


Vláknina /ˈfɪbər/ Health & Disease Noun Un BrE→AmE: fiber




FIBRE

- Vegetable ~
- Dietary ~
- A high ~ (diet) ~ intake

fibre

You should eat foods with a high ___ content to reduce the risk of bowel cancer.

Vo forme /ˈɒn ɪn ʃeɪp/ Health & Disease Phrase




IN SHAPE

- Stay ~
- Be ~
- Keep ~
- Get ~

in shape

(fit): Movie stars and other celebrities are known for going to extremes to keep their bodies ___.

Zápal priedušiek /brŋkɪtɪs/ Health & Disease N→Adj: bronchial



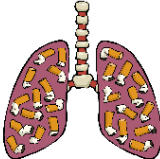
BRONCHITIS

- A (severe) attack of ~
- Acute ~
- Chronic ~

bronchitis

Chronic ___ is an inflammation of the bronchial tubes.

Rakovina /ˈkænsə/ Health & Disease N→Adj: cancerogenic




CANCER

- Struggle against ~
- Cause ~
- ~ spread (to his lungs)
- ~ patient

cancer

(tumor): Everyone knows that smoking causes ___.

Ochorieť /kʌm daʊn wɪð/ Health & Disease Phrasal verb




COME DOWN WITH

- Avoid -ing
- I feel like I'm -ing
- ~ a (terrible) illness
- ~ a cold

coming down with

(catching): My nose is runny and I have a headache, I feel like I must be ___ a cold.

Nákazlivý /kənˈteɪdɪəs/ Health & Disease Adj→N: contagion




CONTAGIOUS

- Highly ~
- Very ~
- Be ~
- ~ disease

contagious

Flu is a ___ disease that spreads through the air.

Majúci závrat /ˈdɪzi/ Health & Disease Adj→N: dizziness




DIZZY

- Feel ~
- Be ~
- Slightly ~
- ~ with happiness

dizzy

(light-headed): After donating blood, she suddenly felt very ___.

Infúzia /ˈdrɪp/ Health & Disease Noun C




DRIP

- Be on a ~
- Intravenous ~
- ~ in your arm

drip

After being taken to hospital for blood tests, he was given a course of antibiotics through a ___.

Porucha príjmu potravy /ˈiːtɪŋ ˈdɪzə/ Health & Disease Noun C




EATING DISORDER

- Suffer from ~
- Develop an ~
- ~ are caused by (various factors)

Eating disorder

___ is a mental illness in which you eat far too little or far too much food because you are unhappy with your body.

Chrípka /ˈflu/ Health & Disease Noun Un



FLU


- Catch the ~
- In bed with the ~
- ~ shot
- ~ virus

flu

(influenza): Symptoms of bird ___ are similar to the human one but it can cause serious complications and death.

Potravinová intolerancia
/fuɪd ɪntɒl(ə)r(ə)ns/

Health & Disease
Noun C/Un



FOOD INTOLERANCE


Mild ~
Severe ~
Suffer from ~

Food intolerance

_____ is an inability to eat a particular food without an uncomfortable or allergic reaction to it.

Cukrovka
/dʊəˈbiːti/

Health & Disease
N→Adj: diabetic



DIABETES


Type 1 or 2 ~
Suffer from (a form of) ~
Gestational ~
~ can be caused by (obesity)

diabetes

Being too heavy can cause various health problems, such as type 2 _____.

Cholesterol
/kəˈlɪstər/

Health & Disease
Noun Un



CHOLESTEROL

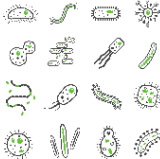
High ~
Raised ~
Reduce ~
~ level

cholesterol

You should eat more foods that are low in _____ if you want to stay healthy.

Choroba
/ˈɒnəs/

Health & Disease
N→Adj: ill



ILLNESS


Fatal ~
Prevent an ~
Contract an ~
~ associated with

illness

(disease): She faked _____ so she wouldn't have to take the test she hadn't studied for.

Invalidný vozík
/ɪˈvɪltɪk/

Health & Disease
Noun C



WHEELCHAIR


(She's) in a ~
Push a ~
Use a ~
~ access

wheelchair

Since the accident, he's been confined to an electric _____.

Vyrážka
/rɑːʃ/

Health & Disease
Noun C/Un



RASH


Itchy ~
Allergic ~
Break out in ~
~ appears (on the face)

rash

When I am stressed, I break out in a red _____.

Triasť sa
/ˈtʃaɪvə/

Health & Disease
V→Adj: shivery



SHIVER


Begin to ~
~ with (cold)
~ uncontrollably
~ violently

shiver

(shake): In response to high fever, she started to _____ uncontrollably under the blanket.

Boľavý
/ˈsɔː/

Health & Disease
Adjective→Noun



SORE


Make (your eyes) ~
Feel ~
~ throat

sore

After the hike, my feet felt really _____ from all the walking.

Trpieť
/ˈsɪfə/

Health & Disease
V→N: sufferer



SUFFER

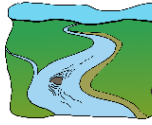
~ intense pain
~ badly
~ greatly
~ terribly

suffer

Premature babies are more likely to _____ from respiratory diseases.

Potok, ríčka
/ˈstriːm/

Landscape
Noun C



STREAM


Mountain ~
Bubbling ~
Cross the ~
~ flows (through a valley)

streams

When hiking, you should not drink water from mountain _____, even though it may seem clean enough.

