

G Patrząc na zdjęcia, omówcie w parach następujące kwestie:



- Which of these environmental problems are you mostly worried about? Why?
- Are there any solutions to these problems?
- Who can offer these solutions?
- Can you think of something that you/your classmates/friends/family can do to protect the environment?

A: As far as I'm concerned, the biggest problem of our planet is air pollution.

B: I couldn't agree more. Actually, I think a solution must be found before it's too late ...

Early to Bed ...

5

Lead-in (str. 70)

- 5.1 **daily routine** (phr) = a series of things done every day without change or alteration / **ustalony porządek dnia**
e.g. *Although she was on holiday, she still kept to her strict daily routine.*
- 5.2 **clumsy** /klʌmzi/ (adj) = moving or handling things in a careless, awkward way / **niezdarny**
e.g. *As soon as she entered the shop, the clumsy girl broke a vase.*
Der.: clumsiness (n), clumsily (adv)
- 5.3 **suffer (from sth)** /sʌfə/ (v) = be affected by an illness / **cierpieć na, uskarżać się na**
e.g. *She went to the doctor because she was suffering from headaches.*
- 5.4 **muscular pain** (phr) = pain or ache in one's muscles / **ból w mięśniach**
e.g. *Muscular pain can be caused by excess exercise.*

- 5.5 **sleep pattern** (phr) = the routine of sleeping / **pory snu**

e.g. *His sleep pattern was interrupted when he began working night shifts.*

- 5.6 **lifestyle** /laɪfstɑɪl/ (n) = living conditions, behaviour and habits of sb / **styl, tryb życia**
e.g. *Computers have had an enormous effect on people's lifestyles.*

Reading (str. 71)

- 5.7 **nine-to-fiver** /naɪn tə faɪvə/ (n) = someone who works from nine o'clock to five o'clock / **osoba pracująca od dziewiątej rano do piętej po południu**
e.g. *All the employees of the company are nine-to-fivers.*
- 5.8 **groceries** /ˈɡrɒsərɪz/ (n pl) = foods you buy at the grocer's or the supermarket / **zakupy spożywcze, artykuły spożywcze**
e.g. *The shopping bag ripped and all the groceries fell to the ground.*

- 5.9 **crack of dawn** (phr) = the first light of the day, very early in the morning / **świt**
e.g. He woke up at the **crack of dawn** to watch the sunrise.
- 5.10 **revolution** /revəluʃən/ (n) = an important change in an area of human activity / **rewolucja**
e.g. The Internet has brought about a **revolution** in telecommunications.
Der.: revolutionary (adj)
- 5.11 **round-the-clock** (phr) = all day and all night, non-stop / **dwudziestoczerogodzinny, całodobowy**
e.g. They worked **round-the-clock** to finish the project.
- 5.12 **brain** /breɪn/ (n) = the organ inside the head that controls the body's activities and enables you to think / **mózg**
e.g. The **brain** is a very complex organ.
Der.: brainy (adj)
- 5.13 **hypothalamus** /haɪpəʊθəleməs/ (n) = part of the brain which controls the body's natural rhythms / **podwzgórze (część mózgu)**
e.g. There was a difficult question on the **hypothalamus** in our biology test.
- 5.14 **physical** /fɪzɪkəl/ (adj) = relating to a person's body / **fizyczny**
e.g. He is in excellent **physical** condition because he exercises regularly.
- 5.15 **psychological** /saɪkələdʒɪkəl/ (adj) = concerned with a person's mind and thoughts / **psychologiczny**
e.g. Mandy's problem was **psychological** rather than physical.
Der.: psychologically (adj)
- 5.16 **well-being** /welbiɪŋ/ (n) = the feeling of happiness and health / **dobrze samopoczucie**
e.g. A good diet can lead to a feeling of **well-being**.
- 5.17 **what makes sb tick** (phr) = what motivates sb / **co kimś powoduje**
e.g. **What makes Sharon tick** is her wish to become successful.
- 5.18 **hormone** /hɔːrmon/ (n) = a chemical in the body which makes an organ of your body do sth / **hormon**
e.g. **Hormones** are a very important part of one's physical make-up.
Der.: hormonal (adj)
- 5.19 **alertness** /əlɜːtnəs/ (n) = full attention to what is going on around you / **czujność**
e.g. It was his **alertness** that prevented us from having a bad accident.
- 5.20 **synchronise** /sɪŋkrənaɪz/ (v) = cause two activities to happen at the same time and speed as each other / **synchronizować**
e.g. The dancers **synchronised** their movements to the music.
- 5.21 **conductor** /kənˈdʌktər/ (n) = a person who directs an orchestra / **dyrygent**
e.g. The **conductor** tapped his baton as a signal for the orchestra to start.
- 5.22 **regulate** /regjuleɪt/ (v) = to control a process so that it works properly / **regulować**
e.g. Perspiring helps to **regulate** body temperature.
- 5.23 **tempo** /ˈtempoʊ/ (n) = the speed of motion or activity / **tempo**
e.g. As the end of the concert approached, the **tempo** of the music increased.
- 5.24 **instrument** /ɪnstrəmənt/ (n) = a device that is used to do a particular task / **instrument**
e.g. Do you play any musical **instruments**?
Der.: instrumental (adj)
- 5.25 **random** /rændəm/ (adj) = not following a definite pattern or plan / **przypadkowy**
e.g. They questioned a **random** sample of 200 teenage students.
- 5.26 **ignore** /ɪɡnəːr/ (v) = pay no attention to sb or sth / **ignorować**
e.g. She **ignored** his advice and did what she wanted.
Der.: ignorant (adj), ignorance (n)
- 5.27 **deprive (sb of sth)** /dɪpraɪv/ (v) = take sth away from someone / **pozbawić (kogoś czegoś)**
e.g. He **deprived** me of the promotion by choosing somebody else for the position.
Der.: deprivation (n)
- 5.28 **run the risk** (phr) = do sth knowing that sth unpleasant might happen / **ryzykować**
e.g. If we don't look at the map, we **run the risk** of getting lost.
- 5.29 **anxious** /æŋkʃəs/ (adj) = nervous or worried / **zaniepokojony, niespokojny**
e.g. The students were very **anxious** about their exam results.
Der.: anxiously (adv), anxiety (n)
Opp.: relaxed
- 5.30 **accident-prone** (phr) = sb to whom lots of accidents happen / **często ulegający wypadkom**
e.g. He must be **accident-prone**; he knocks everything over.
- 5.31 **heart disease** (phr) = an illness related to the heart / **choroba serca**
e.g. **Heart disease** is an extremely common illness in western countries.
- 5.32 **fatigue** /fəˈtɪɡ/ (n) = extreme physical or mental tiredness / **wyczerpanie**
e.g. The doctor advised her to take a week off work due to **fatigue**.
Der.: fatigued (adj)

