

1 Family Ties

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- 1.1 family ties** (n) /'fæmɪli taɪz/
the connections between people in the same family • *The family ties between me and my sisters are strong.*
- 1.2 generation** (n) /dʒenə'reɪʃn/
people in a family who are nearly the same age • *Grandparents often don't understand the younger generation.*
✎ Also: a generation gap

Word Focus

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- 1.3 gene** (n) /dʒi:n/
part of a cell • *All his family have blue eyes, so blue eyes are in their genes.*
- 1.4 cell** (n) /sel/
the smallest part of a living thing • *There are millions of cells in your body.* (n)
- 1.5 determine** (v) /dɪ'tɜːmɪn/
cause sth to be the way it is • *His father had brown eyes and that determined the colour of his son's eyes.*
- 1.6 particular** (adj) /pə'tɪkjələ(r)/
used to emphasise that you are referring to one person or thing, not others • *I like this particular pair of jeans, not the other one.*
➤ particularly (adv)
- 1.7 ancestor** (n) /'ænsəstə/
a person in a family who lived a long time ago • *My ancestors from my mother's family lived in France.* ✎ Opp: descendant
- 1.8 (be) related (to)** (phr) /bi rɪ'leɪtɪd tuː/
connected to sb because you are in the same family • *Kelly and I are related to Dan; he's our brother.*
- 1.9 genealogy** (n) /dʒiːnɪ'ælədʒi/
the study of family history • *You can use genealogy to learn about your family's history.*
➤ genealogical (adj)

Reading

pages 6-7

- 1.10 research** (n) /rɪ'sɜːtʃ/
the studying sb does to learn things about sth • *I did a lot of research at the library and I learnt where my family was from.*
➤ research (v), researcher (n)
- 1.11 record** (n) /'rekɔːd/
official information about people • *I found out my grandma's date of birth in the records at the library.* ➤ record (v)

- 1.12 clue** (n) /kluː/
information that helps sb find out sth • *Her blonde hair is a clue that she is from Northern Europe.*
- 1.13 mirror** (n) /'mɪrə(r)/
a piece of glass that you use to see yourself when you look in it • *He combed his hair in front of the mirror.*
- 1.14 take after** (phr v) /teɪk 'ɑːftə/
look like sb else • *John takes after his dad, whose hair and eyes are the same colour as John's.* ✎ Syn: look like
- 1.15 look like** (expr) /lʊk laɪk/
have a similar appearance to sb else • *Do you look like your father or your mother?*
✎ Syn: take after
- 1.16 DNA** (n) /diː en eɪ/
the information in cells which makes people what they are • *Their DNA matches, so they are in the same family.*
- 1.17 pass down** (phr v) /pɑːs daʊn/
to go from one generation to another • *Mum's blonde hair was passed down to my sister, but I have brown hair.*
- 1.18 find out** (phr v) /faɪnd aʊt/
get information about sb/sth • *I want to find out more about my ancestors and how they lived many years ago.*
- 1.19 put together** (phr v) /pʊt tə'geðə(r)/
make sth by collecting parts together • *Mum put together a list of all the people in the family.*
- 1.20 relative** (n) /'relatɪv/
a person who is in the same family as sb else • *I love all my relatives, but my Aunt Carol and Uncle Ed are my favourites.*
- 1.21 mention** (v) /'menʃn/
talk about • *Don't mention my aunt's age because she gets really upset.*
- 1.22 family tree** (n) /'fæmɪli triː/
a chart which shows different generations in a family and how they are related • *I have a family tree which goes back to my great-grandfather.*
- 1.23 great-grandparent** (n) /greɪt-'grænpeərənt/
the father or mother of your grandfather or grandmother • *My grandfather's mother, in other words, my great-grandmother was born in a village.*
✎ Also: great-aunt, great-uncle
- 1.24 blank** (adj) /blæŋk/
empty, with nothing written or printed on it • *This birthday card is blank inside so you can write your own message.*

- 1.25 look for** (phr v) /lʊk fə(r)/
search for sb/sth • *I've looked for my glasses everywhere, but I can't find them.*
- 1.26 alive** (adj) /ə'laɪv/
not dead • *'Are all of your grandparents still alive?' 'No, my mum's father died last year.'*
➤ live (v, adj), life (n) Opp: dead
- 1.27 public records** (n) /'pʌblɪk rekɔːdz/
official information about people that everyone can view • *We found information about our ancestors in the public records.*
- 1.28 birth** (n) /bɜːθ/
the act of being born • *His date of birth is 12th December 2008.* Also: date of birth
- 1.29 marriage** (n) /'mæɪrɪdʒ/
the act of marrying sb • *My sister wore a beautiful white dress on the day of her marriage.* ➤ marry (v)
- 1.30 death certificate** (n) /deθ sə'tɪfɪkət/
an official document which records the day sb dies • *His age on the death certificate is 94, so he was very old when he died.*
- 1.31 move** (v) /muːv/
change the place (country, city, house, etc.) where you live • *My best friend is moving to Canada, but we'll keep in touch on social media.*
- 1.32 search** (v) /sɜːtʃ/
look for • *She searched for information about her ancestors on the Internet.* ➤ search (n)
- 1.33 similar** (adj) /'sɪmələ(r)/
like sb/sth but not the same • *The two cousins look similar; they both have dark hair and blue eyes.* ➤ similarly (adv), similarity (n) similar to sb/sth
- 1.34 appearance** (n) /ə'prɪərəns/
the way sb/sth looks • *'Can you describe his appearance?' 'Well, he's tall and thin and has brown hair.'* ➤ appear (v)
- 1.35 transfer (to)** (v) /træns'fɜː(r) (tuː)/
move sth/sb from one place to another • *The old man transferred the ownership of his house to his granddaughter.*
- 1.36 respect** (v) /rɪ'spekt/
admire • *The person I respect the most in the world is my Dad. He's a fantastic person.*
➤ respect (n), respectable (adj), respectful (adj)
- 1.37 close** (adj) /kləʊs/
when sb likes and gets on well with sb else • *They've known each other since they were kids and they are very close friends.*

Family

genealogy	be related to
gene	great-grandparent
generation	family tree
ancestor	

Vocabulary

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- 1.38 wife** (n) /waɪf/
the woman a man is married to • *This is John Evans, and that is his wife, Gemma Evans.*
- 1.39 marry** (v) /'mæri/
become sb's wife or husband • *Elizabeth is marrying Luke in June, and they are going to have a big wedding.* ➤ married (adj), marriage (n)
- 1.40 niece** (n) /niːs/
the daughter of your sister or brother • *My niece takes after her mother, who is in fact my favourite sister.*
- 1.41 step-** (prefix) /step-/
related as a result of one parent marrying again • *Jane is my step-sister. We have the same mother, but different fathers.*
- 1.42 nephew** (n) /'nefjuː/
the son of your sister or brother • *My nephew Harry is two years old and he makes my sister tired!*
- 1.43 cousin** (n) /'kʌzn/
a child of your uncle or aunt • *Adam is my Aunt Ruth's son; he's my cousin.*
- 1.44 height** (n) /haɪt/
how tall sb/sth is • *'What's the height of Mount Everest?' '8,848 metres.'*
➤ high (adj, adv), highly (adv), heighten (v)
- 1.45 slim** (adj) /slɪm/
thin in an attractive way • *She's a fashion model and she's very tall and slim.*
- 1.46 weigh** (v) /weɪ/
how heavy sb or sth is • *Your brother should eat more. He only weighs 50 kilos.*
➤ weight (n)
- 1.47 overweight** (adj) /'əʊvə'weɪt/
too heavy • *The man is over 100 kg. He's overweight.* Opp: underweight
- 1.48 build** (n) /bɪld/
the size and shape of sb's body • *He's a young boy with a slim build.*
- 1.49 beard** (n) /'biəd/
hair that grows on a man's cheeks and chin • *Santa Claus has got a long white beard.*
- 1.50 elderly** (adj) /'eldəli/
old (polite term) • *His great-grandfather is an elderly man but he still lives alone.*
➤ elders (pl n)
- 1.51 middle-aged** (adj) /'mɪdl-'eɪdʒd/
between 40 and 60 years old • *Mum will be 40 on Saturday and she isn't happy about becoming middle-aged!*
- 1.52 hard-working** (adj) /'hɑːd-wɜːkɪŋ/
putting a lot of effort into a job • *He's a hard-working student and studies for many hours every day.* Opp: lazy

- 1.53 jealous** (adj) /'dʒeləs/
unhappy because sb you love is showing interest in sb else • *Brian's girlfriend likes talking to Fred, and Brian is jealous.* > jealousy (n)
- 1.54 generous** (adj) /'dʒenərəs/
giving freely • *Harry is very generous and pays his workers well.* > generously (adv), generosity (n) 📖 Opp: mean
- 1.55 in need** (phr) /ɪn niːd/
needing sth • *The hungry children are in need of food and a warm home.*
- 1.56 care centre** (n) /keə(r) 'sentə(r)/
a place where people are looked after when they cannot look after themselves • *My grandfather lives in a care centre because he is too old to live by himself.*
- 1.57 relax** (v) /rɪ'læks/
rest after work • *At the weekend, I like relaxing with my friends at the beach.* > relaxed (adj), relaxing (adj), relaxation (n)
- 1.58 honest** (adj) /'ɒnɪst/
truthful, not telling lies • *My brother was honest when he told Mum he broke the lamp.* > honesty (n), honestly (adv) 📖 Opp: dishonest
- 1.59 nervous** (adj) /'nɜːvəs/
anxious about sth • *I'm nervous about my exam tomorrow.* > nervously (adv), nervousness (n), nerve (n)
- 1.60 unkind** (adj) /ʌn'kaɪnd/
slightly cruel • *Why did you take the child's toy away? It was unkind of you.* > unkindly (adv), unkindness (n) 📖 Opp: kind
- 1.61 easy-going** (adj) /iːzi-'gəʊɪŋ/
not difficult, easy to get along with • *George is easy-going, so he won't mind if you are late.*
- 1.62 scruffy** (adj) /'skrʌfi/
untidy and dirty • *Mum doesn't like it when I wear scruffy jeans. She prefers me to wear smart clothes.* 📖 Opp: smart
- 1.63 fun-loving** (adj) /'fʌn-lʌvɪŋ/
liking to enjoy yourself • *Anne is a fun-loving person and loves going to parties.*
- 1.64 dress** (v) /dres/
put on clothes • *Martha gave the baby a bath and then dressed him in warm clothes.*
- 1.65 reliable** (adj) /rɪ'laɪəbl/
that can be depended on, that can be trusted to do sth well • *Uncle Jim is reliable, so he will be on time to collect you from school.* > rely (v), reliance (n) 📖 Opp: unreliable
- 1.66 do well** (phr) /du wel/
perform well • *George does well in exams. He always gets As.*
- 1.67 intelligence** (n) /ɪn'telɪdʒns/
the quality of being clever • *Elephants show more intelligence than many animals and they always remember where to find water.* > intelligent (adj)

- 1.68 sociable** (adj) /'səʊfəbl/
enjoying spending time with other people • *Katy is very sociable and enjoys meeting people at get-togethers.* > socialise (v)
- 1.69 normally** (adv) /'nɔːməli/
usually • *I normally get up early every day to take the dog for a walk.* > normal (adj)
- 1.70 relaxed** (adj) /rɪ'læks/
calm, not stressed • *After a good night's sleep, I feel very relaxed.* > relax (v), relaxation (n)
- 1.71 slow down** (phr v) /sləʊ daʊn/
go at a slower speed • *Don't drive so fast! Slow down!*
- 1.72 feed** (v) /fiːd/
give food to a person or an animal • *The animals are hungry. I must feed them.*
- 1.73 quality** (n) /'kwɒləti/
how good or bad sth is • *The quality of the vegetables at the market is much better than the vegetables at the supermarket.*
- 1.74 fact** (n) /fækt/
a thing that is known to be true • *This book is full of interesting facts about the history of our town.* > factual (adj)
- 1.75 protect** (v) /prə'tekt/
make sure that sb/sth is not harmed • *You must protect your little brother and not let anything bad happen to him.* > protection (n), protective (adj), protectively (adv)
- 1.76 land** (n) /lænd/
an area of ground • *The land grandpa's house is built on belonged to his father.*

Adjectives describing people

annoying	middle-aged
easy-going	nervous
elderly	relaxed
fun-loving	reliable
generous	sociable
hard-working	unkind
honest	upset
jealous	

Phrasal verbs

base on	put together
belong to	refer to
figure out	save up
find out	sign off
grow up	slow down
look for	sort out
pass away	take after
pass down	

