**8** Wellbeing

Glossary

# Page 89

* 1. **wellbeing** (n) /ˈwelbiːɪŋ/

general good physical and psychological health ● *A good night’s rest is essential for your own wellbeing.* ❖ dobre samopoczucie

* 1. **hay fever** (n) /heɪ ˈfiːvə(r)/

the state of being unwell, e.g. sneezing because of pollen from flowers and trees

* + - *Erica avoids country walks in springtime as she suffers from hay fever.* ❖ katar sienny
  1. **nutritionist** (n) /njuˈtrɪʃənɪst/

a medical expert on healthy eating ● *You should take advice from a qualified nutritionist rather than go on some weird diet you found on the internet.* ➣ nutrition (n), nutritional, nutritious (adj) ❖ dietetyk

* 1. **asthma** (n) /ˈæsmə/

a medical problem that affects the breathing system ● *Although I love cats, I suffer from asthma which affects my breathing, so I can’t have them indoors.* ➣ asthmatic (adj)

* astma
  1. **plaster** (n) /ˈplɑːstə(r)/

a hard cover around an arm or leg to keep a broken bone in place while it heals ● *I had my wrist in plaster when I broke it.* ❖ gips

* 1. **sling** (n) /slɪŋ/

a fabric support tied behind sb’s neck and used to take the weight off a broken arm, wrist, etc. ● *She had her broken arm in a sling.*

* temblak
  1. **face mask** (n) /ˈfeɪs mɑːsk/

a protective face covering worn to prevent catching or spreading disease ● *The level of air pollution is so high in some cities that it’s advisable to wear a face mask outside.*

* maseczka ochronna

Reading **Pages 90–91**

* 1. **insomnia** (n) /ɪnˈsɒmniə/

inability to sleep ● *Drinking coffee in the evening could be the reason for your insomnia, so you’d sleep better if you cut down on it.*

➣ insomniac (n) ❖ bezsenność

* 1. **nap** (v) /næp/

take a short sleep ● *In some hot countries, it’s common to nap for a couple of hours in the afternoon.* ➣ nap (n) ❖ drzemka

* 1. **digestion** (n) /daɪˈdʒestʃən/

the process of breaking down and absorbing food in the body ● *Eating too quickly is generally bad for your digestion.* ➣ digestive, digestible (adj) ❖ trawienie

* 1. **immunity** (n) /ɪˈmjuːnəti/

the body’s ability to resist infection and illness

* + - *Lack of rest and sleep may lower your immunity to illness.* ➣ immune (adj), immunise (v) ❖ odporność
  1. **rapid** (adj) /ˈræpɪd/

quick ● *The patient is doing well and making a rapid recovery*. ➣ rapidity (n), rapidly (adv)

* szybki
  1. **rhythmically** (adv) /ˈrɪðmɪkli/

in a regular pattern of movements or sounds

* + - *They danced rhythmically to the beat of the music.* ➣ rhythm (n), rhythmic, rhythmical (adj)
* rytmicznie
  1. **sleepwalk** (v) /ˈsliːpwɔːk/

walk around while still sleeping ● *When Tom suddenly woke up in the kitchen, he realised he’d been sleepwalking.* ➣ sleepwalker (n)

* lunatykować
  1. **lid** (n) /lɪd/

an eyelid; the skin that covers the eye when you close it ● *After working on her laptop all day, Daisy’s lids were closing, so she went to bed.* ❖ powieka

* 1. **paralysed** (adj) /ˈpærəlaɪzd/

unable to move part or all of your body

* + - *He couldn’t walk after the accident becau*s*e his back was paralysed.* ➣ paralyse (v), paralysis (n) ❖ sparaliżowany
  1. **progressively** (adv) /prəˈɡresɪvli/ continuously step by step ● *The snow was becoming progressively heavier as the day passed.* ➣ progressive (adj), progress (n, v)
* progresywnie
  1. **circadian** (adj) /sɜːˈkeɪdiən/

connected to the natural changes in living things in a 24-hour period ● *Working night shifts disturbed my circadian rhythms, making it hard to sleep properly.* ❖ dobowy

* 1. **drive** (n) /draɪv/

a strong need or wish to do sth ● *The accident lessened his drive to succeed at all costs.*

➣ drive (v), driving (adj) ❖ determinacja, silna potrzeba

* 1. **sleepiness** (n) /ˈsliːpinəs/

a feeling of being very tired or about to sleep

* + - *Unable to concentrate any more due to sleepiness, she took a short nap.* ➣ sleepy (adj), sleepily (adv) ❖ senność
  1. **battle** (n) /ˈbætl/

an effort to change a bad situation or to achieve sth in a difficult situation ● *Sadly, the 80-year-old actress lost her battle against cancer.* ➣ battle (v) ❖ walka

