that the science fair was *awful* / *awesome*, but I really hated it.
- I couldn't *overcome* / *suffer* my fear of public speaking and I refused to give a speech.

3 Choose the correct word to complete both sentences in each pair.

- The doctor said he had to _____ a bandage on the wound.
 - All of us _____ a lot of effort into the campaign.
A gave B invested C put
- If we _____ the *Young Talent* prize, we might become famous.
 - It's really important for me to _____ this competition.
A get B win C achieve
- My parents' decision _____ on how good my marks are.
 - Mira is 22, but she still _____ on her family for money.
A depends B refers C relies
- The jury told me I don't have what it _____ to become a star.
 - It usually _____ a week for a wound like this to heal completely.
A is B takes C needs
- _____ is your opinion of the new teacher?
 - I don't want to take part in this project. _____ do you reckon?
A How B Which C What

4 Complete the questions with the correct forms of the verbs from the box. Use *used to* (wherever possible), the past simple or the past continuous. Then answer the questions.

be do get go meet sit

- What *were you doing* at nine o'clock last night?
- Where _____ after school yesterday?
- _____ anyone interesting last weekend?
- _____ good grades in primary school?
- Who _____ your best childhood friend?
- Who _____ with in the last lesson yesterday?

5 Complete the second sentence with up to six words so that it means the same as the first one. Use the word in capitals.

- Someone knocked on the door during our supper. **WERE**
Someone knocked on the door *while we were having supper* _____.
- In the past, we had more family meetings. **MEET**
In the past, my family _____ often.
- How long does it take for people to get better after such an illness? **FROM**
How long does it take _____ such an illness?
- Lucy was having a bath when she heard a strange noise. **WHILE**
_____, she heard a strange noise.
- How long did you have to sleep when you were a child? **OF**
How many hours _____ need as a child?

6 Complete the text with one word in each gap.

The person I believe is really inspiring is Jason Barnes. He ¹ *used* _____ to dream of becoming a world-class drummer, but in 2012 he lost an arm in an accident. ² _____ he was cleaning the restaurant where he worked, Jason was hit by 22,000 volts of electricity. In hospital he went through a long treatment, but it didn't help and doctors had to amputate his arm. Luckily, Barnes never ³ _____ up and what seemed to be the end of his career was actually the beginning. A scientist designed a special robot arm for him that holds two drumsticks. It ⁴ _____ him to drum better than most other drummers. Jason is now studying music and hopes to be a professional musician. He's creative and ⁵ _____-working and he makes me feel that I could ⁶ _____ any goal I want!



2.9 Writing

A blog post about a person

1 Complete the text with the words from the box. There is one extra word.

addition admire difference famous
inspiration shows stop



The person who I truly ¹ admire for her achievements is my sister Carrie. She can be a(n) ² _____ because she is a sportsperson who didn't give up in difficult times. As a child, Carrie started swimming in a local sports club and she soon became very successful. She wasn't very ³ _____ for her achievements yet, but her coach said she might have a great sporting career. Sadly, at the age of eleven Carrie was diagnosed with leukaemia. It took her three years to recover from this terrible illness. Guess what the first thing was she did after she was healthy again. Yes! She started her swimming practice again. She was soon able to swim as fast as she could before her illness. But she didn't ⁴ _____ there. She was so determined that she soon won her first medal, which gave her a place in the national youth swimming team. In ⁵ _____, she wanted to help others, so she started a campaign to raise money for children who used to do sport, but now have problems with it due to illnesses. In my opinion, her example ⁶ _____ that anything is possible if you're hard-working and brave.

2 Complete the sentences with the conjunctions from the box.

although because so

- 1 A lot of teenagers think they can't make a difference _____ they are too young.
- 2 We wanted to help people after the earthquake, _____ we started raising money for them.
- 3 _____ our school is quite small, we raised over \$2,000.

3 Join the sentences using the words in brackets.

- 1 She has her own company. She is still a student. (although)

- 2 I'm going to sign the online petition. I think this is an important issue. (because)

- 3 The children have no books. They can't study. (so)

4 Read the notes. Write Patricia's profile using *although*, *because* and *so* and the Key Phrases on page 146.

- believed education was very important
- wanted to help children from poor families
- didn't always have books, pens etc. needed for school
- set up the organisation *Dream Boxes*
- people donate things kids need for school
- sends them to students who need them



Patricia Manubay

5 Do the writing task.

Twoja szkoła ogłosiła właśnie konkurs na patrona. Zaproponuj znaną osobę, której imię mogłaby nosić szkoła. Podziel się swoją propozycją na **blogu**.