- 1.77** **boil** (v) /bɔɪl/
heat sth until it is very hot and it starts to change into steam • *Can you boil some water for a cup of tea, please?* > boiling (adj)
- 1.78** **permanent** (adj) /'pɜːmənənt/
lasting forever • *He has a permanent job at the post office and I don't think he will ever leave.* > permanence (n), permanently (adv)
📌 Opp: temporary
- 1.79** **situation** (n) /ˌsɪtʃu'eɪʃn/
the circumstances and things happening at a particular time and in a particular place • *What would you do in this situation?*
- 1.80** **scientific** (adj) /saɪən'tɪfɪk/
connected to science • *There is a scientific reason why my hair is curly; it's in my DNA.* > science (n), scientist (n), scientifically (adv)
- 1.81** **fact** (n) /fækt/
sth that is true • *It is a fact that water boils at 100° Celsius.* > factual (adj)
- 1.82** **base on** (phr v) /beɪs ɒn/
use information, an idea or facts to develop sth • *This film is based on a true story.*
- 1.83** **schedule** (n) /'ʃedjuːl/
a list of events or jobs and when they will happen or when you must do them • *Mum's got a meeting at ten o'clock on her schedule.*
- 1.84** **interrupt** (v) /ɪntə'rʌpt/
make sb stop what they are doing • *I'm speaking now, so please don't interrupt.* > interruption (n)
- 1.85** **save up (for)** (phr v) /seɪv ʌp fɔː/
collect money to buy sth • *Dad is saving up for a new car.*
- 1.86** **temporary** (adj) /'tempərəri/
lasting a short time • *This bad weather is temporary, so Grandma will soon be able to go out again.* > temporarily (adj)
📌 Opp: permanent
- 1.87** **annoying** (adj) /ə'noɪɪŋ/
making sb feel a little angry • *Stop talking all the time! It's annoying when I want to study.* > annoyed (adj), annoy (v)
- 1.88** **develop** (v) /dɪ'veləp/
become bigger, more advanced, etc. • *Young animals have to grow and develop and learn many things.* > development (n), developed (adj)
- 1.89** **own** (v) /əʊn/
have sth • *Mr Brown is very rich. He owns that big house on the hill.* > owner (n)
📌 Syn: possess, have
- 1.90** **move house** (phr) / muːv haʊs/
change the house where you live • *We're moving house this weekend. Our new home is on the other side of town.* > owner (n)

- 1.91** **identical twins** (n) /aɪ'dentɪkl twɪnz/
two brothers or two sisters born on the same day, and who look the same • *Kate and Sally are identical twins and nobody ever knows which twin they are talking to.*
- 1.92** **fascinating** (adj) /'fæsɪneɪtɪŋ/
very interesting • *I read a fascinating book about genealogy. I couldn't put it down.* > fascinated (adj), fascinate (v), fascination (n)
- 1.93** **fingerprint** (n) /'fɪŋɡəprɪnt/
the marks sb's finger makes on an object it touches • *The police found some fingerprints on the stolen TV.*
- 1.94** **personality** (n) /pɜːsə'nælɪti/
character • *Mum has an outgoing personality, but Dad is shy.*
- 1.95** **in fact** (phr) /ɪn fækt/
used to emphasise that sth is different from what has just been mentioned • *My aunt isn't old. In fact, she's only 24 years old.*
- 1.96** **play tricks (on)** (expr) /pleɪ trɪks ɒn/
deceive • *The twins often play tricks on us and answer to each other's names.*
- 1.97** **confuse** (v) /kən'fjuːz/
mix up • *Anna and Betty have similar voices and we often confuse them on the phone.* > confusion (n)
- 1.98** **complain** (v) /kəm'pleɪn/
say that you are annoyed or angry about sth • *I complained to our neighbours about the loud music they play every night.* > complaint (n)

Listening

- 1.99** **difference** (n) /'dɪfrəns/
the way in which two people or things are not like each other • *What's the difference between that car and this one? They look the same to me.* > different (adj), differently (adv), differ (v)
- 1.100** **similarity** (n) /sɪmɪ'lærɪti/
being like sb/sth, but not the same • *They are twins, but there isn't any similarity between them because they aren't identical.* > similar (adj)
- 1.101** **connection** (n) /kə'nekʃn/
a link • *The connection between John and Fred is that they have the same great-grandfather.* > connect (v)
- 1.102** **identify** (v) /aɪ'dentɪfaɪ/
find or discover sb/sth • *Can you identify your great-grandmother in this old photo?* > identification (n), identity (n), identical (adj)
- 1.103** **set** (n) /set/
a group of things which belong together • *Grandpa gave her a set of instructions about how to look after the car.*

Speaking

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- 1.104 board game** (n) /bɔ:d geɪm/
a game played on a board, usually with small pieces that are moved around • *Monopoly is my favourite board game.*
- 1.105 outdoors** (adv) /aʊt'dɔ:z/
outside, in the open air • *We're having a party outdoors in the garden at the weekend.*
- 1.106 indoors** (adv) /ɪn'dɔ:z/
inside, in a building • *It's raining! Let's go indoors!*
- 1.107 background** (n) /'bækgraʊnd/
the part of a picture behind the main people or objects • *These are my parents in the picture, and you can see our house in the background.*
- 1.108 foreground** (n) /'fɔ:graʊnd/
the part of a picture nearest to the person looking at the picture • *Who is the person in the foreground of this photo?*
- 1.109 sofa** (n) /'səʊfə/
a comfortable seat with a back and arms for two or more people usually in a living room • *Would you like to sit on the sofa or in an armchair?*
- 1.110 striped** (adj) /straɪpt/
having a pattern of long lines of usually two or more different colours • *He is wearing a blue and white striped shirt.* > stripe (n)
- 1.111 in detail** (phr) /ɪn 'di:teɪl/
paying attention to the small features of sth • *Please describe the picture in detail.*
- 1.112 for a moment** (phr) /fər ə 'məʊmənt/
for a very short period of time • *He looked at the photo for moment before he began to speak.*
- 1.113 prefer** (v) /prɪ'fɜ:(r)/
like sb/sth better than sb/sth else • *I prefer pears to apples. I think they taste better.*
> preference (n) ☞ prefer sb/sth to sb/sth else
- 1.114 nowadays** (adv) /'naʊədeɪz/
today, these days • *Nowadays, we can keep in touch with family all over the world on our computers.*
- 1.115 have sb around** (expr) /hæv 'sʌmbədi ə'raʊnd/
be present • *It is good for children to have family around so they feel cared for.*

Vocabulary

page 12

- 1.116 collocation** (n) /kələ'keɪʃn/
a combination of words used together • *'Keep a diary' is the correct collocation, not 'write a diary'.*
- 1.117 pay a compliment** (expr) /peɪ ə 'kɒmplɪmənt/
say sth nice to sb • *He paid her a compliment about her new haircut and said how much he liked it.*

- 1.118 pay a visit** (expr) /peɪ ə 'vɪzɪt/
visit • *We should pay Grandma a visit at her house this weekend.*
- 1.119 keep a diary** (expr) /ki:p ə 'daɪəri/
write personal information every day in a special book • *It is a good idea to keep a diary, but don't let anybody read it!*
- 1.120 keep a secret** (expr) /ki:p ə 'si:krit/
not tell information which isn't for others to hear • *I'll only tell you what I bought Penny for her birthday if you can keep a secret.*
- 1.121 have a family** (expr) /hæv ə 'fæmɪli/
have children • *They got married young and decided to have a family a few years later.*
- 1.122 have sympathy for** (expr) /hæv 'sɪmpəθi fɔ:/
feel sorry for sb and show you care about sb's problems • *I have a lot of sympathy for you during your exams because I was in the same situation last year.*
- 1.123 get married** (phr) /get 'mæɪɪd/
start a marriage • *Our grandparents got married 40 years ago and they still love each other.*
- 1.124 get divorced** (phr) /get dɪ'vɔ:st/
end a marriage • *Uncle Dan and Aunt Linda got divorced and now they don't speak to each other.*
- 1.125 fall in love** (expr) /fɔ:l ɪn lʌv/
start to love sb • *They fell in love when they were at school and are still together ten years later.*
- 1.126 fall to pieces** (expr) /fɔ:l tə 'pi:si:z/
become very upset, fall apart • *She fell to pieces after her mother died and grieved for a long time.*
- 1.127 upsetting** (adj) /ʌp'setɪŋ/
making sb feel sad, anxious or annoyed • *The news that Jane and Dave broke up was upsetting.* > upset (v)
- 1.128 divorce** (n) /dɪ'vɔ:s/
end of a marriage • *Her parents got a divorce ten years ago, and last year her dad married again.* > divorce (v)
- 1.129 husband** (n) /'hʌzbənd/
the man that a woman is married to • *Mrs Gregory's husband works in the city, but their home is in the country.*
- 1.130 lose one's job** (expr) /lu:z wʌnz dʒɒb/
become unemployed, no longer have a job • *Mark lost his job at the supermarket six months ago and he still hasn't found another one.*
- 1.131 sort out** (phr v) /sɔ:t aʊt/
deal with a problem or situation successfully • *You should sort out where the party will be held as soon as possible.*
- 1.132 pass away** (phr v) /pɑ:s ə'weɪ/
die • *Her grandfather passed away last Wednesday.*

- 1.133 naturally** (adv) /'nætʃrəli/
in a way that you would expect • *Someone stole his bike, so naturally he's upset.*
> natural (adj), nature (n)
- 1.134 upset** (adj) /ʌp'set/
unhappy because sth bad has happened
• *We were very upset when our dog died.*
> upset (v)
- 1.135 separated** (adj) /'sepəreɪtɪd/
no longer living with your wife or husband
• *Mr and Mrs Richardson don't live together any more. They're separated.*
> separate (v)
- 1.136 divorced** (adj) /dɪ'vɔːst/
no longer married • *Helen is divorced, but she wants to get married again.*
> divorce (n, v)
- 1.137 whisper** (v) /'wɪspə(r)/
speak very quietly, using your breath, not your voice • *We were in the library, so we had to whisper.* > whisper (n)
- 1.138 wedding** (n) /'wedɪŋ/
a marriage ceremony • *The wedding was at the village church.*
- 1.139 grow up** (phr v) /grəʊ ʌp/
become an adult • *When my brother grows up, he wants to be a doctor.*

Marriage

divorce	marry
divorced	separated
fall in love	step-
husband	wedding
married	wife

Look!

keep and pay.

keep a secret	pay a visit
keep a diary	pay a compliment
keep a family	pay a call
keep a straight face	pay attention
keep in touch	pay one's respects to
keep one's word	pay dearly

Grammar

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- 1.140 tradition** (n) /trə'dɪʃn/
a belief or custom that has existed for a long time • *We're very proud of our country's wonderful traditions.* > traditional (adj), traditionally (adv)
- 1.141 refer to** (phr v) /rɪ'fɜː(r) tuː/
speak about sb/sth • *In his speech, he referred to all the people who helped him to succeed.* > reference (n)

- 1.142 separate** (adj) /'seprət/
different; not connected • *Please use separate spoons for the coffee and sugar.*
> separate (v)
- 1.143 item** (n) /'aɪtəm/
a single object • *How many items are there in the list?*
- 1.144 abstract** (adj) /'æbstrækt/
general, not based on real things or events
• *Love is an abstract idea – it isn't something you can see or touch.*
- 1.145 depend (on)** (v) /dɪ'pend ɒn/
be unsure about sth because other things have to be considered • *The number of guests they invite depends on how much money they can save up.*
- 1.146 equipment** (n) /ɪk'wɪpmənt/
the things needed for a particular activity
• *We need to buy Gerry some sports equipment in September.* > equip (v)

Writing

pages 14-15

- 1.147 that is to say** (phr) /ðæt ɪz tə seɪ/
in other words • *Dad is very irate. That is to say, he's angry.*
- 1.148 United Arab Emirates (UAE)** (n) /juˌnaɪtɪd ˌæərəb ˈemɪrəts/
a country in south-western Asia • *George works for a bank in the UAE.*
- 1.149 occasion** (n) /ə'keɪʒn/
a special event • *Their wedding was a very important occasion in their lives.*
- 1.150 prepare** (v) /prɪ'peə/
get ready • *I'm preparing for the party, so I must buy some food and drinks.* > preparation (n)
- 1.151 greeting** (n) /'griːtɪŋ/
saying hello to sb • *He smiled at us in greeting.* > greet (v)
- 1.152 reason** (n) /'riːzn/
why sb decides to do sth • *I can't come to your party. The reason is that I won't be in the country on that day!*
- 1.153 sign off** (phr v) /saɪn ɒf/
end a letter or an email • *I can't write any more. So I'll sign off now.*
- 1.154 include** (v) /ɪn'kluːd/
make sth part of a larger thing • *I've included a lot of details in my description.* > including (prep)
- 1.155 event** (n) /ɪ'vent/
an occasion that is planned • *Dad's 50th birthday party is going to be a big event.*
- 1.156 guest** (n) /gest/
a person you have invited to your home or to an event • *There were over 200 guests at their wedding.*

