

Festive English

Lesson 1

DON'T shop until you drop!

Shop shop shop until you drop - it's Xmas time! Spend your money! The pressure is all around us: we are bombarded with 'special offers', leaflets, adverts and - demands from our children who want the latest toy, because ... they have seen it on telly! Xmas puts a great strain on a family budget, but every year we seem to spend more and more. A third of Britons will go over their budget this Xmas and some will set no budget at all! But - beware - overspending in December means paying off your debts once the New Year arrives.

to shop until you drop	- kupować do upadłego
Xmas	- (skrót od Christmas) Święta Bożego Narodzenia
to spend	- wydawać pieniądze
pressure	- presja, naciski
all around	- wszędzie, wokół
to be bombarded	- być bombardowanym
special offer	- specjalna oferta, promocja
leaflet	- ulotka, broszurka
advert	- reklama (czegoś)
demand	- żądanie
children	- dzieci
the latest	- ostatni, najnowszy
toy	- zabawka
the telly	- (potocznie) telewizja
to put a strain on sth	- obciążać coś, wystawić na próbę
family budget	- budżet rodzinny
a third of	- jedna trzecia
to go over the budget	- przekroczyć budżet
to set a budget	- wyznaczyć budżet
beware!	- strzeż(cie) się!
overspending	- przekraczanie budżetu, wydawanie ponad możliwości
to pay off debts	- spłacać długi
the New Year	- Nowy Rok
to arrive	- przybywać

uzupełnij zdania:

1. When you shop without moderation until you are totally exhausted you shop until you (stop, drop, droop).
2. Xmas (lays, creates, puts) a great strain on a family budget.
3. Debts need to be paid (away, off, out).

odpowiedzi:

1. drop
2. puts
3. off

Lesson 2

Xmas killjoys

The guide advises bosses to ban office parties for fear of injury or sexual harassment during drunken revels. Mistletoe should be banned because it, too, could encourage sexual harassment and balloons should be avoided because they may trigger an allergy to latex. Office furniture has been declared unsafe to be danced upon and the boardroom table, say the authors of the guide, might not withstand the weight of executives lying on top of it. What's to blame? The compensation culture, they say, in which staff are encouraged to take their firms to courts and industrial tribunals.

Xmas

killjoy
guide

to advise
boss

to ban
office parties

for fear of
injury

sexual harassment
drunken revels

mistletoe

to encourage

balloon

to avoid

to trigger

latex

furniture

unsafe

to dance

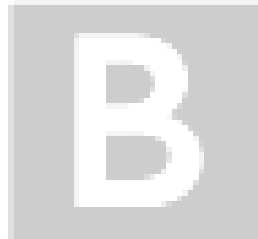
boardroom table

to withstand

weight

executive

to lie



- potoczny skrót od Christmas - Boże Narodzenie, bożonarodzeniowy
- osoba, która psuje innym zabawę
- tu: dokument zawierający wskazówki i zalecenia
- radzić, zalecać
- dyrektor, kierownik, pracodawca
- zakazywać
- imprezy biurowe
- z obawy o...
- obrażenie, uraz, szkoda, krzywda
- molestowanie na tle seksualnym
- pijackie hulanki
- jemiola
- zachęcać
- balon
- unikać
- wywołać, spowodować
- lateks
- meble
- niebezpieczny, niepewny
- tańczyć
- stół w sali posiedzeń
- wytrzymać
- ciężar, waga
- członek kadry kierowniczej
- leżeć

to blame	- winić, obwiniąć
compensation culture	- kultura nadmiernych rekompensat, odszkodowań
court	- sąd
industrial tribunal	- sąd pracy

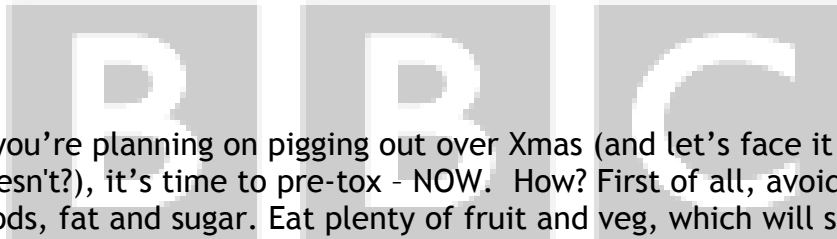
uzupełnij zdania:

1. A person who likes to spoil other people's enjoyment is called a (murder-joy, killjoy, killer-joy).
2. Unwanted sexual advances, usually taking place at work, are called sexual (harassed, harassment, irritation).
3. Allergies are triggered (by, with, about) allergens.

odpowiedzi:

1. killjoy
2. harassment
3. off

Lesson 3 Pre-tox



If you're planning on pigging out over Xmas (and let's face it - who doesn't?), it's time to pre-tox - NOW. How? First of all, avoid processed foods, fat and sugar. Eat plenty of fruit and veg, which will support your liver. Remember the drinking guidelines: no more than 2 or 3 units of alcohol a day. Exfoliate your body daily, exercise regularly and - drink plenty of water!

pre-tox	- (neologizm) pretoks, czyli detoks 'przed' zamiast 'po'
to pig out	- objadać się, obżerać
Xmas (= Christmas)	- (potocznie) Boże Narodzenie
let's face it	- spójrzmy prawdzie w oczy
to avoid	- unikać
processed foods	- przetwory
fat	- tłuszcz
sugar	- cukier
fruit	- owoc, owoce
veg = vegetable(s)	- jarzyna, jarzyny
to support	- wspierać
liver	- wątroba
to remember	- pamiętać
drinking guidelines	- zalecenia dotyczące picia alkoholu

unit	- jednostka
to exfoliate	- złuszczyć, odwarstwić
to exercise	- gimnastykować się, ćwiczyć, zażywać ruchu
to drink	- pić
plenty	- mnóstwo
water	- woda

uzupełnij zdania:

1. Try not to pig (in, out, about) over Xmas.
2. Be active - (exert, exhaust, exercise) a lot!
3. Don't drink more than (two or three, four or five, six or seven) units of alcohol a day.

odpowiedzi:

1. out
2. exercise
3. two or three

Lesson 4

What's on Xmas table?

A typical Xmas dinner might include:

A turkey transported 6,500 km from Thailand.

Carrots brought nearly 10,000 km from South Africa

Cranberries grown nearly 5,000 km away in the USA

Then there is mangetout from Zimbabwe - around 8,000 km

Runner beans from Zambia, potatoes from Italy ...

And if all this were accompanied by wine flown 16,000 km from

Australia, the total distance covered by a Xmas dinner could add up to more than a trip around the globe!

Imported food harms the economy by taking money from local farmers. It is often less healthy than local produce. A vegetable pulled from the ground in your country yesterday and on your plate today has more nutrients than the one taken from a far off country two weeks ago (and which was sprayed with preservatives to extend its shelf life).

It is also environmentally wasteful. A recent study found that it takes 66 calories of fuel to fly one calorie of carrot from South Africa!

Xmas (= Christmas)	- (potocznie) Boże Narodzenie, bożonarodzeniowy
dinner	- obiad
to include	- wchodzić w skład
turkey	- indyk
carrot	- marchewka
to bring	- przywozić

South Africa	- Afryka Południowa
cranberry	- żurawina
to grow	- rosnąć, hodować
mangetout	- groch wielocukrowy
runner beans	- fasola wielokwiatowa
potatoes	- kartofle
to accompany	- towarzyszyć
wine	- wino
to fly	- tu: transportować/przewozić samolotem
distance covered	- przebyty dystans
to add up to	- wynosić (w sumie)
trip around the globe	- wycieczka dookoła świata
imported food	- żywność importowana
to harm	- szkodzić, wyrządzać szkodę
economy	- gospodarka
local produce	- produkty lokalne
to take money from	- odbierać pieniądze komuś
local farmers	- lokalni farmerzy/rolnicy
healthy	- zdrowy
vegetable	- jarzyna, warzywo
to pull	- wyciągać, wyrywać
ground	- ziemia, grunt
plate	- talerz
nutrients	- składniki pokarmowe, substancje odżywcze
far off country	- daleki kraj
to spray	- przyskać, spryskiwać
preservatives	- konserwanty
to extend the shelf life	- przedłużyć okres przechowywania
environmentally wasteful	- marnotrawny z punktu widzenia środowiska
recent study found	- niedawne badania wykazały
fuel	- paliwo

uzupełnij zdania:

1. When you fly a turkey, you (ride it, set it free, transport it by air).
2. You (pull, push, pool) vegetables from the ground.
3. Imported food (injures, harms, spoils) local farmers.

odpowiedzi:

1. transport it by air
2. pull
3. harms

Lesson 5

Gooduckens

As a symbol of Xmas indulgence a 'gooducken' - a goose stuffed with a chicken stuffed with a duck - has few rivals for those of us who see Xmas as an excuse for shameless gluttony! The gaps between the birds are filled with pork sausage meat (yum, yum...) and the whole three-in-one bird has much more calories than your traditional turkey.

gooducken	- (neologizm) gęś nadziewana kurą nadziewaną kaczką
Xmas	- (potocznie) Boże Narodzenie, bożonarodzeniowy
indulgence	- pobłażanie sobie, folgowanie, dogadzanie
goose	- gęś
to stuff	- nadziewać
chicken	- kura
duck	- kaczką
rival	- rywal, rywalka
excuse	- wymówka
shameless	- bezwstydne
gluttony	- obżarstwo
gap	- przerwa, szpara, odstęp, przestrzeń
to fill	- wypełniać
bird	- ptak
pork sausage meat	- mięso wieprzowe, nadzienie kielbasy
yum, yum	- mniam, mniam
three-in-one	- trzy w jednym
turkey	- indyk

uzupełnij zdania:

1. A 'gooducken' is a goose (staffed, stuffed, starved) with a duck and a chicken.
2. People who have no shame are shame(ful, ness, less).
3. The habit of eating and drinking too much is called (glutton, gluttony, gluttonous).

odpowiedzi:

1. stuffed
2. less
3. gluttony

Lesson 6

A time for God

To Christians, Christmas is a time for God. It's when Jesus was born and came to live among us. This time of God is the time to help those who are less fortunate than us. Those who are sick and dying, starving and lonely, miserable and cold, helpless and old - or - very young and without a hope. Like half of the world's children, who are denied a childhood. Who are growing up hungry. They face a brutal existence because of poverty, AIDS and war.

Christians	- chrześcijanie
Christmas	- Boże Narodzenie
time	- czas, okres, pora
God	- Bóg
to be born	- urodzić się
to live	- żyć
among us	- pośród nas
to help	- pomagać
less fortunate than us	- ci, którzy mają gorzej, niż my
sick	- chory
dying	- umierający
starving	- głodujący
lonely	- samotny
miserable	- nieszczęśliwy, nędzny
cold	- zimny
helpless	- bezradny, bezsilny
old	- stary
young	- młody
without	- bez
hope	- nadzieja
half of the world's children	- połowa dzieci świata
to deny	- tu: pozbawiać, odbierać
childhood	- dzieciństwo
to grow up	- dorastać
hungry	- głodny
to face	- stawiać czoła
brutal	- brutalny
existence	- egzystencja
poverty	- bieda
war	- wojna

uzupełnij zdania:

1. We should try and remember those people who are less fortunate (then, than, when) us.

2. About (a quarter, a third, half) of the world's children live in extreme poverty.
3. They are growing (up, out, in) hungry.

odpowiedzi:

1. than
2. half
3. up

Lesson 7

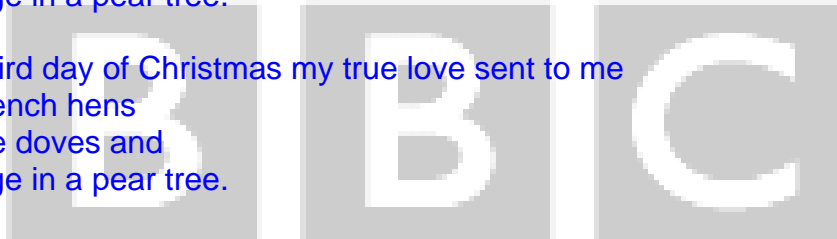
Twelve days of Christmas

(a Christmas carol)

On the first day of Christmas my true love sent to me
A partridge in a pear tree.

On the second day of Christmas my true love sent to me
Two turtle doves and
A partridge in a pear tree.

On the third day of Christmas my true love sent to me
Three French hens
Two turtle doves and
A partridge in a pear tree.



On the fourth day of Christmas my true love sent to me
Four calling birds
Three French hens
Two turtle doves and
A partridge in a pear tree.

On the fifth day of Christmas my true love sent to me
Five golden rings
Four calling birds
Three French hens
Two turtle doves and
A partridge in a pear tree.

On the sixth day of Christmas my true love sent to me
Six geese a-laying
Five golden rings
Four calling birds
Three French hens
Two turtle doves and
A partridge in a pear tree.

On the seventh day of Christmas my true love sent to me
Seven swans a-swimming
Six geese a-laying
Five golden rings
Four calling birds
Three French hens
Two turtle doves and
A partridge in a pear tree.

