

# JĘZYK ANGIELSKI ZAWODOWY DLA MASAŻYSTÓW / ENGLISH FOR MASSAGE THERAPISTS

## ANSWER KEY / KLUCZ ODPOWIEDZI

### UNIT 1: WORKING AS A MASSAGE THERAPIST

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#### EXERCISE 2.

Sharon works at **a clinic**.

Vanessa works at **a spa**.

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#### EXERCISE 3.

1. F
2. F
3. T
4. F
5. T

---

#### EXERCISE 4.

1. time
2. resigned
3. sick and tired
4. opening
5. Good
6. going; far

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#### EXERCISE 5.

Sharon and Vanessa are talking about **bamboo massage** and **hot stone massage**.

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#### EXERCISE 7.

1. trendy
2. hilarious
3. aching
4. strange
5. smooth
6. disgusting
7. clean
8. heated

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#### EXERCISE 8.

1. b
2. g
3. a
4. f
5. d
6. c
7. h
8. e

---

#### EXERCISE 9.

1. Long time no see!
2. I'm/I am looking for a new job.
3. Don't get me wrong.
4. So far, so good.
5. It's/It is all the rage now, when it comes to massage.
6. Stones retain heat very well.
7. After a deep tissue massage my arms always ache.
8. Clean, sterilised and heated bamboo sticks are used for the massage.

### UNIT 2: THE WORKPLACE ENVIRONMENT

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#### EXERCISE 2.

**Speaker 1:** office at home

**Speaker 2:** spa

**Speaker 3:** hospice

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#### EXERCISE 3.

**Speaker 1**

1. F
2. F
3. T

**Speaker 2**

1. F
2. T
3. F

### Speaker 3

1. F
2. T
3. F

---

#### EXERCISE 4.

1. graduated
2. set up
3. balance
4. self-employed
5. maternity
6. benefits
7. deal with
8. shifts

---

#### EXERCISE 5.

1. e
2. a
3. f
4. d
5. h
6. g
7. c
8. b

---

#### EXERCISE 6.

1. maternity leave
2. self-employed
3. paid holidays
4. work-life balance
5. client base
6. disabled people / the disabled
7. benefits package
8. hourly wage

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#### EXERCISE 7.

1. e
2. a
3. d
4. c
5. f
6. b

---

#### EXERCISE 8.

1. I graduated from high school in 2015.
2. I ran into a colleague from my previous work/job on Friday.
3. After school I want to set up my own practice.
4. Did you look through new job offers yesterday?
5. I often deal with disabled people at work.
6. I'm/I am currently applying for a job as massage therapist/masseur at a hotel.

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#### EXERCISE 9.

1. is currently looking
2. have/have got
3. works
4. doesn't work/does not work
5. earn
6. run; offered

### UNIT 3: A DAY IN A MASSAGE THERAPIST'S LIFE

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#### EXERCISE 1.

- ✓ room temperature
- ✓ working hours
- ✓ patients
- ✓ stretching
- ✓ medical history
- ✓ lunch breaks

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#### EXERCISE 2.

1. T
2. F
3. F
4. F
5. F
6. T

---

#### EXERCISE 3.

towels

massage oils

candles

bed linen/sheets

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#### EXERCISE 4.

1. starts
2. have
3. prepare
4. makes
5. checks
6. find out
7. changes
8. stretches

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#### EXERCISE 5.

1. d
2. f
3. b
4. c
5. e
6. a

---

#### EXERCISE 7.

- ✓ She accidentally scratched the client.
- ✓ She didn't adjust the room temperature properly.
- ✓ She didn't cut her nails.
- ✓ She talked too much.
- ✓ She used too much lotion.
- ✓ The music was too loud.

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#### EXERCISE 8.

1. Don't be late.
2. Introduce yourself.
3. Explain to the client what the massage is going to be about.
4. Cut your (finger)nails.
5. Don't dress too provocatively.
6. Behave professionally.
7. Use the right/appropriate amount of lotion.
8. Prepare the room before the first client appears/arrives/comes.

### UNIT 4: PHYSIOTHERAPY VS. MASSAGE THERAPY

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#### EXERCISE 3.