Video 1

Woman's Choice page 16

- 1.157 degree** (n) /dɪ'ɡri:/
a qualification from a university • *Sandra is studying for a Maths degree at Patras University.*
- 1.158 remote** (adj) /rɪ'məʊt/
far from inhabited places like towns • *My grandparents live in a remote village in the mountains.*
- 1.159 comforts** (pl n) /'kʌmfəts/
things which make life easy and pleasant • *Living in a flat in the city gives people comforts like central heating and hot water.*
- 1.160 raise** (v) /reɪz/
care for an animal until it has grown up • *The farmer raises pigs on his farm.*
- 1.161 cattle** (n) /'kætl/
cows and bulls • *My uncle works on a cattle farm in North America.*
- 1.162 grow** (v) /grəʊ/
make plants grow • *My dad grows roses in the garden.*
- 1.163 crop** (n) /krɒp/
a plant grown as food • *The potato crop on Grandpa's farm was good this year.*
- 1.164 hometown** (n) /'həʊmtaʊn/
the place where you were born and spent your childhood • *I now live in London, but I miss my hometown.*
- 1.165 familiar** (adj) /fə'mɪliə/
known, recognisable • *I grew up in this village, so all the houses are familiar.* > familiarity (n)
📎 Opp: unfamiliar
- 1.166 belong to** (phr v) /bɪ'lɒŋ tu:/
be owned by sb • *Please give me that pen; it belongs to me.*
- 1.167 decision** (n) /dɪ'sɪʒn/
a choice you make after thinking about sth • *I must make a decision soon about what I want to do when I finish school.* > decide (v), decisive (adj), decisively (adv)
- 1.168 however** (adv) /haʊ'evə/
on the other hand • *I grew up in a beautiful village. However, I decided to move to the city when I became an adult.*
- 1.169 dramatically** (adv) /drə'mætɪkli/
suddenly and surprisingly • *Her English improved dramatically when she went to live in England.* > dramatic (adj), drama (n)
- 1.170 besides** (adv) /bɪ'saɪdz/
apart from • *Besides working in the day, he also works in the evening for extra income.*
- 1.171 take care of** (phr) /teɪk keə(r) əv/
look after sb/sth • *Who takes care of the children when their parents are at work?*
- 1.172 wonder** (v) /'wʌndə(r)/
think about sth you are not sure about • *There's someone at the door. I wonder who it is.*
- 1.173 figure out** (phr v) /'fɪɡə aʊt/
finally understand sth or find the solution to a problem • *I figured out who the person in the old photo was when I looked at it more closely.*
- 1.174 package** (v) /'pækɪdʒ/
put sth into a box, bag, etc. • *The workers packaged the vegetables to be sold at market.* > package (n)
- 1.175 recently** (adv) /'riːsntli/
not long ago • *Have you heard from Sandy recently?* > recent (adj)
- 1.176 harvest** (v) /'hɑːvɪst/
cut or collect a crop • *Most crops are harvested after the summer.* > harvest (n)

2 Food, Food, Food!

page 17

- 2.1 onion** (n) /'ʌnjən/
a vegetable with a brown, red or white skin that has a strong smell and flavour • *Onions make me cry when I peel and cut them.*
- 2.2 pickle** (n) /'pɪkl/
a vegetable preserved in vinegar or salt water • *I had some pickles and a burger for lunch.*
➤ pickle (v), pickled (adj)
- 2.3 lettuce** (n) /'letɪs/
a plant with green leaves that are eaten in salads • *Make a salad with lettuce, tomatoes, onions and feta cheese.*
- 2.4 slide** (v) /slaɪd/
move quickly and smoothly • *Slide the plate carefully across the table.* ➤ slide (n)
- 2.5 massive** (adj) /'mæsɪv/
very large and heavy • *Two people can't lift this table; it's massive!* ➤ massively (adv), mass (n)
- 2.6 bun** (n) /bʌn/
a small round bread roll • *We ate some buns with cheese and ham because we were hungry.*
- 2.7 grill** (v) /grɪl/
cook food under a very hot surface in a cooker • *It's healthier to grill meat than to fry it.*
➤ grill (n), grilled (adj)
- 2.8 colossal** (adj) /kə'lɒsl/
extremely large • *The Egyptian pyramids are colossal structures.*
- 2.9 charcoal** (n) /'tʃɑ:kəʊl/
a fuel made by burning wood in an oven without much air. Charcoal is used as a fuel • *Dad cooked the meat over a charcoal fire.*
- 2.10 grill** (n) /grɪl/
a metal frame that you put food on to cook over a fire • *Put the fish on the grill so we can cook it.* ➤ grill (v), grilled (adj)

Word Focus

page 18

- 2.11 crush** (v) /krʌʃ/
press sth hard so that it breaks • *In ancient times people crushed grapes with their feet to get the juice for wine.*
- 2.12 harvest** (v) /'hɑ:vɪst/
gather a crop • *It's September and it's time to harvest the apples.* ➤ harvest (n)
- 2.13 pick** (v) /pɪk/
take flowers or fruit from a plant or tree • *I picked some flowers and put them in a vase.*
- 2.14 collect** (v) /kə'lekt/
bring things together • *Have we collected enough apples to make a large apple pie?*
➤ collection (n)

- 2.15 crop** (n) /krɒp/
a plant grown as food • *There was no rain and the crops in the field died.*
- 2.16 fresh** (adj) /freʃ/
recently produced or picked • *I love eating fresh peas, but I don't like them from tins.* ➤ freshly (adv), freshen (v), freshness (n)
- 2.17 preserve** (v) /prɪ'zɜ:v/
prevent food from going bad by treating it in a particular way • *You can preserve the fish in a mixture of salt and vinegar.* ➤ preservative (n), preservation (n)
- 2.18 improve** (v) /ɪm'pru:v/
make sth better • *You need to improve your marks at school.* ➤ improvement (n)

Reading

pages 18-19

- 2.19 olive** (n) /'ɒlɪv/
a small black or green fruit • *I like black olives in a Greek salad.*
- 2.20 produce** (v) /prə'dju:z/
make (usually from plants) • *Greece produces excellent olive oil.* ➤ production, producer, product (n), productive (adj)
- 2.21 oil** (n) /ɔɪl/
a thick liquid made from plants and used in cooking • *Let's put olive oil on this salad to make it tastier.* ➤ oily (adj)
- 2.22 attack** (v) /ə'tæk/
try to hurt or kill sb • *A man with a knife attacked a woman last night.* ➤ attack (n)
- 2.23 cleaning product** (n) /'kli:nɪŋ 'prɒdʌkt/
a substance that you use to clean things • *Cleaning products like soap and detergent are quite expensive.*
- 2.24 religion** (n) /rɪ'lɪdʒən/
belief in the existence of a god or gods, and the activities connected with worship • *People of different religions should work together for world peace.* ➤ religious (adj)
- 2.25 keep records** (phr) /ki:p 'rekɔ:dz/
keep written accounts of sth so that it can be used in the future • *People have been keeping weather records for about 150 years in this country.*
- 2.26 evidence** (n) /'eɪvɪdəns/
information, proof • *We know that people ate olives long ago because scientists have found evidence.*
- 2.27 approximately** (adv) /ə'prɒksɪmətli/
almost exactly • *I learnt to cook approximately ten years ago.* ➤ approximate (adj)

- 2.28 producer** (n) /prə'dju:sə(r)/
a person who grows or makes food or goods
• *Canada is one of the world's biggest producers of wheat.* > produce (v), product (n), productive (adj), productively (adv)
- 2.29 basic** (adj) /'beɪsɪk/
forming the most necessary part of sth
• *Everyone needs to have a basic knowledge of English.* > basically (adv), basis (n)
- 2.30 process** (n) /'prəʊses/
a series of actions done to achieve a result
• *Producing olive oil is not an easy process and it takes a long time.* > process (v)
- 2.31 liquid** (n) /'lɪkwɪd/
sth that can be poured like water • *Milk and water are both liquids.*
- 2.32 separate** (v) /'sepəreɪt/
divide into different parts • *To make the cake, you need to separate the yolks from the egg whites.* > separate (adj)
- 2.33 social** (adj) /'səʊʃl/
involving meeting other people • *Birthday parties are very popular social events.* > socially (adv), socialise (v), society (n)  NB: social is for things, sociable is for people
- 2.34 civilisation** (n) /ˌsɪvəlaɪ'zeɪʃn/
a society and its culture • *Ancient Greece produced one of the greatest civilisations in the world.* > civilise (v), civilised (adj)
- 2.35 medicine** (n) /'medsn/
a substance used for treating illnesses • *The best medicine for a headache is aspirin.*
- 2.36 war** (n) /wɔ:(r)/
fighting between two or more countries or groups of people • *Millions of people died in the Second World War.* > warlike
- 2.37 heat up** (phr v) /hi:t ʌp/
make hot • *You'll have to heat up the soup because it's in the fridge.*
- 2.38 enemy** (n) /'enəmi/
people who hate you, who want to harm you or who are fighting against you • *Cats and dogs are often enemies and fight against each other.*
- 2.39 religious** (adj) /rɪ'lɪdʒəs/
connected with religion • *Some people don't eat meat for religious reasons on certain days, for example, on Fridays.* > religion (n)
- 2.40 ceremony** (n) /'serəməni/
a public or religious event that includes a number of formal actions • *Mary and George's wedding ceremony took place on Saturday.*
- 2.41 lamp** (n) /læmp/
an old-fashioned light that burns oil • *Grandpa has got an old oil lamp that he likes to use in winter.*
- 2.42 soap** (n) /səʊp/
a substance you use to wash your face and body • *Wash your hands with soap before you eat.*
- 2.43 study** (n) /'stʌdi/
research that examines a subject in detail
• *A number of studies have shown that eating fish is good for you.* > study (v)
- 2.44 heart** (n) /hɑ:t/
the organ in the chest that sends blood around the body • *There's something wrong with his heart; he must see a doctor.*
- 2.45 western world** (n) /'westən wɜ:ld/
Western Europe and North America • *Many people in the western world eat too much and are overweight.*
- 2.46 partly** (adv) /'pɑ:tlɪ/
not completely • *You aren't completely right, you know, only partly right.* > part (n)
- 2.47 frequently** (adv) /'fri:kwəntli/
often • *Mum frequently works late the office. She rarely comes home before eight.* > frequent (adj), frequency (n)
- 2.48 type** (n) /taɪp/
a group of people or things that share certain qualities or features; a sort • *What type of films do you like best?* > typical (adj), typically (adv)
- 2.49 disease** (n) /dɪ'zi:z/
an illness • *Cancer is a terrible disease that kills thousands of people every year.*
- 2.50 advantage** (n) /əd'vɑ:ntɪdʒ/
a quality that makes sth better than other things
• *Having a Being able to speak two or more foreign languages is a great advantage when you are looking for a job.* > advantageous (adj)
 Opp: disadvantage
- 2.51 well-balanced diet** (expr) /wel-'bælənst 'daɪət/
a variety of food which is good for you
• *Athletes need to have a well-balanced diet with fruit, vegetables, meat and fish.*
- 2.52 benefit** (n) /'benɪfɪt/
an advantage • *Olive oil has many benefits, including being good for your heart.* > benefit (v), beneficial (adj)
- 2.53 confirm** (v) /kən'fɜ:m/
show to be true • *Your weight confirms that you have eaten too much during the holidays.* > confirmation (n)
- 2.54 pour** (v) /pɔ:(r)/
put (liquid) in a cup, glass, etc. • *Shall I pour the water into the coffee pot?*
- 2.55 series** (n) /'sɪərɪz/
a number of things happening one after the other • *He made a series of mistakes while cooking and the meal was terrible.*
- 2.56 illness** (n) /'ɪlnɪs/
disease • *Cancer is a very serious illness.* > ill (adj)
- 2.57 culture** (n) /'kʌltʃə/
the beliefs, art and way of life of a civilisation
• *When I went to Italy, I learnt a lot about Italian food and culture.* > cultural (adj)

- 2.58 infection** (n) /ɪn'fekʃn/
an illness caused by bacteria or a virus • *I got an ear infection from swimming in dirty water.*
➤ infectious (adj)
- 2.59 dish** (n) /dɪʃ/
food cooked in a particular way as a meal
• *This dish is called pastichio and it is from Greece.*
- 2.60 diet** (n) /'daɪət/
the food you normally eat and drink • *A diet rich in vegetables, fruit and olive oil is good for you.*
- 2.61 plate** (n) /pleɪt/
a flat dish that you put food on • *Do you want a plate for your sandwich or will you eat it like that?*
- 2.62 offer** (v) /'ɒfə/
hold sth out to sb so they can take it • *He offered her a meal, but she had already eaten.*
➤ offer (n)
- 2.63 share** (v) /ʃeə(r)/
give some of what you have to sb else • *The little boy doesn't like sharing his toys with other children.*
- 2.64 soft drink** (n) /sɒft drɪŋk/
a drink that has no alcohol • *My favorite soft drink is lemonade.*
- 2.65 world record** (n) /wɜːld 'rekɔːd/
the longest distance, the fastest speed, etc. that has ever been achieved in the world
• *There are lots of world records in the Guinness Book of Records.*

Look!