* 1. **aid** (n) /eɪd/

sth, such as a device, that helps you to do sth

* + - *For me, reading a book is the best aid for a good night’s sleep.* ➣ aid (v) ❖ pomoc
  1. **sleep tracker** (n) /sliːp ˈtrækə(r)/

a device that records your sleep patterns

* + - *He wore a sleep tracker on his wrist to make sure he was getting enough sleep.*
* urządzenie do śledzenia snu
  1. **inability** (n) /ˌɪnəˈbɪləti/

the lack of ability ● *Their inability to see the path made the descent risky.* ❖ niezdolność

✎ Opp: ability

* 1. **in-built** (adj) /ˈɪnbɪlt/

that exists as an integral or natural part of sth

* + - *Cats have an in-built ability to see in the dark.* ❖ wbudowany

Vocabulary **Page 92**

* 1. **allergy** (n) /ˈælədʒi/

a medical condition that causes a bad physical reaction to certain things ● *Her allergy to wheat flour means she has to avoid eating most types of bread.* ➣ allergic (adj)

* alergia
  1. **diarrhoea** (n) /ˌdaɪəˈrɪə/

a condition that causes sb to go to the toilet to empty body waste more often, and in soft liquid form ● *I had a dreadful attack of diarrhoea after eating meat that was off.*

* biegunka
  1. **faint** (v) /feɪnt/

lose consciousness ● *It was so hot on the bus that one passenger fainted.* ❖ zemdleć

* 1. **food poisoning** (n) /ˈfuːd pɔɪzənɪŋ/

an illness caused by eating food that has dangerous bacteria ● *The restaurant closed because so many of its customers suffered from food poisoning on Sunday.*

* zatrucie pokarmowe
  1. **itchy** (adj) /ˈɪtʃi/

with an uncomfortable feeling, making you want to rub your skin ● *My legs were covered in itchy spots where I had touched the plant.*

* swędzący
  1. **rash** (n) /ræʃ/

an area of red spots on sb’s skin ● *When she touched the caterpillar, she got a rash on her arm.* ❖ wysypka

* 1. **scar** (n) /skɑː(r)/

a mark left on the skin after a cut has healed

* + - *He has a scar on his leg from an operation he had years ago.* ➣ scar (v) ❖ blizna
  1. **stitch** (n) /stɪtʃ/

a piece of thread used to join the two

sides of a cut on the skin ● *The cut on your finger will need three stitches.* ➣ stitch (v)

* szew
  1. **swell** (v) /swel/

get bigger or rounder ● *Her broken toe had swollen up and turned blue.* ➣ swelling (n), swollen (adj) ❖ puchnąć

* 1. **transplant** (n) /ˈtrænsplɑːnt/

an operation to replace an organ in sb’s body

* + - *The patient is recovering well after her lung transplant.* ➣ transplant (v) ❖ przeszczep
  1. **lean** (adj) /liːn/

thin and strong ● *Although she eats a lot, she stays lean by walking to work.* ❖ Szczupły

* 1. **toned** (adj) /təʊnd/

well-exercised and strong ● *I do regular Pilates workouts to stay toned and fit.* ➣ tone (n, v)

* wymodelowany
  1. **severe** (adj) /sɪˈvɪə(r)/

causing great pain; very serious ● *You must go to the hospital if you have a severe chest infection.* ➣ severely (adv), severity (n)

* ciężki, poważny
  1. **acute** (adj) /əˈkjuːt/

very painful or serious ● *He had an acute pain in his ear and went to see the doctor about it.*

➣ acutely (adv) ❖ ostry

* 1. **mild** (adj) /maɪld/

not serious or extreme ● *I’ve got a mild case of flu so I'll stay in and rest.* ➣ mildly (adv)

* łagodny
  1. **infect** (v) /ɪnˈfekt/

spread bacteria or an illness to another person or living thing ● *Within days, thousands of people were infected with the virus.* ➣ infection (n), infectious (adj) ❖ zarażać

* 1. **cure** (v) /kjʊə(r)/

make better ● *Unfortunately, some diseases still can’t be cured.* ➣ cure (n), curable (adj)

* leczyć
  1. **non-infectious** (adj) /ˈnɒn ɪnˈfekʃəs/

(of illness) that cannot be spread easily from one person to another ● *Don’t worry! Broken bones are non-infectious, so I’ll come round to visit you.* ❖ niezaraźliwy ✎ Opp: catching, contagious, infectious