1. f
2. a
3. e
4. d

5. c
6. b

---

#### EXERCISE 4.

1. treatment plan
2. muscle tension
3. musculoskeletal disorders
4. neurological damage
5. joint pain
6. movement dysfunctions
7. degenerative disease
8. therapeutic modalities/treatments
9. provide care and treatment
10. injury/damage

---

#### EXERCISE 5.

1. diagnose
2. prescribe ... restore
3. develop
4. teach
5. relieve

---

#### EXERCISE 6.

1. c
2. h
3. i
4. d
5. a
6. j
7. e
8. b
9. g
10. f

---

#### EXERCISE 7.

1. T
2. T
3. F
4. F
5. F
6. T

---

#### EXERCISE 8.

1. b
2. d
3. f
4. c
5. a
6. e

---

#### EXERCISE 9.

1. well-being
2. reduce
3. soft tissues
4. treatments
5. prevent
6. contraindications
7. muscles
8. disease
9. assess
10. qualified

### UNIT 5: AN APPOINTMENT

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#### EXERCISE 1.

**Speaker 1:** b

**Speaker 2:** a

**Speaker 3:** c

---

#### EXERCISE 2.

##### **Conversation 1**

speaking

may

appointment

name

##### **Conversation 2**

about

back

some

into

within

### **Conversation 3**

reschedule

afraid

15<sup>th</sup> January

---

#### **EXERCISE 3.**

Thursday, 15<sup>th</sup> January, 2 p.m.

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#### **EXERCISE 4.**

1. T
2. F
3. F
4. T
5. F
6. F

---

#### **EXERCISE 5.**

1. e
2. f
3. a
4. b
5. d
6. c

---

#### **EXERCISE 6.**

1. d
2. b
3. c
4. f
5. a
6. e

---

#### **EXERCISE 7.**

1. appointment ... reschedule
2. supplies
3. available ... follow-up
4. pick
5. invoice
6. hold



## UNIT 6: EQUIPMENT AND SUPPLIES

### EXERCISE 1.

hot stones

massage stool

defibrillator

foam roller

massage chair

massage bed

uniform

soap dispenser

### EXERCISE 2.

hot stones, massage stool, soap dispenser

### EXERCISE 3.

1. F (The invoice number is 304012201.)
2. T
3. T
4. F (Olivia said she ordered 40 vitalising essential oils, 30 cinnamon, 20 ginger and 12 grapefruit and vanilla.)
5. F (She ordered only 15 towels.)
6. T
7. F (Olivia doesn't need any freebies/paraben free creams.)
8. F (The woman will get back to Olivia within the hour.)

### EXERCISE 4.

1. speak
2. line
3. office
4. message
5. least
6. sorry
7. forward
8. within
9. regards
10. called

---

#### EXERCISE 5.

1. c
2. e
3. a
4. b
5. f
6. d

---

#### EXERCISE 6.

1. Can I take a message?
2. I'll call you back within the hour. / I'll get back to you within the hour.
3. Good morning. How can I help you?
4. Please hold/Hold the line, please/Hold on, please, I'll check.
5. Please give my regards to Adam.
6. It's the least I can do for you.
7. I'm calling about the last invoice.
8. I'd like to speak to Artur/Arthur.

---

#### EXERCISE 7.

1, 3, 6, 8, 9, 4, 2, 7, 5.

### UNIT 7: THE HUMAN BODY

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#### EXERCISE 2.

health

muscles

understand

anatomy

physiology

patients

problems

---

#### EXERCISE 5.

1. d
2. a
3. e
4. h
5. f
6. b

7. c
8. g

---

#### EXERCISE 6.

cardiovascular system, nervous system, respiratory system,  
digestive system, skeletal system, muscular system

---

#### EXERCISE 8.

*Number 11 in the book is incorrect.*

1. skeletal system
2. muscular system
3. cardiovascular system
4. digestive system
5. integumentary system
6. respiratory system
7. excretory system
8. reproductive system
9. nervous system
10. endocrine system

### UNIT 8: BODY SYSTEMS

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#### EXERCISE 1.