<u>produce</u> (n)	<u>produce</u> (v)
<u>record</u> (n)	<u>record</u> (v)

Vocabulary

page 20

- 2.66 aubergine** (n) /'əʊbəʒiːn/
a vegetable with shiny purple skin and white flesh • *Aubergines are my favourite vegetables.*
- 2.67 wheat** (n) /wiːt/
a plant whose grain is used to make flour
• *They use wheat to make flour.*
- 2.68 broccoli** (n) /'brɒkəli/
a green vegetable • *Broccoli is a nice vegetable but I prefer carrots.*
- 2.69 sweetcorn** (n) /'swiːtkɔːn/
the yellow seeds of a type of maize plant, which are cooked and eaten • *We're having chicken and sweetcorn for dinner.*
- 2.70 cupcake** (n) /'kʌpkɛɪk/
a small cake with icing on top • *Her little children love making cupcakes with different colour toppings.*
- 2.71 croissant** (n) /'krwæsɔ̃/
a small roll with a curved shape • *Can I have a coffee and a croissant for breakfast?*
- 2.72 grain** (n) /greɪn/
the small hard seeds of a plant such as rice, wheat, etc. • *The mice eat the grains in that bag over there.*
- 2.73 cereal** (n) /'siəriəl/
food made from grain, often eaten for breakfast • *Most people eat cereals for breakfast.*
- 2.74 protein** (n) /'prəʊtiːn/
sth in meat and fish that helps sb grow • *You should eat more fish if you need more protein in your diet.*
- 2.75 dairy** (n) /'deəri/
milk, cream, cheese, yoghurt and eggs
• *I love all dairy products, especially yoghurt and cheese.*
- 2.76 dessert** (n) /dɪ'zɜːt/
sweet food served as the last course of a meal
• *This strawberry cheesecake is a delicious dessert.*
- 2.77 starter** (n) /'stɑːtə/
the first course of a meal • *I'll have soup for my starter, please.* ➤ start (v)
- 2.78 chop** (v) /tʃɒp/
cut into pieces • *He chopped the tomatoes and put them in the salad.* ➤ chop (n)
- 2.79 peel** (v) /piːl/
remove the outside of a piece of fruit
• *I always peel fruit with a knife before I eat it.* ➤ peel (n)
- 2.80 bite** (v) /baɪt/
use teeth to cut sth • *The dog bit the postman on the leg.* ➤ bite (n)
- 2.81 chew** (v) /tʃuː/
use your teeth to break food into small pieces
• *Grandpa can't chew his food because he hasn't got any teeth.* ➤ chewy (adj)
- 2.82 fridge** (n) /frɪdʒ/
a kitchen appliance which keeps food cold so that it stays fresh • *Put the vegetables in the fridge to keep them fresh.*
- 2.83 jug** (n) /dʒʌg/
a container for liquid • *There's some cold water in the jug in the fridge.*
- 2.84 bowl** (n) /bəʊl/
a deep round dish used for food or liquid
• *I had a bowl of milk and cereal for breakfast.*
- 2.85 fry** (v) /fraɪ/
cook in hot oil • *Let's fry some bacon and eggs for breakfast.* ➤ fried (adj)
- 2.86 stir** (v) /stɜː/
move food around with a spoon • *Stir your coffee with a spoon so it cools down.*

- 2.87 skin** (n) /skɪn/
the outside surface of a piece of fruit • *You can eat apple skins but you can't eat banana skins.*
- 2.88 sharp** (adj) /ʃɑ:p/
able to cut easily • *That knife is very sharp so be careful and don't cut yourself.* > sharpen (v)
🔪 Opp: blunt
- 2.89 sauce** (n) /sɔ:s/
a thick liquid eaten with food to add flavour to it • *He loves spaghetti and a sauce made of tomatoes and basil.*
- 2.90 stick** (v) /stɪk/
become attached to a surface • *The cake stuck to the tin and now I can't serve it.*
- 2.91 Mongolian** (adj) /mɒŋ'gəʊliən/
from Mongolia (a country in eastern Asia) • *I'm interested in Mongolian culture.* > Mongolia (n)
- 2.92 soldier** (n) /'səʊldʒə(r)/
a member of an army • *The soldiers all wore their uniforms and carried their weapons.*
- 2.93 cooker** (n) /'kʊkə/
a piece of equipment for cooking food on or in • *The cooker isn't working so we can't make roast chicken for dinner.* > cook (v, n)
- 2.94 saddle** (n) /'sædl/
seat on a horse • *The saddle he was sitting on fell off the horse, and so did he!* > saddle (v)
- 2.95 immigrant** (n) /'ɪmɪgrənt/
sb who comes to live in a country from another country • *Many immigrants open restaurants which serve food from their home country.*
> immigrate (v), immigration (n)
- 2.96 steak** (n) /steɪk/
a large piece of meat • *Would you like steak or fish for dinner?*

At a restaurant

chef	menu
course	plate
dessert	serve
dish	starter
main course	tablecloth

Verbs about cooking

chop	heat up	stir
fry	overcook	undercook
grate	peel	
grill	preserve	

- 2.98 shake** (v) /ʃeɪk/
make small movements you cannot stop • *After waiting outdoors for an hour, he was shaking from the cold.* > shake (n)
- 2.99 in progress** (phr) /ɪn 'prəʊgres/
happening at this time • *Don't go in there. There's a meeting in progress.*
- 2.100 specific** (adj) /spə'sɪfɪk/
particular • *There are specific instructions to follow for this recipe.* > specify (v), specification (n), specifically (adv)
- 2.101 sample** (v) /'sɑ:mpl/
try or taste • *Sometimes you can sample new food in the supermarket.* > sample (n)
- 2.102 cookery** (n) /'kʊkəri/
the art of cooking • *She's had some cookery lessons so I think this meal will be good.*
> cook (v, n), cooker (n)
- 2.103 order** (v) /'ɔ:də/
say what you would like to eat • *I'd like to order the soup for my starter and the beef for my main course.* > order (n)
- 2.104 set the table** (expr) /set ðə 'teɪbl/
place plates and cutlery, etc. on a table • *You haven't set the table properly; there are no glasses here.*
- 2.105 barbeque** (n) /'bɑ:bɪkju:/
an outdoor meal when food is cooked over a fire outdoors • *Let's have a barbeque in the garden next weekend and invite all our friends.*
🔪 Also: barbecue
- 2.106 main course** (n) /meɪn kɔ:s/
the middle part of a meal, usually the largest • *We had moussaka for the main course and then cheesecake for dessert.*
- 2.107 be around** (phr) /bi: ə'raʊnd/
exist • *'How long have those trees been around?' 'Hundreds of years.'*
- 2.108 herb** (n) /hɜ:b/
a plant used to add flavour in cooking • *The best herb to put on this salad is oregano.*
> herbal (adj)
- 2.109 honey** (n) /'hʌni/
a sweet substance made by bees • *Would you like some honey on your yoghurt?*
- 2.110 bay leaf** (n) /beɪ li:f/
a kind of herb • *Do you use bay leaves in a Napolitana spaghetti sauce?*
- 2.111 originate** (v) /ə'ɪrɪdʒɪneɪt/
come from • *Apparently, the hamburger originated in Germany.* > origin (n), original (n, adj)
- 2.112 break a record** (phr) /breɪk ə 'rekɔ:d/
do sth faster, better, higher, etc. than anyone has done it before • *Do you think Usain Bolt will ever break another world record?*

Grammar

page 21

- 2.97 blow** (v) /bləʊ/
if the wind blows, it moves • *The wind blew the autumn leaves off the trees.*

- 2.113 current** (adj) /'kʌrənt/
of the present time • *Who is the current prime minister of Great Britain?* > currently (adv)
- 2.114 diameter** (n) /daɪ'æmɪtə/
a straight line from one side of a circle to the other side, that passes through the centre
• *This pizza is enormous. It has a diameter of 50 cm!*
- 2.115 base** (n) /beɪs/
the lowest part • *She buys pizza bases at the supermarket because it is quicker than making them.*
- 2.116 grate** (v) /greɪt/
cut into very small pieces using a tool with a rough surface • *Please grate some cheese because we are having spaghetti tonight.*
> grater (n)
- 2.117 flour** (n) /'flaʊə/
white powder usually made from wheat and used in cooking • *How much flour is there in this cake?*
- 2.118 tomato puree** (n) /tə'mɑ:təʊ 'pjʊəri/
crushed tomatoes or vegetables used in cooking • *Do you use fresh tomatoes or tomato puree in this dish?*
- 2.119 enormous** (adj) /ɪ'noʊməs/
extremely large • *They had an enormous Christmas dinner.* > enormously (adv)
📖 Notes: Syn: huge
- 2.120 magnificent** (adj) /mæɡ'nɪfɪsnt/
very attractive and impressive • *The blue whale is a magnificent animal.* > magnificently (adv), magnificence (n)

- 2.127 public** (n) /'pʌblɪk/
ordinary people in general • *Do you think the public have a right to know about the scandal?* > public (adj), publicly (adv), publicity (n)
- 2.128 menu** (n) /'menjuː/
a list of the food you can order at a restaurant
• *The restaurant has an interesting menu. What would you like to order?*
- 2.129 charity** (n) /'tʃærəti/
an organisation that raises money to help people in need • *She gives money to a charity that helps children with cancer.*
> charitable (adj)
- 2.130 provide** (v) /prə'vaɪd/
give • *Nature provides new mothers with milk to feed their babies.* > provision (n)
- 2.131 donate** (v) /dəʊ'neɪt/
give sth to charity • *They donated food and medicine to the homeless.* > donation, donor (n)
- 2.132 set up** (phr v) /set ʌp/
create, start • *Let's set up a café that provides cheaper tea and coffee for the elderly.*
- 2.133 course** (n) /kɔːs/
one of the separate parts of a meal • *They had a three-course meal and two bottles of wine.*
- 2.134 version** (n) /'vɜːʃn/
a copy of sth that has been changed so it is a little different • *I have two versions of this cake recipe; one is my aunt's and the other is my mother's.*
- 2.135 capsule** (n) /'kæpsjuːl/
one of the compartments in which passengers travel on the London Eye • *How many people fit into one capsule on the London Eye?*
- 2.136 raise money** (expr) /reɪz 'mʌni/
collect money • *Our school raised money for starving children in Africa.*

Listening

page 22

- 2.121 chef** (n) /ʃef/
a cook in a restaurant • *The chef at this restaurant makes the best traditional French food.*
- 2.122 pasta** (n) /'pæstə/
noodles, spaghetti etc. • *Italian pasta with pesto and cheese is delicious.*
- 2.123 seafood** (n) /'siːfuːd/
fish and shellfish • *This restaurant serves seafood like lobster, crab and prawns.*
- 2.124 risotto** (n) /rɪ'zɒtəʊ/
a dish of rice with vegetables, meat, etc.
• *I'm making a risotto with mushrooms tonight.*
- 2.125 owner** (n) /'əʊnə/
sb who owns sth • *Mr Marquez, who's from Spain, is the owner of this Spanish restaurant.*
> own (v)
- 2.126 take part (in)** (expr) /teɪk pɑːt ɪn/
be involved in • *Dave took part in a cookery competition and he won!*

Speaking

page 23

- 2.137 undercook** (v) /ˌʌndə'kʊk/
not cook food for long enough • *You shouldn't undercook chicken because you might get ill eating it.* 📖 Opp: overcook
- 2.138 overcook** (v) /ˌəʊvə'kʊk/
cook food for too long • *If you overcook the vegetables, they will become tasteless.*
📖 Opp: undercook
- 2.139 bland** (adj) /blænd/
without much flavour • *Visitors to England often complain that English food is bland.*
> blandness (n)
- 2.140 spicy** (adj) /'spaɪsi/
having a strong taste and flavour because spices have been used • *I love spicy food like curry.* > spice (n)

- 2.141** **curry** (n) /'kʌrɪ/
a spicy meat or vegetable dish from Asia • *The chicken curry was so hot that I had to drink lots of water.*
- 2.142** **tasty** (adj) /'teɪsti/
having a pleasant flavour • *Diana is a great cook. All her meals are very tasty.* > taste (n, v), tasteless (adj)
- 2.143** **tasteless** (adj) /'teɪstləs/
with no taste • *I think I'll add some salt because the sauce is a bit tasteless.*
> taste (v, n) ☞ Opp: tasty
- 2.144** **bright** (adj) /braɪt/
(of a colour) strong and easy to see • *She painted her nails bright pink.* > brightly (adv), brighten (v), brightness (n)
- 2.145** **colourful** (adj) /'kʌləfl/
having bright colours; having a lot of colours • *People usually wear colourful costumes in the carnival parade.* > colourfully (adv), colourless (adj), colour (n, v)
- 2.146** **bitter** (adj) /'bɪtə/
having a sharp strong taste • *I can't drink this coffee; it's very bitter.* > bitterly (adv), bitterness (n)
- 2.147** **taste** (n) /teɪst/
flavour • *I can't stand the taste of grapefruit. It's too bitter for me.* > tasty (adj), tasteless (adj), taste (v)
- 2.148** **processed food** (n) /'prəʊsest fuːd/
prepared food, often in tins or packets • *It isn't good to eat a lot of processed food because it has fewer vitamins than fresh food.*
- 2.149** **vegetarian** (n) /vedʒɪ'teəriən/
sb who doesn't eat meat or fish • *You can't serve beef because Kate and Mark are vegetarians.* > vegetarian (adj)

