1. Połącz wyrazy/wyrażenia tak aby utworzyć poprawne wyrażenia.

Dwa wyrazy zostały podane dodatkowo.

 1 have a sprained … \_\_\_\_

2 get regular … \_\_\_\_

3 feel … \_\_\_\_

 4 use a first aid … \_\_\_\_

 5 have a sore … \_\_\_\_

 a cheek b kit c throat d disease e ankle f dizzy gcheck-ups \_\_\_\_ / 5

1. Zaznacz poprawne opcje.

1 Regular exercise helps to lower / apply your heart rate. 2 The doctor gave me a receipt / prescription for a course of antibiotics. 3 My sister suffers from an allergy / acne. She gets awful hay fever when spring starts. 4 The waist / chin is part of the face. 5 A healthy lifestyle will help to prevent / improve serious diseases like cancer. \_\_\_\_ / 5

1. Uzupełnij luki w tekście brakującymi wyrazami. Pierwsze litery zostały podane.

 I think it’s very important to have a healthy lifestyle. I (1) f\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a healthy balanced diet and I also spend a lot of time outdoors. It’s good for you to get a lot of fresh (2) a\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Of course, I am occasionally ill. For example, I might catch a cold in winter, but it’s never very serious and I (3) r\_\_\_\_\_\_\_\_\_\_\_\_\_\_ very quickly. Well, last year I broke my leg while I was skiing. It really (4) h\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I needed to take pills for the pain. I went to hospital and they put my leg in (5) p\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for a few weeks. Now I’m much more careful when I go skiing! …… / 5