Glossary

Reading **Pages 138–139**

**12** Fit for life

* 1. **psychology** (n) /saɪˈkɒlədʒi/

the scientific study of the mind and how it influences behaviour ● *The theories of Sigmund Freud have influenced modern*

*psychology.* ➣ psychologist (n), psychological (adj) ❖ psychologia

* 1. **slow down** (phr v) /sləʊ daʊn/

be less active ● *The doctor advised me to slow down and relax.* ❖ zwolnić

* 1. **surroundings** (n pl) /səˈraʊndɪŋz/

the place where you are and all the things in it ● *I concentrated on my work and paid no attention to the surroundings.* ➣ surround (v)

* + - okolica ✎ Syn: environment
  1. **performance** (n) /pəˈfɔːməns/

how well or badly you do sth ● *Now that she was sleeping better, her performance at*

*school improved considerably.* ➣ perform (v), performer (n) ❖ wyniki

* 1. **neuroscientist** (n) /ˌnjʊərəʊˈsaɪəntɪst/

sb who studies the brain and the nervous system ● *Neuroscientists are studying the process of forgetting to help people with memory problems.* ➣ neuroscience (n)

* + - neurobiolog
  1. **wilderness** (n) /ˈwɪldənəs/

an area of land that is not used by people for farming or building ● *We were lost in the wilderness and didn’t know what to do.*

* + - dzicz
  1. **occur** (v) /əˈkɜː(r)/

happen, take place ● *The accident occurred in the early hours of the morning.* ➣ occurrence

(n) ❖ występować, odbywać się

* 1. **sparkling** (adj) /ˈspɑːklɪŋ/

shining brightly ● *They sat on the shore, watching the sparkling waters.* ➣ sparkle (v, n)

* + - błyszczący
  1. **flow** (v) /fləʊ/

move continuously and easily ● *The river*

*flows through the valley into the Mediterranean Sea.* ➣ flow (n) ❖ płynąć

* 1. **gently** (adv) /ˈdʒentli/

calmly and softly ● *She lifted the baby gently and held him in her arms.* ➣ gentle (adj)

* + - łagodnie
  1. **incidence** (n) /ˈɪnsɪdəns/

the rate at which sth happens ● *The researchers found an increased incidence of the disease in people over 70.* ➣ incident (n), incidental (adj)

* + - częstotliwość
  1. **depression** (n) /dɪˈpreʃn/

a medical condition in which a person feels very unhappy and anxious over a long period

* *She suffers from depression and cannot sleep at night.* ➣ depress (v), depressed (adj)
  + - depresja
  1. **sit through** (phr v) /sɪt θru:/

stay until the end of sth, especially if it is boring or lasts a long time ● *We managed to sit through two hours of speeches.* ❖ wysiedzieć

* 1. **birdsong** (n) /ˈbɜːdsɒŋ/

the musical sounds that birds make

* *The only thing we could hear among the trees was birdsong.* ❖ śpiew ptaków
  1. **plain** (adj) /pleɪn/

not decorated, simple ● *Her dress was plain but beautiful.* ❖ zwyczajny

* 1. **participant** (n) /pɑːˈtɪsɪpənt/

a person who takes part in a particular activity

* *About half of the participants in the debate had a chance to speak.* ➣ participate (v), participation (n) ❖ uczestnik
  1. **display** (v) /dɪˈspleɪ/

show (a feeling) or show signs of (a type of behaviour) ● *She displayed great confidence in her abilities during the interview.* ➣ display

(n) ❖ pokazywać ✎ Syn: demonstrate

* 1. **violent** (adj) /ˈvaɪələnt/

using force in order to attack sb ● *The film contains violent scenes and is not suitable for children.* ➣ violence (n) ❖ agresywny

* 1. **disconnected** (adj) /ˌdɪskəˈnektɪd/

not related; having no relationship with ● *I felt lonely and disconnected from the world around me.* ➣ disconnect (v), disconnection (n)

* + - niepowiązany ✎ Opp: connected
  1. **cactus** (n) /ˈkæktəs/

a plant without leaves that grows in hot dry areas and doesn’t need much water ● *Cacti are probably the only plants you will see in the desert.* ❖ kaktus