Things you can eat

aubergine	oil
bay leaf	olive
broccoli	onion
bun	pasta
cereal	pickle
croissant	processed food
cupcake	risotto
curry	sauce
flour	seafood
grain	steak
herb	sweetcorn
honey	tomato puree
lettuce	

- 2.151** **decisive** (adj) /dɪ'saɪsɪv/
able to decide about sth quickly and confidently • *Julia makes up her mind quickly. She's very decisive.* > decisively (adv), decide (v), decision (n)
- 2.152** **choosy** (adj) /'tʃuːzi/
difficult to please • *It's difficult to buy a present for John. He's so choosy.* > choose (v), choice (n)
- 2.153** **customary** (adj) /'kʌstəməri/
usual; normal because it is the way sth is usually done • *The man came into the library and sat down at his customary seat near the window.* > custom (n), customer (n)
- 2.154** **mixture** (n) /'mɪkstʃə(r)/
a combination of different things • *The buildings in the town centre are a mixture of old and new.* > mix (v)
- 2.155** **trendy** (adj) /'trendi/
fashionable • *The colour grey is very trendy this year. Everyone's wearing it.* > trend (n)
☞ Syn: fashionable
- 2.156** **brighten** (v) /'braɪtn/
become or make sth brighter • *If you want to brighten this room, paint it white.* > bright (adj), brightly (adv), brightness (n)
- 2.157** **variety** (n) /və'reɪəti/
a lot of things of the same type that are different from each other • *Dad grows a huge variety of roses in the garden.* > various (adj), vary (v)
- 2.158** **vary** (v) /'veəri/
be different from sb/sth else in some way • *These flowers vary in colour from white to dark red.* > various (adj), variety (n)
- 2.159** **bakery** (n) /'beɪkəri/
a place where bread is made and sold • *Dad buys fresh bread from the bakery every morning.* > bake (v), baker (n)
- 2.160** **snack** (n) /snaek/
a small meal • *We just had a snack of fruit and biscuits this afternoon, but we'll have a big dinner tonight.*
- 2.161** **serve** (v) /sɜːv/
give sb food or drink • *The waiter who served us in the restaurant was very polite.* > service (n)
- 2.162** **market stall** (n) /'mɑːkɪt stɔːl/
a table that people sell things from at a market • *The market stall over there sells the best fruit in town.*
- 2.163** **treat** (n) /tri:t/
sth special you give sb or do for them because they will enjoy it • *It's your birthday, so I have got you a treat – strawberry cheesecake.*
> treat (v)
- 2.164** **branch** (n) /braːntʃ/
one of a group of shops or businesses • *My favourite restaurant has three branches; one in London, one in Portsmouth and one in Manchester.*

Vocabulary

page 24

- 2.150** **coloured** (adj) /'kʌləd/
having a colour • *Do you like glasses made of coloured glass?* > colour (n, v), colourful (adj), colourfully (adv)

- 2.165 prove to be** (expr) /pru:v tu bi/
show to be sth • *The cookery course proved to be boring because we didn't learn how to make any tasty dishes.*
- 2.166 definitely** (adv) /'defɪnətli/
without a doubt, certainly • *We will definitely eat out on your birthday.* > definite (adj)
- 2.167 be spoilt for choice** (expr) /bi spɔɪlt fə tʃɔɪs/
have lots of choice • *There are so many restaurants in town that we are spoilt for choice.*
- 2.168 drop by** (phr v) /drɒp baɪ/
visit • *We have opened a new restaurant so please drop by one evening for a meal.*
- 2.169 delight** (n) /dɪ'laɪt/
sth that gives pleasure or happiness
• *The chocolate cake was a real delight.*
> delight (v), delightful (adj)
- 2.170 trend** (n) /trend/
fashion • *Take-away pizza is a trend that started in the 70s.* > trendy (adj)

Phrasal verbs

account for	heat up
drop by	set up

Grammar

page 25

- 2.171 replace** (v) /rɪ'pleɪs/
put sth in the place of another thing • *The toaster is broken, so we need to replace it.*
> replacement (n)
- 2.172 countryside** (n) /'kʌntrisaɪd/
land with fields, woods, etc. • *They hate living in the city and want to buy a house in the countryside.*
- 2.173 state** (n) /steɪt/
the condition that sb/sth is in • *The state of the roads is terrible. You'll damage your car driving on them.*
- 2.174 repeated** (adj) /rɪ'pi:tɪd/
done or said many times • *She made repeated efforts to break the world record, but failed.*
> repeat (v), repetition (n), repetitive (adj)
- 2.175 familiar** (adj) /fə'mɪliə(r)/
well known; easy to recognise • *His face looks familiar, but I don't know who he is.*
> familiarity (n)
- 2.176 watch your weight** (phr) /wɒtʃ ʒɔ:(r) weɪt/
be careful not to put on weight • *You're getting fat. You should watch your weight.*
- 2.177 go on a diet** (phr) /gəʊ ɒn ə 'daɪət/
eat less food or different food in order to lose weight • *He went on a diet and lost six kilos.*
- 2.178 canteen** (n) /kæn'ti:n/
a place in a school where food is served • *The canteen is serving fish and chips today.*

Writing: a review

pages 26-27

- 2.179 review** (n) /rɪ'vju:/
a report in the media giving an opinion of a book, film, etc. • *The reviews in the newspaper for your cook book are very good.* > review (v), reviewer (n)
- 2.180 tiny** (adj) /'taɪni/
very small • *That tiny meal wasn't enough for me. I'm still hungry.*
- 2.181 shape** (n) /ʃeɪp/
the form sth has, for example square, round
• *'What shape is the kitchen table?' 'It's round.'*
> shape (v)
- 2.182 square** (adj) /skweə(r)/
having a shape with four straight sides of equal length and four angles of 90° • *The child drew a house with four square windows and a brown door.* > square (n)
- 2.183 origin** (n) /'brɪdʒɪn/
where sth is from • *The origin of curry dishes is Asia.* > originate (v)
- 2.184 material** (n) /mə'tɪəriəl/
what sth is made of • *The best material to wear in hot weather is cotton.*
- 2.185 silk** (n) /sɪlk/
a thin smooth cloth made from thread which is produced by a silkworm • *She wore an expensive silk dress and a diamond necklace.*
- 2.186 tablecloth** (n) /'teɪblɪklɒθ/
a piece of material on a table • *Please set the table with this blue tablecloth.*
- 2.187 recommend** (v) /rekə'mend/
suggest • *I recommend the seafood because it is very fresh.* > recommendation (n)
- 2.188 be worth a try** (phr) /bi wɜ:θ ə traɪ/
be important enough to make an effort • *I don't think I'll succeed in beating you at chess, but it's worth a try.*
- 2.189 cotton** (n) /'kɒtn/
cloth made from the white hair of the cotton plant • *When it's very hot, you should wear clothes made of cotton.*
- 2.190 attract sb's attention** (expr) /ə'trækt 'sʌmbədɪz ə'tenʃn/
make sb notice sth • *The brightly coloured tables and chairs of the café attracted our attention, so we had a snack there.*
- 2.191 recommendation** (n) /,rekəmen'deɪʃn/
a suggestion to sb that they should choose, see, buy, etc. a thing that you think is good • *The critics' recommendations helped to make the film successful at the box office.* > recommend (v)
- 2.192 highly** (adv) /'haɪli/
very much • *This review highly recommends the new Greek restaurant in town.* > high (adj)

2.193 old-fashioned (adj) /əʊld-ˈfæʃnd/
not modern • *My grandmother uses an old-fashioned camera to take photos, not a smartphone.* 📱 Opp: modern, fashionable

Video 2 Greek olives

- 2.194 branch** (n) /brɑːntʃ/
part of a tree • *How many olives are growing on that branch?*
- 2.195 symbol** (n) /ˈsɪmbl/
sth that represents an idea • *The white dove is a symbol of peace.* ➤ symbolise (v), symbolic (adj)
- 2.196 peace** (n) /piːs/
a time when there is no war • *In times of peace people can cultivate the land and grow more crops.* ➤ peaceful (adj)
- 2.197 recognise** (v) /ˈrekəɡnaɪz/
know what sb or sth is • *Can you recognise different kinds of fish?* ➤ recognition (n), recognisable (adj)
- 2.198 valuable** (adj) /ˈvæljuəbl/
very useful because it is good for you • *Let me give you some valuable advice about what to do.* ➤ value (n, v)
- 2.199 account for** (phr v) /əˈkaʊnt fə(r)/
be a particular amount or part of sth • *Example sentence.*

- 2.200 associate (with)** (v) /əˈsəʊsieɪt (wɪð)/
connect with • *Living a long time is associated with a well-balanced diet.* ➤ association (n)
- 2.201 assume** (v) /əˈsjʊːm/
think that sth is true but without having proof • *I assume everyone is coming to the party, but I'll check.* ➤ assumption (n)
- 2.202 god** (n) /ɡɒd/
a male spirit who is believed by some people to control the world or part of it • *Dionysos was the Greek god of wine.* ➤ goddess (n), godly (adj)
- 2.203 goddess** (n) /ˈɡɒdes/
a female spirit who is believed by some people to control the world or part of it • *Aphrodite was the goddess of love.* ➤ god (n), godly (adj)
- 2.204 remarkable** (adj) /rɪˈmɑːkəbl/
impressive • *The olive tree is a remarkable plant because it offers us so many things.* ➤ remark (v)

Look!

civilisation Br English
organiser Br English
recognise Br English

civilization Am English
organizer Am English
recognize Am English

3 The Wonders of Nature

page 31

- 3.1 wonder** (n) /'wʌndə(r)/
sth that fills you with admiration • *The wildlife of Africa is one of the wonders of the natural world.* > wonder (v), wonderful (adj), wonderfully (adv)
- 3.2 mud** (n) /mʌd/
wet earth • *It was raining so I got mud on my boots.* > muddy (adj)
- 3.3 maid** (n) /meɪd/
a young unmarried woman • *In the story, the beautiful maid married the brave knight.*
- 3.4 wood** (n) /wʊd/
a small forest • *There are foxes in the wood behind my house.*
- 3.5 cement** (n) /sɪ'ment/
powder mixed with sand and water to make concrete • *The workmen mixed the cement and then covered our yard with concrete.*
- 3.6 admire** (v) /əd'maɪə(r)/
look at sth and think it is attractive • *I really admire her; she is so talented and creative.*
> admiration (n), admirable (adj)

Word Focus

page 32

- 3.7 coral polyp** (n) /'kɒrəl 'pɒlɪp/
a small animal that lives in the sea • *There are many coral polyps which make the coral reefs.*
- 3.8 limestone** (n) /'laɪmstəʊn/
a rock that is made of calcium carbonate (CaCO₃) • *Humans used limestone to build structures like the pyramids.*
- 3.9 powder** (n) /'paʊdə/
a dry substance made up of very small grains • *Flour is a powder used in cooking.*
- 3.10 concrete** (n) /'kɒŋkri:t/
a substance made from cement and used to build with • *The floor in this house is made of concrete.*
- 3.11 Equator** (n) /ɪ'kweɪtə/
an imaginary line around the middle of the earth • *The days are the same length in winter and summer at the Equator.*
- 3.12 imaginary** (adj) /ɪ'mædʒɪnəri/
not real; produced in your mind • *Lines between countries on maps are imaginary as there aren't any real lines on the ground.*
> imagine (v), imagination (n), imaginative (adj)
- 3.13 mollusc** (n) /'mɒləsk/
an animal that has a soft body and is often covered with a shell • *You can eat some molluscs like snails or octopus.*

- 3.14 shell** (n) /ʃel/
the hard outer part of some animals • *We found some beautiful shells on the beach.*
- 3.15 stun** (v) /stʌn/
make a person or an animal unconscious for a short time • *He hit the man on the head accidentally and stunned him.*
> stunned (adj)
- 3.16 unconscious** (adj) /ʌn'kɒnʃəs/
unable to see, move, feel, etc. because you are not awake and able to understand what is happening around you • *She had an accident and she's unconscious, but we hope she will wake up soon.* > unconsciousness (n)
👉 Opp: conscious