- 5.33 **ulcer** /ʌlsə/ (n) = an open sore inside or outside the body which is painful and may bleed / **wrzód**
e.g. People who are under stress may get stomach **ulcers**.
Der.: ulcerous (adj)
- 5.34 **viral infection** (phr) = a disease caused by a virus / **infekcja wirusowa**
e.g. Flu is a **viral infection**.
- 5.35 **outsmart** /aʊtsmaɪ/ (v) = gain an advantage over sb in a clever, sometimes dishonest way / **przechytryć, wykiwać**
e.g. By crossing the river the fox **outsmarted** the hunting dogs.
- 5.36 **alter** /ɔltə/ (v) = change / **zmienić, przerobić**
e.g. I had the dress **altered** to fit me.
Der.: alteration (n)
- 5.37 **immune system** (phr) = organs and processes in the body which protect you from illness and infection / **system odpornościowy**
e.g. Colds and infections weaken the **immune system**.
- 5.38 **repair mechanism** (phr) = a process which helps the correction of sth / **mechanizm naprawczy**
e.g. The body's **repair mechanism** helps to keep it in working order.
- 5.39 **circulate** /sɜːˈkjələt/ (v) = move within a closed place / **krażyć**
e.g. Blood **circulates** through the body, carrying oxygen.
Der.: circulation (n), circulatory (adj)
- 5.40 **digestive system** (phr) = the set of organs in your body that digest the food you eat / **układ trawienny**
e.g. You may have problems with your **digestive system** if you don't eat enough fibre.
- 5.41 **glucose** /ˈɡluːkoʊz/ (n) = a type of sugar that gives you energy / **glukoza**
e.g. The runner's diet contained **glucose**.
- 5.42 **bloodstream** /ˈblʌdstriːm/ (n) = the blood that circulates inside your body / **krwiobieg**
e.g. The disease spread throughout the body via the **bloodstream**.
- 5.43 **evolution** /ˈiːvələʃən/ (n) = a process whereby the characteristics of plant and animal species gradually change over a long period of time / **ewolucja**
e.g. The process of human **evolution** was very slow.
Der.: evolutionary (adj)
- 5.44 **wakefulness** /ˈweɪkfʊlnəs/ (n) = a state of being unable to sleep or of waking up often / **bezsenność**
e.g. During the night, he had long periods of **wakefulness**.
- 5.45 **be in tune with** (phr) = be in agreement with sth/sb / **współgrać z, pozostawać w harmonii z czymś/kimś**
e.g. Although he's in his fifties, he's **in tune with** young people.
- 5.46 **cue** /kjuː/ (n) = a signal that tells you when to start doing sth / **znak, sygnał, wskazówka**
e.g. When the film director gave the **cue**, the acting began.
- 5.47 **harmony** /ˈhɑːməni/ (n) = peace, without conflict / **harmonia**
e.g. The couple lived in perfect **harmony** with each other.
Der.: harmonious (adj), harmonise (v)
- 5.48 **predictable** /ˈprɪdɪkəbəl/ (adj) = known in advance that sth will happen / **przewidywalny**
e.g. His reaction to the teacher's comments was **predictable**; I knew exactly what he was going to say!
Der.: predictability (n)
Opp.: unpredictable
- 5.49 **motivate** /ˈmoʊtɪveɪt/ (v) = cause sb to behave in a particular way / **motywować**
e.g. The teacher **motivated** her students to study harder.
Der.: motivation (n)
- 5.50 **precise** /prɪsɪs/ (adj) = exact and accurate / **precyzyjny, dokładny**
e.g. That clock shows the **precise** time.
Der.: precisely (adv), precision (n)
- 5.51 **slow-paced** /ˈsləʊ ˈpeɪst/ (adj) = at a slow speed / **wolny, o wolnym tempie**
e.g. The lifestyle of the islanders was very **slow-paced**.
Opp.: fast-paced
- 5.52 **determine** /dɪˈtɜːmɪn/ (v) = cause sth to be in a certain way / **decydować o, określać**
e.g. A person's success in exams is **determined** by good preparation, lack of anxiety and, of course, luck!

