



@just_takeabreak

JUST TAKE A LESSON

Small steps to your success in learning English

OCTOBER WEEK 3&4

TIP:

Quizzes can be found every day on our Instagram



1 **POLICZALNE/NIEPOLICZALNE**
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OCTOBER
WEEK 3&4

RZECZOWNIKI

POLICZALNE - COUNTABLE



WSZYSTKO, CO DA SIĘ POLICZYĆ
NA SZTUKI, NP. PSY, LUDZIE, KSIĄŻKI

NIEPOLICZALNE - UNCOUNTABLE



WSZYSTKO, CO DO POLICZENIA
POTRZEBUJE JAKIEGOŚ 'OPAKOWANIA',
PONIEWAŻ NAJCZĘŚCIEJ MÓWIMY
O JAKIEJŚ SUBSTANCJI

Trzeba uważać na wiele słów, które wydają nam się policzalne, a w angielskim nie są, np. pieniądze (banknoty już są policzalne)

RZECZOWNIKI

NIEPOLICZALNE - UNCOUNTABLE



IDEAS AND EXPERIENCES

Przykład:

- advice
- information
- progress
- news
- luck
- fun
- work



MATERIALS AND SUBSTANCES

Przykład:

- water
- rice
- cement
- gold
- milk
- flour



WEATHER WORDS

Przykład:

- weather
- thunder
- lightning
- rain
- snow

RZECZOWNIKI

NIEPOLICZALNE - UNCOUNTABLE



NAMES FOR GROUPS OR COLLECTIONS OF THINGS

Przykład:

- furniture
- equipment
- rubbish
- luggage



OTHER COMMON UNCOUNTABLE NOUNS INCLUDE:

Przykład:

- accommodation
- baggage
- homework
- knowledge
- money
- permission
- research
- traffic
- travel

RZECZOWNIKI

POLICZALNE Z NIEPOLICZALNYCH..?

A tak! zerknij poniżej:

uncountable

accommodation

baggage/luggage

bread

lightning

luck

money

poetry

rain

travel

work

countable

a house, a flat, a place to live,
a place to stay

a suitcase, a bag, a rucksack

a loaf (of bread), a (bread)
roll

a flash of lightning

a stroke of luck

a note, a coin, a sum of
money, a euro, a dollar

a poem

a shower, a downpour,
a storm

a journey, a trip

a job, a task

RZECZOWNIK

POLICZALNY I NIEPOLICZALNY ..?

Jest to możliwe!

Countable use

We bought a new iron /ajen/
and an ironing board.
(żelazko)

I broke a glass yesterday.
(szklanka / kieliszek)

Would you like a chocolate?
(czekoladka)

Let's get a paper and see
what's on at the cinema.
(gazeta)

'Hamlet' is one of
Shakespeare's most
famous works. (dzieło)

Uncountable use

People believed that ships
made of iron would sink.
(żelazo)

The table was made of
hardened glass. (szkło)

Would you like some
chocolate? (czekolada)

The printer has run out
of paper. (papier)

I had work to do so I couldn't
go out. (praca)

#JUST
TAKE
A
LESSON



**Decide if
the following
nouns
are**

**countable (policzalne)
uncountable (niepoliczalne)**



egg

- a. countable
- b. uncountable



- a. countable**
- b. uncountable**

chicken

A

milk

a. countable

b. uncountable



B

- 
- The background of the slide features two rectangular blocks of butter. The block in the foreground is in sharp focus, showing its yellowish-tan color and the white, ribbed paper wrapper on top. The second block is slightly behind and to the left, appearing softer and less distinct. A small sprig of fresh green parsley lies on the crumpled, light-brown paper between the two butter blocks. The overall lighting is warm and soft, creating a cozy, natural atmosphere.
- a. countable**
 - b. uncountable**

butter



money

a. countable

b. uncountable

banknotes

a. countable

b. uncountable

flour

a. countable

b. uncountable





a. countable

b. uncountable

travel

B

trip

a. countable

b. uncountable



A woman in a white dress is holding an orange suitcase. The Eiffel Tower is visible in the background. The scene is set outdoors on a paved area with greenery and a cityscape in the distance.