* 1. **catching** (adj) /ˈkætʃɪŋ/

(of illness) that can be spread easily from one person to another ● *The virus was catching and half the students in the school had it.*

➣ catch (v) ❖ zaraźliwy ✎ Syn: contagious, infectious

* 1. **contagious** (adj) /kənˈteɪʤəs/

(of illness) that can be spread easily from one person to another ● *All medical staff have to wear face masks to avoid catching contagious diseases.* ➣ contagion (n) ❖ zakaźny

✎ Syn: infectious, catching

* 1. **immune** (adj) /ɪˈmjuːn/

protected against a disease, so you can’t catch it ● *People who have had certain childhood diseases are then immune to them.*

➣ immunity (n) ❖ odporny

* 1. **resistant** (adj) /rɪˈzɪstənt/

not easily affected or infected by sth ● *A healthy lifestyle can make you more resistant to illness.* ➣ resistance (n) ❖ wytrzymały

* 1. **vulnerable** (adj) /ˈvʌlnərəbl/

easily hurt or infected by sth ● *Babies are more vulnerable to the illness than older people.* ➣ vulnerability (n) ❖ podatny, wrażliwy

✎ Opp: invulnerable

* 1. **shiver** (v) /ˈʃɪvə(r)/

when your body shakes a little because of cold, fear, etc. ● *Waiting for the bus in the rain, she shivered with cold.* ➣ shiver (n)

* trząść się
  1. **scratch** (v) /skræʧ/

rub your skin using your nails ● *Don’t scratch your rash or you’ll make it worse.* ➣ scratch (n)

* drapać
  1. **be better off** (expr) /biː ˈbetə(r) ɒf/

be in a better position; be happier, healthier, etc. ● *If you still have a fever tomorrow, you’d be better off calling the doctor.*

* lepiej coś zrobić
  1. **fracture** (n) /ˈfrækʧər/

a broken bone ● *Laura had a minor fracture in her arm, which healed quickly in a month.*

➣ fracture (v) ❖ złamanie

* 1. **trauma** (n) /ˈtrɔːmə/

a bad injury or experience, or a mental condition caused by shock ● *He hasn’t recovered from the trauma of seeing the accident.* ➣ traumatic (adj) ❖ uraz

* 1. **vaccine** (n) /ˈvæksiːn/

a chemical substance that a doctor puts into your blood to protect you from a disease

* + - *The vet gave the kitten a vaccine to protect it against cat flu.* ➣ vaccinate (v), vaccination (n)
* szczepionka
  1. **agony** (n) /ˈægəni/

a feeling of intense pain ● *He was in agony when he fell and broke a toe.* ❖ agonia

* 1. **pandemic** (n) /pænˈdemɪk/

a disease that spreads around most of the world ● *The pandemic known as the Spanish flu began in 1918 and had a devastating effect, killing millions around the world.*

* pandemia
  1. **injection** (n) /ɪnˈʤekʃn/

when you are given medicine through a needle

* + - *When she cut her hand in the garden, the doctor gave her an injection to prevent infection.* ➣ inject (v) ❖ zastrzyk
  1. **physiotherapist** (n) /ˌfɪziəʊˈθerəpɪst/

sb whose job is to treat people who have medical problems with their muscles or bones

* + - *The physiotherapist used various machines on my injured back and helped me to heal it.*

➣ physiotherapy (n) ❖ fizjoterapeuta

* 1. **surgeon** (n) /ˈsɜːʤn/

a doctor who performs operations ● *The surgeon did an excellent job of saving the patient’s arm after the accident.* ➣ surgery (n)

* chirurg
  1. **paramedic** (n) /pærəˈmedɪk/

sb who is trained to give medical help

* + - *The paramedics took the injured passengers and gave them first aid in the ambulance.*
* ratownik medyczny
  1. **psychiatrist** (n) /saɪˈkaɪətrɪst/

a doctor who treats patients with mental illnesses ● *People with depression usually get a lot of help from trained psychiatrists.*

➣ psychiatry (n) ❖ psychiatra

* 1. **associate** (v) /əˈsəʊsieɪt/

connect ● *I will always associate the year 2019 with the start of the pandemic.* ➣ association

(n) ❖ łączyć, kojarzyć

**Medical treatment**

amputation injection plaster

sling stitch transplant

vaccine

Grammar **Page 93**

* 1. **allergic** (adj) /əˈlɜːdʒɪk/

having an allergy ● *I’m allergic to jelly and any food that contains it makes me sick instantly.*