##### **RESPIRATORY SYSTEM** (p. 50)

*clockwise, from the top left:*

jama nosowa, gardło, tchawica, oskrzele główne lewe, lewe płuco, prawe płuco, oskrzele główne  
prawe, krtań, nozdrze

##### **DIGESTIVE SYSTEM** (p. 51)

*clockwise, from the top left:*

wargi/usta, podniebienie twarde, język, przełyk, żołądek, woreczek żółciowy, śledziona, jelito grube,  
odbytnica, odbył, wyrostek robaczkowy, jelito cienkie, trzustka, dwunastnica, wątroba, tchawica

---

#### EXERCISE 2.

digestive

cardiovascular

lymphatic

reproductive

respiratory

skeletal

excretory

endocrine

nervous

muscular

---

### EXERCISE 3.

1. g
2. e
3. i
4. h
5. f
6. d
7. b
8. c
9. j
10. a

---

### EXERCISE 4.

gruczoły nadnerczowe, nadnercza

krwiobieg

przysadka mózgowa

tarczyca, gruczoł tarczycowy

---

### EXERCISE 5.

1. F
2. T
3. T
4. T
5. T
6. F
7. T
8. F

## UNIT 9: THE SKELETON

### EXERCISE 1.

*clockwise, from the top left:*

kręgi szyjne, czaszka, szczęka górna, żuchwa, obojczyk, łopatką, żebro, k. ramienna, k. łokciowa, k. promieniowa, kości nadgarstka, śródręcze, paliczek bliższy, paliczek dalszy, k. łonowa, k. strzałkowa, k. piszczelowa, paliczek bliższy, paliczek dalszy, paliczek środkowy, k. piętowa, rzepka, k. udowa, k. kulszowa, k. guziczna, k. krzyżowa, k. biodrowa, kręgi lędźwiowe, mostek

### EXERCISE 2.

1. a
2. b
3. i
4. e
5. j
6. a
7. c
8. f
9. g
10. i
11. d
12. c
13. h
14. b

### EXERCISE 3.

1. calf
2. Hip .... hip
3. patella
4. sternum
5. Clavicle

### EXERCISE 4.

1. F
2. T
3. F
4. F
5. T
6. T
7. F
8. T (*altogether, both upper limbs*)
9. T
10. T

---

#### EXERCISE 5.

cervical

thoracic

lumbar

sacral (sacrum)

coccyx

---

#### EXERCISE 6.

1. c
2. h
3. a
4. e (*error in e. → it should be **cervical spine***)
5. d
6. b
7. g
8. f

### UNIT 10: BONES

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#### EXERCISE 3.

1. h
2. g
3. f
4. b
5. c
6. i
7. e
8. a
9. j
10. d

---

#### EXERCISE 4.

BONE	FUNCTION	EXAMPLE
long	support the weight of the body, provide structural support, facilitate movement	humerus, metacarpals
short	provide support and stability, allow for more movement than long bones	wrist and ankle bones

sesamoid	protect tendons (from compressive forces and physical stress)	patella
flat	protect internal organs	pelvic bones, ribs, skull, sternum
irregular	protect certain organs tissues (e.g. the spinal cord, pelvic organs)	vertebrae, facial bones, ischium

## UNIT 11: MUSCLES

### EXERCISE 2.

1. F
2. F
3. T
4. F
5. T

### EXERCISE 3.

attached

arms

contract

contractions

blood vessels

arteries

skeletal

### EXERCISE 4.

1. W ciele człowieka znajduje się od 650 do 700 mięśni.
2. Kiedy mięśnie się kurczą, stają się krótsze.
3. Zginacze i prostowniki to mięśnie szkieletowe/poprzecznie prążkowane.
4. Aby wyprostować łokieć, mięsień trójgłowy ramienia kurczy się, podczas gdy mięsień dwugłowy ramienia się rozluźnia.
5. Aby zgiąć łokieć, mięsień dwugłowy ramienia kurczy się, podczas gdy mięsień trójgłowy ramienia się rozluźnia.
6. Mięśnie szkieletowe/poprzecznie prążkowane to mięśnie pracujące zależnie od woli (człowieka).
7. Mięśnie sercowe pracują cały czas, aby zapewnić prawidłową pracę serca.
8. Mięśnie gładkie znajdują się w ścianach naczyń krwionośnych oraz w układzie pokarmowym i moczowym.
9. Ruchy mięśni gładkich są niezależne od woli (człowieka).