suitcase

a. countable

b. uncountable

A



luggage

- a. countable**
- b. uncountable**

B


glass

a. countable

b. uncountable



A



glass

a. countable

b. uncountable

B



work

a. countable

b. uncountable

B



knowledge

a. countable

b. uncountable

B



vegetable

a. countable

b. uncountable

love

a. countable

b. uncountable



flat

a. countable

b. uncountable





accommodation

- a. countable
- b. uncountable

B

bread

a. countable

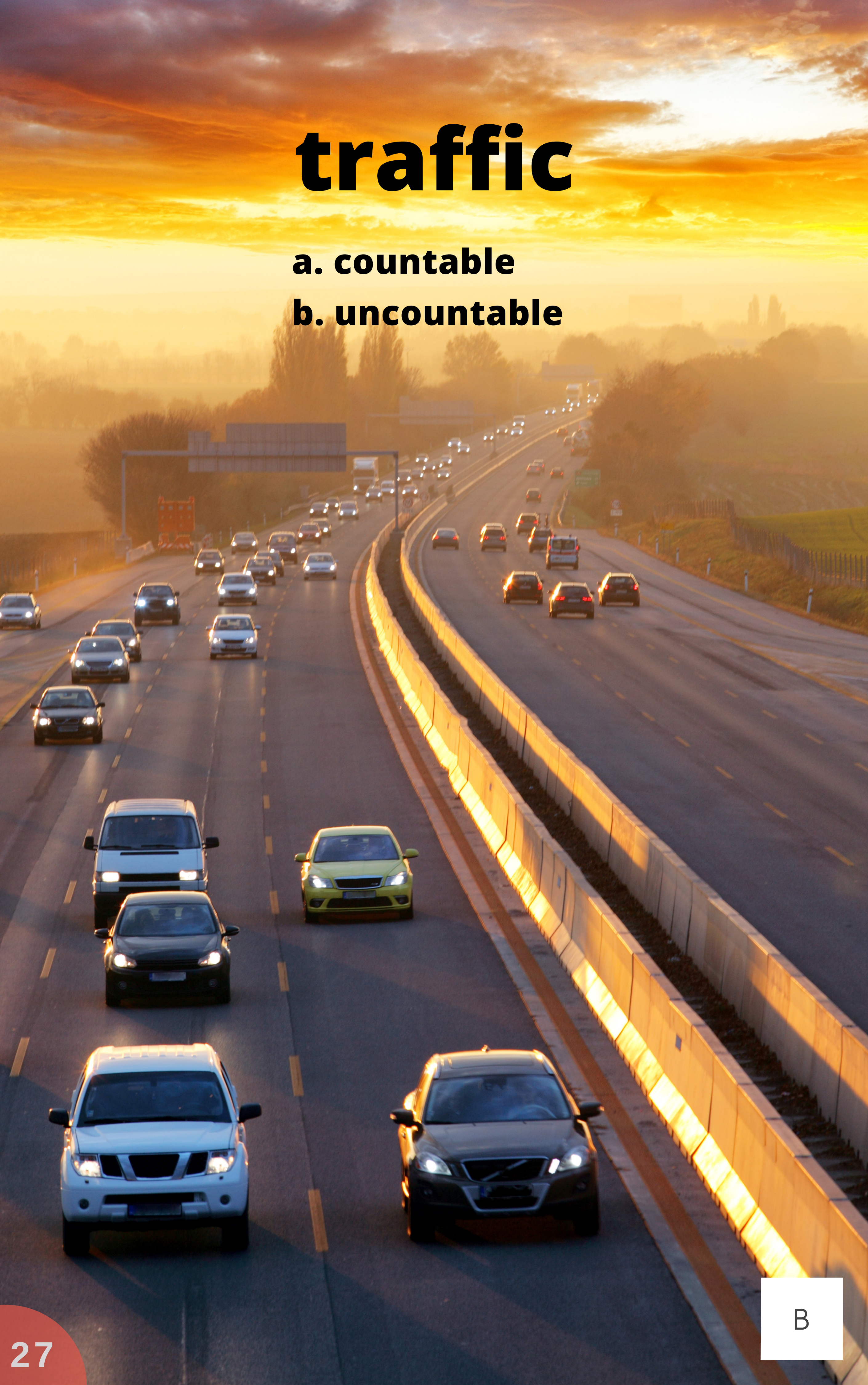
b. uncountable



traffic

a. countable

b. uncountable

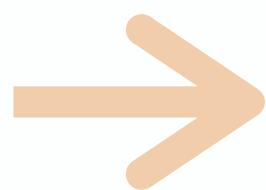


FEW / A FEW

Świetnie, że już wiesz, jakie to są rzeczowniki policzalne i niepoliczalne. Teraz nam się to bardzo przyda!



FEW / A FEW



POLICZALNE

Przykład:

- We stayed **a few days** in Florence and visited the museums.
- **Few cities** anywhere in Europe can match the cultural richness of Berlin.

Jaka jest różnica pomiędzy *few* i *a few*?

few

a few

not many, almost none
niewiele, mało

some, a small number
kilka

She had **few moments**
on her own.

She's lucky.
She has **few problems**.
(not many problems)

All she wanted was **a few moments**
on her own.

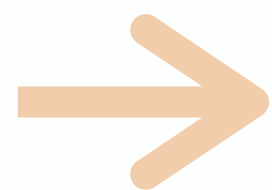
Things are not going so well
for her.
She has **a few problems**.
(some problems)

LITTLE/A LITTLE

Teraz już pójdzie z górki :-)



LITTLE/A LITTLE



NIEPOLICZALNE

Przykład:

- Mary said nothing, but she drank some tea and ate a **little bread**.
- I'm not very happy about it but I suppose I have **little choice**.

Jaka jest różnica pomiędzy *little* i *a little*?

little

not much, almost nothing
niewiele, mało

They had **little money** to spend.

He spoke **little English**, so it was difficult to communicate with him.

a little

some, a small amount
trochę

She saves **a little money** every month.

He spoke **a little English**, so we were able to communicate with him.

FEW / A FEW LITTLE / A LITTLE

Co jeszcze warto wiedzieć?



FEW / A FEW
LITTLE / A LITTLE

MOŻEMY UŻYWAĆ
BEZ RZECZOWNIKA

Przykład:

- A: Have you got any money? B: Yes, **a little**.
- Don't take all the strawberries. Just have **a few**. (Just have a few strawberries.)

Mówimy też:



ONLY A LITTLE (NIE ONLY LITTLE)
ONLY A FEW (NIE ONLY FEW)

Przykład:

- Hurry! We **only** have a **little** time. (some, but not much time)
- The village was small. There were **only a few** houses. (some but not many houses)



