

Chapter III Health

Dialogue 1

M: Dad, what do they mean by “healthy life-style”?

F: Well, it’s a more general idea, and not only eating vitamins.

M: I’d like to lead a healthy life-style. The teacher told us we should start to think about it, and do something with it, if we feel we don’t live in a healthy way.

F: Well, you should do exercise, run, play the outdoor games.

M: I do! I go to the swimming pool twice a week, sometimes I play football with my friends.

F: Great, that’s exactly what I mean. From time to time at weekends we go biking, too.
But on the other hand, you can always take an elevator, and never go on foot upstairs.

M: But it’s faster. And what about food?

F: I think you should eat more often, but smaller portions, instead of one big meal at the end of the day.

M: But I usually do this!

F: Yes, but you are eating too fast. You don’t need to eat that fast, do you? And you drink too much coca-cola. You should drink more water instead.

M: I don’t like water, I prefer juice.

F: Juice made of fresh fruit is also very good. A healthy diet consists of fresh vegetables, fruit, milk and grain. The more natural food is, the better it is for you.

M: It’s not that bad with me! I lead a healthy life-style, I usually follow all these rules.

Vocabulary

vitamins – witaminy

feel – czuć

way – sposób

run – biegać

swimming pool – basen

to bike – jeździć rowerem

an elevator – winda

vegetables – warzywa

fruits – owoce

milk – mleko

grains – ziarna

upstairs – schodami do góry

food – jedzenie

portions – porcje

meal – posiłek

to hurry – spieszyć się

water – woda

juice – sok

diet – dieta

follow – podążać za czymś, wypełniać zasady

rules – reguły, zasady

Phrases

what do they mean by... – co ludzie uważają za.../co się kryje pod pojęciem...

healthy life-style – zdrowy styl życia
a more general idea – szersze pojęcie
to lead a healthy life-style – prowadzić zdrowy styl życia
to do exercise – ćwiczyć
outdoor games – gry na świeżym powietrzu
that's exactly what I mean – dokładnie to mam na myśli
on the other hand – z drugiej strony
to take an elevator – jeździć windą
to go on foot – chodzić pieszo
instead of – zamiast
made of – zrobione z
fresh fruits – świeże owoce
consist of – składać się z
natural state – naturalny stan
the closer the better – im bliżej, tym lepiej

Grammar

W dwóch poprzednich rozdziałach powtórzyliśmy czasy teraźniejsze i przeszłe. W rozdziale trzecim zajmiemy się **formami wyrażania przyszłości**, a są to:

Future Simple: I think I will go to the doctor tomorrow

“be going to”: I’m going to go to the doctor next week.

Present Simple: The concert starts at 7 pm.

Present Continuous: I’m watching movies on TV tonight.

Future Continuous: This spring I’ll be working in London.

Future Perfect: I will have prepared my article by next Thursday.

Future Perfect Continuous: I will have been preparing the article by Thursday afternoon.
“be about to” She’s about to leave.

W **czasach przyszłych** (Future) stosujemy czasownik modalny **WILL** oraz **SHALL**, przy czym ten ostatni używany jest rzadziej. Stosuje się go w zwrotach grzecznościowych, o czym będzie mowa w dalszej części tego rozdziału.

Future Simple

Czasu Future Simple używamy, gdy chcemy powiedzieć o:

- Decyzjach podjętych w momencie mówienia o nich:

Examples:

I will cook the dinner for you tonight.

We will go to this shop tomorrow.

I think it will be rainy tomorrow.

- Rzeczach, co do których nie podjęto jeszcze decyzji lub takich, których nie do końca jesteśmy pewni;

Examples:

Maybe I'll call him later.

We will go to the cinema, if the weather is bad.

I will probably buy a book for her, but I haven't decided yet.

- Wydarzeniach, które powinny mieć miejsce lub nie – zgodnie z naszymi przewidywaniami:

Examples:

I think they will call me today or tomorrow.

They will probably bring their own food.

The baby will be born in the winter.

- W wyrażeniach ze słowami: *expect, believe, hope, be sure of sth, be afraid of sth, probably, etc.*

Examples:

She's afraid they will be too late.

I expect I will get this job.

They believe they will win this time.

Exercise 1

Complete the sentences using the most suitable verbs in the Future Simple tense.

- If you have problems with math, ask Mary. She..... surely..... you.
- My FCE exam is soon, but I'm afraid I..... My grammar knowledge is really poor.
- I believe she..... with the help of all of us, but it was a terrible time for her indeed.
- you..... her the bike? Don't do it. She never gives things back.
- They..... probably..... to visit us tomorrow, if the weather is good.
- Don't eat too much sweets. You..... fat.
- I..... you a lift. Don't worry, you..... on time.
- Don't lie in the sun too long. You..... a sunstroke.
- Tell me, please! I..... the secret!
- Do you think he..... the next election?

Exercise 2

Match the sentences to make short dialogues.