- Przedstaw osobę, którą proponujesz.
- Opisz krótko jej osiągnięcia.
- Napisz, za co ją podziwiasz.
- Uzasadnij, dlaczego Twoim zdaniem ta osoba powinna być patronem szkoły.

Długość tekstu powinna wynosić od 100 do 150 słów.

Hi everyone, and welcome to my blog.

Today I'm going to ...

VOCABULARY

1 Read what two people said about their dream jobs. Choose the correct options.

Troy: I hope to be a ski instructor one day and help people ¹ *succeed / improve* their skills. To learn how to ski, it's important to be ² *curious / confident* and not get upset when you can't do something. You must stay ³ *relaxed / calm* and keep trying. I thought you had to be ⁴ *creative / brave* to go fast down the mountains, but it isn't really very scary once you can ski. But you do have to be ⁵ *careful / reliable* and stay on the parts of the mountain that are safe.

Ella: I would like to be a surgeon for children one day. I would like to ⁶ *heal / treat* wounds and broken arms, but in a way that doesn't scare young patients. I remember when I ⁷ *bruised / dislocated* my shoulder when I was five and I was terrified when I got to the hospital. I was so afraid of a(n) ⁸ *bandage / injection* that I kept crying all the time. There was only one doctor who was ⁹ *sensible / friendly* enough to give me comfort. I'd like to be like that doctor, you know!

2 Choose the correct options to complete the forum posts.

Can teenagers ¹ _____ a difference in the world? Tell us what you think!

Yes, I think they can. I ² _____ a campaign in my football club to help disabled kids to play football. Over 300 people ³ _____ my online petition, and now these kids have their own team!

Mateo, Cordoba, Spain

We don't have any power or money, so I think the best thing we can do is study, to ⁴ _____ knowledge about the problems of the world. Then, when we're older, we can start working to ⁵ _____ our goals.

Lakisha, New York, USA

Of course! My friend and I help people with physical ⁶ _____ and I believe we do change society in this way. And if we manage to ⁷ _____ other teenagers and they joins us one day, it can be a great ⁸ _____.

Cristiano, Manaus, Brazil

- | | | |
|-----------------|---------------|----------------|
| 1 a do | b make | c have |
| 2 a started | b made | c got |
| 3 a started | b wrote | c signed |
| 4 a gain | b learn | c take |
| 5 a win | b achieve | c arrive |
| 6 a injuries | b wheelchairs | c disabilities |
| 7 a improve | b inspire | c promote |
| 8 a inspiration | b career | c achievement |

GRAMMAR

3 Complete the mini-dialogues with the correct forms of the verbs in brackets.

1 X: How many students _____ *did you ask* (ask) to help you with the campaign?

Y: Not many, three or four. I asked Adam and Ellie, and they _____ (not be) interested.

2 X: What _____ (do) in the city centre last night? Paula _____ (see) you.

Y: Nothing, I _____ (wait) for my mum to pick me up.

3 X: _____ (send) the information about the petition last week?

Y: No, I did it yesterday.

4 X: What _____ (do) to help advertise the event?

Y: I made some posters. In fact, I _____ (finish) the last one when you called.

5 X: _____ (take) part in social campaigns?

Y: No. I only started a few months ago.

ROUND-UP

- 1 2 3 4 5 6 7 8

4 Complete the article with one word in each gap.

Becoming a RAKtivist!

I ¹ *was* walking home from school last week ² _____ I saw something amazing! A woman got off the bus with her shopping, but she had too ³ _____ bags to carry. ⁴ _____ I was watching and thinking about what to do, a teenager walked up to the woman and offered to help. The teenager did ⁵ _____ know the woman – she just wanted to help. It really made me think! We see situations like this ⁶ _____ day where someone needs a bit of help, but what ⁷ _____ we do? Usually nothing! It doesn't take very ⁸ _____ time or effort to do something kind. A random act of kindness (or RAK for short) is something kind that you do to help someone you don't know. And a RAKtivist (like me) is someone who does this. So how do I help? By ⁹ _____ small things, like opening a door for people or giving them my seat on the bus. The ¹⁰ _____ amazing thing about being a RAKtivist is that you meet a ¹¹ _____ of people, and you make their lives just a little bit better.





LISTENING

1 05 Usłyszysz cztery teksty. Wybierz właściwą odpowiedź, zgodną z treścią nagrania.

Text 1

- 1 The girl
 A thought the ride was incredible.
 B thinks the tickets cost too much.
 C has the same opinion of the ride as the boy.

Text 2

- 2 The girl's brother
 A is a soldier.
 B suffered from a serious illness.
 C is older.

