



# Olimpiada języka angielskiego dla gimnazjalistów

## TEST

**Przeczytaj poniższy tekst i zdecyduj, czy poniższe zdania są prawdziwe (true) czy fałszywe (false) – wpisz odpowiednio true lub false.**

Sleep is a varied process which consists in two alternating stages: a non-dreaming sleep, and REM (rapid eye movement), or dreaming sleep. As soon as we fall asleep, we go straight into the non-dreaming phase, which lasts about an hour, then into the REM sleep for about 15 minutes, and then again into the non-dreaming sleep, and so on for the rest of the night. So non-dreaming sleep occupies about three-quarters of our night's sleep.

It is said that sleep repairs any damage in the body caused by being awake, but its main function is to refresh the brain. Scientists believe that probably only two thirds of the time spent sleeping is really essential for the brain. Because the most valuable sleep comes within the first few hours, we find we can manage quite well with reduced sleep, on condition it is uninterrupted.

**true (T) or false (F)?**

1. Sleep consists in two stages – each stage occurs only once during our sleep  
{.....}
2. The non-dreaming phase lasts longer than the REM phase.  
{.....}
3. Our dreams take place during the REM phase. {.....}
4. According to scientists, we are not efficient if we don't get as much sleep as we can.  
{.....}
5. The most valuable sleep occurs in the early hours of the morning. {.....}



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**Przeczytaj opisy trzech chorób (A–C) oraz pytania dotyczące tych chorób (1–4). Do każdego pytania dopasuj właściwą chorobę. Wpisz odpowiednią literę w kratkę obok każdego pytania. Do jednego pytania mogą pasować dwie choroby.**

A. Hay fever is the most common allergy. It has little to do with hay - actually it is caused by pollen released from grass or trees in the spring or summer. The symptoms include sneezing, watery eyes and a runny nose, and are most intense on dry, hot days. The allergy is treated with appropriate medication.

B. Flu, or influenza, is an infection caused by a flu virus. The symptoms include sudden fever, headache, muscle pain, chills, extreme tiredness, cough and a runny nose. Only your immune system can cure flu, so sufferers should stay home from work or school, both for their own health and to avoid infecting others, drink plenty of water or tea, and take vitamin C and painkillers.

C. A migraine is a very painful type of headache. People who get migraines often describe the pain as pulsing or throbbing on one side of the head. Other symptoms include sensitivity to light and sound, nausea and vomiting. Some people can tell when they are about to have a migraine because they see flashing lights or zigzag lines, or they temporarily lose their vision. Migraines are treated with painkillers, which are often ineffective.

- 1. Which diseases are generally treated with painkillers? {.....}**
- 2. In which disease(s) do you need tissues? {.....}**
- 3. Which disease(s) is/are an infection that can be spread to others? {.....}**
- 4. The sufferer of which disease should avoid bright lights? {.....}**



**KAPITAŁ LUDZKI**  
NARODOWA STRATEGIA SPÓJNOŚCI



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Uzupełnij luki w zdaniach prawidłową formą czasownika podanego w nawiasie.

1. This picture (be painted) {.....} by a friend of mine.
2. Toby hates (get) {.....} up early.
3. If Martha passes all her exams, she (be able) {.....} to go on holiday.
4. Excuse me, could you tell me what time (the London train/leave)  
{.....}?
5. The parents expected the boy (act) {.....} responsibly.
6. The headmaster told us (leave) {.....} his room at once.
7. You don't have to look for the lost key – it (already/be found)  
{.....} by the janitor.
8. What would you do if you (meet) {.....} your former teacher at this party?
9. He told me that he (be) {.....} unhappy about his exam results.
10. Every time we (miss) {.....} that bus, we are late for school.



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