Louka
/lɒmɪdəʊ/

Landscape
Noun C



MEADOW


- Alpine ~
- Hay ~
- ~ flowers

meadow

A _____ is a field covered with grass that is often used for growing hay.

Poušť
/pɒdʒət/

Landscape
Noun C



DESERT

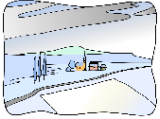
- Sandy ~
- Turn into ~
- ~ stretches (to the far horizon)

deserts

Many _____ have an extreme climate with very hot days and cold nights.

Krajina
/kraɪn(d)skəp/

Landscape
Noun C



LANDSCAPE


- Rural ~
- Dominate the ~
- ~ painting
- ~ of (fields)

landscape

I really like pictures of winter _____ with the magical atmosphere of snowy trees and glittering ice.

Poloostrov
/pɒlɒnɒnsjəʊl/

Landscape
Noun C



PENINSULA


- Around the entire ~
- ~ beaches

peninsula

A _____ is a piece of land that sticks out from the mainland into the sea.

Ledová čepice
/ləʊs kæp/

Landscape
Noun C



ICE CAP


- Polar ~
- Melting ~

ice caps

(thick layer of ice): Greenland's _____ are melting faster than we previously thought.

Šetrný k životnímu prostředí
/ʃɛtrni k ʒɪvɔtnímu prɔstředi/

Environment
Adjective



ENVIRONMENTALLY FRIENDLY

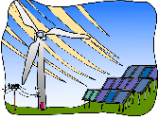
- Truly ~
- Promote an ~ (lifestyle)
- ~ products
- ~ packaging

environmentally friendly

Rebecca prefers to buy _____ detergents that help to protect the environment.

Přírodní zdroje
/prɪnɔrɪəl rɔsɔsɔz/

Environment
Noun Pl



NATURAL RESOURCES


- Rich in ~
- Non-renewable ~
- Deposits of ~
- ~ exploitation

natural resources

Non-renewable _____, such as oil or coal, cannot be replaced.

Recyklovat
/rɪsɪk(ə)l/

Environment
V→N: recycling



RECYCLE

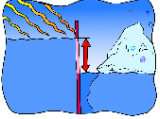
- Actively ~
- ~ waste
- ~ into (new paper)

recycle

We try to _____ as much of our household waste as possible, from food packaging to cans.

Úroveň hladiny moře
/si v(ə)l/

Environment
Noun C



SEA LEVEL


- Above ~
- Below ~
- ~ rise

sea level

The global _____ is rising mainly due to climate change.

Uhlíková stopa
/kɒkəb(ə)n fɒtprɪnt/

Environment
Noun C



CARBON FOOTPRINT


- Reduce our ~
- Large ~
- ~ calculation

carbon footprint

Every person has their own _____, that is, the amount of greenhouse gases released into the atmosphere by their activities.

Postihnout, zasáhnout
/əfekt/

Environment
Verb



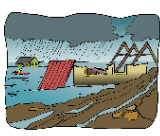
AFFECT

- (it's) likely to ~
- ~ directly
- ed by (the drought)

affect
(influence): Many environmental factors can ___ our health and well-being.

Způsobit
/brɔŋ əbaʊt/
brought-brought

Environment
Phrasal verb




BRING ABOUT

- May ~
- (it's) likely to ~
- ~ a change in (agriculture)

brought about
(cause to happen): The local flood was ___ by heavy rain.

Evakuovat
/vækjəʊt/

Environment
V>N: evacuation




EVACUATE

- Have to ~
- Help to ~
- ~ from (the area)
- ~ safely

evacuated
The police ___ the shopping centre due to a bomb threat.

Podvýživa
/malnjɔtrɪ(ə)n/

Environment
Noun Un




MALNUTRITION

- Suffer from ~
- Severe acute ~
- Child ~
- ~ due to (drought)

Malnutrition
___ threatens thousands of people in the area where drought has hit the hardest.

Záchrana, pomoc
/rɔskju/

Environment
N>V: rescue



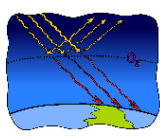
RESCUE

- Come to (their) ~
- Wait for ~
- ~ team
- ~ from (fire)

rescue
The difficult cave ___ operation has ended successfully.

Ozonová vrstva
/əʊzəʊn leɪ/

Environment
Noun Sg



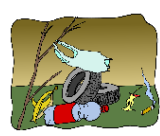
OZONE LAYER

- Thin ~
- Hole in the ~
- Destroy the ~
- ~ depletion

ozone layer
The ___ above the Earth blocks the Sun's dangerous radiation.

Rozložit se
/dɪkəmpeɪz/

Environment
Verb




DECOMPOSE

- (it) won't ~
- Take (300 years) to ~
- ~ into (compost)

decomposed
(decay): The dead animal ___ very quickly in the sun.

Tsunami
/tsuɒnəmi/

Environment
Noun C




TSUNAMI

- Massive ~
- ~ waves
- ~ devastation

tsunami
A ___ is a very large ocean wave caused by an earthquake.

Alergia
/ælədʒi/

Health & Disease
N>Adj: allergic




ALLERGY

- Develop an ~ to (pollen)
- Have an ~ to (dust)
- Suffer from (severe food) ~ies
- Cause ~ies

allergies
(hypersensitive reaction): Certain foods, such as nuts, can cause severe food ___.

Znovu použitelný
/riɔnjuzəb(ə)l/

Environment
Adj>V: reuse



REUSABLE

- Buy ~ (products)
- ~ materials
- ~ containers

reusable
(can be used more than once): I always use a ___ bag when I go to the supermarket.