- a. Look at those dark clouds!
- b. What time did he say he's going to come?
- c. I have such a terrible headache!
- d. I'm going to the supermarket.
- e. Shall I open the window?
- f. The President is to visit the neighbouring countries next week.
- g. Let's go downtown!
- h. I'm afraid of going there alone.
- i. Are you sure they will come?
- j. It's so cold!

- 1. Will he go to Russia?
- 2. Definitely.
- 3. He will most surely come at 9.
- 4. Great! I'll just put on some make up and take a jacket
- 5. Yes, please, that would be great.
- 6. Yes, it will start raining soon.
- 7. Are you? Will you bring me some bread and milk?
- 8. I'm sure I'll be ill tomorrow.
- 9. Don't worry, everything will be ok.
- 10. I'll bring you a glass of water and an aspirin.

be going to

„be going to” to wyrażenie oznaczające: **„zamierzać coś zrobić”**, stosowane w sytuacjach, gdy:

- Planujemy jakieś wydarzenie, jesteśmy pewni, że będzie ono miało miejsce w przyszłości:

Examples:

I'm going to ask her out as soon as possible.

We are going to get married.

Now that she has graduated from high school she is going to study at the university.

- Jesteśmy przekonani, że coś się wydarzy, ponieważ już teraz są ku temu przesłanki:

Examples:

There are so many stars in the sky, it means that it's going to be freezing tomorrow.

There is a traffic jam, people are going to be late at work.

Anna is cooking her best dish, it's going to be delicious!

Exercise 3

Underline the correct expression.

- a. Why are you taking this bucket of water? *I'm going to wash/I will wash* a car.
- b. I can't talk to you now, *I'm going to call/I'll call* you tomorrow.
- c. It's already half past 8. *You're going to be/you will be* late!
- d. I think *I'm going to be/I will be* at the meeting but I'm not sure yet.
- e. Leave the washing up, *I'm going to do/I'll do* it later.
- f. *I'm going to buy/I will buy* a car.
- g. *I'm going to do/I will do* some shopping today.
- h. I'm angry with Martha, and *I'm not going to/I won't come* to her party.
- i. Look at these dark clouds! *It's going to/it will* rain!
- j. *I'm going to/I will buy* glasses, because I can't read anymore.

Exercise 4

This is Anna's shopping list. Read it, and try to guess what is she going to do?

What to buy:
 a kilo of flour
 a jar of sliced mushrooms
 milk, salt, eggs,
 yeast
 a can of olives
 6 tomatoes
 a bag of grated cheese
 crushed red pepper
 napkins
 a bottle of wine

borrow some video tapes (must be romantic comedy!!!)

Use the following words and phrases:

dough, to roll out, to sprinkle over, pan
 to transfer, to pour, to bake, circle, pour, greased

Text 1

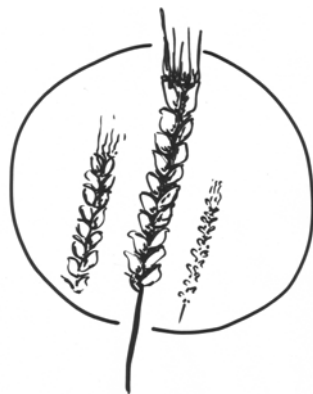
Healthy diet

Many people are not happy with their weight or their figure. Almost all of them have tried many diets. Some of them count calories, but it seems to be complicated and takes a lot of time everyday. People also believe, that it doesn't matter whether they eat dinner or cake or chocolate, because it all contains the same number of calories. They don't remember that our bodies need not only carbohydrates, such as in sweets and bread, but most of all they need vitamins and minerals, which can be found in vegetables and fish, but rarely in sweets. It is better not to eat too much but healthy meals. Healthy eating increases your energy, improves the way your body functions, and strengthens your immune system.

Such a diet includes vitamins and minerals, like iron, zinc or calcium.

Iron's main job is to carry oxygen from the lungs to the rest of the body. It is also good for the immune system. It can be found in grain, beef, chicken, raisins and green vegetables. Calcium is the major constituent of bone and tooth material. That means we need more of it than any other mineral. You can find that in milk, eggs, and green vegetables and especially, for example spinach.

Zinc affects a wide range of body functions. The deficiency in zinc is common among smokers and heavy drinkers. Good sources of Zinc include almonds, chicken, rice. And apart from that we must remember that we need vitamins. The most important sources of vitamins are fruit and vegetables.