* 1. **campfire** (n) /ˈkæmpfaɪə(r)/

a fire you make and use when you are staying outside or in a tent ● *We spent the night sitting around the campfire and telling stories.*

* + - ognisko
  1. **sociable** (adj) /ˈsəʊʃəbl/

enjoying spending time with other people

* *He’s a very sociable child and has lots of friends.* ❖ towarzyski ✎ Opp: unsociable
  1. **efficiently** (adv) /ɪˈfɪʃəntli/

quickly and carefully ● *They work together very efficiently and waste no time.* ➣ efficient (adj) ❖ wydajnie ✎ Opp: inefficiently

* 1. **process** (v) /ˈprəʊses/

understand the meaning of sth ● *It took me a bit of time to process all this information.*

➣ process (n) ❖ przetworzyć

* 1. **build on** (phr v) /bɪld ɒn/

use sth as a basis for further progress ● *We need to build on last year’s success and do even better this year.* ❖ opierać się na

* 1. **stream** (n) /striːm/

a small narrow river ● *Can you see the little fish swimming in the stream?* ❖ strumień

* 1. **mysterious** (adj) /mɪˈstɪəriəs/

unknown or not understood ● *There was something mysterious going on that no-one knew anything about.* ➣ mystery (n)

* + - tajemniczy
  1. **EEG test** (n) /ˌiːiːˈdʒiː test/

a test that measures the electrical activity of the brain ● *The EEG test showed there was nothing wrong with his brain.* ❖ badanie EEG

* 1. **self-esteem** (n) /ˌselfɪˈstiːm/

confidence in your own abilities ● *His teacher’s praise gave a boost to his self-esteem.*

* + - samoocena
  1. **mood** (n) /muːd/

the way you are feeling at a particular time

* *Please don’t talk to me. I’m in a terrible mood today.* ❖ nastrój

Vocabulary **Page 140**

* 1. **chest** (n) /tʃest/

the upper front part of your body ● *His heart was beating in his chest.* ❖ klatka piersiowa

* 1. **eyebrow** (n) /ˈaɪbraʊ/

the line of hairs just above each of your eyes

* *She raised her eyebrows, pretending to be surprised.* ❖ brew
  1. **eyelid** (n) /ˈaɪlɪd/

the piece of skin that covers your eye when you close it ● *I thought he was asleep, but he was watching everything from behind half- closed eyelids.* ❖ powieka

* 1. **fingernail** (n) /ˈfɪŋɡəneɪl/

the thin hard covering that protects the end of the upper part of each finger ● *She painted her fingernails red.* ❖ paznokieć

* 1. **gum** (n) /ɡʌm/

the pink part inside your mouth to which each of your teeth is attached ● *To protect your teeth and gums, you should brush them twice daily and visit the dentist regularly.*

* + - dziąsło
  1. **jaw** (n) /dʒɔː/

the lower part of your face that moves when you talk or eat ● *Her jaw dropped when she saw how many people were waiting to see her.*

* + - szczęka
  1. **hip** (n) /hɪp/

the area at either side of your body that is between the top of the leg and the middle part of the body ● *He stood there and waited, with his hands on his hips.* ❖ biodro

* 1. **liver** (n) /ˈlɪvə(r)/

the large organ inside your body that cleans your blood ● *Drinking alcohol can damage your liver.* ❖ wątroba

* 1. **muscle** (n) /ˈmʌsl/

body tissue that you relax or make tight in order to move a part of your body ● *Runners develop powerful leg muscles.* ❖ mięsień

* 1. **rib** (n) /rɪb/

one of the bones that surround and protect the chest ● *He broke three of his ribs in the accident.* ❖ żebro

* 1. **thigh** (n) /θaɪ/

the part of your leg that is above the knee

* *Cycling is the best way to exercise your thighs.* ❖ udo
  1. **toenail** (n) /ˈtəʊneɪl/

the thin hard covering that protects the end of each toe ● *He’s finding it difficult to cut his toenails now that he’s growing older.*

* + - paznokieć palca u stopy
  1. **waist** (n) /weɪst/

the area around the middle of your body, which is usually narrower than the rest

* *He wore a wide black belt around his waist.*
  + - talia
  1. **wrist** (n) /rɪst/

the part of your body between the arm and the hand ● *She was wearing bracelets round both of her wrists.* ❖ nadgarstek