10. Kiedy jeden mięsień ciągnie w jednym kierunku, jego antagonistą ciągnie w przeciwnym kierunku.

---

EXERCISE 5.

*p. 70, from the top:*

m. czworoboczny

m. naramienny

m. równoległoboczny

m. obły większy

m. trójgłowy ramienia

m. najszerszy grzbietu

powięź piersiowo-lędźwiowa

m. prostownik promieniowy nadgarstka

m. dłoniowy długi

m. zginacz promieniowy nadgarstka

m. ramiennie-promieniowy

m. pośladkowy wielki

m. smukły

m. obszerny boczny

m. półbłoniasty

m. półścięgnisty

m. dwugłowy uda

m. brzuchaty

m. płaszczkowaty

*p. 71, from the top:*

m. mostkowo-obojętkowo-sutkowy

m. piersiowy większy

m. prosty brzucha

m. dwugłowy ramienia



m. zębaty przedni  
m. skośny zewnętrzny (brzucha)  
m. pośladkowy średni  
m. prostownik palca małego  
m. naprężacz powięzi szerokiej  
m. grzebieniowy  
m. prosty uda  
m. krawiecki  
m. przywodziciel długi  
m. obszerny przyśrodkowy  
m. piszczelowy przedni  
m. strzałkowy długi  
m. prostownik krótki palców  
m. prostownik krótki palucha

## UNIT 12: TYPES OF MASSAGE

### EXERCISE 1.

- ✓ reduce nausea in pregnant women
- ✓ enhance flexibility
- ✓ reduce stress
- ✓ eliminate stiffness
- ✓ boost the immune system
- ✓ accelerate healing time
- ✓ lower blood pressure
- ✓ help recover from sprains
- ✓ decrease migraine frequency
- ✓ ease pain
- ✓ increase endurance
- ✓ increase ROM
- ✓ improve blood circulation

### EXERCISE 2.

1. e
2. c

3. b
4. a
5. d
6. b

---

#### EXERCISE 4.

1. F
2. F
3. T
4. F
5. F

---

#### EXERCISE 5.

1. c
2. a
3. f
4. b
5. d
6. e
7. h
8. g

---

#### EXERCISE 6.

1. energetic
2. workout
3. goal
4. layers
5. improve
6. relief ... treatment

---

#### EXERCISE 8.

1. joint
2. adhesions
3. insomnia
4. connective tissue
5. stroke
6. stretch
7. fatigue
8. firmness
9. insomnia
10. athlete

---

#### EXERCISE 9.

1. Connective tissue
2. adhesions
3. stretch
4. meridians
5. joints
6. insomnia
7. strokes
8. points

---

#### EXERCISE 10.

Deep tissue massage

Swedish massage

Shiatsu massage

Thai massage

Sports massage

### UNIT 13: MEDICAL HISTORY

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#### EXERCISE 3.

1. lawsuit
2. blood pressure
3. thoracic spine
4. fracture
5. palpation
6. heart rate
7. diagnose
8. sensory

---

#### EXERCISE 4.

1. interfere with
2. heart rate
3. affect
4. blood pressure
5. fracture
6. restrictions
7. the big picture
8. lawsuit

---

#### EXERCISE 6.

- When did the pain start? **ONSET**
- How long has this pain lasted? **DURATION**
- Where is the pain located? **LOCATION**
- Does the pain come and go? **TIMING**
- Does the pain change with any specific activities? **CHARACTER**
- How bad is the pain? **CHARACTER**
- Is there anything that reduces the pain? **RELIEVING FACTORS**
- Is there anything that makes the pain worse? **AGGREGATING / ASSOCIATED FACTORS**
- Is the pain severe, moderate or mild? **SEVERITY**
- What makes the pain better? **RELIEVING**

### UNIT 14: MEDICAL CONDITIONS

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#### EXERCISE 3.

