

Zdrowie



take medicine – brać lekarstwo

I took some medicine for the flu.

He hates _____, but it really helped with his fever.

I hate taking medicine, especially when it tastes like old socks.

Mum told me to _____ (zażyć) my medicine, but the dog almost drank it first!

**take pills – brać tabletki,
zażywać tabletki**

**I have to take pills for my allergies, but they're
so big I feel like I'm swallowing a spaceship.**

**My grandma ____ (zażywa) more pills than
I have followers on TikTok!**

stay in bed – zostać w łóżku

You should stay in bed for a few days and let Netflix take care of your recovery.

**The doctor told me to _____
for a few days and drink lots of fluids.**

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

**I'm allergic to nuts, so I always check food
labels carefully.**

**She can't eat strawberries because she's _____
_____ (uczulona na nie).**

breathe in/out – wdychać / wydychać powietrze

Breathe in deeply, then breathe out slowly.

The gym instructor told us to breathe in through the nose and out through the mouth.

Breathe in... and try not to think about the gym socks in your brother's room.

The yoga teacher said 'breathe in peace,' but all I got was the smell of someone's lunch.

feel ill – czuć się źle

I started to feel ill after eating that sandwich.

**If you _____ źle się czujesz), you should
stay at home and rest.**

get better – wyzdrowieć

I stayed in bed for two days, and now I'm getting better.

She _____ (wyzdrowiała) quickly after taking the medicine.

grasp a tick – złapać kleszcza

I found a tick on my leg and grasped it with tweezers.

Always _____ (łapać kleszcza) close to the skin and pull it out slowly.

**hold your breath –
wstrzymać oddech**

She held her breath and dived into the water.

**Can you _____ (wstrzymać) your breath for
30 seconds?**

**make an appointment with
(a doctor) – umówić się na wizytę
(u lekarza)**

**I made an appointment with the dentist for
tomorrow.**

**You should _____ (umówić się na
wizytę) make an appointment with your doctor
if the pain continues.**

pollen – pyłek

In spring, the air is full of pollen and it makes me sneeze.

People with allergies often avoid places with a lot of _____ (pyłku).

recover from – wyzdrowieć po

He's recovering from the flu and will be back at school next week.

**It took her a month _____ (aby
wyzdrowieć po) the operation.**

**suffer from – cierpieć na,
chorować na**

**She suffers from asthma and always carries
an inhaler.**

**Many people _____ (cierpią na)
allergies in spring.**

spread disease – roznosić chorobę

Washing hands helps prevent spreading disease.

**Some insects can _____ (roznosić)
dangerous diseases.**

**get enough sleep
– wysypiać się**

I try to _____ (wysypiać), but TikTok has other plans for me every night...

Teachers say we should get enough sleep – then give us three tests and homework.

get travel-sick
– cierpieć na chorobę lokomocyjną

My little brother _____ (cierpi na chorobę lokomocyjną) after two turns on the roundabout. Future astronaut? Probably not.

I always get travel-sick on the school bus – even before it starts moving.

**be / get injured in an accident
– być rannym w wypadku**

**She _____ (została ranna) in a bike accident
and now tells everyone she's a brave warrior.**

**He wasn't badly injured in the accident – just
his pride and his new phone didn't survive.**

**operate on a patient
– operować pacjenta**

**My little sister wants to be a surgeon and ____
(operować) patients — I hope she practices on
her toys first!**

**The doctor had to operate on a patient –
luckily, it wasn't my homework this time!**

keep fit – być w formie

I go jogging every morning to keep fit.

**A healthy diet and exercise help you _____
(być w formie).**

take exercise – ćwiczyć

The doctor advised him to take regular exercise.

You can _____ (ćwiczyć) even by walking every day.

I decided to take exercise... so I walked to the fridge and back. Twice.

**work out in the gym – ćwiczyć
na siłowni**

I work out in the gym three times a week.

**He _____ (ćwiczy na siłowni) to build
muscle and reduce stress.**