

Zdrowie



have a fever – mieć gorączkę

I had such a high fever that I started talking to my pillow like it was my best friend.

He said he was fine, but he had a __ (gorączkę) and looked really pale.

have the flu – mieć grype

I caught the ___ (grype) and my blanket became my new best friend for three days.

He said he was fine, but he had a fever and looked really pale.

**have a cold – mieć przeziębienie,
przeziębnić się**

I had such a bad cold that I used half a box of tissues just during maths class.

She said it was “just a ___ (przeziębienie),” but sneezed like a volcano every two minutes.

have a cough – mieć kaszel

My cough was so loud, the dog barked back at me.

He tried to hide his _____ (kaszel) during class, but it sounded like a broken tractor.

**have a sore throat – mieć chore
gardło**

**My sore throat was so bad, I sounded like a frog
trying to sing opera.**

**I had such a ____ (chore gardło) that even
whispering felt like chewing glass.**

have a runny nose – mieć katar

Because of my _____ (kataru), my sleeve became an accidental tissue.

Her runny nose was so bad, even her nose was asking for a holiday.

first aid kit

- apteczka pierwszej pomocy

I always keep a ____ (apteczkę pierwszej pomocy) in my backpack — just in case I trip over my own feet again!

Our first aid kit is missing band-aids... I guess someone used them all fixing their broken heart!

**give somebody an injection
– zrobić komuś zastrzyk**

The nurse _____ (zrobiła mi zastrzyk), and I pretended to be a superhero who can handle anything!

I was so scared before the injection that I asked if I could have a sticker instead!

a prescription for medicine – recepta na lekarstwo

**The doctor gave me a ____ (receptę na)
medicine to help my cough.**

**I picked up a prescription for a medicine that
should clear my throat.**

**take sb's temperature
– zmierzyć komuś temperaturę**

**The nurse took my temperature so fast,
I almost didn't notice – maybe she's secretly
a ninja!**

**My little brother hates it when I try to _____
(zmierzyć mu temperaturę) – he says it's like
a weird science experiment!**

lose appetite – stracić apetyt

I ____ (straciłem apetyt) when my little sister said she cooked spaghetti... but it looked like a science experiment gone wrong!

After seeing the messy kitchen, I completely lost my appetite – who knew dirty dishes were so scary!

avoid stress – unikać stresu

I try to ____ (unikać stresu) by eating chocolate — it's not in any science book, but it works for me!

My plan to avoid stress during exams? Sleep, snacks, and pretending the test doesn't exist.

**cut down on something
– zredukować coś, ograniczyć**

I'm trying to cut down on sweets, but my fridge keeps calling me at night...

My doctor told me to ____ (ograniczyć) on screen time, so now I only watch three hours of TikTok a day.

**be addicted to something
– być uzależnionym od czegoś**

I'm totally _____ (uzależniony od) my phone – if I don't check it every five minutes, I start to wonder if it misses me.

My friend is addicted to memes. He laughs at his screen so much, we thought he was watching a comedy — it was just a cat wearing sunglasses.

**give up something – rzucić ,
zrezygnować z czegoś**

**I tried to ___ (zrezygnować z) chocolate, but it
didn't give up on me. It was waiting in the
cupboard... patiently.**

**My brother said he would give up gaming for a
week. He lasted three hours and claimed it was
“a social experiment.”**

**be allergic to something
– być uczulonym na coś**

**I'm allergic to homework – every time I see it,
I break out in a bad mood.**

**My best friend is ____ (uczulony na) cats, but
her cat doesn't care. It sleeps on her face every
night.**

lose weight – schudnąć

I wanted to ____ (schudnąć), so I downloaded a fitness app... and then I took a nap.

My plan to lose weight failed when I found cookies in the kitchen. They found me first.

put on weight – przytyć

I ____ (przytyłam) during the holidays — I think my grandma's cookies are to blame.

My jeans told me I put on weight before the scale did — they refused to cooperate this morning.

feel sick – źle się czuć

I feel sick today, I need to rest.

**I had to leave the classroom because I
suddenly _____ after lunch.**

**have a headache / a cold – mieć
ból głowy / przeziębienie**

He has a terrible headache.

**I couldn't concentrate during the test because I
had a _____.**

**She stayed at home because she _____ and
a sore throat.**

see a doctor – iść do lekarza

She needs to see a doctor. She has a high temperature.

If your cough doesn't get better soon, you should _____.