Vocabulary

satisfied – zadowolony

weight – waga

figure – figura

count – liczyć

calories – kalorie

complicated – skomplikowane

sweets – słodycze

bread – chleb

minerals – minerały

fish – ryba, ryby

valuable – wartościowy

immune system – system odpornościowy

besides – poza tym

believe – wierzyć

cake – ciasto

contain – zawiera

body – ciało

carbohydrates – węglowodany

increase – zwiększać

energy – energia

improve – poprawiać

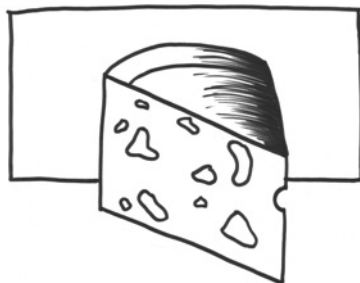
function – funkcjonować

strengthen – wzmacniać

iron – żelazo

zinc – cynk

calcium – wapń
carry – przenosić
oxygen – tlen
lungs – płuca
the rest – reszta
beef – wołowina
chicken – kurczak
raisins – rodzynki
constituent – składnik, komponent
bone – kość
tooth – ząb
leafy – liściaste
affect – wpływać na
deficiency – niedobór czegoś
common – powszechny
among – wśród, między
smoker – palacz
source – źródło
almond – migdał
rice – ryż



Phrases

a number of people – wielu ludzi
almost all of them – prawie wszyscy z nich
it takes a lot of time – to zabiera wiele czasu
it doesn't matter whether... – to nie ma znaczenia, czy...
the same – to samo, taka sama
first of all – przede wszystkim
principle job – główne zadanie
It can be found – można go znaleźć
heavy drinkers – ci, którzy dużo piją
apart from – oprócz

Grammar

Present Simple jako forma wyrażania przyszłości

Czasu *Present Simple* używamy do wyrażania przyszłości, kiedy mówimy o **rozkładach jazdy, planach, oficjalnych terminach wydarzeń ustalonych wcześniej** – np. koncerty, mecze itp.

Examples:

The movie starts at 6 o'clock pm.

Our next lesson is on Thursday.

The race starts on Monday.

Present Continuous jako forma wyrażania przyszłości

Oprócz opisywania czynności dziejących się w chwili mówienia o nich, czas *Present Continuous* służy do mówienia o naszych **osobistych planach na najbliższą przyszłość**:

Examples:

Are you going out tonight?

We are seeing my mother on Sunday.

I'm having a party tomorrow evening.

W przeciwieństwie do wyrażen w czasie Present Simple, czas Present Continuous dopuszcza zmiany w planach.

Exercise 5

Put the verbs in an appropriate tense (Present Simple or Present Continuous) into the sentences talking about future plans.

- a. I..... (not/come) tonight. I..... (stay) at home to read a bit.
- b. The performance..... (start) at 9 pm, at the theatre and..... (finish) two hours later.
- c. According to my diary I..... (see) her the day after tomorrow.
- d. They..... (celebrate) their 20th anniversary next month.
- e. We..... (go) to the cinema on Sunday.
- f. The plane..... (leave) at 7.30, and..... (arrive) at 9.45.
- g. I..... (start) my work at 6, I..... (have) coffee at about 6.30, but I have to be ready at 7, because at 7.15 I..... (see) my boss.
- h. I..... (call) you later, because the show..... (start) in 5 minutes!
- i. Tonight I..... (watch) a match with my friends. It..... (start) at 8.
- j. I..... (go) to Bahamas this year.

Exercise 6

Complete the dialogue with the most suitable verbs in the correct future form.

A. Can you keep a secret?

B. Of course I can! What is it?

- B. I..... (1) a surprise for Anna's birthday. I..... (2) her a ticket to the gym, swimming pool and sauna!
- C. Great! (3) (you) with her?
- B. Yes, we..... (4) together. I..... (5) her dinner too.
- C. What(6) (you)?
- A. I..... (7) a vegetarian pizza. I..... (8) all ingredients tomorrow afternoon, to be ready on Tuesday.
- B. So good luck! I hope you..... (9)
a great time together!

Text 2

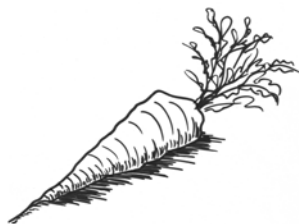
Vegetarian food

People become vegetarians for various reasons: health, ecological or ethical. Most vegetarian diets are low in animal products. Vegetarians don't eat meat, poultry or fish. The vegan diet includes only food from plants: fruit, vegetables, dried beans and peas, grain, seeds and nuts. Lactovegans also eat dairy products, such as cheese or milk. Vegetarian diets are usually lower than nonvegetarian diets in fat and cholesterol. They're rich in carbohydrates and minerals instead. Such a combination of nutrients protects them from many diseases, from: high blood pressure, diabetes and some forms of cancer, and obesity.

Vegetarian meals are not only tasty and healthy, but also easy to prepare. Try them yourselves!