➣ allergy (n) ❖ uczulony

Listening **Page 94**

* 1. **non-disabled** (adj) /ˈnɒn dɪsˈeɪbld/ having no mental or physical disability
     + *Even with one leg, he swims faster than most non-disabled people.* ❖ bez niepełnosprawności
  2. **adaptive** (adj) /əˈdæptɪv/

flexible; which can be adapted to suit the situation ● *The course content is adaptive to suit the needs of different age groups.* ➣ adapt (v), adaptation (n) ❖ dopasowujący się

* 1. **amputation** (n) /ˌæmpjuˈteɪʃn/

the act of surgically cutting off a limb (e.g. arm, leg) ● *His foot had to be amputated to prevent the spread of the infection.* ➣ amputate (v), amputee (n) ❖ amputacja

* 1. **impairment** (n) /ɪmˈpeəmənt/

a physical or mental condition which prevents part of your body functioning correctly ● *Dad has a hearing impairment, so he wears a hearing aid.* ➣ impair (v) ❖ upośledzenie

* 1. **mobility** (n) /məʊˈbɪləti/

the ability to move around ● *Her mobility improved with physiotherapy and she was able to use her legs again.* ➣ mobilise (v), mobile (adj) ❖ ruchomość

* 1. **limitation** (n) /lɪmɪˈteɪʃn/

sth that prevents you from doing more

* + - *Shortage of time was our main limitation on the project.* ➣ limit (v, n) ❖ ograniczenie
  1. **cerebral palsy** (n) /ˌserəbrəl ˈpɔːlzi/

a medical condition that causes the brain to lose control of movements in the arms and legs ● *Susie was born with cerebral palsy, so she has mobility problems.* ❖ dziecięce porażenie mózgowe

* 1. **wheelchair** (n) /ˈwiːlʧeə(r)/

a chair with wheels used by people who can’t walk ● *He needed a wheelchair to move around after both his legs were injured.*

* wózek inwalidzki
  1. **able-bodied** (adj) /ˌeɪbl ˈbɒdid/

not physically disabled ● *Both disabled and able-bodied athletes can take part in the Olympic Games.* ❖ sprawny fizycznie

* 1. **ultimate** (adj) /ˈʌltɪmət/

final ● *Her ultimate goal is to win a gold medal for swimming.* ❖ ostateczny

**Health issues**

allergy asthma blindness cerebral palsy diarrhoea digestion

food poisoning fracture

hay fever impairment insomnia mobility

pandemic rash

scar trauma

Speaking **Page 95**

* 1. **summarise** (v) /ˈsʌməraɪz/

say the general meaning of sth in a few words

* + - *On the application form, he had to summarise the reasons why he wanted the job.*

➣ summary (n) ❖ podsumowywać

Grammar **Page 96**

* 1. **hop** (v) /hɒp/

move forward by repeatedly jumping on one leg ● *He hurt his ankle badly and hopped into the house using his other leg.* ➣ hop (n)

* skakać na jednej nodze

Use your English **Page 97**

* 1. **(I’ll) believe it when I see it** (expr) /(aɪl) bɪˈliːv ɪt wen aɪ siː ɪt/

(I) doubt if it’s likely or true ● *So you promise you’ll never be late again? I’ll believe it when I see it!* ❖ uwierzę, gdy zobaczę

* 1. **(the) chances are** (expr) /(ðə) tʃɑːnsɪz ɑː(r)/ it’s likely that ● *The chances are you’ll*

*feel better after a good sleep.* ❖ jest prawdopodobne, że

* 1. **(a) good chance that** (expr) /(ə) guːd tʃɑːns ðæt/

a strong likelihood that ● *There’s a good chance she’s forgotten about the meeting, so call her.* ❖ duże prawdopodobieństwo, że

* 1. **probability** (n) /ˌprɒbəˈbɪləti/

the level of possibility that sth might happen

* + - *I heard a crack when I fell, so there’s a strong probability my ankle is broken.*

➣ probable (adj), probably (adv)

* prawdopodobieństwo ✎ Syn: likelihood

✎ Opp: improbability

* 1. **(I) wouldn’t bet on it** (expr) /(aɪ) ˌwʊdnt ˈbet ɒn ɪt/

(I) think it’s unlikely or not true ● *He might get the job, but Ι wouldn’t bet on it!* ❖ nie byłbym tego pewien

* 1. **take issue with** (expr) /teɪk ˈɪʃuː wɪθ/ disagree with ● *He took issue with the referee’s decision.* ❖ zaprzeczać
  2. **take effect** (expr) /teɪk ɪˈfekt/ start to have the intended results
     + *My temperature dropped as the painkillers took effect.* ❖ zacząć działać
  3. **take (sb’s) word for it** (expr) /teɪk (ˈsʌmbədiz)

wɜːd fər ɪt/

believe sb ● *It seems incredible that he was arrested, but I’ll take your word for it.*