On the eighth day of Christmas my true love sent to me
Eight maids a-milking
Seven swans a-swimming
Six geese a-laying
Five golden rings
Four calling birds
Three French hens
Two turtle doves and
A partridge in a pear tree.

On the ninth day of Christmas my true love sent to me
Nine drummers drumming
Eight maids a-milking
Seven swans a-swimming
Six geese a-laying
Five golden rings
Four calling birds
Three French hens
Two turtle doves and
A partridge in a pear tree.



On the tenth day of Christmas my true love sent to me
Ten pipers piping
Nine drummers drumming
Eight maids a-milking
Seven swans a-swimming
Six geese a-laying
Five golden rings
Four calling birds
Three French hens
Two turtle doves and
A partridge in a pear tree.

On the eleventh day of Christmas my true love sent to me
Eleven ladies dancing
Ten pipers piping

Nine drummers drumming
 Eight maids a-milking
 Seven swans a-swimming
 Six geese a-laying
 Five golden rings
 Four calling birds
 Three French hens
 Two turtle doves and
 A partridge in a pear tree.

On the twelfth day of Christmas my true love sent to me
 Twelve lords a-leaping
 Eleven ladies dancing
 Ten pipers piping
 Nine drummers drumming
 Eight maids a-milking
 Seven swans a-swimming
 Six geese a-laying
 Five golden rings
 Four calling birds
 Three French hens
 Two turtle doves and
 A partridge in a pear tree.



twelve	- dwanaście
Christmas	- Boże Narodzenie
carol	- kolęda
first	- pierwszy
my true love	- moja ukochana, ukochany
to send	- wysłać, przesyłać
partridge	- kuropatwa
pear tree	- grusza
second	- drugi
turtle dove	- turkawka
third	- trzeci
French	- francuski
hen	- kura
fourth	- czwarty
calling bird	- śpiewający ptak
fifth	- piąty
golden ring	- złoty pierścionek
sixth	- szósty
geese	- gęsi (liczba pojedyncza: goose)
a-laying	- (arch) znoszący jajka
to lay eggs	- znosić jajka

seventh	- siódmy
swan	- łabędź
a-swimming	- (arch) pływający
eighth	- ósmy
maid	- (arch) dziewica, <i>również</i> : pokojówka, służąca
a-milking	- dojąca krowy
ninth	- dziewiąty
dancing lady	- tańcząca pani
tenth	- dziesiąty
lord	- lord
a-leaping	- (arch) w podskokach
eleventh	- jedenasty
piper	- muzykant grający na fujarce
to pipe	- tu: grać na fujarce
twelfth	- dwunasty
drummer	- tu: dobosz
to drum	- grać na bębnie

uzupełnij zdania:

1. The sound that birds make is called a bird (cry, call, shout).
2. Geese (lie, lay, lye) eggs.
3. In Old English the prefix a- before a verb - for example a-laying or a-leaping - meant that the action was (finished, started, in progress),

odpowiedzi:

1. call
2. lay
3. in progress

Lesson 8

Get ready for a tippie!

It's Festive time so get ready for a tippie of your favourite medicine. One of the biggest studies into drinking has found that wine, beer and even a daily tot of whisky can lengthen your life and protect you against many diseases. Scientists have found that regular, but moderate drinking by the middle aged can protect against big killers like heart disease, stroke, diabetes, osteoporosis and Alzheimer's. The effect of up to two drinks a day for women and three for men is so marked that some researchers believe that middle aged people should treat alcohol like a dietary supplement!

tippie - trunek

Xmas (=Christmas) time	- okres Świąt Bożego Narodzenia
favourite	- ulubiony
medicine	- tu: lek, lekarstwo
study	- badania
drinking	- tu: picie alkoholu
to find	- tu: wykazać
wine	- wino
beer	- piwo
tot	- kapka (alkoholu)
to lengthen	- przedłużyć
life	- życie
disease	- choroba
scientist	- naukowiec, uczonek
moderate	- umiarkowany
the middle aged	- osoby w średnim wieku
to protect	- chronić
killer	- zabójca
heart	- serce
stroke	- udar
diabetes	- cukrzyca
osteoporosis	- osteoporoza
drink	- napój alkoholowy, drink
marked	- wyraźny, zauważalny
researcher	- badacz
to treat	- traktować
dietary supplement	- dodatek do diety, element odżywiania

uzupełnij zdania:

1. A small amount of a strong alcoholic drink is called a (cot, tot, trot).
2. Moderate drinking can protect you (for, against, to) certain diseases.
3. The amount of alcohol you can drink safely is up (at, to, with) two drinks a day for women and three for men.

odpowiedzi:

1. tot
2. against
3. to

Lesson 9

Party chitchat

How to make an impression

Walk up to the person you want to impress and say: "I just hate this part of town. There's simply nowhere to land a helicopter".