Vocabulary

- become** – stawać się
vegetarians – wegetarianie
healthy – zdrowotny
ecological – ekologiczny
ethical – etyczny
to be low in – o niskiej zawartości
poultry – drób
meat – mięso
legumes – warzywa strączkowe
dried – suszone
bean – fasola
pea – groszek
seeds – nasiona



grains – ziarna
nuts – orzechy
fat – tłuszcz
disease – choroba
diabetes – cukrzyca

cancer – nowotwór
obesity – otyłość
tasty – smaczny
healthful – zdrowy

Phrases

diary products – nabiał
combination of nutrients – kombinacja składników odżywczych
protect from – chronić przed
high blood pressure – wysokie ciśnienie krwi
try yourself – spróbuj sam

Grammar

Future Continuous

Czas *Future Continuous* wyraża:

- Czynności trwające w pewnym określonym momencie w przyszłości, **czynności przejściowe**:

Examples:

Tomorrow morning I will be doing the shopping with my mom.

I'll be studying philosophy this semester.

Tomorrow at 9 o'clock I will be having an interview. Keep your fingers crossed for me!

- Czynności, które wynikają z jakiejś rutyny, zwyczajów, a w związku z tym nie wymagają żadnych dodatkowych ustaleń:

Examples:

I'll be going to my parents' for weekend.

We'll be going to the zoo the day after tomorrow.

They'll be working tomorrow as usual.

- Konstrukcję tę stosujemy również, kiedy chcemy zapytać o czyjeś zamiary na najbliższą przyszłość:

Examples:

What will you be doing tomorrow morning?

Will you be needing me later?

Will you be working tomorrow?

Tworzenie czasu Future Continuous polega na połączeniu *will*, *be* i czasownika z końcówką *-ing*:

will + be + -ing form

Pytania tworzy się, stosując inwersję, czyli przestawiając *will* na początek zdania. Przeczenia tworzy się poprzez dodanie *not* do czasownika modalnego *will* (*will not* = *won't*).

Exercise 7

Change the following sentences into:

- a. questions,
- b. negative statements,
- c. negative questions without contractions,
- d. negative questions with contractions,
- e. affirmative statements followed by negative tag questions.

Example:

They'll be working tomorrow:

- a. *Will they be working tomorrow?*
- b. *They won't be working tomorrow.*
- c. *Won't they be working tomorrow?*
- d. *Will they not be working tomorrow?*
- e. *They will be working tomorrow, won't they?*

(1) You'll be studying philosophy this semester.

(2) He'll be driving to Bristol next week.

Exercise 8

Use Future Continuous tense in the following sentences.

- a. When you are in Great Britain..... (you/stay) with friends?
- b. I'm so excited! This time next week I..... (work) in my new job!
- c. (you/come) to the party tonight?
- d. (you/bring) your boyfriend to your grandmother's this afternoon?
- e. (he/miss) these people a lot when he is back at home.
- f. At this time tomorrow I..... (fly) over the Atlantic.
- g. When..... (you/use) the computer?
- h. Beth..... (work) on her essay tomorrow afternoon.
- i. On Tuesday at 6 pm we..... (present) our project to the investors.
- j. We..... (have) the exam on Saturday morning.

Dialogue 2

M: I swim regularly, mom goes to the fitness club and you don't train anything. Why?

F: Me? Well, I'm short of time. Besides, I ride a bike with you, don't I?

M: But so rarely!

F: Well, yeah, I agree. But I have so much work. I simply don't have time for sport.

M: Everybody says that. You sit at the computer all day. You should start to jog. If you jog regularly, you will get in a better shape, and it will surely do you good.

F: Come on, I am in a good shape, and I don't have any health problems.

M: But you are spending all your time working and sitting. You are going to get fat, and mom is more and more slender, and looks younger and younger. I'm sure she would like you to practice some sport.

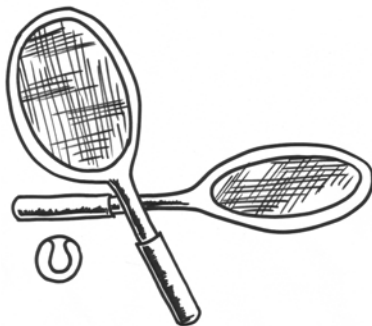
F: I ride a bike.

M: Only in summer. What about other seasons? It is autumn, and that means you won't do anything for the next six months.

F: Well, that's true.

M: You see? But I've found something perfect for you. It's tennis! You can play outdoors in summer, and indoors in winter. Besides, Philip's dad plays regularly, you could play together.

F: I don't know... I haven't played for a long time.



Vocabulary

swim – pływać

mom – mama

train – trenować

why – dlaczego

agree – zgadzać się

everybody – każdy

jog – biegać

slender – zgrabna

seasons – pory roku

autumn – jesień

indoors – wewnątrz

Phrases

I'm short of time – brakuje mi czasu

to have time for sth – mieć na coś czas

to sit at the computer – siedzieć przy komputerze

get in a better shape – poprawić wygląd swojej sylwetki

it will do you good – dobrze ci to zrobi

to get fat – przytyć

Grammar

Future Perfect i Future Perfect Continuous

Czasów *Future Perfect* i *Future Perfect Continuous* używa się, mówiąc o wydarzeniach, czynnościach, które będą miały miejsce do pewnego momentu w przyszłości, ale:

- **Future Perfect** dotyczy czynności zakończonych do określonego momentu w przyszłości:

Examples:

I hope I will have done my homework by dinner time.