Vocabulary Practice (str. 72–73)

- 5.53 **bloated** /ˈbləʊtɪd/ (adj) = enlarged, due to liquid or gas (for part of the body) / **wzdęty**
e.g. After drinking so much water, he felt **bloated**.
- 5.54 **fever** /ˈfiːvə/ (n) = a higher body temperature than usual / **gorączka**
e.g. The symptoms of flu are **fever** and aching bones.
Der.: feverish (adj)
- 5.55 **aching** /ˈeɪkɪŋ/ (adj) = painful / **bolący, obolały**
e.g. You'll feel better if you put your **aching** feet into hot soapy water.
- 5.56 **nausea** /ˈnɔːziə/ (n) = a feeling of sickness and vomiting / **mdłości, nudności**
e.g. The sea voyage gave him a feeling of **nausea**.
Der.: nauseous (adj)
- 5.57 **dizziness** /ˈdɪzɪnəs/ (n) = the feeling of losing one's balance and falling down / **zawroty głowy**
e.g. After she had sat down, the **dizziness** passed.
- 5.58 **muscle contraction** (phr) = painful tightening of the muscles / **skurcz mięśni**

- e.g. *Doing exercise without warming up can cause painful muscle contractions.*
- 5.59 **whoeeze** /^hwi:z/ (v) = to breathe with difficulty and make a whistling sound / **mieć trudności z oddychaniem, rzezić**
e.g. *The effort of climbing up the five floors made the old man whoeeze.*
- 5.60 **yawn** /jɔ:n/ (v) = to open one's mouth very wide, showing tiredness or boredom / **ziewać**
e.g. *Members of the audience started yawning after he had been talking for over an hour.*
- 5.61 **runny nose** (phr) = when liquid flows from the nose, caused by a cold or an allergy / **zakatarzony nos (nos z którego cieknie)**
e.g. *His runny nose showed he had a cold.*
- 5.62 **sore eye** (phr) = pain or discomfort in the eye / **obolałe oko**
e.g. *He rubbed his sore eyes.*
- 5.63 **sneeze** /sni:z/ (v) = to suddenly take in air and blow it down your nose in an uncontrolled way / **kichać**
e.g. *The pepper made him sneeze loudly.*
- 5.64 **spot** /spɒt/ (n) = small, red mark on the skin / **pryszcz, krosta**
e.g. *He used a special soap to get rid of the spots on his face.*
Der.: spotty (adj)
- 5.65 **lump** /lʌmp/ (n) = a small, hard swelling on the body caused by an illness or injury / **wykwit**
e.g. *She went to the doctor because she had lumps on her arm.*
Der.: lumpy (adj)
- 5.66 **asthma** /æsmə/ (n) = a lung condition causing breathing difficulties / **astma**
e.g. *The polluted air made her asthma worse.*
Der.: asthmatic (adj)
- 5.67 **insomnia** /ɪnsɒmniə/ (n) = difficulty in sleeping / **bezsenność**
e.g. *People who have insomnia should avoid drinking coffee.*
- 5.68 **flu** /flu:/ (n) = an illness with symptoms including high temperature and runny nose / **grypa**
e.g. *John had to stay in bed because he had the flu.*
- 5.69 **cramp** /kræmp/ (n) = a sudden strong pain caused by a muscle contracting / **nagły skurcz**
e.g. *He got cramp in his leg while he was swimming in the pool.*
- 5.70 **acne** /ækni/ (n) = a skin condition which causes lots of spots on the face and neck / **trądzik**
e.g. *Many teenagers suffer from acne.*
- 5.71 **heat stroke** (phr) = an illness caused by spending too much time in the sun / **udar słoneczny**
e.g. *Many people get heat stroke in the summer.*
- 5.72 **virus** /vaɪrəs/ (n) = a kind of germ that can cause disease / **wirus**
e.g. *There are various types of flu virus.*
- 5.73 **bacteria** /bæktəriə/ (n) = small organisms, some of which can cause disease / **bakterie**
e.g. *Chlorine can help to kill most bacteria in the home.*
Der.: bacterial (adj)
- 5.74 **pollen** /pɒlən/ (n) = fine powder produced by flowers / **pyłek kwiatowy**
e.g. *Some people are allergic to pollen.*
- 5.75 **sling** /sliŋ/ (n) = a piece of cloth used to support sb's broken arm / **temblak**
e.g. *He had to wear a sling until his broken arm mended.*
- 5.76 **cast** /kɑ:st/ (n) = a cover made of plaster used to protect a broken bone by keeping it stiff / **gips**
e.g. *She had to wear a cast for six weeks until her leg had healed.*
- 5.77 **fluid** /flɪd/ (n) = liquid / **płyn**
e.g. *In summer, it is important to drink lots of fluids to prevent dehydration.*
- 5.78 **prescribe** /prɪskraɪb/ (v) = when the doctor recommends what medicines one needs to take for a particular illness / **przepisać, zapisać (np. lekarstwo)**
e.g. *The doctor prescribed some tablets for his hayfever.*
Der.: prescription (n), prescriptive (adj)
- 5.79 **throat lozenge** (phr) = a sweet you suck on to relieve a sore throat / **pastylka do ssania**
e.g. *Although it tasted terrible, the throat lozenge really made my throat feel better.*
- 5.80 **sprained wrist** (phr) = accidental damage to the wrist joint by twisting or bending / **skręcony nadgarstek**
e.g. *He was wearing a sling because of his sprained wrist.*
- 5.81 **travel sickness** (phr) = a feeling of nausea caused by travelling in a vehicle / **choroba lokomocyjna**
e.g. *She gets travel sickness whenever she travels by boat.*
- 5.82 **pulled muscle** (phr) = injured muscle caused by straining it / **naderwany mięsień**
e.g. *The footballer was taken off the team because he had a pulled muscle in his leg and couldn't play.*
- 5.83 **food poisoning** (phr) = illness caused by eating food which has gone off / **zatrucie pokarmowe**
e.g. *After several cases of food poisoning, the restaurant closed down.*
- 5.84 **streaming cold** (phr) = a very bad cold, characterised by fluid flowing from the nose / **bardzo silny katar**
e.g. *He had to stay in bed because he had a streaming cold.*
- 5.85 **nose bleed** (phr) = blood coming from the inside of the nose / **krwotok z nosa**
e.g. *It is best to hold your head back when you have a nose bleed.*