FEW/A FEW, LITTLE/A LITTLE

#justtakealesson

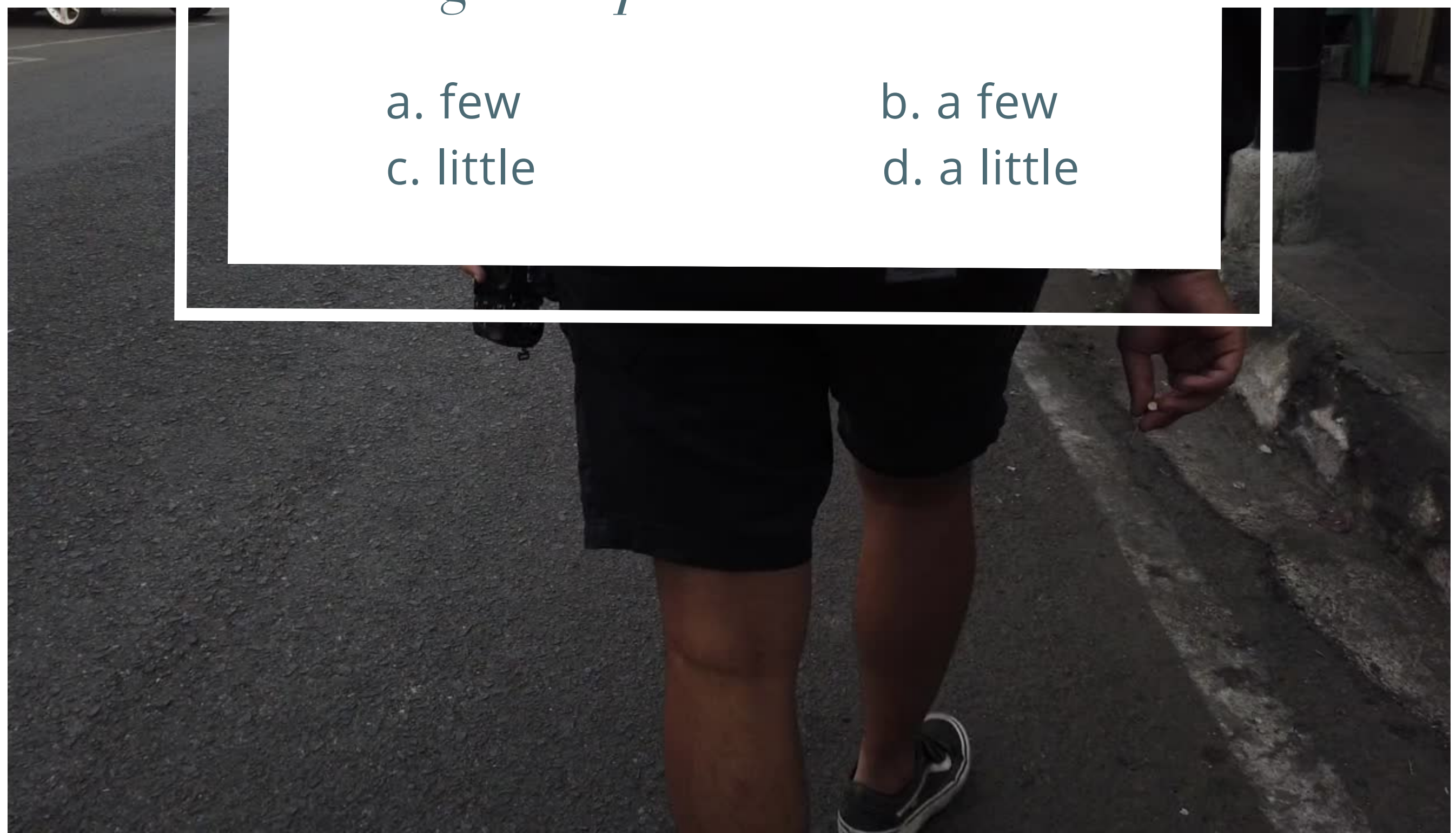




*I really need to see him.
I've got ... questions to ask him.*

a. few
c. little

b. a few
d. a little



B

*Could we have ... champagne,
please?*

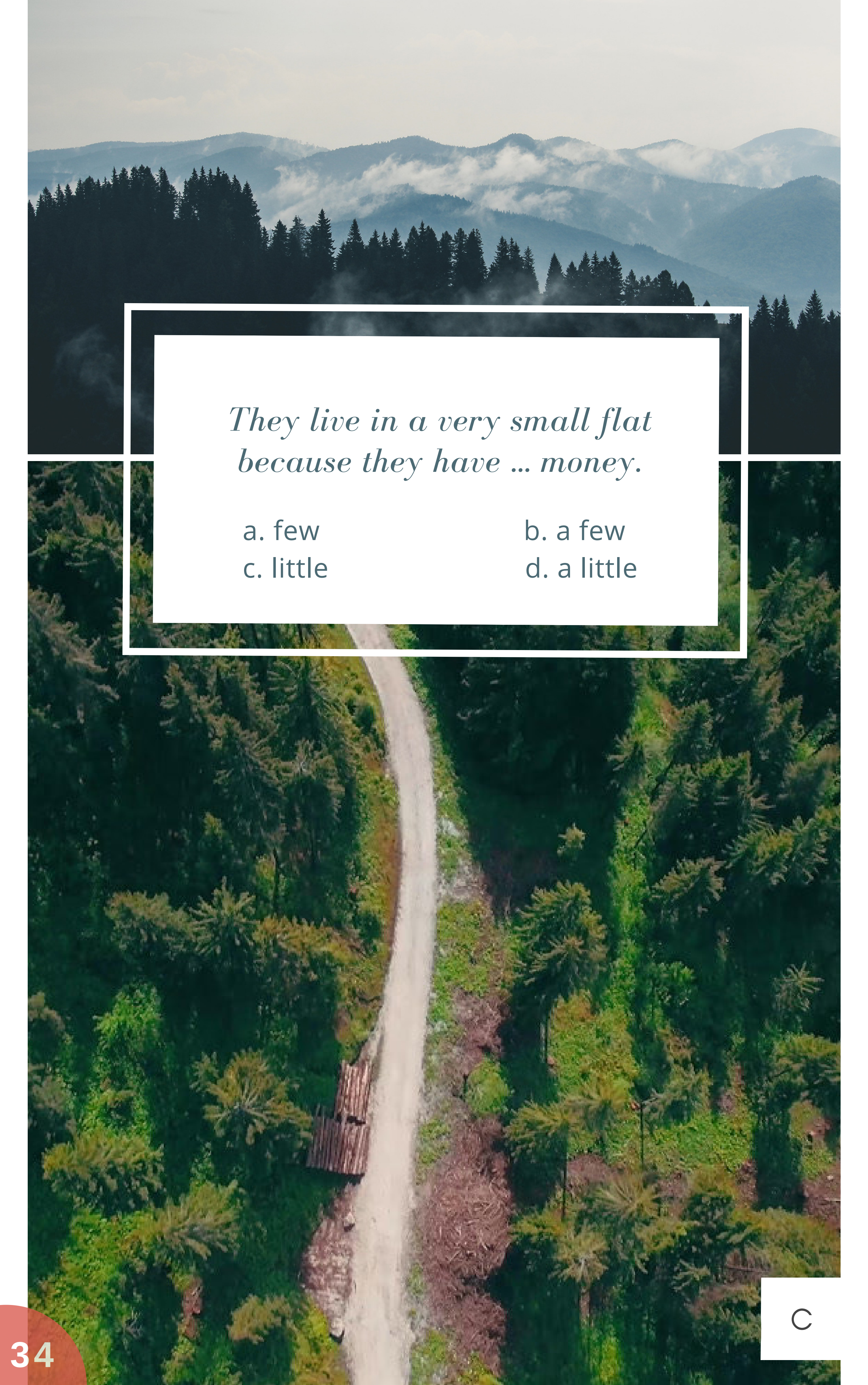
a. few

c. little

b. a few

d. a little

D



*They live in a very small flat
because they have ... money.*

a. few
c. little

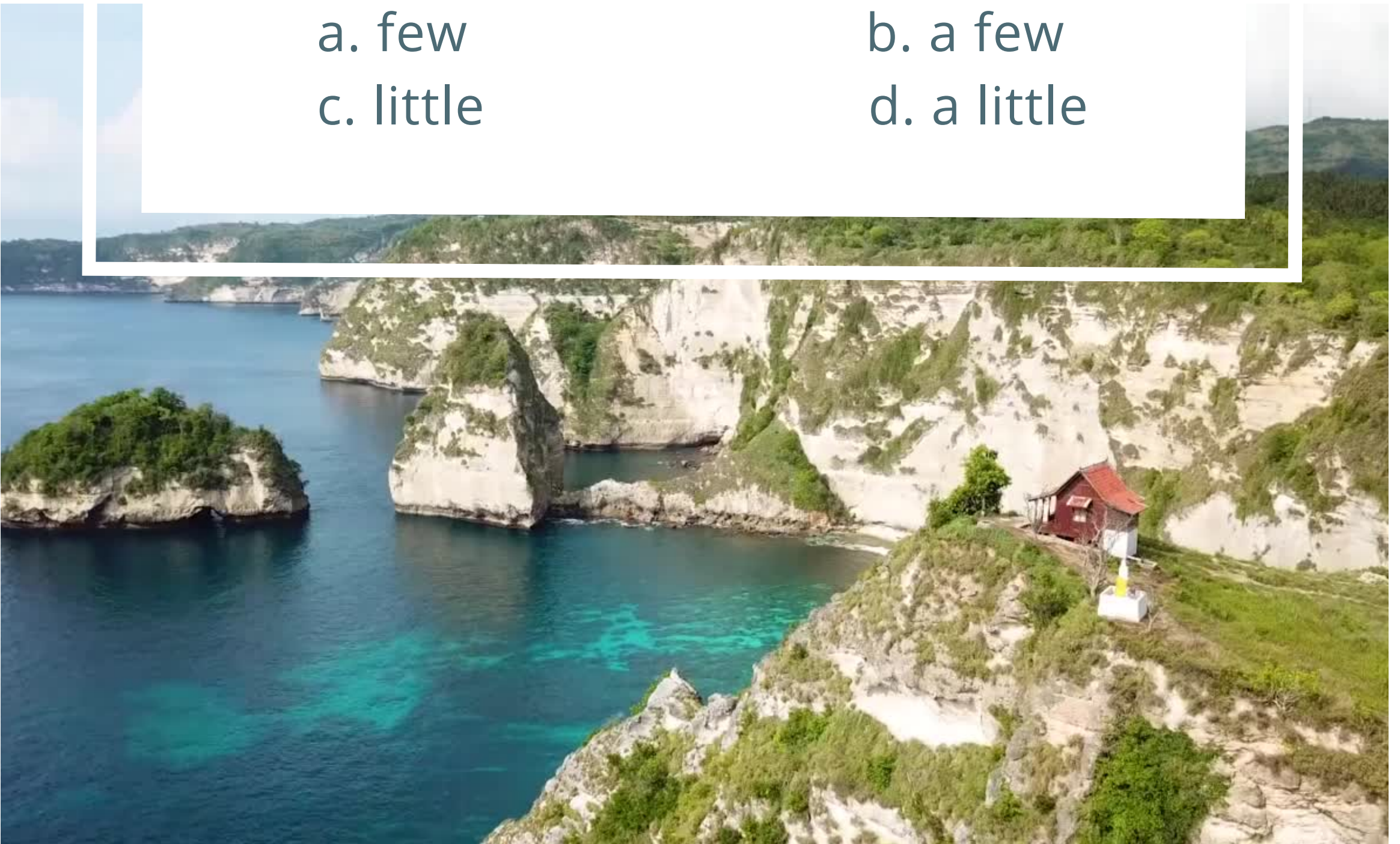
b. a few
d. a little



This boy isn't very popular at school. He's got very ... friends.

a. few
c. little

b. a few
d. a little



An aerial photograph of a wide river flowing through a dense, green forest. A small boat with several people is visible in the lower center of the frame, moving away from the viewer. The water is a murky greenish-brown color, and the surrounding forest is lush and vibrant green. The sky is overcast and grey.