Text 3

- 3 Sam is calling her friend to
 A give her opinion on a project.
 B ask for help with school work.
 C apologise for not helping her when she needed it.

Text 4

- 4 Where can you hear such an announcement?
 A At a school assembly.
 B On the radio.
 C In the news on TV.

READING

2 Przeczytaj tekst. Odpowiedz na pytania zgodnie z treścią tekstu.

home
blog

👍
★
❤️
✉️

🔍

Hi, Guys!

Today I'd like to tell you about someone I started admiring a while ago. While I was looking online last month, I found Hannah Testa's website. Do you know who she is? She is an environmental activist whose mission is to fight for the planet and its future. And she does that, very successfully, despite her young age.

While she was growing up, she saw the amount of plastic pollution all around her. She realised that it's actually one of the environment-related problems that people can control. At the same time she could see that adults weren't doing enough to solve it. So she decided to take action herself. She started a Plastic Pollution Awareness Day, to make people think about the amount of plastic they throw away. The event became very popular and it appeared on national TV. As a result, teenagers all over the country saw her campaign and started similar actions locally. See? That's how even one person can make a difference. In 2017, the campaign brought her a Teen Earth Day Hero award from CNN. And she did all this while she was studying for exams at school! But she didn't stop there. Being passionate about animal rights, Hannah is a great believer in an organic and vegan lifestyle. She regularly promotes plant-based diets and she has even created her own cereals! She's an amazing teenager and I wish I could be like her!



1 Why is plastic pollution Hannah's main focus?

Because it's a problem people can control.

2 Why did Hannah decide to do something about plastic pollution herself?

3 What made her campaign so successful?

4 What did she win a prize for?

5 Which food product did Hannah make?



USE OF ENGLISH

3 Z opcji A–C wybierz właściwą odpowiedź.

- I was playing football _____ my arm.
A while I was breaking
B when I broke
C while I broke
- Todd enjoys _____ in the sea but only in summer.
A to swim
B swimming
C swims
- It's _____ Spanish than Hungarian.
A easier to learn
B easy enough to learn
C as easy to learn
- Allow the apple pie to _____ before serving.
A cold
B cool
C chop
- After the accident, my dad needed _____ for a few weeks.
A an injection
B a wound
C a wheelchair
- Don't be so lazy! You _____ be more hard-working once.
A didn't use
B used
C used to

4 Uzupełnij zdania, wykorzystując wyrazy podane w nawiasach w odpowiedniej formie. Możesz dodać inne wyrazy. W każdą lukę możesz wpisać maksymalnie pięć wyrazów.

- My grandpa _____ *was famous for helping* (be / famous / help) blind people back in the 1970s.
- Where _____ (you / use / play) when you were a child?
- _____ (make / difference / be not) as hard as you think.
- She pretended to help other people, but she was only _____ (determine / make / money).
- We were thinking about the solution when Tom _____ (come) a great idea.
- I couldn't focus because _____ (neighbour / listen) loud music all evening.

5 Z opcji A–C wybierz poprawne tłumaczenie fragmentu zdania podanego w nawiasie.

- According to statistics, women _____ (*uprawiają mniej*) sport and exercise than men, but are generally healthier.
A do less
B do little
C don't do as much
- I know my grades are not so good now, but I _____ (*kiedyś wkładałem*) more effort into school work.
A used to put
B put
C was putting
- Look! I managed to clean the entire house _____ (*podczas gdy ty leżałeś*) on the couch.
A while you used to lie
B when you lied
C while you were lying
- It was _____ (*niesamowite doświadczenie*) – we should definitely do it again.
A an amazing experience
B a terrible experience
C an awful experience
- _____ (*Czy przystosowałeś się*) to changes that happened to you when you were a child?
A Did you use to adapt
B Did you adapt
C Were you adapting
- It's difficult _____ (*żyć z niepełnosprawnością*) in this small town.
A lives with a disability
B to live with a disability
C live with a disability

WRITING

6 Przeczytaj polecenie i wykonaj zadanie.

Poznałeś/Poznałaś niedawno fascynującą osobę, która udziela się społecznie. Podziel się informacjami o tej osobie na swoim **blogu**.

- Przedstaw tę osobę.
- Opisz okoliczności, w jakich go/ją poznałeś/poznałaś.
- Napisz, czym się zajmuje i jak pomaga innym.
- Wyjaśnij, dlaczego go/ją cenisz.

Długość tekstu powinna wynosić od 100 do 150 słów.

Hi everyone! Today, I want to tell you about a very special person I met recently.
