

First Aid

1. What the minimum amount of time you should run water over a burn?
2. What's the first thing you should do after finding someone in need of First Aid?
3. How do you check if someone is unconscious?
4. What should you do if someone is bleeding?
5. What's the number you should call in an emergency?
6. What's the number you can call for medical advice when the situation isn't life-threatening?
7. What are the main signs of shock?
8. What are the visible symptoms of someone having a stroke?
9. What's 1 way to check if someone's breathing?
10. When should you not put someone in the recovery position?

- A. 111
- B. 999
- C. 10 minutes
- D. Watch if chest rises & falls
- E. weak arm/face, poor speech
- F. Apply firm pressure
- G. Check the area is safe
- H. Call their name & shake them
- I. If they have a spinal injury
- J. pale, sweating, feeling sick

READING

MULTIPLE CHOICE <20

1 Match the words (1-6) with the explanations (a-f).

- | | | |
|-------------|-----------|----------|
| 1 A nap | 3 Obesity | 5 A gene |
| 2 Treatment | 4 To hug | 6 Sight |

- a is the ability to see.
- b carries one piece of genetic information.
- c is a short sleep.
- d is something that is done to cure an ill person.
- e is being seriously overweight.
- f is to hold someone in your arms.

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STIGATIONS

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Everyone knows you should wash and dry your hands after going to the toilet. But if you use an electric hand dryer, your hands might end up dirtier than before you dried them. This is because rubbing your hands together brings a lot of bacteria up from under your skin. Researchers from Bradford University found that it is more hygienic not to rub your hands under the drier. And it's even better to wipe your hands with a paper towel instead.

4 What are the results of Bradford University research?

- A. Everybody should wash and dry their hands after going to the toilet.
- B. Washing your hands and wiping them with a paper towel is most hygienic.
- C. Rubbing your hands leads to increasing the number of bacteria under your skin.
- D. Drying your hands under a drier after washing them, makes your hands dirty again.

It's official: chocolate is good for you. Medical research from Sweden has shown that chocolate can be good for your heart. The study was carried out on women aged between forty-eight and eighty-three. It showed that eating 20-60 grammes of good quality dark chocolate per week leads to a thirty-two percent reduction in the risk of suffering heart failure. Unfortunately, however, eating too much chocolate reduces the positive effect.

2 What does the article say about chocolate?

- A Chocolate is good only for women aged between forty-eight and eighty-three.
- B Every amount of chocolate in your diet is good for you regardless of your age.
- C Only 20-60 grammes of good quality dark chocolate per week can have a positive effect on your heart.
- D Eating 20-60 grammes of good quality dark chocolate per week guarantees a thirty-two percent reduction in the risk of suffering heart failure.

- 4 Three people ask you for advice concerning their health. Match advice (a–f) to the people (1–3). Write one more piece of advice for each person.

- 1 Paul spends many hours a day working on a computer.
 - 2 Sue and Vera want to go walking in the mountains.
 - 3 Alfie gets depressed in winter.
- a Take some chocolate with you.
 - b Go for a walk in a green area every day, to get some fresh air and let your eyes rest.
 - c Make sure you get as much daylight as possible. Try to get outside when it's light.
 - d Make sure you have a comfortable chair.
 - e Stay active – exercise has a positive effect on mood.
 - f Wear enough warm clothes and proper walking boots.

4 Prečtete si pět krátkých textů. Na základě informací v textech vyberte k úlohám 1–5 vždy jednu správnou odpověď A–D.

SCIENCE & INVESTIGATION

There is a new treatment for skin conditions: a hot bath with hundreds of tiny toothless fish. 'Doctor fish' from Turkey eat dead and diseased cells, treating the symptoms of various illnesses of the skin. It does not hurt and the only side-effects may be some slight bleeding. Unfortunately, it is not a permanent cure. The results last only a few months.

1 What do 'Doctor fish' do?

- A Permanently remove dead and diseased cells from your body.
- B Treat the symptoms of various illnesses of the skin with a hot bath.
- C Remove dead and diseased cells from your skin with their teeth.
- D Help to temporarily remove dead and diseased cells from your body.

A study into the effects of hugging has shown that hugs lower blood pressure, reduce the risk of heart disease, and generally improve your health. People in loving relationships benefit more from hugs. And women benefit more than men. During the study, thirty-eight American couples had to talk about a happy time, watch a romantic movie, and hug for twenty seconds.

3 What are the effect of hugging according to the article?

- A Hugging for twenty seconds lowers blood pressure.
- B Hugging is recommended when watching a romantic movie.
- C People in loving relationships are at a lower risk of heart disease.
- D Men benefit from hugging less than women.