*They've already been to Spain
... times.*

a. few
c. little

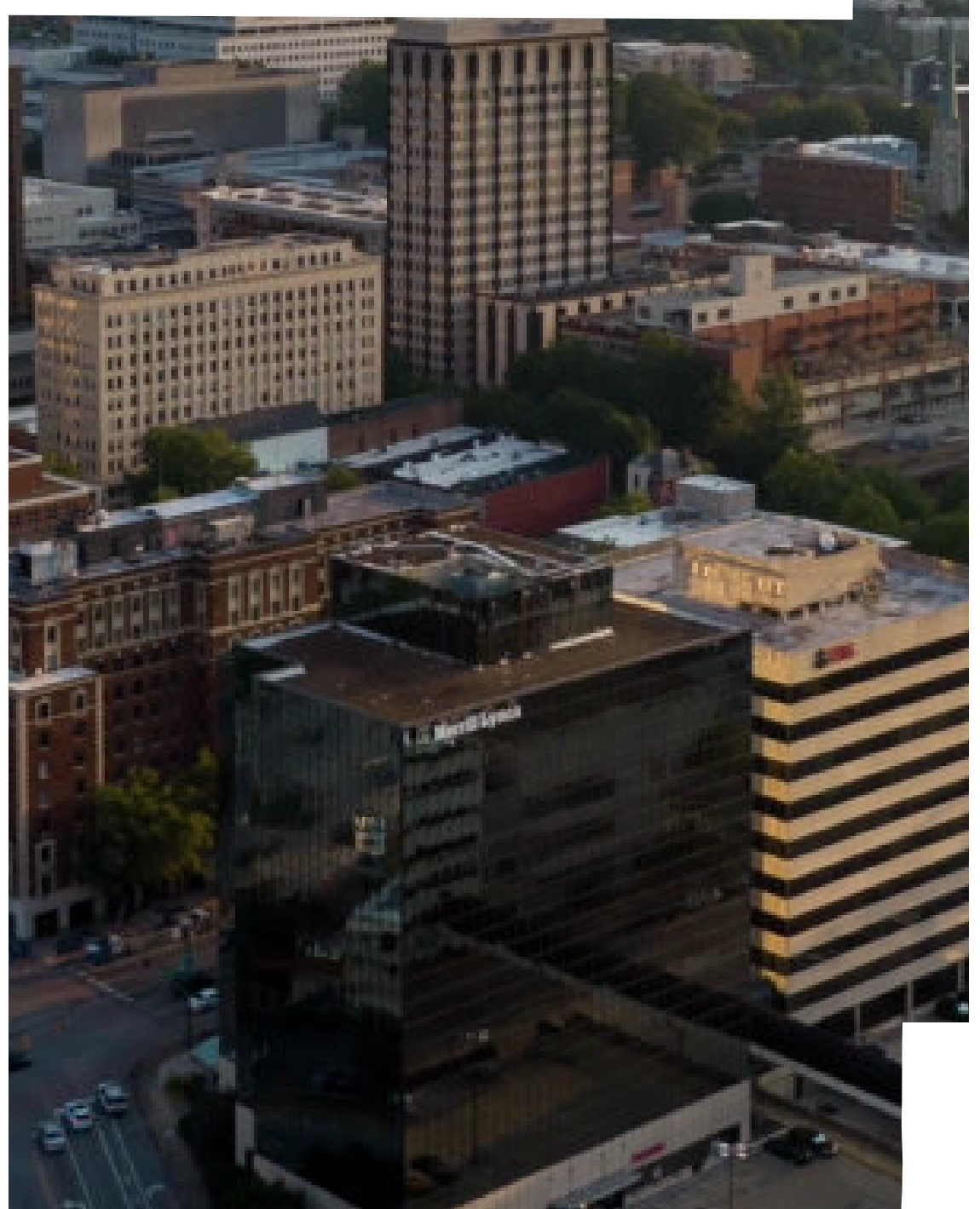
b. a few
d. a little



*Greg is always busy;
he has very ... time.*

- a. few
- c. little

- b. a few
- d. a little



I hope you've learnt ... today.

a. few

c. little

b. a few

d. a little



PHRASAL VERBS
HOLD

#JUSTTAKEALESSON



Hold on, I'll check in my diary

used to tell someone to wait
for a short time

#JUSTTAKEALESSON



The meeting has been
held over till Friday.

to delay something

#JUSTTAKEALESSON



It was really hard to
hold back the tears.

to not show emotion

#JUSTTAKEALESSON



She's so unreliable that she can never **hold down** a job for more than a couple of months.

to keep a job

#JUSTTAKEALESSON



She is **holding on** her baby.