How to ruin another woman's night

Stare at her stomach and then say in a sweet voice: "Fantastic dress, simply gorgeous. But have you tried control pants?"

How to pick up a complete stranger

Walk up to the object of your affections and say with complete honesty: "Something just happened to me. I'm in love. Did it happen to you too? I need to see you again." They may not be in love with you - YET - but they will be intrigued, or possibly - freaked out!

How to make sure you won't be invited again

Go up to the host, carrying a crate of his beer and say: "Erm... Excuse me, mate. Can you help me load all this booze into the back of my van. I'm off to a better party".

party	- impreza, party
chitchat	- teksty, odzywki, pogaduszki
to make an impression	- robić wrażenie
to walk up	- podejść
to impress	- robić wrażenie, imponować
nowhere	- nigdzie
to land	- wylądować
to ruin	- zrujnować
to stare	- gapić się
stomach	- tu: brzuch
sweet	- słodki
voice	- głos
gorgeous	- wspaniały
dress	- sukienka
to try	- próbować
control pants	- specjalne majtki, które 'kontrolują' - wciskają - wzdęty brzuch
to pick up	- poderwać
stranger	- nieznajomy
affection	- uczucie, afekt

honesty	- tu: otwartość
to happen	- zdarzać się, wydarzać
to be in love	- zakochać się
to need	- potrzebować
to see	- tu: zobaczyć się
yet	- jeszcze
intrigued	- zaintrygowany
freaked out	- wystraszony, zaszokowany, przerażony
to make sure	- upewnić się, zagwarantować
to be invited	- być zaproszonym
to go up	- podejść
host	- gospodarz
to carry	- nieść
crate of beer	- skrzynka piwa
excuse me	- przepraszam
mate	- tu: stary
to load	- załadować
booze	- gorzałka, trunek
van	- furgonetka
I'm off to a better party	- idę na lepszą imprezę

uzupełnij zdania:

1. Chitchat is a light and (formal, informal, official) conversation about things that aren't terribly important.
2. When you approach somebody, you walk (up, into, in) to them.
3. When you shock and surprise people, you freak them (up, in, out).

odpowiedzi:

1. informal
2. up
3. out

Lesson 10

Movers and shakers

Dancing is ultimately a primal peacock display geared towards procreation. Put simply, if you dig the way someone shakes their body, sooner or later you'll be compelled to take things to their logical conclusion and ... more little dancers will be born!

But - beware - it really is the survival of the fittest! Some wise folk even swear that you can tell what the person will be like in bed by the way they strut their stuff!

mover, shaker	- tu: dobry tancerz, osoba, która dobrze tańczy
dancing	- tańczenie, taniec
ultimately	- ostatecznie, w końcu
primal	- pierwotny
peacock	- paw
display	- tu: pokaz
geared towards	- tu: mający na celu
procreation	- prokreacja
put simply	- mówiąc prosto/wprost
to dig	- (kolokwialnie) lubić
way	- sposób
to shake	- potrząsać
body	- ciało
to be compelled	- być zmuszonym
to take things to their logical conclusion	- doprowadzić sprawę do logicznej konkluzji
dancer	- tancerz
to be born	- urodzić się
beware!	- strzeż(cie) się!
survival of the fittest	- dobór naturalny
wise folk	- mądrzy ludzie
to swear	- tu: przysięgać, zaprzysiąc
to tell	- tu: poznać, rozpoznać
what the person will be like in bed	- jaki ktoś będzie w łóżku
to strut one's stuff	- (idiom) pokazać, co się potrafi

uzupełnij zdania:

1. If you like a guy, you can say, colloquially: "I (dig, jab, poke) that guy".
2. One of Darwin's laws of evolution is called the survival of the (fittest, fittest, littlest).
3. You strut your (staff, stuff, scarf) when you proudly show your ability, especially at dancing.

odpowiedzi:

1. dig
2. fittest
3. stuff

Lesson 11

Jumping Jacks and Jills

The pointer points upwards and outwards with both forefingers. He also gives an occasional jaunty nod of the head. The lower part of his body will, in all likelihood, be doing nothing apart from stepping from foot to foot. He's a hopeful show-off with not much to show off.