Reading

pages 32-33

- 3.17 entertain** (v) /,entə'teɪn/
interest and amuse sb • *The clown entertained the children at the party.*
> entertainment (n), entertaining (adj)
- 3.18 educational** (adj) /,edʒu'keɪʃənl/
teaching you sth • *There are some great educational programmes for children on Channel 6.* > education (n), educate (v)
- 3.19 beneath** (prep) /bɪ'ni:θ/
under, below • *We sat beneath a tree to get out of the sun.* 📎 Opp: above
- 3.20 truly** (adv) /'tru:li/
really • *I think dolphins are truly amazing animals.* > truth (n), true (adj)
- 3.21 underwater** (adj) /,ʌndə'wɔ:tə(r)/
found or happening below the surface of water • *They filmed the fish using an underwater camera.* > underwater (adv)
- 3.22 create** (v) /kri'eɪt/
make, cause to exist • *You can create a beautiful garden by planting a variety of flowers.* > creature, creation (n), creative (adj)
- 3.23 huge** (adj) /hju:dʒ/
extremely large • *There's a huge tree at the bottom of our garden and we want to build a treehouse in it.*
- 3.24 coral reef** (n) /'kɒrəl ri:f/
a long narrow line of coral, rocks and other substances near the surface of the sea • *You can swim here in the sea and look at the beautiful coral reef.*
- 3.25 among** (prep) /ə'mʌŋ/
in the middle of a group • *There were some interesting old books among the other books in the shop.*

- 3.26 source** (n) /sɔ:s/
a place, person or thing you get sth from
• *Rivers and lakes are a source of drinking water for all creatures.*
- 3.27 human** (n) /'hju:mən/
a person • *Humans are destroying the environment with their cars and factories.*
➢ humanity (n), human (adj)
- 3.28 Great Barrier Reef** (n) /greɪt 'bæriə ri:f/
the largest coral reef in the world, parallel to the northeast coast of Australia • *I've been snorkeling in the Great Barrier Reef. It was fantastic!*
- 3.29 species** (pl n) /'spi:ʃi:z/
a type of plant or animal • *'How many species of birds do you know?' 'Only one, parrots!'*
- 3.30 rule** (n) /ru:l/
an instruction that says how things must be done or what is allowed • *One of the rules at my school is that we can't use mobile phones in the classroom.*
- 3.31 remain** (v) /ri'mein/
continue to be sth; be in the same condition
• *They met when they were children and remained friends all their lives.*
- 3.32 threat** (n) /θret/
danger • *Humans are a threat to the world because they are destroying it.*
➢ threaten (v)
- 3.33 threaten** (v) /'θretn/
likely to cause harm or damage to sth or sb
• *Polluted rivers threaten the existence of fish that live in them.* ➢ threat (n)
- 3.34 depend on** (phr v) /dɪ'pend ɒn/
rely on sb/sth and trust them • *Your success depends on how hard you work now.*
- 3.35 illegal** (adj) /ɪ'li:gl/
not allowed by the law • *Illegal activities like hunting of wild animals should be stopped.*
📎 Opp: legal
- 3.36 explode** (v) /ɪk'spləʊd/
burst loudly and violently, causing damage
• *The bomb exploded and destroyed the building.* ➢ explosion (n), explosive (adj)
- 3.37 bomb** (n) /bɒm/
sth that explodes • *The bomb made a terrible noise when it exploded.* ➢ bomb (v)
- 3.38 cause** (v) /kɔ:z/
make sth happen • *The storm caused a lot of serious problems.* ➢ cause (n)
- 3.39 damage** (n) /'dæmɪdʒ/
harm • *Some fishermen cause damage to the coral reef and kill many creatures that live there.* ➢ damage (v)
- 3.40 structure** (n) /'strʌktʃə/
sth that has been built • *We saw a coral reef on our holiday and it was an incredible structure.*
- 3.41 extremely** (adv) /ɪk'stri:mli/
to a very high degree • *Dad was extremely angry when my brother took his car without asking and crashed it.* ➢ extreme (adj)
- 3.42 chemical** (n) /'kemɪkl/
a substance resulting from a reaction between two substances • *There are many chemicals in processed foods so I don't eat them.*
➢ chemical (adj)
- 3.43 cyanide** (n) /'saɪənaɪd/
a poisonous substance • *Cyanide kills creatures that eat or drink it.*
- 3.44 particularly** (adv) /pə'tɪkjʊləli/especially
• *Cars cause a lot of pollution, particularly in large cities.* ➢ particular (adj)
- 3.45 poisonous** (adj) /'pɔɪzənəs/
toxic, causing death or illness • *Cyanide is a highly poisonous chemical that can cause death.* ➢ poison (v, n)
- 3.46 aquarium** (n) /ə'kwɛəriəm/
a place where fish are kept • *You can see many unusual fish at the London Aquarium.*
- 3.47 pollution** (n) /pə'lju:ʃn/
making sth dirty with gas or poisonous chemicals
• *Cars are a major factor in pollution all over the world.* ➢ pollute (v), polluted (adj)
- 3.48 damage** (v) /'dæmɪdʒ/
harm or spoil sb/sth • *I dropped my laptop yesterday but fortunately, I didn't damage it.*
➢ damage (n)
- 3.49 in addition** (expr) /ɪn ə'dɪʃn/
also • *Coral reefs are threatened. In addition, fish are at risk too.*
- 3.50 biologist** (n) /baɪ'ɒlədʒɪst/
sb who studies living things • *He is interested in plants and animals and wants to be a biologist when he grows up.* ➢ biology (n), biological (adj)
- 3.51 survive** (v) /sə'vaɪv/
manage to stay alive • *We hope that many coral reefs will survive pollution.* ➢ survival, survivor (n)
- 3.52 conservation** (n) /kɒnsə'veɪʃn/
the protection of the natural environment
• *WWF is an organisation which was set up to help the conservation of wildlife.* ➢ conserve (v), conservationist (n)
- 3.53 rebuild** (v) /ri:'bɪld/
build sth again • *After a war, many buildings are rebuilt.*
- 3.54 creature** (n) /'kri:tʃə/
an animal • *The fish swimming around this coral reef are beautiful creatures.* ➢ create (v), creative (adj)
- 3.55 advertise** (v) /'ædvətaɪz/
tell people about a product or service to persuade them to buy it • *They should advertise their new restaurant in magazines and newspapers.* ➢ advertisement (n)

- 3.56 rock** (n) /rɒk/
the hard substance that forms part of the surface of the earth • *There are large rocks in the sea that are dangerous to boats.*
➤ rocky (adj)
- 3.57 strict** (adj) /strikt/
that must be obeyed exactly • *There are strict rules about swimming in some places because the currents are dangerous.*
- 3.58 environment** (n) /ɪn'vaɪərənmənt/
the natural world • *We can help the environment by planting more trees.* ➤ environmental (adj)
- 3.59 World Heritage Site** (n) /wɜːld 'herɪtɪdʒ saɪt/
a place of interest that is protected
• *Did you know that Meteora is a World Heritage Site?*
- 3.60 outer space** (n) /'aʊtə speɪs/
place beyond the Earth's atmosphere
• *Astronauts can see amazing views of the Earth from outer space.*

Nature

biologist	human
conservation	mollusc
coral polyp	rock
coral reef	shell
creature	species
environment	wood
Great Barrier Reef	

Vocabulary

page 34

- 3.61 cave** (n) /keɪv/
a large hole in the side of a mountain or under the ground • *Paintings of animals that humans hunted thousands of years ago have been found in caves.*
- 3.62 cliff** (n) /klɪf/
a high area of land next to the sea • *They stood on the edge of the cliff and looked down at the sea.*
- 3.63 coast** (n) /kəʊst/
the land next to the sea • *We live in a village on the coast and in winter the wind off the sea is very cold.* ➤ coastal (adj)
- 3.64 glacier** (n) /'glæsiə/
a large mass of ice that moves slowly down a valley • *Scientists say that many glaciers are getting smaller because they are melting.*
- 3.65 pond** (n) /pɒnd/
a small area of water, sometimes man-made
• *There are frogs and goldfish in the pond in our garden.*
- 3.66 rainforest** (n) /'reɪnfɒrɪst/
a thick forest in the tropics • *Half the Amazon rainforest could be lost within 20 years because people are cutting down the trees.*
- 3.67 stream** (n) /striːm/
a small river • *You can see the fish in the stream because it is shallow.*
- 3.68 valley** (n) /'væli/
an area of land between hills • *Our hotel was in the valley, so it was a difficult walk up the hill the next day.*
- 3.69 climate change** (n) /'klaɪmət tʃeɪndʒ/
changes in the earth's weather caused by the increase of gases like carbon dioxide in the atmosphere • *Because of climate change, many plants and animals are in danger.*
- 3.70 burn** (v) /bɜːn/
destroy, injure, damage or kill sb/sth by fire
• *The fire burned for many days and destroyed the forest.* ➤ burn (n)
- 3.71 fossil fuel** (n) /'fɒsl 'fjuːl/
a substance like coal or oil that was formed underground millions of years ago and is used to create energy • *Fossil fuels will not last for ever, which is why renewable energy is so important.*
- 3.72 power station** (n) /'paʊə 'steɪʃn/
a place where electricity is produced • *There are power stations all over the world because people use a lot of electricity.*
- 3.73 renewable energy** (n) /rɪ'njuːəbl 'enədʒi/
energy from natural sources that will never run out like wind, water and sunlight • *The heat from the sun is a form of renewable energy.*
- 3.74 solar power** (n) /'səʊlə 'enədʒi/
energy from the sun • *Solar power is used a lot in warm, sunny countries like Greece.*
- 3.75 destroy** (v) /dɪs'trɔɪ/
ruin • *Sadly, we are destroying the environment and many species are disappearing.*
➤ destruction (n), destructive (adj)
- 3.76 natural habitat** (n) /'nætʃrəl 'hæbɪtæt/
environment where an animal or plant normally lives or grows • *The tropics are the natural habitat of parrots.*
- 3.77 extinction** (n) /ɪk'stɪŋkʃn/
death of a species • *The extinction of dinosaurs happened about 65 million years ago.* ➤ extinct (adj)
- 3.78 discovery** (n) /dɪs'klʌvəri/
finding sth that was not known about • *The discovery of America changed people's ideas about the world.* ➤ discover (v)
- 3.79 probably** (adv) /'prɒbəbli/
used to say that sth is likely to be true or likely to happen • *I'll probably come to the party, but there's a small chance that I might not.*
➤ probable (adj), probability (n)
- 3.80 endangered species** (n) /ɪn'deɪndʒəd 'spiːʃiːz/
an animal or plant that is in danger of disappearing • *Pandas are an endangered species and biologists are trying to save them.*

- 3.81 conservation area** (n) /ˌkɒnsə'veɪʃn 'eəriə/
an area where the natural environment is protected from being damaged • *You can't build a house here. It's a conservation area and a home for many animals and birds.*
- 3.82 available** (adj) /ə'veɪləbl/
that you can get, buy or find • *Information about endangered species is available on the Internet.* > availability (n)
- 3.83 temperature** (n) /'tempərətʃə(r)/
a measure of how hot or cold a thing is • *It's very hot today. The temperature is 40°C.*
- 3.84 extinct** (adj) /ɪk'stɪŋkt/
no longer alive • *Neanderthals are an extinct human species that died out thousands of years ago.* > extinction (n)
- 3.85 oil** (n) /ɔɪl/
a thick liquid that is used for fuel and found underground • *A tanker sank and thousands of tonnes of oil spilt into the sea.*
- 3.86 coal** (n) /kəʊl/
a black rock found underground and burnt as fuel • *People used to burn coal in their houses in London to keep warm.*
- 3.87 gas** (n) /ɡæs/
a substance like air that is burnt as fuel • *Many people now use gas to heat their homes.*
- 3.88 form** (v) /fɔ:m/
start to exist; • *The limestone rocks were formed millions of years ago from the bodies of small organisms in the sea.* > form (n)
- 3.89 melt** (v) /melt/
become liquid • *It was warm today and the ice on the road melted.*
- 3.90 fault** (n) /fɔ:lt/
sth sb is responsible for causing • *Many scientists say that global warming is our fault because we have caused it with pollution.*

Look!