- 5.86 **traffic jam** (phr) = a long line of vehicles which cannot move forward because of some obstruction / **korek na drodze**
e.g. There are always **traffic jams** in the centre of the city.
- 5.87 **queue** /kju:/ (n) = a long line of people waiting to do or buy sth / **kolejka (np. w sklepie)**
e.g. There was a long **queue** at the ticket office.
- 5.88 **drill** /drɪl/ (n) = the instrument used by dentists to make cavities in teeth larger in order to fill them / **wiertło**
e.g. The thing I hate most about visits to the dentist is the **drill**.
- 5.89 **be keen on sth** (phr) = like sth a lot / **uwielbiać coś**
e.g. Jo is **keen on reading**; she's read lots of books.
- 5.90 **be fond of sth** (phr) = like sth very much / **bardzo coś lubić**
e.g. I'm really **fond of the opera**; I think it's great!
- 5.91 **squash** /skwɒʃ/ (n) = a game in which two players hit a small, rubber ball against the walls of a court using rackets / **squash (dyscyplina sportu)**
e.g. I play **squash** with my friend every week.
- 5.92 **embarrassed** /ɪmbærəsd/ (adj) = shy, ashamed or guilty / **skrępowany, zażenowany**
e.g. When he arrived late for the wedding he looked **embarrassed**.
Der.: embarrassment (n)
- 5.93 **frightened (of sth)** /fraɪtənd/ (adj) = anxious or afraid of sth / **przestraszony (czymś)**
e.g. Sam was **frightened** of the barking dog.
- 5.94 **annoyed** /ənɔɪd/ (adj) = quite angry about sth / **zdenerwowany, zły**
e.g. I could see how **annoyed** my mother was when I came home late for dinner.
- 5.95 **fascinated** /fæsɪneɪtɪd/ (adj) = finding sth interesting and attractive / **zafascynowany**
e.g. The scientist was **fascinated** by the new discovery.
Der.: fascination (n), fascinate (v)
- 5.96 **relieved** /rɪlɪvd/ (adj) = happy because sth unpleasant has not happened / **odczuwający ulgę**
e.g. I was **relieved** when the teacher didn't give us the test.
Der.: relief (n)
- 5.97 **sociable** /səʃjəbəl/ (adj) = friendly / **towarzyski**
e.g. Kate loves going to parties because she is so **sociable**.
Der.: sociability (n)
Opp.: unsociable, shy
- 5.98 **sentimental** /sɛntɪməntəl/ (adj) = showing or feeling exaggerated pity or love / **sentymentalny, nostalgiczny**
e.g. Old people are often **sentimental** about the past.
Der.: sentimentality (n)
- 5.99 **perfectionist** /pə'fɛkʃənɪst/ (n) = sb who refuses to accept anything unless it is as good as it can possibly be / **perfekcjonista**
e.g. Being a **perfectionist** can sometimes be difficult on others.
- 5.100 **arrogant** /æ'rəɡənt/ (adj) = behaving in an unpleasant way towards others because of a feeling of being better than them / **arogancki, pyszny**
e.g. He is so **arrogant**, always thinking he's the best.
Der.: arrogance (n), arrogantly (adv)
- 5.101 **moody** /mu:di/ (adj) = to change mood frequently or to become angry or aggressive suddenly / **humorzysty, kapryśny**
e.g. Although he jokes around a lot, he is, in fact, a very **moody** person.
- 5.102 **reliable** /rɪlə'ɪəbəl/ (adj) = can be depended on to work well or behave in the way one wants them to / **godny zaufania, solidny**
e.g. The company is always looking for **reliable** staff.
Der.: reliability (n)
Opp.: unreliable
- 5.103 **practical** /præktɪkəl/ (adj) = sensible / **praktyczny, rozsądny**
e.g. The teacher made a lot of **practical** suggestions about how to study well.
Der.: practicality (n), practically (adv)
Opp.: impractical
- 5.104 **impatient** /ɪmpeɪjənt/ (adj) = unwilling to wait too long for sth / **niecierpliwy**
e.g. Don't be so **impatient**; wait your turn!
Der.: impatience (n), impatiently (adv)
Opp.: patient
- 5.105 **sensible** /sensɪbəl/ (adj) = based on reason rather than emotion, logical / **rozsądny**
e.g. The doctor gave her **sensible** advice on how to lose weight.
Der.: sensibly (adv)
Opp.: foolish, senseless