Jumping Jack or Jill is the first up on the dance floor, desperate to show off. They are gloriously uninhibited. By the end of the evening they will be unstoppable and will undoubtedly attempt to remove many of their clothes!

jumping jack	- pajac na sznurku, podskok do rozkroku, 'pajac'
'the pointer'	- tu: 'wskazywacz'
to point	- wskazywać
upwards	- w górę, do góry
outwards	- na zewnątrz
forefinger	- palec wskazujący
jaunty	- zawadiacki
nod of the head	- kiwnięcie, skinienie, ruch głową
part of the body	- część ciała
in all likelihood	- najprawdopodobniej
apart from	- oprócz
to step from foot to foot	- przestępować z nogi na nogę
hopeful	- mający nadzieję, pełen nadziei
show-off	- osoba, która się popisuje, 'pajac'
to show off	- popisywać się
the first up on the dance floor	- pierwszy na parkiecie
desperate	- zdesperowany
gloriously	- wspaniale
uninhibited	- pozbawiony inhibicji, zahamowań
unstoppable	- nie do powstrzymania
undoubtedly	- niewątpliwie
to attempt	- próbować, usiłować
to remove	- usunąć, zdjąć
clothes	- ubranie

uzupełnij zdania:

1. You step from (foot's to foot's, feet to feet, foot to foot).
2. A person who tries to impress other people by showing how good he is at doing something is a show (up, of, off).
3. A person who has no inhibitions is (a, un, non)inhibited.

odpowiedzi:

1. foot to foot
2. off
3. un

Lesson 12

E dancing

Here's St Vitus dance. Imagine someone who has put their fingers into an electric socket. They wiggle and writhe with wild abandon. The risk of eye-poking injury is high and all coordination is abandoned until the electricity supply is turned off.

E dancing follows a 'pack 'em and stack 'em' routine: hands filling imaginary boxes followed by stacking of same. This goes on for seven or eight hours and is followed by two days of sleep.

Our ability do dance depends on to the consumption of inhibition-reducing elixir known as booze. After a liberal amount of the elixir has been consumed, the 'Stumbler' will try - and fail - to lunge into as-yet-unperformed piece of fancy choreography. He will enjoy himself enormously, blissfully unaware of the world around him.

E dancing	- taniec pod wpływem Ekstazy
St Vitus dance	- taniec Świętego Wita
to imagine	- wyobrażać sobie
to put	- wkładać
electric socket	- gniazdko, kontakt
to wiggle	- kręcić, kotysać (np. biodrami)
to writhe	- skręcać się, zwijać
with wild abandon	- z dziką radością
eye-poking	- wsadzanie palca w oko
injury	- obrażenie, rana
to abandon	- zarzucić, porzucić, zaprzestać
electricity supply	- doptyw prądu
to switch off	- wyłączyć
to follow a routine	- powielać schemat, rutynę
to pack	- pakować
'em	= them
to stack	- układać w stertę, stos
to fill	- wypełniać, napętniać
imaginary	- wyimaginowany, urojony
to go on	- tu: trwać
to follow	- następować, odbywać się po (czymś)

two days of sleep	- dwa dni snu
ability	- zdolność, umiejętność
to dance	- tańczyć
to depend	- zależeć
consumption	- spożycie, konsumpcja
inhibition reducing elixir	- eliksir obniżający zahamowania
booze	- gorzałka, trunek
liberal amount	- dowolna (spora) dawka
to stumble	- potykać się, zataczać, chodzić niepewnym krokiem
'stumbler'	- osoba, która się potyka i zatacza
to try	- próbować, usiłować
to fail	- nie udać się, ponieść fiasko
to lunge	- rzucić się
as yet unperformed	- jeszcze nie odegrany, nie zaprezentowany
piece of fancy choreography	- część wymyślnej choreografii
to enjoy	- lubić, czerpać przyjemność z czegoś
blissfully unaware	- w błogiej nieświadomości

uzupełnij zdania:

1. When you stick to a routine, you (proceed, go on, follow) it.
2. When you do something with great passion and joy, you do it with wild (abandon, abandoned, abandonment).
3. A colloquial name for alcohol is (buzz, booze, boozier).

odpowiedzi:

1. follow
2. abandon
3. booze