* 1. **torso** (n) /ˈtɔːsəʊ/

the main part of the body, without the head, arms or legs ● *He took off his shirt and revealed a tanned torso.* ❖ tułów

* 1. **get (sth) off my chest** (expr) /ɡet (ˈsʌmθɪŋ) ɒf maɪ tʃest/

tell sb about sth that has been worrying you for a long time in order to feel better ● *I think you should tell him everything and get it off your chest!* ❖ wygadać się

* 1. **blink** (v) /blɪŋk/

close and then open your eyes quickly

* *He blinked as he came out into the sunlight.*

➣ blink (n) ❖ mrugać

* 1. **bruise** (n) /bruːz/

a blue or brown mark on your skin that you get after you have been hit or after falling ● *She was covered with bruises after falling off her bike.* ➣ bruise (v) ❖ siniak

* 1. **disability** (n) /ˌdɪsəˈbɪləti/

a condition in which you are unable to use part of your body or your brain because of an illness or injury ● *In most countries, public places are becoming more accessible for*

*people with disabilities.* ➣ disable (v), disabled (adj) ❖ niepełnosprawność

* 1. **reaction** (n) /riˈækʃn/

an unpleasant effect that results from eating sth or taking a particular drug ● *Don’t continue taking the pills if you notice a bad reaction.*

➣ react (v), reactive (adj) ❖ reakcja

* 1. **scar** (n) /skɑː(r)/

a mark that is left on a part of your body after an injury has got better ● *I’m afraid that deep cut will leave a scar.* ➣ scar (v) ❖ blizna

* 1. **spot** (n) /spɒt/

a small, red mark on your skin, usually with a yellow head ● *He had a large spot on his nose.*

* + - pryszcz
  1. **stroke** (n) /strəʊk/

a sudden serious illness caused by a change in the blood supply to the brain, which can result in death or inability to move or speak

* *She suffered a stroke last year and has not been able to use her legs since.*
  + - udar mózgu
  1. **swollen** (adj) /swəʊlən/

larger than normal, usually because of an injury or illness ● *Your wrist is swollen – it must be broken, I’m afraid.* ➣ swell (v), swelling (n)

* + - spuchnięty
  1. **allergic** (adj) /əˈlɜːdʒɪk/

having skin or breathing problems if you eat or touch sth ● *Even though I like cats, I can’t go near them because I’m allergic.* ➣ allergy (n)

* + - uczulony
  1. **symptom** (n) /ˈsɪmptəm/

a feeling or a change in your body or mind that shows you are ill ● *If your symptoms get worse, you should go and see the doctor again.* ❖ objaw

* 1. **ache** (v) /eɪk/

feel a continuous pain that is not very strong

* *My back really aches after carrying all those boxes.* ➣ ache (n) ❖ boleć
  1. **itch** (v) /ɪtʃ/

have or cause an uncomfortable feeling on your skin that makes you want to scratch

* *This sweater itches every time I wear it.*

➣ itch (n), itchy (adj) ❖ swędzieć

* 1. **bump** (v) /bʌmp/

hit part of your body against sth and hurt it

* *Be careful not to bump your head on that shelf when you stand up.* ➣ bump (n)
  + - uderzyć się
  1. **heal** (v) /hiːl/

make or become healthy again, especially after an injury ● *After the accident, it took two months for my arm to heal.* ❖ wyzdrowieć

* 1. **have a lie down** (expr) /hæv ə laɪ daʊn/ have a short rest, usually in a bed ● *I’m not*

*feeling very well, I think I’m going to have a lie down.* ❖ położyć się

* 1. **sweat** (v) /swet/

produce liquid on your skin, usually because you are hot or ill ● *It was so hot that we started to sweat as soon as we went out.* ➣ sweat (n)

* + - pocić się
  1. **faint** (v) /feɪnt/

lose consciousnesss for a short time ● *I thought I was going to faint when I was asked to come up on the stage.* ❖ zemdleć

* 1. **treat** (v) /tri:t/

give medical attention and try to cure ● *Your condition can be treated with these pills.*