I'll have cooked the dinner by 6 o'clock.

We will have got married by next year.

Czas ten tworzy się w następujący sposób:

will + have + Past Participle

Pytania tworzy się, stosując inwersję, czyli przestawiając *will* na początek zdania. Przeczenia tworzy się poprzez dodanie *not* do czasownika modalnego *will* (*will not* = *won't*).

- **Future Perfect Continuous** opisuje czynności trwające do określonego momentu w przyszłości:

Examples:

She will have been painting the room for ten hours by the time she finishes.

We'll be sitting here for almost three hours by the time she finishes painting the walls.

I'll have been working here for three years by next summer.

Czas ten tworzy się w następujący sposób:

will + have + been + -ing form

Pytania tworzy się, stosując inwersję, czyli przestawiając *will* na początek zdania. Przeczenia tworzy się poprzez dodanie *not* do czasownika modalnego *will* (*will not* = *won't*).

Exercise 9

Put the verbs into the sentences using Future Perfect tense.

live, finish, cook, repair, start, plant, stop, consider, sew, arrive

- I..... here for five years by next month.
- They say it..... raining by tomorrow.

- c. They..... the proposal by the next week.
- d. I..... all the flowers by tomorrow
- e. She..... this assignment by Saturday.
- f. (you) the dinner by midnight?
- g. I..... this dress by Friday.
- h. The film..... by the time we get to the cinema.
- i. I think we..... by the time they are ready.
- j. (you) my bike by 6? I need it badly.

Exercise 10

Put the verbs into the sentences using Future Perfect Continuous tense.

give, work, snow, practice, sing, show, go out, train, paint, hold

- a. We..... the city to my parents from 5 to 7 pm.
- b. You..... a speech by the time the boss arrives.
- c. It..... for two days.
- d. We.....our breath.
- e. By the time I'm fifty, I..... here for 30 years.
- f. Emma..... dancing for 4 hours by the time the training finishes.
- g. Tim..... basketball for 7 years by the time he is 15.
- h. Jim and Amy..... together for ten months by Christmas.
- i. How long..... (you) in a choir by the end of the year?
- j. How long..... (Dan) the walls by the time he finishes?

Formy czasownika w czasach przyszłych

W tabeli poniżej przedstawiono formy czasownika w omawianych czasach:

Zaimek osobowy	Future Simple	Future Continuous	Future Perfect	Future Perfect Continuous
I	will work	will be working	will have worked	will have been working
You	will work	will be working	will have worked	will have been working
He/She/It	will work	will be working	will have worked	will have been working

We	will work	will be working	will have worked	will have been working
You	will work	will be working	will have worked	will have been working
They	will work	will be working	will have worked	will have been working

Tworzenie przeczeń w czasach przyszłych

Kolejna tabela w syntetyczny sposób przedstawia tworzenie przeczeń w omawianych czasach:

Zaimek osobowy	Future Simple	Future Continuous	Future Perfect	Future Perfect Continuous
I	will not work	will not be working	will not have worked	will not have been working
You	will not work	will not be working	will not have worked	will not have been working
He/She/It	will not work	will not be working	will not have worked	will not have been working
We	will not work	will not be working	will not have worked	will not have been working
You	will not work	will not be working	will not have worked	will not have been working
They	will not work	will not be working	will not have worked	will not have been working

Exercise 11

Complete the sentences with the correct future expressions.

- a. The movie..... (begin) at 20.15. (you/watch) it?
- b. When..... (you/see) your doctor? Tomorrow. I hope he..... (help) me.
- c. When..... this car be ready? We..... (repair) it by next week.
- d. I..... (see) my mother tomorrow, and I..... (give) her a present, which I bought last week.
- e. What..... (you/do) on Sunday?
- f. Look at her, she..... (cry)

- g. (you/eat) with us?
h. In ten years time we. (discover) the cure for cancer.
i. By June I. (give up) smoking.
j. I. (wait) for you in front of the bank when you come out.

Be about to

“Be about to” dotyczy pewnej sytuacji, która ma się wydarzyć w najbliższej przyszłości:

Examples:

I'm about to finish my homework, I'll be downstairs in a minute.

They are about to start, don't leave now!

We are about to have dinner. Will you eat with us?

Exercise 12

Read the sentences below and write what may happen next using the correct future expression.

Example:

Jim is shaving. – He is going out tonight.