Grammar in use (str. 74–77)

- 5.106 **annual check-up** (phr) = a series of routine health tests, carried out once every year / **badania okresowe (przeprowadzane co roku)**
e.g. I went for my **annual check-up** last week and I am in perfect health.
- 5.107 **essential** /ɪsenʃəl/ (adj) = extremely important or absolutely necessary / **konieczny, podstawowy, niezbędny**
e.g. Calcium is **essential** for the formation of strong bones in the body.
- 5.108 **shift work** (phr) = work carried out for a set period of time by sb before being replaced by sb else to ensure sb is always working / **praca na zmiany**

- e.g. **Shift work** means factory production never stops.
- 5.109 **treatment** /ˈtriːtmənt/ (n) = medical attention given for a specific period of time / **kuracja**
e.g. He received **treatment** for his injuries.
- 5.110 **patient** /ˈpeɪʃənt/ (n) = a person who receives treatment for an illness / **pacjent**
e.g. The hospital doctor visits all his **patients** every morning.
- 5.111 **heart attack** (phr) = when the heart beats irregularly or stops completely / **zawał serca**
e.g. He was rushed to hospital when he had the **heart attack**.
- 5.112 **identical** /aɪˈdentɪkəl/ (adj) = exactly the same / **identyczny**
e.g. She has an **identical** twin sister.
- 5.113 **early bird** (phr) = sb who usually gets up very early in the morning / **ranny ptaszek**
e.g. I have always been an **early bird** – I get up at 6 o’ clock every morning.
- 5.114 **owl** /ɔːl/ (n) = night-flying bird / **sowa**
e.g. The **owl** swooped down from the dark sky and grabbed the mouse in its talons.
- 5.115 **night owl** (phr) = sb who regularly stays up late at night / **nocny marek**
e.g. You have to be a **night owl** if you work night shifts.
- 5.116 **nocturnal** /ˈnɒktʃṽːrənəl/ (adj) = moving or active at night / **nocny**
e.g. I always take a **nocturnal** walk with my dog.
Opp.: diurnal
- 5.117 **bliss** /blɪs/ (n) = state of happiness / **szczęście, rozkosz**
e.g. When the two brothers met after 40 years, they were in a state of **bliss**.
- 5.118 **feathered** /ˈfeðəd/ (adj) = covered with feathers / **opierzony**
e.g. Birds are known as our **feathered** friends.
- 5.119 **indicate** /ˈɪndɪkeɪt/ (v) = show / **wskazywać, wykazywać**
e.g. The thermometer **indicated** that she had a temperature of 40°C.
Der.: indication (n), indicative (adj)
- 5.120 **gene** /dʒiːn/ (n) = part of a cell in a living thing which controls its physical characteristics, growth and development / **gen**
e.g. The type of person you are depends on your **genes**.
Der.: genetic (adj), genetically (adv)
- 5.121 **survival tool** (phr) = sth that helps you manage in a difficult situation / **narzędzie umożliwiające przetrwanie / radzenie sobie w trudnych warunkach**
e.g. Archaeologists discovered some ancient **survival tools**.
- 5.122 **awaken** /əˈweɪkən/ (v) = to wake sb up from sleep / **zbudzić**
e.g. He was **awoken** by the sound of the alarm clock ringing.
- 5.123 **existence** /ɪɡzɪstəns/ (n) = sb’s way of life / **tryb życia**
e.g. He leads a very lonely **existence**; he hardly ever sees anyone.
- 5.124 **average** /ˈævərɪdʒ/ (adj) = normal or usual / **przeciętny**
e.g. She is of **average** height.
- 5.125 **be aware of sth** (phr) = having knowledge of sth / **być świadomym czegoś**
e.g. He wasn’t **aware** of what was going on until I told him.
Der.: awareness (n)
Opp.: be unaware of sth
- 5.126 **awake** /əˈweɪk/ (adj) = not asleep / **rozbudzony, w stanie czuwania**
e.g. As soon as the alarm rang, I jumped out of bed, wide **awake**.
- 5.127 **enquiry** /ɪnˈkwɪəri/ (n) = question asked in order to get some information / **zapytanie**
e.g. In spite of his **enquiries**, nobody could give him the information he needed.
- 5.128 **construct** /kənˈstrʌkt/ (v) = build / **budować**
e.g. The company finished **constructing** the bridge in record time.
Der.: construction (n), constructive (adj)
- 5.129 **erect** /ɪˈrekt/ (v) = build or put sth up / **postawić, wznieść**
e.g. The police have **erected** barriers on all roads in order to catch the escaped prisoners.
Der.: erection (n)
- 5.130 **ward off** /wɔːˈd ɒf/ (phr v) = prevent sth from affecting you or harming you / **zapobiec, ustrzec, odeprzeć**
e.g. Taking vitamin C can help **ward off** the flu.
- 5.131 **stroke** /stroʊk/ (n) = burst or blocked blood vessel in the brain, causing death or partial paralysis / **wylew**
e.g. As a result of the **stroke**, he couldn’t move his right arm.
- 5.132 **carbohydrate-rich** /kɑːˈboʊhəˌdret-riːt/ (adj) = having a lot of carbohydrate i.e. a substance found in bread, sugar etc, which gives you energy / **bogaty w węglowodany**
e.g. **Carbohydrate-rich** foods provide the body with energy.
- 5.133 **cereal** /ˈsɪəriəl/ (n) = foods from plants such as wheat, corn or rice / **produkty zbożowe**
e.g. **Cereals** are necessary in our diet because they provide the body with fibre.
- 5.134 **serotonin** /serəˈtɒnɪn/ (n) = a chemical in the brain which gives a feeling of calmness / **serotonina (hormon wpływający na układ nerwowy)**
e.g. When we feel stress, the chemical **serotonin** is released from the brain.
- 5.135 **dose** /doʊz/ (n) = a measured amount of a medicine or drug / **dawka**
e.g. You must take the required **dose** of antibiotic every eight hours.