➣ treatment (n) ❖ leczyć

|  |  |
| --- | --- |
| **LOOK!** |  |
| The verbs *treat* and *cure* have a similar meaning as both of them refer to medical care and treatment of diseases. We use *treat* to say that sb is receiving medical care for a disease, but we don't know whether they'll be cured and be healthy again. On the other hand, we use *cure* to say that sb has been treated and is well. .   * *The hospital has* ***treated*** *40 cases of the disease in the last month.* * *She was now completely* ***cured*** *of her disease.* | |
| **Face and body**  chest hips thighs  eyebrows jaw toenails  eyelids liver torso  fingernails lungs waist  gums muscles wrists | |
| **Health and injuries**  ache disability symptom allergic reaction scar  bruise stroke | |

Grammar **Page 141**

* 1. **mattress** (n) /ˈmætrəs/

the part of the bed that you lie on ● *He didn’t have a bed – he slept on a mattress on the floor.* ❖ materac

* 1. **first-aid kit** (n) /ˌfɜːst ˈeɪd ˌkɪt/

a box containing basic medical supplies that you can use if there is an accident ● *Can you get me some antiseptic cream from the first-aid kit?* ❖ apteczka

Listening **Page 142**

* 1. **ongoing** (adj) /ˈɒŋˌɡəʊɪŋ/

continuing to develop ● *It’s an ongoing problem and I don’t think it will be solved soon.*

* + - trwający
  1. **commentator** (n) /ˈkɒmənteɪtə(r)/

a person who describes and comments on an event on the radio or television ● *He’s a football commentator on Sky channel.* ➣ comment

(v, n), commentary (n) ❖ komentator

* 1. **nut** (n) /nʌt/

a small dry fruit with a hard shell ● *During the summer, squirrels store up nuts for the winter.*

* + - orzech

Grammar **Page 144**

* 1. **never in a million years** (expr) /ˈnevər ɪn ə

ˈmɪljən jɪəz/

absolutely never ● *Never in a million years did she expect to see him there.* ❖ nigdy, nawet za milion lat

* 1. **filling** (n) /ˈfɪlɪŋ/

a small amount of material used by a dentist to fill a hole in a tooth ● *The dentist said I needed a filling.* ❖ plomba, wypełnienie

* 1. **pioneer** (v) /ˌpaɪəˈnɪə(r)/

be the first person to do or develop sth

* *The doctor pioneered a new heart surgery technique.* ➣ pioneer (n), pioneering (adj)
  + - być pionierem czegoś
  1. **ward** (n) /wɔːd/

an area in a hospital for patients with similar conditions ● *The new hospital ward for children which opened today is decorated in bright colours.* ❖ oddział

* 1. **society** (n) /səˈsaɪəti/

an organisation whose members share similar interests ● *I’m a member of the local drama society.* ❖ stowarzyszenie

Use your English **Page 145**

* 1. **get over** (phr v) /ɡet əʊvə(r)/

recover from an illness or other unpleasant experience ● *I haven’t got over the flu yet – I’m still quite weak.* ❖ przeboleć, wyzdrowieć

✎ Syn: recover

* 1. **pass out** (phr v) /pɑ:s aʊt/

become unconscious for a short time

* *He was hit on the head and then passed out.*
  + - zemdleć ✎ Syn: faint
  1. **burn out** (phr v) /bɜ:n aʊt/

become extremely tired and unable to do any work because of working too hard ● *He burned out after working 60 hours a week for months.*

* + - wypalić się
  1. **care for** (phr v) /keə fə(r)/

look after sb who is sick or very old or very young and cannot look after themselves

* *Anna cared for her sick mother day and night.* ❖ opiekować się
  1. **come down with** (phr v) /kʌm daʊn wɪð/

start to suffer from an illness that is not serious

* *I came down with a bad cold and couldn’t go to work.* ❖ zachorować na
  1. **throat** (n) /θrəʊt/

the space inside the neck, where food or air can go ● *Smoking can damage your throat.*

* + - gardło
  1. **throw up** (phr v) /θrəʊ ʌp/

bring food from the stomach back up through the mouth ● *The smell was so bad that it made me want to throw up.* ❖ zwymiotować

✎ Syn: vomit

* 1. **keep in shape** (expr) /ki:p ɪn ʃeɪp/

keep your body in a healthy condition ● *I go to the gym three times a week to keep in shape.*