1. e
2. a
3. f
4. d
5. b
6. c

---

#### EXERCISE 4.

1. tingling
2. chronic
3. tremor
4. acute
5. abrupt
6. dizzy

---

#### EXERCISE 5.

broken

mobility

circulation

the healing process

stretched

complete

swelling

muscles

the acute stage

---

EXERCISE 6.

1. contraindicated
2. loss
3. recovery
4. inflammation
5. beneficial
6. capability

## UNIT 15: ARTHRITIS

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EXERCISE 2.

*from the top:*

*p. 91*

cartilage

exposed bone

*p. 92*

bone erosion

cartilage

cartilage wears away

---

EXERCISE 3.

1. d
2. b
3. c
4. f
5. g
6. h
7. e
8. a

---

EXERCISE 4.

1. e
2. a
3. d
4. c

5. b

---

#### EXERCISE 5.

1. A sprained ankle is the pulling or tearing of ligaments accompanied by damage to a joint capsule.
2. The risk of osteoarthritis increases with age.
3. Osteoarthritis can affect any joint, but it attacks knees, hips, spine, finger and toe joints most often.
4. Women suffer from osteoarthritis more often than men.
5. Wrist is the area where the median nerve presses.
6. Fracture is a partial or complete breakage of the bone.
7. Rheumatoid arthritis is an autoimmune disease, whose causes are not known.
8. Rheumatoid arthritis is a chronic inflammation, which is responsible for joint stiffness and restricted movement of joints.
9. The fractured region is usually painful and swollen.
10. Atrophy is the deterioration of muscles. One of its causes is lack of physical activity.

### UNIT 16: LIFTING AND STRETCHING

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#### EXERCISE 1.

1. e
2. b
3. d
4. a
5. c
6. f

---

#### EXERCISE 2.

1. e
2. d
3. a
4. g
5. h
6. f
7. c
8. b

---

#### EXERCISE 3.

*The correct lifting position is in the picture on the right.*

---

#### EXERCISE 5.

1. Warm up
2. limits

3. pressure
4. a wide stance ... shoulder-width
5. squat down ... Tighten
6. pick up
7. Straighten
8. Breathe out
9. stand up
10. Pivot
11. Bend
12. Push

---

#### EXERCISE 7.

1. other day
2. time on my hands
3. set aside
4. on my mind
5. make time
6. exaggerating
7. on a daily basis
8. going

---

#### EXERCISE 8.

1. you can cause a tear or rip.
2. you will keep having this problem until it gets worse.
3. you may have to stop running altogether.
4. they reduce your range of motion and cause stiffness
5. you need to stretch before workout.
6. your knees and lower back have to work harder.
7. it will be more difficult for you to extend your leg (or to fully straighten your knee).
8. you can cause your muscle to tear.

### UNIT 17: SPORTS PHYSIOTHERAPY

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#### EXERCISE 3.

1. alleviate
2. cutting-edge
3. go hand in hand
4. keep ... at bay
5. enhance
6. watchful

---

#### EXERCISE 4.

1. e
2. c
3. b
4. d
5. a

---

#### EXERCISE 5.

1. F (*they both work if used correctly*)
2. T
3. T
4. F
5. F
6. T
7. T
8. F
9. T
10. T

---

#### EXERCISE 6.

1. heat
2. Heat
3. ice
4. Ice
5. Ice
6. Ice
7. Heat
8. Heat

### UNIT 18: SEDENTARY LIFESTYLE

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#### EXERCISE 3.

1. b
2. d
3. c
4. e
5. j
6. h
7. a
8. f
9. g
10. i



---

#### EXERCISE 4.

1. DVT
2. Excessive
3. pancreas
4. gluteal muscles
5. hamstring
6. elevated
7. obesity
8. Lumbar
9. herniated disk
10. fatty acids

---

#### EXERCISE 5.

1. e
2. a
3. b
4. c
5. d

---

#### EXERCISE 6.

*The correct sitting posture is presented in the third picture (at the bottom of the page).*

---

#### EXERCISE 8.

1. Do not cross your legs.
2. Rest your elbows on your desk.
3. Your thighs should be parallel to the floor.
4. Your knees should be lower than your thighs.
5. Sit close to the desk.
6. Put your feet flat on the floor.
7. Your buttocks should touch the back of the chair.
8. The screen should be on eye level.
9. Don't slouch!
10. Distribute the weight of your body equally.