Oil	heating oil
petrol	diesel

Made by nature

cave	gas	pond
cliff	glacier	rainforest
coal	ice shelf	stream
coast	iceberg	valley
coral reef	mountain range	
fossil	oil	

Grammar

page 35

- 3.91 experience** (n) /ɪk'spiəriəns/
an event that sb lives through • *Exploring the Great Barrier Reef was an amazing experience.* > experience (v)
- 3.92 achievement** (n) /ə'tʃi:vmənt/
sth sb succeeds in doing • *Raising baby pandas in a zoo is an incredible achievement because it is very hard to do.* > achieve (v)
- 3.93 affect** (v) /ə'fekt/
make a change to sb/sth • *The bad weather has affected our plans so now we can't go to the beach.*
- 3.94 sunburnt** (adj) /'sʌnbɜ:nt/
burnt from the sun • *His skin is sunburnt because he fell asleep on the beach for three hours.* > sunburn (n)
- 3.95 recycle** (v) /ˌrɪ:'saɪkl/
put used materials through a special process so they can be used again • *We must all recycle paper, glass and aluminium.*
- 3.96 explorer** (n) /ɪk'splɔ:rə/
sb who travels to new places to find out about them • *Christopher Columbus was an explorer who sailed to the coast of America.* > explore (v), exploration (n)
- 3.97 emphasise** (v) /'emfəsaɪz/
draw attention to sth • *The biologist emphasised how concerned he was by banging his hand on the table.* > emphasis (n)
- 3.98 fossil** (n) /'fɒsl/
the remains of an animal or plant found in a rock • *We found a fossil of a shellfish in the cliff rock.*
- 3.99 puppy** (n) /'pʌpi/
a young dog • *The puppies are beautiful and they will grow up to be great dogs.*
- 3.100 iceberg** (n) /'aɪsbɜ:g/
a mass of ice in the sea • *The Titanic hit an iceberg and sank to the bottom of the ocean.*
- 3.101 Norwegian** (adj) /nɔ:'wi:dʒən/
from Norway • *I'd love to take a cruise to the Norwegian fjords.* > Norway (n)
- 3.102 sink** (v) /sɪŋk/
go below the surface of a liquid • *The ship hit some rocks and sank to the bottom of the sea.* ☞ Opp: float
- 3.103 nutrient** (n) /'nju:triənt/
a substance that helps things grow • *Plants find nutrients in the ground which help them grow well.* > nutrition (n)
- 3.104 plankton** (n) /'plæŋktən/
tiny forms of life that live in the sea • *It's incredible to think that enormous whales eat tiny plankton.*

- 3.105 break off** (phr v) /breɪk ɒf/
become separated from sth; be no longer attached to sth else • *Because of climate warming, huge pieces of ice are breaking off glaciers.*
- 3.106 ice shelf** (n) /aɪs ʃelf/
a narrow surface of ice sticking out from the edge of land into the water • *Ice shelves form where glaciers flow to the ocean.*

Listening

page 36

- 3.107 average** (adj) /'ævrɪdʒ/
a number calculated by adding several quantities together and dividing by the number of these • *The average temperature here in July is 25° Celsius.* > average (n)
- 3.108 length** (n) /leŋθ/
the measurement of how long sth is • *I know that the Nile is the longest river in the world, but I don't know its length.*
> lengthen (v), long (adj)
- 3.109 mostly** (adv) /'məʊstli/
generally • *Greek people are mostly dark-haired and dark-eyed.*
- 3.110 speed** (n) /spiːd/
how fast sth moves • *This car has a top speed of 150 kilometres per hour.* > speed (v), speedy (adj)
- 3.111 sense** (n) /sens/
one of the five natural powers of sight, hearing, taste, smell and touch • *Dogs have an excellent sense of smell.* > sense (v), sensitive (adj)
- 3.112 investigation** (n) /ɪnˌvestɪˈgeɪʃn/
a scientific examination of a subject or problem • *An investigation showed that the accident was caused by human error.*
> investigate (v), investigator (n)
- 3.113 attack** (n) /ə'tæk/
an act of violence intended to hurt sb • *Shark attacks are rare, but you can be killed by one.*
> attack (v), attacker (n)
- 3.114 object** (n) /'ɒbdʒekt/
a thing • *The sea in the port was polluted and full of objects like cans and plastic bags.*

Speaking

page 37

- 3.115 politely** (adv) /pə'laɪtli/
in a way that shows you have good manners and respect for others • *The young man asked me politely to sit down and then he offered me some coffee.* > polite (adj), politeness (n)
- 3.116 committee** (n) /kə'mɪti/
a group of people who meet and make decisions • *The environmental committee decided to set up a charity to help endangered species.*

- 3.117 plant** (v) /plɑːnt/
to put plants or seeds in the ground to grow • *I'm going to plant some tomatoes and cucumbers in spring.* > plant (n)
- 3.118 clear up** (phr v) /kliə ʌp/
make sth clean and tidy • *The students cleared up the school yard and put the litter in bins.*
- 3.119 litter** (n) /'lɪtə(r)/
rubbish such as paper and cans that people leave in a public place • *People drop paper, empty bottles and cans on the ground, so there is a lot of litter in our cities.* > litter (v)
- 3.120 campaign** (n) /kæm'peɪn/
a series of actions that are intended to achieve a particular aim • *Let's start a campaign to preserve this area of natural beauty.*
> campaign (v)
- 3.121 can** (n) /kæn/
a metal container in which food and drink is sold • *Soft drink cans are made of aluminium.*
> can (v), canned (adj)

Vocabulary

page 38

- 3.122 take action** (expr) /teɪk 'ækʃn/
do sth about a problem • *Greenpeace is a conservation group that takes action like stopping fishermen that kill whales.*
- 3.123 appear** (v) /ə'piə(r)/
start to be seen • *As she got older, more and more white hairs appeared.* > appearance (n)
☞ Opp: disappear
- 3.124 during** (prep) /'djʊərɪŋ/
all through a period of time • *It rained during the night and everything was wet the next day.*
> duration (n)
- 3.125 turn into sth** (phr v) /tɜːn 'ɪntə 'sʌmθɪŋ/
become sth different • *When the temperature drops below 0°C, water freezes.*
- 3.126 disappear** (v) /dɪsə'piə(r)/
stop existing • *The dinosaurs disappeared 65 million years ago.* > disappearance (n)
- 3.127 decade** (n) /'dekeɪd/
ten years • *He has been a member of Greenpeace for more than a decade.*
- 3.128 bacteria** (n) /bæk'tɪəriə/
the simplest and smallest forms of life • *Your hands are dirty and full of bacteria. You must wash them.*
- 3.129 a load (of)** (n) /ə ləʊd ɒv/
a large amount (of) • *There's always a load of washing up to do after a party.*
- 3.130 have a long way to go** (phr) /həv ə lɒŋ weɪ tə ɡəʊ/
need to make a lot of progress before you can achieve sth • *Your English has improved but you have a long way to go before it is perfect.*

- 3.131 succeed** (v) /sək'si:d/
manage to do sth you have been trying to do; have the result that was intended • *He wants to win the competition and I think he will succeed.* > success (n), successful (adj), successfully (adv)
- 3.132 oceanographer** (n) /əʊfən'ɒgrəfə/
sb who studies the oceans • *Jacques Cousteau was a famous oceanographer who explored the seas and fought to protect the environment.*
> oceanography (n)
- 3.133 soup** (n) /su:p/
cooked liquid food, often made from meat, fish or vegetables • *My favourite meal in the winter is hot tomato soup.*
- 3.134 float** (v) /fləʊt/
stay on the surface of a liquid and not sink • *That wood is very light. It won't sink in the water; it will float.*
📎 Opp: sink
- 3.135 contain** (v) /kən'teɪn/
if sth contains sth else, it has that thing inside it • *This box contains some very valuable jewellery. Look inside.*
> content (n)
- 3.136 garbage** (n) /'gɑ:bɪdʒ/
rubbish or waste food that you throw away • *Please throw the garbage in the bin.*
- 3.137 patch** (n) /pætʃ/
a small area that is different from the area around it • *I grow my own flowers in a small patch in the garden.*
- 3.138 obviously** (adv) /'ɒbvɪəsli/
clearly • *There are chemicals in fish from polluted rivers. Obviously, this means we are eating dangerous chemicals.*
> obvious (adj)
- 3.139 ton** (n) /tʌn/
a unit for measuring weight (in Britain: 1016 kilograms) • *How many tons does an elephant weigh?* 📎 tonne = a unit for measuring weight, equal to 1000 kilograms
- 3.140 waste** (n) /weɪst/
rubbish • *A lot of waste can be recycled, like paper for example.*
- 3.141 household waste** (n) /'haʊshəʊld weɪst/
rubbish from sb's house • *Household waste like paper and glass can be recycled, so don't throw it out.*

Look!

Affect vs effect

The weather can **affect** people's feelings negatively.

The **effect** of the weather on people's feelings is sometimes negative.

Phrasal verbs

break off
clear up

depend on
name after

turn into sth

Grammar

page 39

- 3.142 instrument** (n) /'ɪnstrəmənt/
an object used for producing musical sounds, for example a piano • *She's a wonderful musician and plays several musical instruments: the violin, the guitar and the clarinet.*
> instrumental (adj)
- 3.143 unique** (adj) /ju:'ni:k/
being the only one of its kind • *A person's fingerprints are unique; nobody else has the same ones.* > uniquely (adv), uniqueness (n)
- 3.144 desert** (n) /'dezət/
a large area with very little rain and very few plants growing on it • *It hasn't rained for years in this part of the desert.*
- 3.145 mountain range** (n) /'maʊntən reɪndʒ/
a group of mountains • *The Andes are the world's longest mountain range: 7,000 kilometres long.*
- 3.146 nearly** (adv) /'ni:əli/
almost; not completely • *He's nearly eighteen. His birthday is next month.*
- 3.147 expedition** (n) /ekspə'dɪʃn/
a journey to explore a place • *The expedition that consists of nine scientists will leave for the Amazon rainforest next week.*
- 3.148 orbit** (v) /'ɔ:bɪt/
move in a curved path around a planet or star • *The Moon orbits the Earth, and the Earth and the other planets orbit the sun.* > orbit (n)
- 3.149 waterfall** (n) /'wɔ:təfɔ:l/
water from a river falling over a cliff or high rock • *We can't go down this river any further because there is a waterfall a hundred metres away.*
- 3.150 situated** (adj) /'sɪtʃueɪtɪd/
in a particular place • *The Great Barrier Reef is situated off the coast of north-eastern Australia.*
- 3.151 location** (n) /ləʊ'keɪʃn/
a place where sth is situated • *The location of our new house is beautiful because it's near the beach.* > locate (v)
- 3.152 the outside world** (expr) /ði: 'aʊtsaɪd wɜ:ld/
the rest of the world • *Some areas of the rainforest in Brazil haven't been visited by anybody from the outside world.*
- 3.153 land** (v) /lænd/
arrive on the ground • *The plane landed at the airport during a rainstorm.* > landing (n)

- 3.154 wheel** (n) /wi:l/
one of the round things under a vehicle like a car that turns when it moves • *A tuk tuk is a small car with three wheels that is very popular in Thailand.*
- 3.155 get stuck** (phr) /get stʌk/
become unable to move • *The car got stuck in the mud and we had to pull it out.*
- 3.156 passenger** (n) /'pæsɪndʒə(r)/
a person who is travelling in a car, train, plane, ship, etc. who is not driving it or working on it • *The passengers all got out of the bus when it reached the terminus.*
- 3.157 existence** (n) /ɪg'zɪstəns/
the state of being real • *The discovery of the existence of a new species is very exciting.*
➢ exist (v)
- 3.158 legend** (n) /'ledʒnd/
a famous person • *Christopher Columbus became a legend as a great explorer.*
➢ legendary (adj)
- 3.159 name after** (phr v) /neɪm 'ɑ:ftə(r)/
give sb a sb else' name • *I'm Victoria. I was named after my grandmother, who was also called Victoria.*
- 3.160 lift** (v) /lɪft/
raise from the ground • *The helicopter lifted survivors from the sea.*
➢ lift (n)
- 3.161 sadly** (adv) /'sædli/
unfortunately • *Sadly, my great-grandmother died two years ago.* ➢ sad (adj), sadness (n)
- 3.162 hurt** (v) /hɜ:t/
cause pain to a person or animal • *It's terrible when people hurt animals and cause them pain.*
- 3.163 injury** (n) /ɪndʒəri/
damage to part of a person's or an animal's body caused by an accident or attack • *He had a car accident, but luckily his injuries weren't serious.* ➢ injure (v)
- 3.164 ashes** (pl n) /'æʃɪz/
the soft grey powder that remains after a dead person's body has been burnt • *When Grandma passed away, we kept her ashes in a special container.*
- 3.165 scatter** (v) /'skætə/
throw things so that they spread all over an area • *When he dies, he would like us to scatter his ashes over a waterfall.*

Writing: an informal email

pages 40-41

- 3.166 miss** (v) /mɪs/
feel sad because a person you love is not with you • *We moved to England last year and I still miss my friends in Greece.*

- 3.167 honey bee** (n) /'hʌnɪbi:/
a small insect which makes honey • *Biologists watch honey bees carefully because changes in the environment affect their honey making.*

Video 3 Swimming with Sharks

page 42

- 3.168 dive** (v) /daɪv/
swim under water using equipment to help you to breathe • *Would you like to learn to dive? Watching the animals in the sea is a wonderful experience.* ➢ diver, diving (n)
- 3.169 ban** (v) /bæn/
not allow an action • *Smoking has been banned in all public places in Europe and you can get a fine if you smoke in such places.*
➢ ban (n)
- 3.170 encourage** (v) /ɪn'kʌrɪdʒ/
persuade sb to do sth by making them think it is a good thing to do • *My teacher encouraged me to study science at university.*
➢ encouragement (n), encouraging (adj)
📎 Opp: discourage
- 3.171 likely** (adj) /'laɪkli/
probable • *Sadly, many animals are likely to die because humans are destroying the environment.* ➢ likelihood (n)
📎 Opp: unlikely
- 3.172 confuse** (v) /kən'fju:z/
think wrongly that sb/sth is sb/sth else • *He tried to explain the problem, but he only confused me further.* ➢ confusion (n), confusing (adj), confused (adj)
- 3.173 horror** (n) /'hɒrə/
sth that is shocking • *He felt horror when he saw the dead elephants that hunters had killed.*
- 3.174 inaccurate** (adj) /ɪn'ækjərət/
with mistakes • *This is an interesting history book, but it is inaccurate sometimes. The facts were different* ➢ inaccurately (adv)
inaccuracy (n) 📎 Opp: accurate
- 3.175 realise** (v) /'ri:əlaɪz/
understand or become aware of a fact or situation • *I wanted to become an actor, but then one day I realised I wasn't talented enough.*
➢ realisation (n)
- 3.176 attract** (v) /ə'trækt/
make sb/sth come somewhere • *I put seeds, cheese and nuts in the garden to attract the birds.* ➢ attraction (n), attractive (adj)
- 3.177 common** (adj) /'kɒmən/
happening often • *Being nervous before an exam is a common problem. Most people worry.*