- a. He's writing the last sentence of his essay. –
b. She looks so sad. –
c. They've postponed the match from 6 to 7. –
d. We usually go to the theatre on Saturdays. –
e. I need the book I borrowed from you last week. –
f. He's just finished his essay. –
g. I've made a schedule of my work for two days. –
h. She has bought a plane ticket to London for Sunday. –
i. I have to clean my room by tomorrow. –
j. There's an interesting movie on TV tonight. –

Exercise 13

Say it in English:

- a. O której kończysz zajęcia jutro? Zamierzam iść na zakupy z tobą.
b. Wyjeżdżamy o 7 rano i przyjeżdżamy do hotelu o 9 wieczorem.
c. Nie mogę się z tobą zobaczyć jutro. Spotykam się z moim starym przyjacielem.
d. Pani suknia, niestety, nie będzie gotowa w piątek.
e. Nie podoba mi się ta bluzka, nie wezmę jej.
f. Wyjeżdżam do Azji za dwa tygodnie.
g. Gdzie jedziecie w tym roku na wakacje?

- h. Prawdopodobnie pojadę w góry.
- i. Mam nadzieję, że wkrótce znajdę jakieś ładne mieszkanie w okolicy.
- j. Za chwilę wychodzę do miasta.

Text 3

Doping in sport

The general idea of sport is to get healthy and fit. It is said that the secret to becoming a successful sportsman is only training but also having an adequate diet. Is it enough to become a champion? Well, intense training is not a good idea, it's not safe. Some athletes also take drugs and growth hormones to achieve better and better results. But these influence the efficiency of their training and may improve their results. They may for example stimulate reduction of tiredness in your organism. There are also drugs which eliminate pain so one can compete despite injury or illness. Anabolic agents increase muscle size and strength. However, obviously there's a risk when taking such drugs. The side effects caused by the substances described above are for example: increased blood pressure, more aggression, anxiety, irregular heart beat, fainting, comas, and kidney damage. Anabolic agents cause in women: a development of male features, including facial hair; and in men: kidney damage, development of breasts, premature baldness.

Human growth hormones are replacing other banned substances because it's much more difficult to detect them with drug tests. In Athens, during the last Olympic Games, a record number of sportsmen were tested and it is very difficult to detect human growth hormones and peptides (such as EPO – erythropoietin). However, nowadays samples are frozen, so they can be analysed retrospectively.

There is one question: why do athletes risk everything by breaking the rules, why do they invest so much money in banned substances? Is breaking records worth losing your reputation, losing your health and even your life? I think the trend in a modern society is to be better and better, to achieve the most possible and to leave all the rest behind. It is not possible to change the situation in sport when there's so much business and money involved. There is too much to gain, for many people it's worth taking the risk.

Vocabulary

doping – doping

well-known – dobrze znany

secret – tajemnica

successful – ten, który odnosi sukcesy

adequate – właściwa

champion – mistrz

intense – intensywny

organism – organizm

athletes – sportowcy

drugs – lekarstwa lub narkotyki

human growth hormones – hormony wzrostu

achieve – uzyskać

improve – poprawiają

stimulate – stymulować

eliminate – eliminować

pain – ból
compete – walczyć, konkurować
injury – zranienie
illness – choroba
obviously – oczywiście
side effects – skutki uboczne
above – powyżej
aggression – agresja
samples – próbki

anxiety – niepokój
fainting – omdlenie
coma – śpiączka
kidney – nerka
breasts – piersi
replace – zastępować
detect – wykryć
peptides – peptydy
frozen – zamrożone

Phrases

reduction in tiredness – redukcja zmęczenia
anabolic agents – substancje anaboliczne
muscle size and strength – siła i wielkość mięśni
risk of taking doping – ryzyko zażywania dopingu
increased blood pressure – podniesione ciśnienie krwi
irregular heart beat – nieregularne bicie serca
male features – cechy męskie
facial hair – owłosienie twarzy
premature baldness – przedwczesna łysina
banned substances – zabronione substancje
drug tests – testy na obecność niedozwolonych substancji

Let's talk!

Shall I help you? Will you do it for me?

Czasowników modalnych “shall” i “will” stosowanych w wyrażeniach dotyczących przyszłości używa się również w innych sytuacjach. Poznajmy kilka przydatnych w następujących sytuacjach zwrotów:

- **Obietnica:** I'll give you back this book next week.
- **Question tag w zdaniach z „Let's”:** Let's go, to the cinema, shall we?
- **Prośba:** Wash the dishes, will you?; Will you please wash the dishes?
- **Zasygnalizowanie gotowości do pomocy:** Shall I wash the dishes?
- **Poczęstunek:** Will you have beef?
- **Pytanie o zgodę lub opinię:** Shall I cancel the meeting?

It's high time

Zwrot *It's high time* po polsku oznacza *najwyższy czas*. Po tym wyrażeniu stosujemy:

- **Czasownik w czasie Past Simple:**

It's high time we finally did it.

Najwyższy czas, żebyśmy to w końcu zrobili.

- **Bezokolicznik:**

It's high time for us to finally do it.

Najwyższy czas, żebyśmy to w końcu zrobili.

Exercise 14

What would you say in the following situations?

