

HEALTH – DEFINITION. HEALTHY LIFESTYLE AND PROBLEMS.

A. Choose the correct answer.

1. The doctor asked me to to the waist.
a) bare b) strip c) take off d) undress
2. The nurse put a round Peter's bleeding knee.
a) bandage b) belt c) ribbon d) scarf
3. He had injured his arm badly and had to keep it in a for several weeks.
a) cradle b) litter c) sling d) stretcher
4. When he finally , he couldn't remember what had happened.
a) came round b) held back c) stood back d) wore off
5. The doctor told her that her temperature was
a) current b) familiar c) habitual d) normal
6. He is dark glasses to protect his eyes from the sun.
a) bearing b) carrying c) fitting d) wearing
7. The ambulance men took the injured climber down the mountain on
a) a bedstead b) a cot c) a couch d) a stretcher
8. Although the patient's condition is serious, she seems to be out of
a) control b) danger c) order d) place
9. If he loses consciousness, give him a sip of brandy to bring him
a) back b) over c) round d) up
10. With every he took, he got more and more tired.
a) foot b) march c) step d) walk
11. My sister works in a home for the deaf and
a) dumb b) mute c) speechless d) voiceless
12. Make sure you your food properly before you swallow it.
a) bite b) chew c) crunch d) eat
13. The fact is, doctor, I just cannot this dreadful cough.
a) get down to b) get out of c) get rid of d) get round to
14. The doctor took his temperature and felt his
a) blood b) muscle c) pulse d) vein
15. While he was in hospital, his wound was twice a day.
a) changed b) cured c) dressed d) healed
16. After a quick at the patient the doctor rang for an ambulance.
a) gaze b) glance c) glimpse d) stare
17. Apply direct on the wound to stop severe bleeding.
a) compression b) contraction c) pressure d) restriction
18. The man who was taken to hospital had been for three hours.
a) indifferent b) insensitive c) unconscious d) unfeeling
19. The injured man was taken to hospital on
a) an ambulance b) a bed c) a sling d) a stretcher
20. After any hard or prolonged exercise it is advisable to check your
a) brain waves b) eyesight c) mental balance d) pulse rate

B. Match correctly the following problems with pieces of advice.

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|---|--|
| 1. I keep getting headaches. | a. Good, you needn't come back for a month. |
| 2. I can't get into my clothes. | b. You really must stop smoking. |
| 3. I can't sleep at night. | c. Perhaps you should have an eye test. |
| 4. My eyes are often sore and I sneeze a lot. | d. You ought to do more exercise — it's very relaxing. |
| 5. I'm going to Nepal on business. | e. You'll have to have a few injections. |
| 6. I've got a bad stomach. | f. You shouldn't eat so much fried food. |
| 7. I feel much better now, doctor. | g. You really must lose some weight. |
| 8. I've got a terrible cough. | h. You should have some allergy tests. |

C. Fill in the right words.

- I've got hayfever and that's the reason why I keep on _ _ _ e _ _ _ .
- I really do not know if this medicine _ _ _ _ a _ _ _ _ alcohol; most medicines do.
- As far as I know common aspirin is the best _ _ _ _ for your illness.
- If the meeting is tomorrow I'll have to _ _ _ c _ _ _ an appointment with my dentist.
- He is a very talented _ _ _ g _ _ _ . All the patients on whom he has operated are in good health now.
- While some surgeons are experimenting with transplantation of natural organs, others see the future in the use of _ _ _ _ f _ _ _ _ ones.
- He asked me if he might smoke a cigarette. I am a smoker myself, so I did not _ _ _ e _ _ _ to it.
- As the doctor came into the room the nurse handed him the temperature _ _ _ r _ _ of the patient.
- He took a sleeping-tablet, but it had absolutely no _ _ _ _ c _ . It was a sleepless night for him.
- Our children seem to spend all day playing doctors and _ _ _ _ _ n _ _ .
- He slipped on the icy road, lost his _ _ _ _ n _ _ _ and fell.
- You can't buy this medicine without a _ _ _ _ _ r _ _ _ _ _ from a doctor.
- It may be dangerous to have a meal first and go for a swim immediately _ _ _ _ _ w _ _ _ .
- I don't feel very well. I think I'm going to be _ _ _ c _ .
- The psychiatrist's _ _ _ e seems exorbitant considering the short time he spends on each patient.
- His mother sent him to bed because he had quite a high _ _ _ _ _ r _ _ _ _ .
- He was 10 kilos overweight and was advised to go on a _ _ _ _ _ .
- I had to wait for an hour in the doctor's _ _ _ _ g _ _ _ .
- If you want to find out someone's temperature, use a _ _ _ _ r _ _ _ _ .
- If you want to stay well, don't eat too much and get plenty of _ _ x _ _ _ _ .

D. Fill in the English translation of the word/s/ in brackets.

1. Diane was seriously ill some time ago. She is still weak but her health is _____ (polepszać się) rapidly and no doubt she will be all right soon.
2. I really admire him for the patience and the calm with which he _____ s (znosić) his terrible illness. I know how he must suffer.
3. His injuries are so serious that he may _____ (pozostać) an invalid for the rest of his life.
4. His eyesight is poor, so he has to wear _____ (okulary).
5. She decided not to marry and to _____ (poświęcić) her whole life to helping the mentally retarded.

6. I have recently read about a youth who _____ (uratować) four children from drowning.
7. The dentist uses a _____ (wiertło) to cut into your teeth.
8. I went to the doctor about my cough and he prescribed some _____ (tabletki do ssania).
9. It was quite a bad cut and it was bleeding, so I put on a _____ (opatrunek).
10. I hurt my wrist yesterday playing football and today it's _____ (spuchnięty).
11. I think he has fainted! Quick, someone, call an _____ (karetka pogotowia).
12. There is nothing a doctor can do about the common cold, there's no known _____ (lekarstwo).

E. Use ten new words to create a crossword with a clue: HEALTH

ANSWER KEY:

A.

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|------|------|------|-------|-------|-------|-------|
| 1. d | 4. a | 7. d | 10. c | 13. c | 16. c | 19. d |
| 2. a | 5. d | 8. b | 11. a | 14. c | 17. c | 20. d |
| 3. c | 6. d | 9. c | 12. b | 15. c | 18. c | |

B.

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|------|------|------|------|
| 1. c | 3. d | 5. e | 7. a |
| 2. g | 4. h | 6. f | 8. b |

C.

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|-------------|---------------|------------------|-----------------|
| 1. sneezing | 6. artificial | 11. balance | 16. temperature |
| 2. contains | 7. object | 12. prescription | 17. diet |
| 3. cure | 8. chart | 13. afterwards | 18. surgery |
| 4. cancel | 9. effect | 14. sick | 19. thermometer |
| 5. surgeon | 10. patients | 15. fee | 20. exercise |

D.

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|---------------|-------------|---------------|
| 1. improving | 5. devote | 9. dressing |
| 2. bears | 6. rescued | 10. swollen |
| 3. remain | 7. drill | 11. ambulance |
| 4. spectacles | 8. lozenges | 12. cure |

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