1 [AUDIO 6] **Wysłuchaj dialogu. Z podanych możliwości wybierz właściwą.**

1 James didn’t play the match

A on Saturday. B on Sunday. C on Thursday.

2 What illness did James have last weekend?

A a bad back B a cold C a stomachache

3 On the day of the game, James had

A a lot of energy. B a nice dinner. C a stomachache.

4 During the game, James

A played badly. B blew his nose. C hurt his leg.

5 In the last 10 minutes, James’s team

A lost the game. B stopped playing. C scored a lot of points.

2 Uzupełnij wpisując odpowiednie słówka.

0 Your e *l b o w* is in the middle of your arm.

1 Your k\_ \_ \_ is in the middle of your leg.

2 Last night I had a stomachache and I felt very s \_ \_ \_.

3 I usually sleep b \_ \_ \_ \_ the night before an exam because I’m so nervous!

4 Most people’s h \_ \_ \_ \_s beat about 72 times each minute.

5 I usually get r \_ \_ \_ \_ for bed at about 9.30, but after that I read in bed for half an hour.

3 Uzupełnij zdania słowami z ramki. Dwa słowa są podane dodatkowo.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| ~~rugby~~ | yoga | late | the gym | the flu | fit | leg | asleep |

 play ***rugby***every week for my school.

1 My sister broke her \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when she was playing football.

2 What do you do to keep \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ?

3 My parents often fall \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in front of the TV.

4 I usually wake up \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at the weekend.

5 I can’t go to school this week – I’ve got \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4 Wybierz właściwą odpowiedź używając podkreślenia.

0 Would you like **some** / *much* cake?

1 I ate ***too much* / *too many*** chips – now I feel ill!

2 We should eat ***any* / *a lot of*** vegetables – they’re very healthy.

3 How ***much* / *many*** cups of coffee do you drink every day?

4 I didn’t buy ***some* / *any*** bananas because I don’t really like them.

5 Alan doesn’t eat ***much* / *many*** salad, just a little, but he eats fruit – he loves it.

5 Uzupełnij blog wpisując czasowniki z nawiasów w czasie Past simple i Past continuous.

A Terrible Accident!

My little brother is usually really funny, but today he 0had (have) an accident!
He 1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (carry) some water from the kitchen into the garden when
he 2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (fall) down the step. He 3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (cut) his hand really badly. He 4\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (cry) really loudly when dad 5\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (find) him. His hand still hurts – poor little thing!

Speaking

6 Uzupełnij dialog wyrażeniami z ramki. Dwa wyrażenia są podane dodatkowo.

|  |  |  |  |
| --- | --- | --- | --- |
| ~~What’s the matter?~~ | my back hurts | a high temperature | should stay in bed |
| feel terrible | a bad cold | sneezing | a sore throat |

**Doctor:** Hello, Simon. **0** *What’s the matter?*

**Simon:** Well, Doctor, I **1**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. And I feel very hot - I think I have

2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

**Doctor:** Oh, I see. Have you got **3**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ?

**Simon:** Yes, it really hurts when I talk or eat anything. Do you think I’ve got **4**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or something worse?

**Doctor:** Well, I think it’s a cold, so you **5**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and drink a lot of water.

**Simon:** Thanks, Doctor.

**Doctor:** And if it gets much worse, come back and see me.

**Simon:** OK, Doctor. Thanks for your help

Reading

7 Przeczytaj teksty poniżej i wybierz prawidłowe odpowiedzi A, B lub C.

**0** What did Cameron do with his parents last night?

A played video games

B watched films on his laptop

**C watched television**

**1** What time did Cameron get up at night?

A at 9 o’clock

B at 10 o’clock

C at 11 o’clock

**2** What was Cameron doing at 1 a.m.?

A He was sleeping.

B He was watching TV.

C He was talking to her parents.

**3** How much sleep do adults need?

A eight hours

B nine hours

C twelve hours

**4** One good thing about drinking caffeine is that

A you feel less sleepy.

B you get a stomachache.

C it helps your heart.

**5** Polly says that Cameron should

A brush his teeth more and lose weight.

B go to bed a bit later when he’s tired.

C not drink energy drinks.

**Dear Polly**

Last night I watched TV with my parents. Then I went to bed at 9 o’clock but I couldn’t sleep. Two hours later
I still didn’t feel sleepy so I got up, had another energy drink and continued watching TV. My parents were already in bed. I didn’t fall asleep until 2 a.m.! I don’t want to stay up late, I just can’t go to sleep. What’s the matter with me?

**Cameron, 15**

**Dear Cameron**

Teenagers need more sleep than adults (nine hours per night, one more than adults) but less than children (twelve hours). Scientists think that teenagers are getting less sleep than before. Energy drinks can be part of the problem. They have lots of sugar and calories, which give you energy. But sugar is also bad for your weight and your teeth!

Energy drinks are also often full of caffeine. You find caffeine in tea and coffee. It makes you feel less tired and sleepy, but it can also make you feel nervous, give you stomachaches and headaches and can even cause problems with your heart.

So my advice is not to stay up late until you feel sleepy but go to bed early. You should also stop drinking energy drinks. This will help your teeth and your weight as well, if that’s a problem for you.

**Polly**