to hold something or someone
firmly with your hands or arms

#JUSTTAKEALESSON



PHRASAL VERBS

HURRY UP

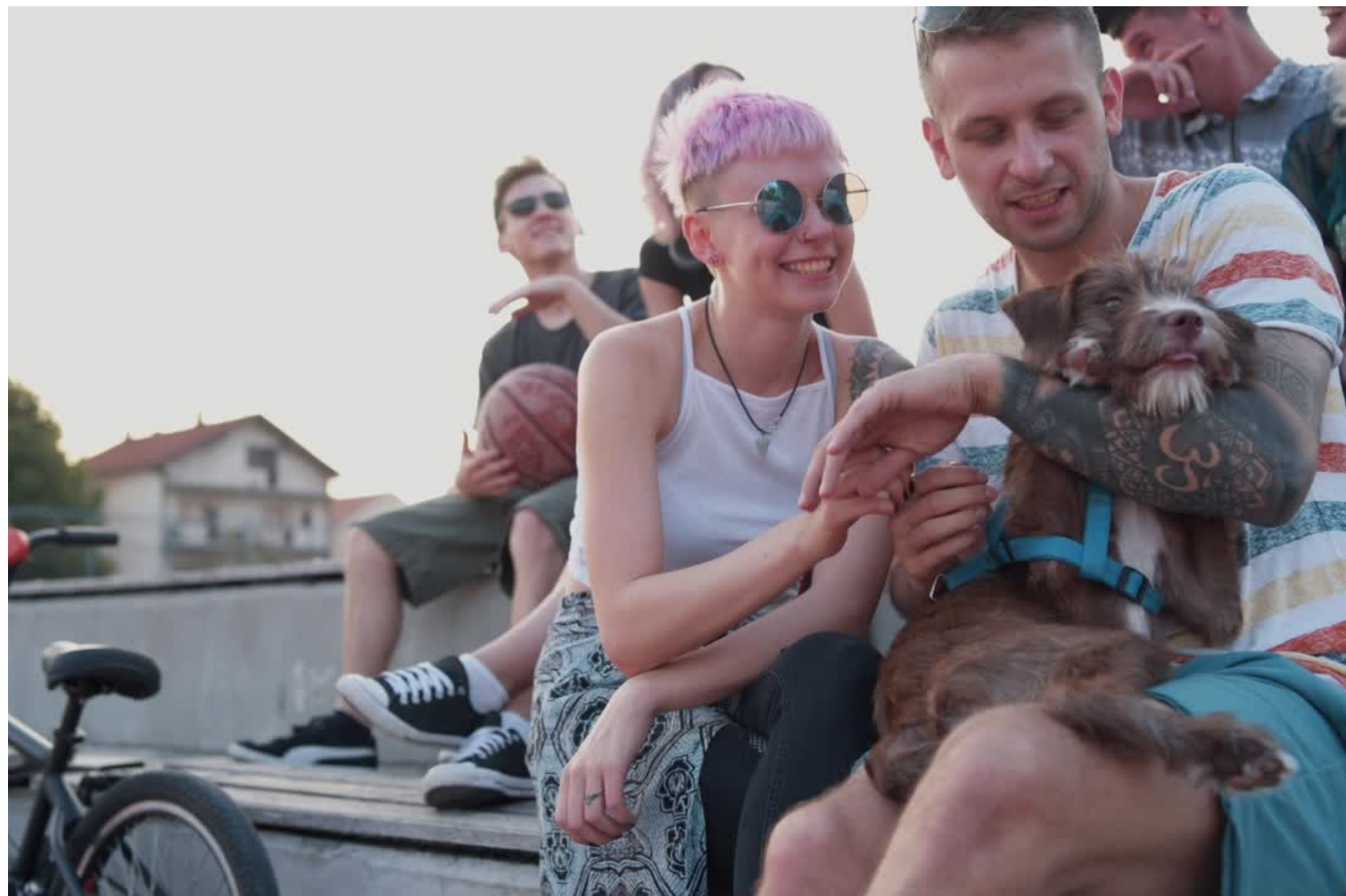
#JUSTTAKEALESSON



Would you please **hand out** the balloons to the children?

to give something to each of a number of people

#JUSTTAKEALESSON



Don't hang around with them!

to spend time with someone

#JUSTTAKEALESSON



Let me speak to Melanie
before you hang up.

to end a phone conversation

#JUSTTAKEALESSON



Hang your coat up
and come on in.

to place something, esp.
clothing, on a hook or hanger

#JUSTTAKEALESSON



You must all **hand in**
your projects by the end
of next week.

to give something to
an authority or responsible person

#JUSTTAKEALESSON

PHRASAL VERBS

KEEP ON



#JUSTTAKEALESSON



Women cannot **keep** their
voices **down** now.

to make sound, music
and noise minimal.

SALES N



I believe that if we **keep on** shouting, somebody will hear us.

to continue to do something, or
to do something again and again

#JUSTTAKEALESSON



They can tell me to **keep off**
this subject.
I will not listen to them!

If you keep off a particular
subject, you avoid talking about it.

ALES N



We should **keep to**
the original plan.

to do what you have promised
or planned to do

#JUSTTAKEALESSON



I read the news to **keep up with** what's happening in the outside world.

to be able to understand or deal with something that is happening or changing very fast

SALES N



A TO Z OF WOMEN'S RIGHTS

#justtakealesson



A is for ...

abortion

aborcja

Women's organizations across the world have fought for this right. Women should have the right to decide independently in all matters related to reproduction, including this issue. It is the induced termination of pregnancy before fetal viability.

#justtakealesson



B is for ...
birth control
antykoncepcja

The use of various devices to prevent pregnancy. The pill or the condom are some methods used for this.

#justtakealesson




**C is for ...
consent**

zgoda

It means actively agreeing to take part in a sexual activity with someone. If there isn't this in a sexual activity, we talk about sexual aggression.

#justtakealesson

A young woman with curly hair and red face paint is the central focus of the image. She has red paint smeared on her cheeks and lips, forming a shape that resembles a 'D'. She is wearing a denim jacket and large hoop earrings. The background is a blurred crowd of people at a protest, with signs that say 'UNITED WE STAND' and 'WE G DO'.

**D is for ...
discrimination**
dyskryminacja

Treating a person or particular group of people differently, especially in a worse way from the way in which you treat other people, because of their skin colour, sex, sexuality, etc.

[#justtakealesson](#)



**E is for ...
equality**

równość

The struggle to obtain this between the sexes is the main goal of women's rights activists. It implies, among other things, having access to the same resources and opportunities regardless of gender, including economic participation and decision-making.

#justtakealesson



**F is for ...
feminisim**

feminizm

It is a range of social movements, political movements, and ideologies that aim to define, establish, and achieve the political, economic, personal, and social equality of the sexes.

#justtakealesson

PAY GAP

M

F



G is for ...
gender gap
nierówność płciowa

It is the difference between women and men as reflected in social, political, intellectual, cultural, or economic attainments or attitudes.

PAY GAP

M

F



#justtakealesson



H is for ...
harassment
molestowanie

Women sometimes suffer this in their workplace. It includes uninvited comments, conduct, or behavior regarding sex, gender, or sexual orientation.

#justtakealesson

I is for ...

India

Indie



Numerous women in this Asian country's media and entertainment industries shared their accounts on social media of workplace sexual harassment and assault, as part of the **#MeToo** movement.