* + - być w formie
  1. **be out of breath** (expr) /bi: aʊt əv breθ/

have difficulty breathing, especially after taking exercise ● *I was a little out of breath after my morning run.* ❖ być bez tchu

* 1. **hold my breath** (expr) /həʊld maɪ breθ/ deliberately stop breathing for a short time
* *The doctor asked me to hold my breath and count to ten.* ❖ wstrzymywać oddech
  1. **lose my voice** (expr) /lu:z maɪ vɔɪs/

be unable to speak for a short time, usually because of an illness ● *He’s got a bad cold and he’s lost his voice.* ❖ stracić głos

* 1. **cough** (v) /kɒf/

force air through your throat suddenly and noisily ● *He coughed to clear his throat.*

➣ cough (n) ❖ kaszleć

* 1. **give birth** (expr) /gɪv bɜ:θ/

produce a baby ● *She gave birth to a beautiful baby girl.* ❖ urodzić

* 1. **do sb good** (expr) /du ˈsʌmbədi gʊd/ help or benefit sb ● *It will do you good to*

*go out a little more.* ❖ zrobić dla kogoś coś dobrego, pomóc

* 1. **have an upset stomach** (expr) /hæv ən ʌpˈset

ˈstʌmək/

feel sick in the stomach ● *I have an upset stomach. Maybe it’s because I ate so much.*

* + - mieć rozstrój żołądka
  1. **you are what you eat** (expr) /ju ɑ: wɒt ju i:t/ the kind of food that you eat affects your health
* *You are what you eat so you’d better watch your diet and stop eating junk food.*
  + - jesteś tym, co jesz
  1. **sneeze** (v) /sniːz/

have air come suddenly out of your mouth and nose in a way that you can’t control

* *She must have had a bad cold, because she coughed and sneezed all the time.*
  + - kichać
  1. **germ** (n) /dʒɜːm/

a very small organism that can cause disease

* *Make sure you wash your hands thoroughly so you don’t get germs on the food.*
  + - zarazek
  1. **on board** (phr) /ɒn bɔ:d/

on a boat, aircraft or train ● *It’s a huge cruise ship! There are ten restaurants on board.*

* + - na pokładzie
  1. **virus** (n) /ˈvaɪərəs/

an extremely small organism that can cause disease in people, animals and/or plants

* *If you have a virus, you can pass it on to other people.* ❖ wirus
  1. **aisle** (n) /aɪl/

the long, narrow space between seats in an aircraft, train, church, etc. ● *I walked up and down the aisle to stretch my muscles.*

* + - przejście

**Phrasal verbs**

build on come down with sit through

burn out get over slow down

care for pass out throw up

Writing **Pages 146–147**

* 1. **factual** (adj) /ˈfæktʃuəl/

based on facts, not opinions ● *You should give only factual information, not your own views.* ➣ fact (n) ❖ faktyczny

* 1. **objective** (adj) /əbˈdʒektɪv/

not influenced by personal opinions or feelings

* *He tried to give an objective report of what had happened.* ❖ obiektywny ✎ Opp: subjective
  1. **changing room** (n) /tʃeɪndʒɪŋ ˌruːm/

the room where you change your clothes in a gym or where you try clothes on in a shop

* *There are not enough showers and changing rooms in our gym.* ❖ przebieralnia
  1. **eligible** (adj) /ˈelɪdʒəbl/

having the right qualifications for sth ● *He isn’t eligible to join the club because he doesn’t live in the area.* ➣ eligibility (n) ❖ odpowiedni

* 1. **affordable** (adj) /əˈfɔːdəbl/

not expensive ● *It is difficult to find affordable housing in the city centre.* ❖ niedrogi

* 1. **brand new** (adj) /ˌbrænd ˈnju/

completely new ● *I actually bought this coat last year, but it still looks brand new.*

* + - całkiem nowy
  1. **value for money** (expr) /ˈvæljuː fə ˈmʌni/ worth the money you spend on it ● *I know our washing machines aren’t cheap, but they’re good value for money as they last for over ten years.* ❖ wart swojej ceny
  2. **hi-tech** (adj) /ˈhɑɪˈtek/

using the most advanced machines and methods ● *Our computers are hi-tech, using the latest components and technology.*