### UNIT 19: OCCUPATIONAL HEALTH AND SAFETY

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#### EXERCISE 2.

excessive

stretch

repetitive

shoulders

slouching

---

EXERCISE 3.

1. F
2. T
3. F
4. F
5. T

---

EXERCISE 4.

1. droplet
2. dermatitis
3. adverse
4. airborne
5. germ
6. comply with

## UNIT 20: FIRST AID

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EXERCISE 2.

1. e
2. d
3. a
4. b
5. f
6. c

---

EXERCISE 3.

1. b
2. a
3. j
4. c
5. i
6. g
7. h
8. d
9. f
10. e

---

EXERCISE 4.

1. keep a cool head
2. immobilise injured limbs
3. foreign objects

4. heat exhaustion
5. life-threatening injuries

---

#### EXERCISE 5.

reduction

factors

breathing

chest

falling

increase

brain

clothes

head

perform

---

#### EXERCISE 6.

1. dehydration
2. feel dizzy
3. regain consciousness
4. recover
5. lie down
6. cardiopulmonary resuscitation (CPR)
7. yawn
8. fainting
9. casualty
10. pale

---

#### EXERCISE 7.

*Clockwise, from the top left:*

3, 1, 5, 4, 2, 6

---

#### EXERCISE 9.

1. two minutes
2. blocked
3. 30 ... 100–120 ... 5
4. airway
5. nostrils
6. blows
7. recovery position

8. vomits

## UNIT 21: PROFESSIONAL CONDUCT

### EXERCISE 2.

1. integrity
2. conduct
3. refrain from
4. best practices
5. tarnish sb's reputation
6. confidentiality
7. outline
8. first and foremost
9. observe
10. modesty
11. scope
12. core values

### EXERCISE 4.

1. integrity
2. refrain from
3. conduct
4. observe
5. confidentiality
6. tarnish

### EXERCISE 5.

1. F
2. F
3. F
4. F
5. T
6. F

### EXERCISE 6.

bear in mind

compromised

informed consent

apparel (*or: clothes, as in the recording*)

draping

terminate

refrain from

seductive language

perineum

exploit

## UNIT 22: LOOKING FOR A JOB

### EXERCISE 1.

1. Name
2. Surname
3. Address
4. Email
5. Phone number
6. Gender
7. Nationality
8. Education
9. Publications
10. Awards

### EXERCISE 2.

1. He is a massage therapist at a spa.
2. He was a massage therapist on a cruise ship.
3. He has a massage therapy license and a master's degree in Massage Therapy
4. He specialises in hot stone massage, deep tissue massage and Swedish massage as well as in sports massage and pregnancy massage.
5. No, he doesn't.

### EXERCISE 3.

1. F
2. F
3. T
4. F
5. F

## UNIT 23: AT A CONFERENCE

### EXERCISE 1.

*suggested answers:*

the weather, films, your country, latest trends in massage therapy, sports, current events

### EXERCISE 2.

1. 3 days
2. They have to get Early Bird tickets.
3. Drinks are free. There are free canapés, but dinners are not provided.
4. It doesn't cost any extra money.
5. To obtain a badge.
6. Register as an Early Bird ticket holder.

### EXERCISE 3.

SPEAKER	JOB	PLACE OF EMPLOYMENT	SPECIALISES IN	REASON FOR ATTENDING
Jackie	massage therapist	her own spa	hot stone massage	staying up-to-date with current developments
Harry	sports physical therapist	local football team	sports physical therapy	sharing his own experience with beginners (offering guidance and assistance)
Susan	osteopath	osteopathic centre	osteopathy	getting information on how to set up her own business

### EXERCISE 4.

#### Speaker 1.

1. T
2. F

#### Speaker 2.

1. T
2. F

**Speaker 3.**

1. F
2. T

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**EXERCISE 5.**

1. stay ahead of
2. trick
3. under my belt ... insights into
4. for a change
5. opportunities

## UNIT 24: GERIATRIC MASSAGE

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**EXERCISE 2.**

1. stripping stroke
2. prone
3. vitality
4. alleviated
5. supine
6. cardiovascular
7. ageing
8. cater to the needs of
9. geriatric massage
10. rheumatoid arthritis
11. virtually
12. impact

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**EXERCISE 3.**

1. vitality
2. alleviate
3. ageing
4. cater to the needs
5. geriatric massage ... supine ... prone
6. cardiovascular

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**EXERCISE 5.**

ease pain

enhance flexibility

accelerate healing time

help manage pain

moisturise the skin

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#### EXERCISE 7.

