

Listening 1

1. I am quite tall and slim. I have short brown hair and blue eyes. People often say I look younger than my age. I like my appearance.

Prawidłowa odpowiedź: I have blue eyes.

2. My brother is very quiet. He doesn't like talking to new people. At school he usually sits alone. He is not very outgoing.

Prawidłowa odpowiedź: My brother is shy.

3. I usually feel stressed before exams. I can't sleep well and I worry a lot. After the exam I feel much better.

Prawidłowa odpowiedź: Exams make me nervous.

4. In my free time I like reading books. I don't enjoy watching TV very much. I prefer quiet activities.

Prawidłowa odpowiedź: I enjoy reading books.

5. My best friend is very helpful. She always helps me with homework. I can talk to her about my problems.

Prawidłowa odpowiedź: My friend is supportive.

6. I get up very early during the week. I go to school at 8 a.m. At weekends I sleep much longer.

Prawidłowa odpowiedź: I wake up early on school days.

7. I don't like my job very much. It is boring and stressful. I would like to change it in the future.

Prawidłowa odpowiedź: My job is stressful.

8. My sister is very sporty. She goes to the gym three times a week. She also eats healthy food.

Prawidłowa odpowiedź: My sister likes physical activity.

9. I feel tired in the morning. I go to bed too late. I should sleep more.

Prawidłowa odpowiedź: I am tired because I sleep too little.

10. I like spending time with my family. We often have dinner together. I feel safe and happy at home.

Prawidłowa odpowiedź: Home makes me feel good.

11. I am not very confident. I get nervous when I speak in front of people. Public speaking is difficult for me.

Prawidłowa odpowiedź: I feel nervous when I speak to many people.

12. My father works as a driver. He starts work very early in the morning. He comes home in the afternoon.

Prawidłowa odpowiedź: My father is a driver.

13. I try to eat healthy food. I eat a lot of fruit and vegetables. I don't eat much fast food.

Prawidłowa odpowiedź: I care about my diet.

14. I am very patient. I don't get angry easily. I try to stay calm in difficult situations.

Prawidłowa odpowiedź: I am calm and patient.

15. I don't like big cities. They are too noisy and crowded. I prefer living in a small town.

Prawidłowa odpowiedź: I prefer quiet places.

Sprawdź, czy znasz wszystkie słowa:

tall	wysoki
slim	szczupły
younger	młodszy
appearance	wygląd
quite	całkiem

quiet	cichy
outgoing	towarzyski
shy	nieśmiały
enjoy	lubić, cieszyć się z czegoś
prefer	woleć
activities	zajęcia, czynności
helpful	pomocny
supportive	pomocny
stressful	stresujący
stressed	zestresowany
nervous	nerwowy
wake up	budzić się
early	wcześnie
job	praca
boring	nudny
change	zmienić
future	przyszłość
healthy food	zdrowa żywność
tired	zmęczony
too little	zbyt mało
together	razem
safe	bezpieczny
confident	pewny siebie
speak	mówić
difficult	trudny
in front of people	przed ludźmi
fruit	owoc, owoce

vegetable	warzywo
diet	dieta
care	dbać
patient	cierpliwy
angry	zły, rozgniewany
easily	łatwo
calm	spokojny
noisy	głośny
crowded	zatłoczony