* + - zaawansowana technologia ✎ Also: high- tech
  1. **neat** (adj) /niːt/

tidy and in order ● *He always keeps his desk extremely neat.* ➣ neatly (adv)

* + - schludny
  1. **out-of-date** (adj) /ˌaʊt əv ˈdeɪt/

old and not fashionable ● *I’ve had my smartphone for five years and it’s now hopelessly out-of-date.* ❖ niemodny

* 1. **overpriced** (adj) /ˌəʊvəˈpraɪst/

too expensive ● *I agree it’s high quality, but it’s still overpriced.* ❖ za drogi

* 1. **reasonable** (adj) /ˈriːznəbl/

not too expensive; at an acceptable price

* *That’s a very reasonable price to pay for a new computer.* ❖ rozsądny

✎ Opp: unreasonable

* 1. **state-of-the-art** (adj) /ˌsteɪt əv di ˈɑːt/ very modern; using the most modern

techniques ● *This laptop is state-of-the-art, but of course it isn’t cheap.* ❖ najnowocześniejszy

* 1. **bear in mind** (expr) /beər ɪn maɪnd/ remember or consider sb/sth ● *The price may look cheap, but bear in mind that it doesn’t include everything.* ❖ mieć na uwadze

**Costs and prices**

affordable cheap expensive overpriced

reasonable unreasonable value for money

Video **Page 148**

* 1. **vaccine** (n) /ˈvæksiːn/

a substance that a doctor puts into your blood to protect you from a disease ● *The vaccine can protect you against many types of flu.*

➣ vaccinate (v), vaccination (n)

* + - szczepionka
  1. **smallpox** (n) /ˈsmɔːlpɒks/

a disease that caused a high temperature and spots on the skin and often resulted in death

* *Smallpox killed millions of indigenous people when it arrived in the Americas.* ❖ ospa
  1. **anthrax** (n) /ˈænθræks/

a serious disease that sheep and cows can get and pass on to humans and which often causes death ● *The poor farm worker caught anthrax from a cow.* ❖ wąglik

* 1. **cholera** (n) /ˈkɒlərə/

a serious disease of the bowels that can cause death ● *You can catch cholera from infected water or food.* ❖ cholera

* 1. **typhoid** (n) /ˌtaɪfɔɪd/

a serious disease that causes a high temperature, red spots on the chest, pain in the bowels and sometimes death ● *Many*

*people died of typhoid before the vaccine was invented.* ❖ dur brzuszny

* 1. **pasteurisation** (n) /ˌpæstʃəraɪˈzeɪʃn/

the process of heating a liquid such as milk and then cooling it, in order to kill dangerous bacteria ● *Pasteurisation kills over 90% of harmful bacteria in milk.* ➣ pasteurise (v)

* + - pasteryzacja
  1. **veterinarian** (n) /ˌvetərɪˈneəriən/

a person whose job is to treat animals who are ill or injured ● *Ι’m passionate about animals and nature so I’m going to try and become a veterinarian.* ❖ lekarz weterynarii ✎ Syn: vet, veterinary surgeon

* 1. **infectious** (adj) /ɪnˈfekʃəs/

that can be passed from one person to another

* *The disease is highly infectious, so patients must be isolated.* ➣ infect (v), infection (n)
  + - zakaźny
  1. **virtually** (adv) /ˈvɜːtʃuəli/

almost ● *The two pictures are virtually identical. There are only very slight differences between them.* ❖ prawie

* 1. **microorganism** (n) /ˌmaɪkrəʊˈɔːɡənɪzəm/

a living thing that is so small you cannot see it without a microscope ● *Bacteria and viruses are microorganisms.* ❖ mikroorganizm

* 1. **kill (sth) off** (phr v) /kɪl (ˈsʌmθɪŋ) ɒf/

destroy completely ● *This cream can kill off all bacteria.* ❖ wytępić (coś)

* 1. **intestine** (n) /ɪnˈtestɪn/

a long tube inside the body that food passes through after it leaves the stomach ● *Digested food passes from the stomach into the small intestine.* ➣ intestinal (adj) ❖ jelito

✎ Syn: bowel