1. e
2. a
3. b
4. h
5. g
6. c
7. d
8. f

### UNIT 25: AROMATHERAPY

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#### EXERCISE 1.

rosemary

tansy

peppermint

mugwort

lavender

sage

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#### EXERCISE 3.

CONTRAINDICATION	ESSENTIAL OILS	SIDE EFFECTS
plant allergies	peppermint	<b>rashes</b> <b>heartburn</b> eye irritation
pregnancy	sage <b>mugwort</b> tansy	spontaneous abortion <b>contractions</b>
age ( <b>children</b> )	peppermint	respiratory problems respiratory arrest glottal constriction
<b>diabetes</b> high blood pressure	rosemary, peppermint, cinnamon, clove, black pepper	headaches <b>palpitations</b> <b>hypertension</b> anxiety
sensitive skin	lemon, grapefruit, orange	<b>sunburn</b>
cancer	lavender, sage, tea tree	<b>hormonal imbalance</b>



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#### EXERCISE 4.

1. d
2. c
3. g
4. f
5. a
6. i
7. h
8. e
9. b
10. j

### POLISH UP ON YOUR GRAMMAR!

#### 1. TO BE

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#### EXERCISE 1.

1. am
2. are
3. is
4. is
5. are
6. is
7. are
8. is

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#### EXERCISE 2.

1. isn't
2. aren't
3. isn't
4. isn't
5. 'm not
6. aren't
7. isn't
8. isn't

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#### EXERCISE 3.

1. isn't
2. are
3. 'm not

4. are
5. isn't ... is
6. is
7. is
8. isn't ... is

---

#### EXERCISE 4.

1. Is
2. Are
3. Are
4. Are
5. Is
6. Am
7. Is
8. Are

---

#### EXERCISE 5.

**Name:** James

**Last name:** Harrison

**Age:** 42 (*there is an error in the transcript*)

**Job:** teacher

**Marital status:** single

**Nationality:** American

**Interests:** cycling, camping, running

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#### EXERCISE 6.

1. G
2. H
3. E
4. C
5. B
6. F
7. A
8. D

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#### EXERCISE 7.

1. 8:15
2. 7:30
3. 4 o'clock
4. 8:55
5. 6:15

6. 9:35
7. 5:25
8. 3:20
9. 9:50
10. 3:45

## 2. PERESENT SIMPLE

### EXERCISE 1.

watches	tries
goes	swims
listens	writes
cries	passes
relaxes	has
does	finish
flies	arrives

### EXERCISE 2.

1. has
2. play
3. speaks
4. live
5. rains
6. goes
7. finishes
8. relaxes

### EXERCISE 3.

1. work
2. speaks
3. loves
4. have
5. eats ... goes
6. calls
7. leaves
8. think

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#### EXERCISE 4.

1. Do
2. do
3. do
4. Do
5. do
6. Do
7. does
8. do

---

#### EXERCISE 5.

wakes

takes

gets

leaves

drinks

eats

goes

has

finishes

goes

does

watches

reads

goes

### 3. THERE IS / THERE ARE

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#### EXERCISE 1.

1. There is
2. There are
3. There is
4. There are
5. There are
6. There is
7. There are

8. There is

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EXERCISE 2.

1. Are
2. Is
3. Are
4. are
5. Is
6. Is
7. Are
8. Is

---

EXERCISE 3.

1. e
2. g
3. f
4. h
5. b
6. a
7. d
8. c

---

EXERCISE 4.

*Clockwise, from the top left:*

on, behind, in front of, next to, between, in, under, on

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EXERCISE 5.

