

JĘZYK ANGIELSKI KLASA V

TEMAT: KEEPING HEALTHY – określenia czasu w przeszłości.

Hello guys! How are you today? Is everything OK with you?

Dzisiaj nauczymy się określić czasu odnoszących się do przeszłości. Popatrzcie:

- **yesterday** – wczoraj
- **the day before yesterday** – przedwczoraj
- **last week** – w poprzednim tygodniu
- **last year** – w zeszłym roku
- **last summer** – poprzedniego lata
- **5 days ago** – 5 dni temu
- **in 2003** – w roku 2003

Okoliczniki czasu – Past Simple




I do my best to learn English. Two years **ago** I was in London on a language camp. **In May 2000** I joined English classes.

I quitted it **in June**. **Some time ago** I bought some books in English. But I gave them away **last week**. **Yesterday** I decided to attend private English lesson. But **this morning** I changed my mind.









Popatrzcie na tabelkę i przypomnijcie sobie, kiedy wam się to przydarzyło? WHEN WAS THAT?

		
Headache	flu	feel sick
		
temperature	earache	cut
		
cold	sore throat	cough
		
feel dizzy	broken leg	stomach ache

Ponieważ lepiej jednak unikać tych wszystkich dolegliwości, zalecam stosować się do poniższych wskazówek. See you soon!



Taking Care of Yourself

<p>Sleep Early to bed, early to rise. Plenty of sleep helps you concentrate.</p> 	<p>Teeth Brush teeth every morning and night to keep them shining and bright. Visit your dentist regularly.</p> 
<p>Nails Trim nails weekly. Keep nails short and clean.</p> 	<p>Hair Wash your hair often. Keep it neat by styling and brushing.</p> 
<p>Exercise Play outside as much as possible. Don't sit and play on the computer or watch TV too often.</p> 	<p>Hygiene Bath or shower and change underwear daily. Wash hands after visiting the toilet and before eating.</p> 
<p>Homework Take care with homework and always do it before going out to play.</p> 	<p>Diet Eat a healthy balanced diet. Choose healthy snacks such as fruit instead of crisps and sweets. Avoid sweet, fizzy drinks. Drink water, milk or fresh fruit juice.</p> 

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