

1. Dopasuj sytuacje do podanych możliwych rozwiązań

- 1 My cousin, who is vegan, is coming for supper tomorrow.
- 2 The dietician told me to eat more protein to be healthy.
- 3 I should limit unhealthy snacks and eat food rich in vitamins.
- 4 The doctor told Sally to reduce her weight.
- 5 Timmy has problems with his stomach and he needs more fibre in his diet.
- 6 The coach suggested that I should eat more carbohydrates before the tournament.
- 7 My best friend, who often comes to my house for supper, decided to become a vegetarian.
- 8 I'm hungry but there is nothing in the fridge.

- A Buy some nuts, beans and lentils.
- B Prepare a dish without meat and dairy products.
- C Don't invite her round when your mum prepares a lamb or pork chop.
- D Order a takeaway or eat out with your friends.
- E Tell him to eat more wholegrain products like brown rice and bread.
- F Try to choose meals with pasta, rice, potatoes and cereal more often.
- G She should talk to a dietician first and then start counting calories and eat less sugar and fat.
- H Don't eat so many crisps, chips and hot dogs and eat more fruit and vegetables.

2. Uzupełnij zdania podanymi wyrazami

allergic to leave a tip family get-together gluten-free organic cooks grill

- 1 Harry can't play in the school football championship because he has a big _____ next weekend.
- 2 Do you know that some people _____ not only for waiters but also taxi drivers?
- 3 Max is _____ strawberries and cucumbers. He gets a rash whenever he eats them.
- 4 Famous _____ often publish books with their best recipes and have their own TV programmes.
- 5 Can I buy some _____ bread in the bakery round the corner?
- 6 Nowadays, a lot of people buy _____ food because it is healthier.
- 7 Should we _____ this meat or roast it in the oven? What's your opinion?

3 Uzupełnij zdania brakującymi czasownikami. Pierwsze litery zostały podane.

1. We always **h**_____ a good time together.
2. We **e**_____ out at a restaurant every Friday.
3. I usually **f**_____ school at 2 pm.
4. It's too far to walk. Let's **t**_____ the bus.
5. I usually **w**_____ some jeans and a T-shirt.
6. Can you **t**_____ me the way to the cinema, please?
7. I often **r**_____ my bike in the forest.
8. You can **w**_____ a lot of money on a game show.
9. I don't want to go out. Let's **s**_____ at home.
10. I can't **d**_____ a car yet.

3. Podaj definicje w języku angielskim następujących słów, używając więcej niż 2 wyrazy:

1. to brew -
2. to peel -
3. to perlocate -
4. nutritious -

4. Dokończ zdania, tak aby były logicznie i gramatycznie poprawne:

- 1 Everyone in Poland likes
- 2 There is nowhere in this town/city where we can
- 3 In winter, everything is
- 4 We don't know anybody who can
- 5 Everywhere in the world we should
- 6 Somewhere in space there is

5. Napisz krótki e-mail (minimum 50 słów, maksimum 120), w którym przekażesz poniższe informacje:

Chcesz polecić odwiedzającym cię przyjaciołom z Australii miejsce w twojej okolicy, w którym mogą zjeść smaczny obiad. Napisz e-mail do jednego z nich. W e-mailu:

- wymień dostępne miejsca w twojej okolicy,
- opisz swoje ulubione miejsce,
- poleć konkretne dania obiadowe.