1. T
2. T
3. F
4. T
5. F
6. T
7. F
8. F
9. T
10. F

#### 4. PRESENT CONTINUOUS

##### EXERCISE 1.

1. E
2. C
3. D
4. A
5. F
6. B

##### EXERCISE 2.

1. What is your father doing?
2. Where are they going on holiday this year?
3. What are your children doing right now?
4. What is Susan wearing?
5. Why is he crying?
6. Why are you laughing?
7. Why aren't you going to the party?
8. Where are you staying this time?

##### EXERCISE 3.

1. b
2. a
3. b
4. b
5. a
6. b
7. b
8. b

#### 5. PAST SIMPLE

##### EXERCISE 4.

1. were
2. wasn't
3. was ... was
4. were
5. was
6. were
7. wasn't ... was
8. was

---

#### EXERCISE 5.

1. went
2. ran
3. woke up
4. took
5. asked
6. thought
7. began
8. forgot

---

#### EXERCISE 6.

1. Where
2. Who
3. How
4. How long
5. What
6. How many
7. What
8. Why
9. How much
10. What kind

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#### EXERCISE 7.

**Speaker 1:** Prague, car

**Speaker 2:** Honolulu, plane

**Speaker 3:** Amsterdam, ferry

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#### EXERCISE 8.

##### **Speaker 1**

1. F
2. F
3. T

##### **Speaker 2**

1. F
2. F
3. T

##### **Speaker 3.**

1. F
2. T
3. F

## 6. PAST CONTINUOUS

### EXERCISE 1.

1. was
2. was
3. were
4. were
5. was
6. was
7. was
8. was

### EXERCISE 2.

1. had
2. had
3. was talking ... happened
4. was snowing ... got
5. listened
6. was listening ... went
7. were playing
8. played

## 7. HAVE TO, MUST, NEED TO, SHOULD

### EXERCISE 1.

- a. **should** (4)
- b. **shouldn't** (1)
- c. **have to** (5), **must** (6)
- d. **don't have to** (2)
- e. **mustn't** (3)

## 8. COMPARATIVE & SUPERLATIVE ADJECTIVES

### EXERCISE 1.

1. taller
2. less/more fluently
3. more carefully
4. the best
5. quicker
6. smaller
7. the oldest
8. better



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### EXERCISE 2.

1. F
2. F
3. T
4. F
5. T
6. T

### 9. BOTH, EITHER, NEITHER, NONE

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### EXERCISE 1.

1. Neither
2. neither
3. Both
4. none
5. either
6. either
7. neither ... both
8. either

### 10. IMPERATIVE

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### EXERCISE 1.

1. a
2. h
3. j
4. i
5. e
6. f
7. g
8. b
9. d
10. c

### 11. BE GOING TO

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### EXERCISE 1.

1. h
2. j
3. b

4. e
5. f
6. i
7. a
8. d
9. g
10. c

## 12. QUESTIONS

### EXERCISE 1.

1. What
2. How
3. Why
4. Where
5. What time
6. How much
7. Who
8. How many

### EXERCISE 2.

1. What time do you get up?
2. Do you eat/have breakfast in the morning?
3. What time do you finish work?
4. How long does it take you to get to work?
5. Do you go to the gym?
6. Do you drink coffee?
7. What time do you go to bed?
8. Do you have children?

## 13. PRESENT PERFECT

### EXERCISE 1.

1. made
2. seen
3. known
4. travelled
5. been
6. not finished
7. sent
8. asked

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## EXERCISE 2.

1. since
2. since
3. since
4. for
5. since
6. for
7. since
8. for

## 14. THE PASSIVE VOICE

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### EXERCISE 1.

1. was translated / has been translated
2. was seen
3. are caused
4. is made
5. is surrounded
6. was discovered
7. is done
8. was defeated

## 15. CONDITIONALS

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### EXERCISE 1.

1. Our teacher is angry if we are late for classes.
2. If you work out regularly, you will feel better.
3. When the sun sets, it gets dark.
4. If I go to sleep after midnight, I'm very tired the following day.
5. If I find your book, I'll give it back to you.
6. I get hungry and angry, if I don't eat anything before going to work.
7. My sister has an allergic reaction if she eats nuts.
8. If you tidy up the flat/apartment, I'll help you with your homework.