- 5.136 **ward** /wɔːrd/ (n) = a room in a hospital which has beds for people who need the same treatment / **oddział (szpitalny)**
e.g. The children's **ward** was closed off to hospital visitors.

Idioms and Fixed Phrases (str. 77)

- 5.137 **have a sweet tooth** (idm) = like sugary foods / **uwielbiać słodczyce**
e.g. She eats a bar of chocolate a day; she **has a sweet tooth**.
- 5.138 **get sth off one's chest** (idm) = talk about sth that has been worrying you / **wygadać się, powiedzieć komuś o swoich problemach**
e.g. I had to **get the problem off my chest** so I told my mother about it.
- 5.139 **put one's finger on sth** (idm) = precisely identify a problem / **rozpoznać w czym tkwi problem**
e.g. I know there is something wrong with her but I just can't **put my finger on it**.
- 5.140 **to have a strong stomach** (idm) = not be disgusted by things that disgust other people / **być odpornym na drastyczne widoki**
e.g. Dealing with terrible accidents, rescuers must **have strong stomachs**.
- 5.141 **feel sth in one's bones** (idm) = be instinctively certain about sth / **czuć coś w kościach**
e.g. I can **feel it in my bones** that something bad will happen tomorrow.
- 5.142 **put words into sb's mouth** (idm) = suggest that sb means one thing when they really mean sth else / **wkładać komuś w usta słowa, których nie wypowiedział**
e.g. Stop **putting words into my mouth**; that's not what I mean!
- 5.143 **break the ice** (idm) = say or do sth which makes people feel relaxed in a new situation / **przełamać lody**
e.g. At the beginning of the first class of term, the teacher **broke the ice** by playing a game with the students.
- 5.144 **have itchy feet** (idm) = want to leave a place and travel / **nie móc usiedzieć w miejscu**
e.g. When he reached the age of 21, John **had itchy feet** and left home to see the world.
- 5.145 **hit the jackpot** (phr) = have great success; e.g. winning the lottery / **zgarnąć całą pulę**
e.g. We have really **hit the jackpot** with that new business deal.

Listening and Speaking Skills (str. 78–79)

- 5.146 **rat race** (phr) = a way of life where people compete aggressively with each other to be successful / **wyścig szczurów**
e.g. She quit the **rat race** to go and live on a desert island.

- 5.147 **allergic** /əˈlɜːdʒɪk/ (adj) = ill or covered in a rash when you eat, smell or touch sth / **uczulony**
e.g. He is **allergic** to nuts.
- 5.148 **weightlifting** /ˈweɪtlɪftɪŋ/ (n) = a sport in which the competitor who can lift the heaviest weight wins / **podnoszenie ciężarów**
e.g. The Greeks have won many Olympic medals for **weightlifting**.
- 5.149 **stethoscope** /steθəskoʊp/ (n) = instrument used to listen to sb's heartbeat or breathing / **stetoskop (słuchawki lekarskie)**
e.g. The doctor put the **stethoscope** to the child's chest in order to listen to his heartbeat.
- 5.150 **pneumonia** /njuːmɒniə/ (n) = a serious disease affecting the lungs / **zapalenie płuc**
e.g. He was admitted to hospital with **pneumonia**.
- 5.151 **diarrhoea** /daɪərɪə/ (n) = liquid faeces due to illness / **biegunka**
e.g. It is essential to drink a lot of fluids when one has **diarrhoea**.
- 5.152 **antacid tablet** (phr) = a pill which reduces the level of acid in the stomach / **tabletki zmniejszająca poziom kwasu w żołądku**
e.g. An **antacid tablet** can relieve stomach pains.

Culture Clip (str. 80–81)

- 5.153 **limestone** /laɪmstoʊn/ (n) = a type of porous rock / **wapień**
e.g. In areas with **limestone** rock, there are usually caves underground.
- 5.154 **mineral** /ˈmɪnərəl/ (n) = substance such as tin or salt naturally found in rocks / **sole mineralne, minerał**
e.g. Valuable **minerals** were discovered in the mountains.
- 5.155 **humid** /hjuːmɪd/ (adj) = very damp, moist / **wilgotny**
e.g. It is difficult to live in **humid** climates.
Der.: humidity (n)
Opp.: dry
- 5.156 **cave** /keɪv/ (n) = a large hole on the side of a cliff or under the ground / **jaskinia**
e.g. After crawling through a long narrow passage, we suddenly found ourselves in a large **cave**.
- 5.157 **steam** /stiːm/ (n) = the hot mist that forms when water boils / **para**
e.g. The **steam** from the boiling pot burned her hand.
Der.: steamy (adj)
- 5.158 **bubbling** /ˈbʌblɪŋ/ (adj) = liquid containing bubbles due to boiling / **bulgoczący**
e.g. Add the spaghetti to the **bubbling** water.
- 5.159 **geyser** /ˈɡeɪzər/ (n) = a hole in the Earth's surface from which steam and water emerge violently / **gejzer**
e.g. Iceland is famous for its spectacular **geysers**.