- A friend of your father comes to visit him, but your dad is away at the moment. You're pretty sure he will be back in a minute. What would you say?
- Your friend is calling you. She's free this evening, but she has no idea what to do with the spare time. What would you propose?
- Your cousin lives in a students' dormitory, even though he already has a permanent job. Surprisingly, he's always complaining about his roommate. Give him some advice.

Dialogue 3

M: Dad, I don't feel very well, I'm not going to the swimming pool today.

F: What's going on?

M: I have a headache, and my hands are extremely itchy. Can you see these red spots on my skin?

F: It doesn't look good.

M: Am I sick?

F: I don't think so. I guess you are allergic to something. Have you eaten anything new or strange at school?

M: No, nothing special. I bought the same things as usual.

F: Oh, well then we will ask mom whether she has used some new detergent. You might be allergic to chemical substances.

M: What should I do now?

F: Well, why don't you take this ointment, and put it on the spots. If they don't disappear in two days, you should go and see a doctor.

M: I hope I'll get rid of it soon. Next week I have a swimming competition.



Vocabulary

feel – czuć się
headache – ból głowy
sick – chory
detergent – detergent
ointment – maść
dissappear – znikać

Phrases

What's going on? – Co się dzieje?
My hands are itchy. – Swędzą mnie ręce.
red spots – czerwone plamki
to be allergic to something – być na coś uczulonym
nothing special – nic specjalnego
as usual – jak zwykle
get rid of sth – pozbyć się czegoś

Grammar

Zaimki nieokreślone

W poprzednim rozdziale przypomnieliśmy zaimki nieokreślone *some, any, one*. W tej części książki zajmiemy się kolejnymi:

Both, either, neither

Ta grupa zaimków odnosi się do par osób, zwierząt, rzeczy.

Both używane jest wtedy, gdy jest prawdziwe w stosunku do każdego komponentu danej pary wyrazów (oba z pary wyrazów spełniają warunek wyrażony w zdaniu).

Czasownik odnoszący się do *both* występuje w liczbie mnogiej.

Examples:

Jim and Tom are actors. = **Both** Jim and Tom are actors. – *Obaj Jim i Tom są aktorami.*

Both men are actors. – *Obaj mężczyźni są aktorami.*

They are **both** actors. – *Oni obaj są aktorami*

Both of them are actors. – *Dwaj z nich są aktorami.*

Przeciwieństwem do *both* (obaj) jest *neither* (żaden)

Either – zdanie jest prawdziwe tylko dla jednego z komponentów danej grupy wyrazów, przy czym nie jest istotne, dla którego (którykolwiek z pary wyrazów spełnia warunek wyrażony w zdaniu).

Neither – żaden komponent danej pary wyrazów nie spełnia warunku wyrażonego w zdaniu.

Zarówno **either**, jak i **neither** występują przed rzeczownikiem w liczbie pojedynczej, ponieważ odnoszą się tylko do jednej osoby lub rzeczy z pary.

Examples:

Było dwóch mężczyzn na rozmowie kwalifikacyjnej, ale żaden z nich nie był aktorem.

There were two men at the interview, but **neither** was an actor.

There were two men at the interview, but **neither of them was** an actor.

Miałem dwie mapy miasta, ale nie mogę znaleźć ani jednej z nich.

I had two maps of the city, but I cannot find **either of them**.

I had two maps of the city, but I cannot find **either**.

All, any, none

Zaimki te odnoszą się do grup liczących więcej niż dwa elementy.

All stosuje się, gdy zdanie jest prawdziwe dla wszystkich tych elementów. (wszystkie elementy grupy spełniają warunek w zdaniu). Po **all** czasownik występuje w liczbie mnogiej.

Examples:

All the children played. – *Wszystkie dzieci bawiły się.*

All of the children played. – *Każde z dzieci bawiło się.*

All of them played. – *Wszystkie z nich bawiły się.*

Przeciwieństwem do **all** (wszyscy) jest **non** (żaden).

Any dotyczy sytuacji, gdy zdanie jest prawdziwe dla któregośkolwiek – jednego z elementów danej grupy.

Examples:

I have plenty of maps of the city, and I can't find **any of** them.

Mam mnóstwo map miasta, ale nie mogę znaleźć ani jednej z nich.

None – mówi o sytuacji, w której żaden z elementów grupy nie spełnia warunku określonego w zdaniu.

Examples:

I have plenty of maps of the city, but **none of them** is good.

Mam mnóstwo map miasta, ale żadna z nich nie jest dobra.

Each, every

Oba te zaimki używane są z rzeczownikami policzalnymi w liczbie pojedynczej.

Every odnosi się do całej grupy ludzi lub rzeczy i ma znaczenie analogiczne do **all**, *everyone, everything*.

Each używamy, jeśli myślimy o każdym elemencie danej grupy indywidualnie.

Examples:

Each applicant has to fill in a form.

Each of the applicants has to fill in a form.

Each box was closed.