* wierzyć komuś
  1. **take note (of)** (expr) /teɪk nəʊt (əv)/

pay attention to ● *I took note of my coach’s suggestions.* ❖ brać coś pod uwagę

* 1. **take (sth) on board** (expr) /teɪk (ˈsʌmθɪŋ) ɒn bɔːd/

accept and consider an idea ● *He took his friend’s advice on board and applied for the coaching course.* ❖ w pełni rozważyć

* 1. **build up** (phr v) /bɪld ʌp/

develop, strengthen ● *She went swimming every day to build up her strength.*

* wzmacniać
  1. **contract (sth)** (v) /kənˈtrækt (ˈsʌmθɪŋ)/ catch an illness ● *They wore face masks to*

*avoid contracting the virus.* ❖ złapać (chorobę, wirusa)

* 1. **diagnose** (v) /ˈdaɪəɡnəʊz/

say what illness sb has ● *The doctor has diagnosed me with a throat infection.*

➣ diagnosis (n) ❖ diagnozować

* 1. **discharge** (v) /dɪsˈtʃɑːdʒ/

give official permission for sb to leave ● *He was discharged from hospital four days after the operation.* ➣ discharge (n) ❖ wypisywać (ze szpitala)

* 1. **sustain** (v) /səˈsteɪn/

suffer (injury/damage/defeat) ● *She had to stop running for months when she sustained a back injury.* ❖ ponosić

* 1. **twist** (v) /twɪst/

turn part of the body (e.g. ankle, wrist) the wrong way causing injury ● *I fell and twisted my ankle when I was playing tennis.* ➣ twist

(n) ❖ skręcić

* 1. **immune system** (n) /ɪˈmjuːn sɪstəm/

the body’s natural defence system against disease ● *If you feel tired all the time, it’s a sign you have a weak immune system.*

* układ odpornościowy
  1. **consultant** (n) /kənˈsʌltənt/

a medical expert ● *He has an appointment to see a consultant about his knee injury.*

➣ consult (v), consultation (n) ❖ specjalista, konsultant

* 1. **diagnosis** (n) /ˌdaɪəɡˈnəʊsɪs/

the act of identifying what is wrong with sb’s health ● *The doctor’s original diagnosis was that I had a bad cold, but it turned out to be a more serious chest infection.* ➣ diagnose (v)

* diagnoza ✎ Plural: diagnoses

Writing **Pages 98–99**

* 1. **address** (v) /əˈdres/

deal with; give attention to ● *The council are having a meeting to address the issue of public transport.* ❖ rozwiązywać (problem)

* 1. **fundamental** (adj) /ˌfʌndəˈmentl/

basic and essential ● *Physical exercise is a fundamental requirement of a healthy lifestyle.*

➣ fundamentally (adv) ❖ fundamentalny

* 1. **outdated** (adj) /ˌaʊtˈdeɪtɪd/

old-fashioned ● *This old computer software is outdated and needs upgrading.*

* przestarzały

**Adjectives**

able-bodied acute adaptive allergic catching circadian contagious

fundamental paralysed

immune resistant

lean sufficient

mild toned

non-disabled ultimate non-infectious vulnerable outdated

Video **Page 100**

* 1. **blindness** (n) /ˈblaɪndnəs/

lack of ability to see ● *He suffered temporary blindness after his accident, but now his sight is restored.* ➣ blind (adj, v) ❖ ślepota

* 1. **ophthalmologist** (n) /ˌɒfθælˈmɒlədʒɪst/

a doctor who specialises in diseases of the eye

* + - *My ophthalmologist recommends that I have laser treatment to correct my sight problems.*

➣ ophthalmology (n), ophthalmological (adj)

* okulista
  1. **regain** (v) /rɪˈɡeɪn/

get back sth you had ● *After he fainted, he regained consciousness within a few seconds.*

* odzyskiwać
  1. **apartheid** (n) /əˈpɑːtaɪt/

the political system of separating black and white people in South Africa in which only white people had full rights ● *During apartheid, black people and white people were not allowed to travel on the same public transport.*

* apartheid

**Jobs**

consultant nutritionist ophthalmologist paramedic

physiotherapist psychiatrist surgeon

**Expressions and phrasal verbs**

be better off take effect believe it when I see it take issue with build up take note of

(the) chances are take on board

(a) good chance take your word for it I wouldn’t bet on it