- 5.160 **volcano** /vɒlkeɪnoʊ/ (n) = a mountain from which hot, melted rock, gas, steam and ash from inside the earth burst out / **wulkan**
e.g. It is very dangerous to live near an active **volcano**.
Der.: volcanic (adj)
- 5.161 **mud** /mʌd/ (n) = soil and water mixture / **śluz**
e.g. After the football match, the team was covered in **mud**.
Der.: muddy (adj)
- 5.162 **hot spring** (phr) = flow of hot water from deep in the Earth / **gorące źródło**
e.g. A bath in **hot springs** can be very relaxing.
- 5.163 **relieving** /rɪˈliːvɪŋ/ (adj) = making sth less painful / **przynoszący ulgę**
e.g. The pain-**relieving** qualities of hot springs are well-known.
- 5.164 **arthritis** /ɑːˈθraɪtɪs/ (n) = a medical condition where the joints of the body are swollen and painful / **artretyzm**
e.g. Elderly people often suffer from **arthritis** in the knees.
Der.: arthritic (adj)
- 5.165 **rheumatism** /ruːməˈtɪzəm/ (n) = an illness which makes the joints or muscles stiff and painful / **reumatyzm**
e.g. She couldn't move very quickly because of the **rheumatism** in her legs.
- 5.166 **neuralgia** /njʊərəˈdʒiə/ (n) = pain in the nerves of the body / **nerwoból**
e.g. Some plants can be used to treat **neuralgia**.
- 5.167 **spa** /spɑː/ (n) = a place where water containing minerals flows out of the ground / **uzdrowisko**
e.g. Vichy is a French town famous for its **spas**.
- 5.168 **miner** /maɪnə/ (n) = a person who works underground in a mine / **górnik**
e.g. The **miners** came back up to the surface at the end of their shift.
- 5.169 **resort** /rɪzɔːt/ (n) = a place where a lot of people spend their holidays / **kurort**
e.g. St. Tropez is a famous **resort**.
- 5.170 **native** /ˈneɪtɪv/ (adj) = born in or of a particular country / **ojczysty**
e.g. Although he had lived abroad for many years, he still missed his **native** land.
- 5.171 **found** /faʊnd/ (v) = establish, set up / **założyć**
e.g. Ten years after **founding** the company, he sold it for a huge profit.
Der.: founder (n)
- 5.172 **prospector** /prəˈspektə/ (n) = sb who searches in the ground for valuable substances such as gold / **poszukiwacz złota lub innych wartościowych minerałów**
e.g. When gold was discovered in the Klondike, thousands of **prospectors** flocked to the area.
- 5.173 **decline** /dɪklaɪn/ (v) = become less in quantity / **podupadać**
e.g. The number of births over the last twenty years has **declined**.
Der.: decline (n)
Opp.: increase
- 5.174 **surface** /sɜːfɪs/ (v) = come to the top of sth / **wyjść na powierzchnię**
e.g. The submarine **surfaced** after being submerged in the sea for days.
Opp.: submerge
- 5.175 **healing properties** (phr) = the ways in which sth such as mineral water can cure a disease / **właściwości lecznicze**
e.g. Hot springs are said to have **healing properties**.
- 5.176 **priest** /prɪst/ (n) = a member of the Christian clergy in the Catholic, Anglican and Orthodox churches / **ksiądz**
e.g. The **priest** held up his hands and blessed the people in the church.
- 5.177 **cure** /kjʊə/ (v) = make sb well again after an illness / **leczyć**
e.g. Unfortunately, doctors still cannot **cure** some forms of cancer.
Der.: cure (n), curable (adj), incurable (adj)
- 5.178 **acidic** /əˈsɪdɪk/ (adj) = containing acid (i.e. a chemical substance that contains hydrogen) / **kwaśny (zawierający kwas)**
e.g. Some plants grow very well in **acidic** soil.
- 5.179 **alkaline** /ˈælkəlaɪn/ (adj) = non-acidic / **zasadowy, alkaliczny**
e.g. Limestone rocks are usually found below **alkaline** soils.
- 5.180 **crater** /kreɪtə/ (n) = a large hole in the ground caused by an object hitting it with force or by an explosion or a large pit forming the mouth of a volcano / **krater**
e.g. Much to the surprise of the inhabitants, steam started coming out of the volcano **crater**.

Writing (str. 82–83)

- 5.181 **endorphin** /ɪndɔːˈfɪn/ (n) = a hormone secreted within the brain and nervous system which reduces the effect of pain / **endorfina (peptyd regulujący m. in. odczuwanie bólu)**
e.g. Scientists say that eating chocolate causes **endorphins** to be released into the bloodstream, making us feel good.
- 5.182 **obesity** /oʊbɪˈsɪti/ (n) = being extremely overweight / **otyłość**
e.g. **Obesity** is a major health problem in children nowadays.
- 5.183 **pill** /pɪl/ (n) = medicine in the form of a small round tablet / **tabletki, pastylki**
e.g. The doctor prescribed some **pills** for her medical condition.