Each of the boxes was closed.

Every girl at the party wore a red dress.

This new habit can be noticed in **every** village in Poland.

She goes to her grandmother **every** day.

Exercise 15

Write opposites to the sentences below.

Example:

He likes every girl he sees. – He likes none of the girls he sees.

- a. All the children were satisfied with the presents.
- b. Neither of my maps is useful.
- c. None of my maps is useful.
- d. Both of them are married.
- e. Everybody is looking at us!
- f. Nobody wants to come to the party.
- g. I know both of them.
- h. Everybody likes strong coffee.
- i. There is some sugar in the cupboard.
- j. Each of them has a quality certificate.

Exercise 16

Underline the correct expression.

- a. *Both/All* Mark and Anthony are professors.
- b. Amy speaks *either/neither* Russian nor French, but she can speak *both/each* English and German.
- c. There's *no/any* need to clean the room now. We can do it tomorrow.
- d. I can hear *anything/something* downstairs. Shall I check what it is?
- e. *Both/each* time we try to make an appointment one of us is busy.
- f. Which film did you like the most? Actually I didn't enjoy *either/neither* of them.
- g. *Neither/either* my brother nor I passed the driving test. We *all/both* failed.
- h. Would you like *some/no* sugar?
- i. I didn't say *nothing/anything*.
- j. He plays the piano *any/every* afternoon.

Text 4

Chemical food

Food additives are natural or chemical substances used in food production or food storage to keep it in better condition. They perform various functions: they preserve the food from spoilage, from bacteria, fungi or chemical processes; maintain nutritional quality of food; they magnify or modify the taste and aroma of food; they give a more desirable, appetizing colour.

Food preservatives make it possible to ship a variety of foods all over the world. We are able to buy in Poland lemons, oranges and coconuts. Also it is very common to import apples or carrots from overseas to our country. There's a wide variety of fresh and beautiful vegetables and fruit on the market. But customers are often not happy about them. They look too perfect but they contain chemicals which may be dangerous to human health. Of course you can buy fresh products grown in your neighbourhood, but they are less available than the ones with food additives. You can't find natural vegetables grown in Poland on small farms in the supermarket. They are too expensive. The way to avoid additives in your diet is to eat as much seasonal produce as you can, try to peel fruit and vegetables, and always wash it in running water. You won't avoid chemicals in food totally, but it still keeps you from them.

Vocabulary

food additive – dodatkowe składniki
w żywności

natural – naturalny

chemical – chemiczny

storage – magazynowanie

perform – spełniać

preserve – chronić

spoilage – zepsucie

bacteria – bakterie

fungi – grzyby

maintain – utrzymać

aroma – aromat

magnify – zwiększać

modify – zmieniać, modyfikować

desired – pożądany

appetizing – apetyczny

stabilizers – stabilizatory

preservatives – środki konserwujące

to ship – przewozić statkiem

import – importować

overseas – zza granicy

customers – klienci

dangerous – niebezpieczne

neighbourhood – sąsiedztwo

peel – obierać

Phrases

to keep sth in a better condition – utrzymać coś w lepszym stanie

chemical processes – procesy chemiczne

nutritional quality – wartość odżywcza

grown in the neighbourhood – uprawiane w sąsiedztwie

seasonal produce – produkcja sezonowa

running water – woda bieżąca

it keeps you off food additives – chroni cię od dodatków w jedzeniu

Grammar

Rzeczowniki policzalne i niepoliczalne

Najprościej jest powiedzieć, że **rzeczowniki policzalne** to te, które można policzyć: dwie brzoskwinie, trzy kostki mydła, pięć bułek. **Rzeczowniki niepoliczalne** to na przykład mąka lub cukier, które da się policzyć tylko wtedy, gdy są zebrane w torebki, kilogramy itp. Czyli tak naprawdę policzalne są tu tylko te kilogramy czy torebki, a nie mąka czy cukier. Rzeczowniki niepoliczalne nie mają liczby mnogiej i nie stawia się przed nimi *a*, *an* czy *the*. Zamiast tych przedimków (*articles*) stosuje się miary, na przykład *a bottle of milk*, bądź *a lot of*, *some* czy *any* (patrz niżej).

Much, many, a lot of, lots of

Wszystkie te wyrażenia znaczą to samo: *wiele, dużo*. Jednak odnoszą się do różnych sytuacji.

Much

Oznacza *dużo*. Używa się tego słowa w przypadku **rzeczowników niepoliczalnych**, głównie w pytaniach i przeczeniach.

Examples:

I **don't** eat **much** chocolate.

How **much** money do you need?

There **isn't much** sugar left.

Many

Oznacza *wiele*. Słowa tego używa się w przypadku **rzeczowników policzalnych** w liczbie mnogiej, głównie w pytaniach i przeczeniach:

Examples:

How **many** flowers have you brought?

I **don't** have **many** projects with me, just two or three.

Are there **many** boxes to carry?