#justtakealesson



J is for ...

Japan

Japonia

Despite being a highly developed society, this country has high levels of gender inequality. Although women join the workforce in record numbers, the number of managerial positions they occupy is still scarce.

#justtakealesson



K is for ...

Kuweit

Kuwejt

According to the World Report
2015 by Human Rights Watch,
this emirate has no laws
prohibiting domestic violence,
sexual harassment
or marital rape.

#justtakealesson



L is for ...
lesbian
lezbijka

A woman who is attracted
to other women.

#justtakealesson

**M is for ...
misogyny**

mizoginizm

Feelings of hating women, or the
belief that men are much
better than women

#justtakealesson



N is for ...
New Zealand
Nowa Zelandia

In 1893 this country became the first all over the world to give women the right to vote on a national level.

#justtakealesson

O is for ...
object
przedmiot

Women are considered this by a lot of men who view them as mere bodies meant to satisfy their sexual desire, rather than as a whole person.

#justtakealesson

The image features two rows of black silhouettes of people walking. The top row shows a man on the left and a woman on the right, with three pairs of legs in the center. The bottom row shows a man on the left and a woman on the right, with three men in suits in the center. All silhouettes are walking towards the right and have soft shadows on the ground below them.

P is for ...
patriarchy
patriarchat

Social system in which society is organized around male authority figures.

#justtakealesson

R is for ...