5.184 **side effect** (phr) = the effect, usually bad, which happens when you take medication, in addition to its function of curing the illness / **skutek uboczny**
e.g. *Pharmaceutical companies try to limit the side effects of the drugs they produce.*

5.185 **scar** /skɑːr/ (n) = a mark left on the skin after a wound has healed / **blizna**

e.g. *The witness identified the robber because of the scar on his face.*

5.186 **blemish** /blɛmɪʃ/ (n) = a small mark on sth that spoils its appearance / **skaza**
e.g. *Apart from one tiny blemish, the restored painting was now perfect.*

Der.: blemished (adj)

VOCABULARY EXERCISES

A Wybierz właściwy wyraz lub wyrażenie.

- Oh no! You've broken my favourite dish. I wish you weren't so
A random C clumsy
B moody D confused
- What are you doing waking me at the of dawn?
A aspect C evolution
B crack D owl
- The doctor some medicine and a lot of rest.
A prescribed C altered
B regulated D circulated
- Don't be so ; I am sure you have passed your driving test.
A sociable C predictable
B anxious D sentimental
- He was left with a long on his face after the cut had healed.
A ulcer C blemish
B cramp D scar

- He couldn't stop after a long day's work.
A yawning C wheezing
B sneezing D aching
- Because of the on her broken leg, she found it difficult to go out.
A virus C cast
B pollen D acne
- If you don't do your homework, your teacher will be very
A embarrassed C annoyed
B bloated D fascinated
- She suffers a rare disease.
A in C to
B of D from
- The tortoise the hare and won the race in the end.
A outsmarted C ignored
B motivated D indicated

B Uzupełnij luki wyrazem utworzonym od słowa napisanego w tej samej linii wielkimi literami.

Flu is a viral 1) which can leave you feeling as if you had been run over by a truck. The main symptoms are a 2) nose, streaming eyes and feeling 3) The best thing to do is to visit your doctor, who will give you a 4) for the necessary medicines. It may take a few days for the 5) to work so don't get too 6) It is absolutely essential to act 7) Don't overdo it or your physical condition will only get worse. Drink plenty of fluids, get lots of rest and, above all, eat well. For the 8) of a sore throat, you can take lozenges. Sometimes flu can cause 9) so be careful not to fall over. If you follow this 10) advice, you will be back on your feet again in no time!

INFECT
RUN
FEVER
PRESCRIBE
TREAT
PATIENT
SENSE

RELIEVE
DIZZY
PRACTICE

C Uzupełnij luki wyrazami z listy poniżej.

• treatment • constructed • fatigue • harmony • spot • steam • crater • miner • arrogant • sensible

- | | |
|---|---|
| <p>1 You have a big red on the tip of your nose!</p> <p>2 The impact of the meteorite made a large in the ground.</p> <p>3 She fainted on the street because of extreme</p> <p>4 If you have a blocked nose, boil some water with eucalyptus and breathe in the</p> <p>5 Bob always talks about his school marks in a very way.</p> | <p>6 The people of the village lived in peace and</p> <p>7 Come on now, be ! You have to go to the doctor's if you're feeling sick.</p> <p>8 After the accident, he was taken to hospital for</p> <p>9 The job of a is very difficult.</p> <p>10 A new block of flats is going to be near the park.</p> |
|---|---|

D Przekształć podane zdania używając słowa napisanego tłustym drukiem oraz od jednego do czterech innych słów tak, aby wyrazić to samo znaczenie. Nie zmieniaj podanego wyrazu.

- | | |
|--|--|
| <p>1 If I eat strawberries, large red lumps break out all over my body.
allergic I strawberries.</p> <p>2 At the beginning of the lecture, the speaker told a joke to make everyone feel relaxed.
broke At the beginning of the lecture, by telling a joke.</p> <p>3 I really have to talk to someone about this or I will go crazy.
chest I really have to get or I will go crazy.</p> <p>4 You are in danger of being stopped by the police if you drive through a red traffic light.
run You stopped by the police if you drive through a red traffic light.</p> <p>5 Due to his injury he didn't get a chance to play in the match.
deprived He to play in the match because of his injury.</p> | <p>6 It took me three hours to get home yesterday because there was a long line of cars in front of me.
stuck It took me three hours to get home yesterday because I was jam.</p> <p>7 Jason loves sweets. Let's buy him a cake!
tooth Jason Let's buy him a cake!</p> <p>8 I think I will buy the red dress because I don't really like the blue one.
keen I think I will buy the red dress because I the blue one.</p> <p>9 I really like the way people on this island live.
of I really like people on this island.</p> <p>10 We won the first prize in the lottery last Saturday!
hit We in the lottery last Saturday.</p> |
|--|--|

E Zakreśl słowo, które nie pasuje do pozostałych.

- | | |
|--|---|
| <p>1 pollen – cramp – food poisoning – virus</p> <p>2 lump – spot – acne – gene</p> <p>3 frightened – practical – reliable – essential</p> | <p>4 hot spring – geyser – cave – steam</p> <p>5 physical – hormonal – psychological – nocturnal</p> <p>6 stroke – stethoscope – heart attack – pneumonia</p> |
|--|---|