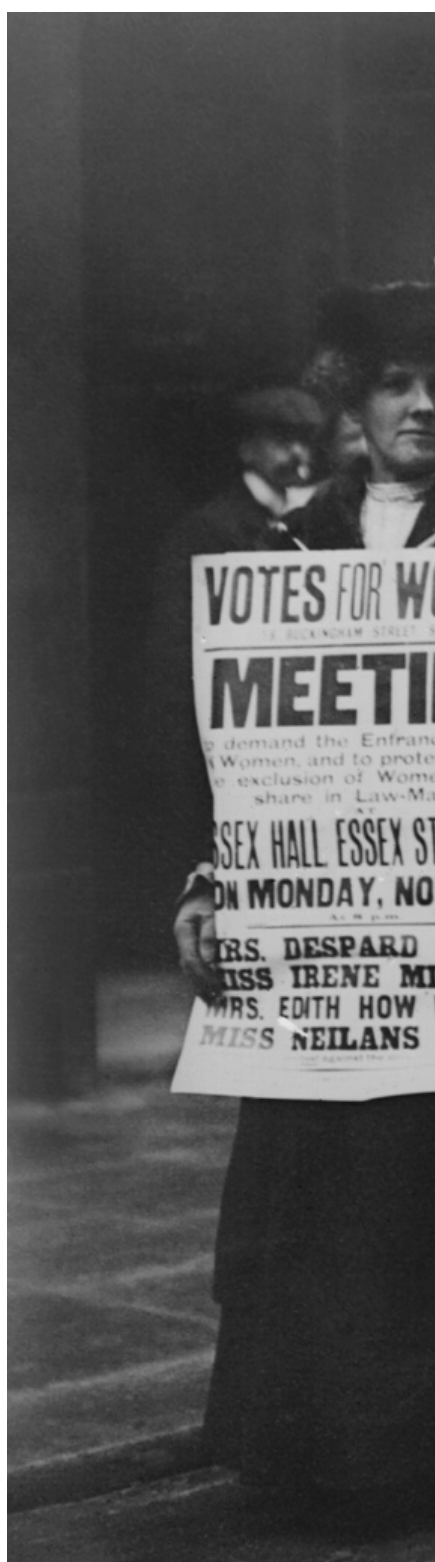
rape

gwatt

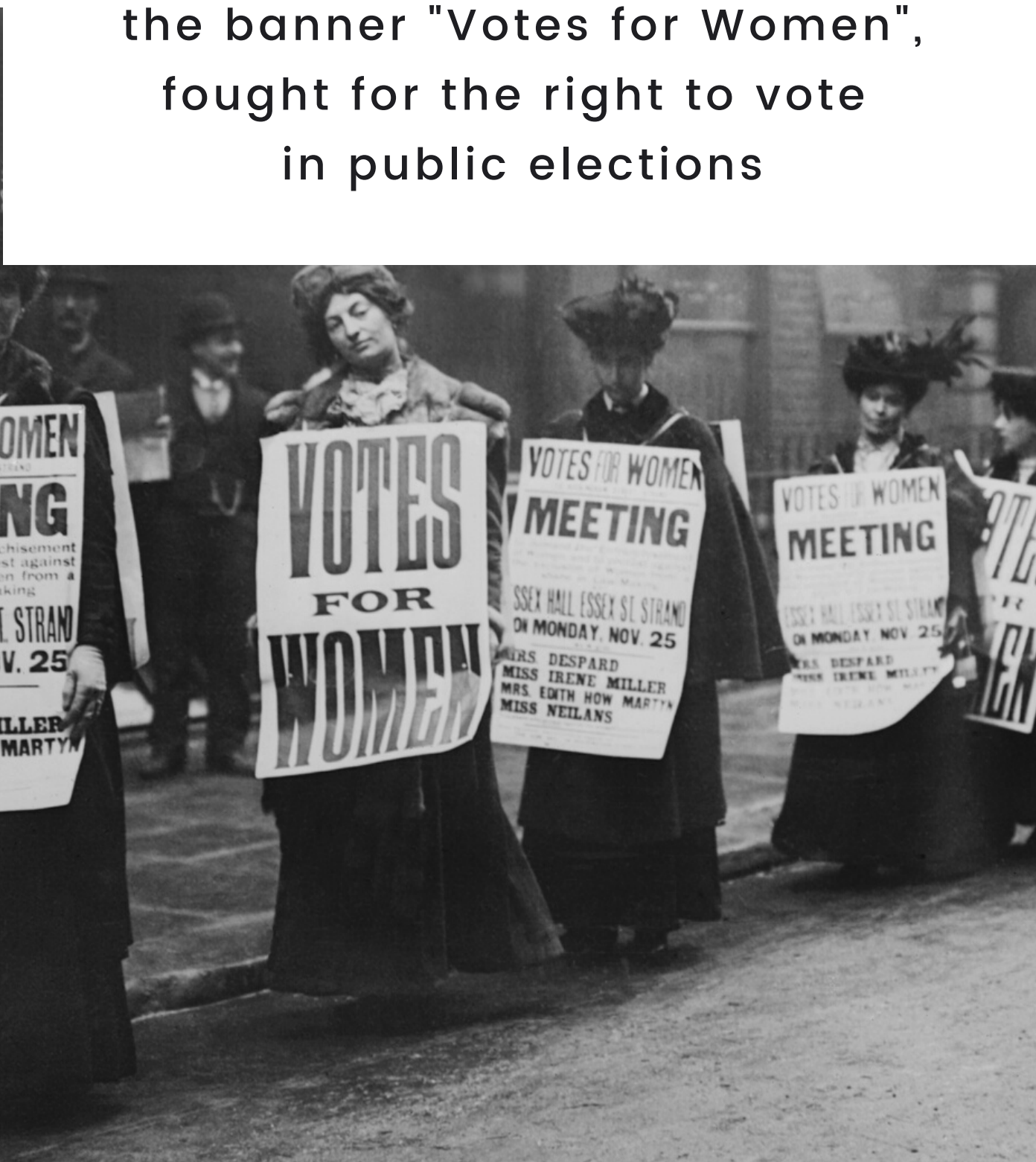
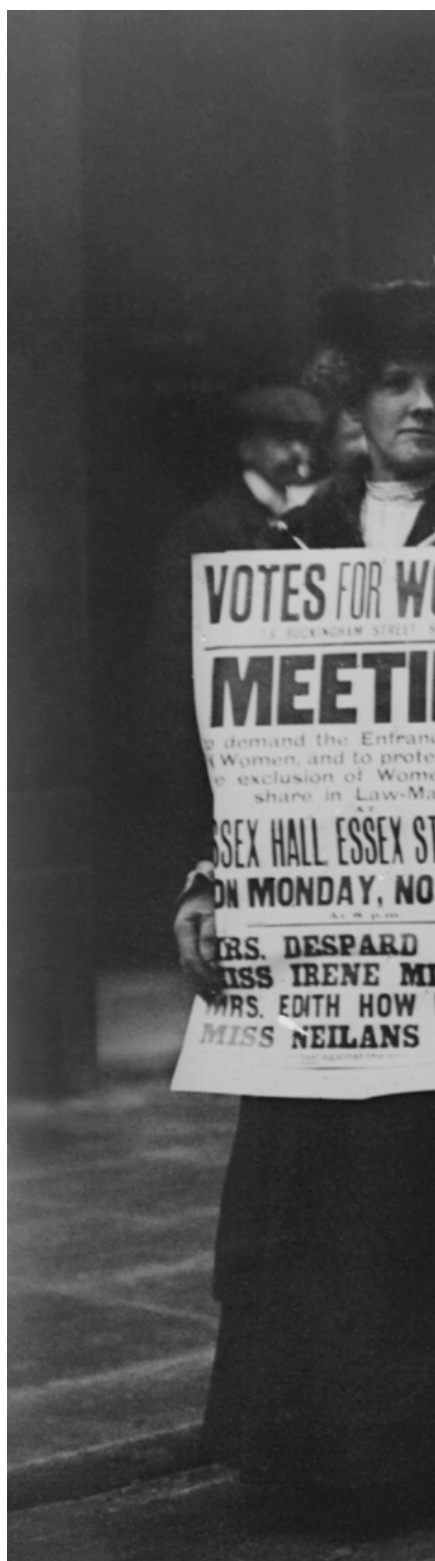
The crime of forcing someone to
submit sexual intercourse

#justtakealesson

S is for ...
suffragette
sufrażystka



A member of an activist women's organisation in the early 20th century who, under the banner "Votes for Women", fought for the right to vote in public elections



#justtakealesson



T is for ...
Taliban
Talibowie

Fundamentalist movement in Afghanistan that imposed a systematic segregation sometimes referred to as gender apartheid, in which women were not allowed to work or educated after the age of eight.

#justtakealesson



U is for ...
unsafe abortion
aborcja w ryzykownych warunkach



Procedures for terminating a pregnancy performed either by persons lacking the necessary skills or in an environment lacking the basic medical and standard sanitary conditions, or both.

In countries where abortion is illegal, legally highly restricted and/or unavailable, women have little choice but to resort to it, which exposes them to an increased risk of mortality or morbidity.



#justtakealesson

V is for ...
vote
głosowanie



The suffragettes were a group of women who fought for women's right to do this.



#justtakealesson

W is for ...
woman
kobieta



An adult female person



#justtakealesson

X is for ...

sexism

seksizm



Prejudice, stereotyping or discrimination, typically against women, on the basis of sex



#justtakealesson

Y is for ...

Yemen

Jemen



The war in this Arab country has added layers of vulnerability for women and girls and exacerbated existing gender inequalities.



#justtakealesson

Z is for ...

zero

zero



The number of women's rights violations that should exist in our world.



#justtakealesson



To już koniec na dziś.

Będę wdzięczna za każdą informację zwrotną.

Daj proszę znać, jakie są Twoje wrażenia.

Jeśli masz ochotę kupić wcześniejsze e-booki oraz video z ich objaśnieniami, zapraszam do naszego sklepu:

[HTTPS://JUSTTAKEABREAK.PL/SKLEP/](https://justtakeabreak.pl/sklep/)



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Wydawca: Konrad Roziowski
Wydanie I
Skierniewice 2020
ISBN: 978-83-66771-08-6
Sprzedaż: <https://jtal.shop>