- 3.178 image** (n) /'ɪmɪdʒ/
the opinion people have of sb/sth • *Sharks have a bad image, probably because they look threatening.*
- 3.179 nonetheless** (adv) /nʌnðə'les/
despite sth that has just been mentioned
• *Sharks don't attack humans often. Nonetheless, many people think shark attacks happen every day.* 📖 Syn: nevertheless
- 3.180 rarely** (adv) /'reəli/
not often, seldom • *Tigers rarely attack people. In fact, they only attack if they are starving.* ➤ rare (adj)
- 3.181 seal** (n) /si:l/
an animal with flippers that lives in the sea
• *Seals are slow on land but in the water they swim very well.*
- 3.182 snorkel** (v) /'snɔ:kəl/
swim with a tube to breathe through and a mask • *This reef is shallow so you can snorkel here and see it clearly.*
➤ snorkelling, snorkel (n)
- 3.183 preserve** (v) /prɪ'zɜ:v/
protect • *It is important to preserve coral reefs because so many species live there.*
➤ preservation (n)

4 Special Relationships

page 43

- 4.1 raccoon** (n) /rə'kuːn/
a small North American animal with black marks on its face and a thick tail • *Raccoons are intelligent animals that originally came from North America, but are now also found in Europe.* 📎 Also: racoon
- 4.2 meadow** (n) /'medəʊ/
a field covered in grass • *There are cows eating grass in the meadow.*

Word Focus

page 44

- 4.3 suspicious** (adj) /sʌs'pɪʃəs/
making you feel that sth is wrong or illegal
• *The police use dogs to check suspicious objects which are left in public places.*
➢ suspect (v, n), suspicion (n)
- 4.4 sniff** (v) /snɪf/
smell sth while making a noise through your nose • *'Why's the dog sniffing the fridge?' 'There's fresh steak in there.'*
- 4.5 physical disability** (n) /'fɪzɪkl dɪsə'bɪlɪti/
illness or injury of the body • *His father has a physical disability and cannot walk.*
- 4.6 rubble** (n) /'rʌbl/
broken bricks and stone • *They cleared away the rubble of the house that was pulled down.*
- 4.7 brick** (n) /brɪk/
a clay block used to make buildings • *Our house is made of red bricks.*
- 4.8 stone** (n) /stəʊn/
a hard substance found in the ground
• *The men threw stones at the lion to chase it away from their village.* ➢ stony (adj)

4.13

talent (n) /'tælənt/
a natural ability to do sth well • *Emma has a talent for solving mathematical problems. She's very clever.* ➢ talented (adj)

4.14

sniffer dog (n) /'snɪfə dɒg/
a dog used by police to find illegal things by smelling for them • *The sniffer dogs found drugs in a suitcase at the airport.*

4.15

international (adj) /ɪntə'næʃənəl/
between different countries • *Eleftherios Venizelos is the name of the Athens international airport.*

4.16

luggage (n) /'lʌɡɪdʒ/
travelling bags • *The taxi driver helped us with our luggage because our suitcases were very heavy.*

4.17

mail (n) /meɪl/
letters and parcels • *Are there any letters from Grandma in the mail?*

4.18

insect (n) /'ɪnsekt/
a small animal with six legs like flies, mosquitoes, etc • *My mum is afraid of all insects, but especially bees because she is allergic to them.*

4.19

cute (adj) /kjuːt/
attractive and often also small or young
• *Your new puppy is so cute, he looks like a teddy bear.*

4.20

scare (v) /skeə/
make sb feel afraid • *The big dog ran into the park and scared the little children who were playing there.* ➢ scare (n), scary (adj)
📎 Syn: frighten

4.21

crowd (n) /kraʊd/
a large group of people in one place • *There was a crowd outside the cinema because all the fans wanted to see Johnny Depp.*
➢ crowd (v), crowded (adj)

4.22

astonishing (adj) /ə'stɒnɪʃɪŋ/
very surprising • *The astonishing thing is that sniffer dogs can find a small quantity of food in a large suitcase.* ➢ astonished (adj), astonish (v), astonishment (n)

4.23

package (n) /'pækɪdʒ/
a parcel; sth that is wrapped in paper so that it can be posted or delivered somewhere
• *This morning the postman delivered a large package containing the books I ordered.*
➢ package (v), pack (v)

4.24

treat (v) /tri:t/
behave to sb in a particular way • *He treats his dog better than a child, and cooks chicken and steak for its meals.* ➢ treat (n), treatment (n)

Reading

pages 44-45

- 4.9 domestic** (adj) /də'mestɪk/
not wild • *Cats and dogs have been domestic animals for thousands of years, and they are very good pets.*
- 4.10 train** (v) /treɪn/
teach • *I have trained my dog to sit, lie down and wait.* ➢ training, trainer (n)
- 4.11 obedient** (adj) /ə'biːdiənt/
doing what you are told • *Police dogs are very obedient and do exactly what they are told.*
➢ obediently (adv), obey (v), obedience (n)
📎 Opp: disobedient
- 4.12 plenty (of)** (pronoun) /'plenti (əv)/
a large amount • *He's rich and he has plenty of money.*

- 4.25 luxury** (n) /'lʌkʃəri/
extreme comfort • *Her pets live a life of luxury because they sleep in little beds and have warm milk for breakfast.* > luxurious (adj), luxuriously (adv)
- 4.26 yoghurt** (n) /'jɒɡət/
creamy food made from milk • *Would you like some honey on your yoghurt?*
- 4.27 carer** (n) /'keərə/
sb who looks after sb else • *Many elderly people need carers who help them dress, wash and cook.* > care (v, n)
- 4.28 down** (adj) /daʊn/
sad or depressed • *He's feeling down because his girlfriend broke up with him.*
- 4.29 service dog** (n) /'sɜːvɪs dɒɡ/
a specially trained dog that helps people • *When patients are visited by service dogs, they feel happier and this can help them get better more quickly.*
- 4.30 guide** (n) /gaɪd/
a person or animal that shows sb where to go • *Coleen is visually-impaired and her dog Spot is her guide when they go out.* > guide (v), guidance (n)
- 4.31 (the) blind** (n) /('ðə) blaɪnd/
people who cannot see • *Audio books are wonderful presents for the blind.* > blind (adj), blindness (n)
- 4.32 four-legged** (adj) /fɔː(r)–'legɪd/
having four legs • *Our four-legged friends – our pet dogs and cats – give us a lot of love.*
- 4.33 perform** (v) /pə'fɔːm/
do sth such as a piece of work • *The scientist successfully performed a series of experiments.* > performance (n)
- 4.34 role** (n) /rəʊl/
the function sb has • *James takes his role as a parent very seriously.*
- 4.35 turn on** (phr v) /tɜːn ɒn/
start the flow of water, electricity, etc. by moving a switch, button, etc. • *Example sentence.* 📖 Opp: turn off
- 4.36 turn off** (phr v) /tɜːn ɒf/
stop the flow of water, electricity, etc. by moving a switch, button, etc. • *Don't waste energy! Turn off the lights when you leave a room.* 📖 Opp: turn on
- 4.37 pick up** (phr v) /pɪk ʌp/
take sth from the floor • *Please pick up the food that the baby dropped on the floor.*
- 4.38 wheelchair** (n) /'wiːltʃeə/
a chair with wheels which helps sb who cannot walk to move around • *Her brother was injured in the war and now uses a wheelchair to move around.*
- 4.39 rescue** (n) /'reskjʊː/
saving sb from a dangerous situation • *We owe our rescue to these brave people and we want to thank them.* > rescue (v), rescuer (n)
- 4.40 missing** (adj) /'mɪsɪŋ/
that cannot be found • *The police are still looking everywhere for the missing child.*
- 4.41 hiker** (n) /'haɪkə/
sb who walks in the countryside • *A hiker fell over and broke his leg on the walk and he had to be rescued by helicopter.* > hike (v, n)
- 4.42 earthquake** (n) /'ɜːθkweɪk/
shaking of the ground • *Rescue dogs are used after earthquakes to find people in buildings that have fallen down.*
- 4.43 disaster** (n) /dɪ'zɑːstə/
a sudden bad event that causes terrible damage or suffering • *In 2010 there was a disaster in Haiti when a massive earthquake destroyed many homes.* > disastrous (adj)
- 4.44 athletic** (adj) /æθ'letɪk/
physically strong and active • *Sheila is a tall athletic girl who can do heavy work on a farm.* > athlete (n), athletics (n)
- 4.45 smart** (adj) /smɑːt/
clever • *Domestic animals are smart and can be trained to help people in need.*
- 4.46 trainer** (n) /'treɪnə(r)/
a person who teaches people or animals to do a job, sport or skill well • *If you want to be a good dog trainer, you need to be very patient and love animals.* > train (v)
- 4.47 go crazy over sth** (phr) /gəʊ 'kreɪzi 'əʊvə(r) 'sʌmθɪŋ/
be or become very enthusiastic or excited about sth • *The little boy went crazy over his new computer game and spent hours playing it.*
- 4.48 reward** (n) /rɪ'wɔːd/
sth you are given for working hard or doing sth good • *When you are training a dog, give it a reward when it is obedient and it will learn quickly.* > reward (v)
- 4.49 certainly** (adv) /'sɜːtnli/
without doubt • *Vitamins are certainly good for you, but you mustn't take too many of them.* > certain (adj), certainty (n)
- 4.50 beneficial** (adj) /benɪ'fɪʃl/
good or helpful • *A dog is beneficial as a pet because you can get fit when you walk it every day.* > benefit (v, n)
📖 Opp: harmful
- 4.51 continue** (v) /kən'tɪnjuː/
keep happening • *Don't stop! Continue working!*

- 4.52 increase** (v) /ɪn'kriːs/
become or make sth greater in amount, number, etc. • *The average temperature of the Earth is increasing because of climate change.* > increase (n), increasingly (adv)
- 4.53 exist** (v) /ɪg'zɪst/
be real; be alive • *Some people still believe the Loch Ness monster really exists.* > existence (n)
- 4.54 responsible (for)** (adj) /rɪ'spɒnsəbl (fə(r))/
being the cause of sth • *She was driving too fast, so she was responsible for the accident.* > responsibility (n)
- 4.55 sickness** (n) /'sɪknəs/
illness; bad health • *He hasn't felt well for weeks. He must have some kind of sickness.* > sick (adj)
- 4.56 patient** (n) /'peɪʃnt/
sb ill (in hospital) • *The doctor gave the patient some medicine.*
- 4.57 task** (n) /tɑːsk/
a piece of work that sb has to do • *Young children can learn to do simple tasks like tidying their away their toys.*
- 4.58 chase** (v) /tʃeɪs/
follow sb/sth in order to catch them • *Our dog chased the neighbour's cat round and round the garden until the cat managed to get into a tree.* > chase (n)
- 4.59 wolf** (n) /wʊlf/
wild animal that looks like a dog • *In the past, there were many wild wolves all over Europe*

Look!

People	Things
trainer	training
carer	care
rescuer	rescue
hiker	hike

Vocabulary

page 46

- 4.60 in love** (phr) /ɪn lʌv/
having a strong feeling of affection for sb you are attracted to • *Helen and Eric are in love and they want to get married.*
- 4.61 ashamed (of)** (expr) /fɪːl ə'ʃeɪmd ɒv/
feeling embarrassed and guilty • *I feel ashamed of my behaviour at the party. I shouldn't have shouted at you.*
- 4.62 proud** (adj) /praʊd/
pleased with yourself or sb else • *Linda's parents are proud that she is doing well at school.* > pride (n)
- 4.63 rely (on)** (v) /rɪ'laɪ (ɒn)/
depend on • *You can rely on your teacher for help with your studies.* > reliability (n), reliable (adj)
- 4.64 keen (on)** (adj) /kiːn (ɒn)/
liking sb/sth very much; interested in sb/sth • *My sister loves playing sports, but I'm not keen on them.*
- 4.65 concentrate (on)** (v) /'kɒnsntreɪt (ɒn)/
give all your attention to sth • *You can't concentrate on your work if you're also watching TV!* > concentration (n), concentrated (adj)
- 4.66 break the ice** (expr) /breɪk ðiː aɪs/
do sth to make people who you have just met feel relaxed • *I didn't know anybody at the party, but luckily the woman next to me broke the ice and asked me where I was from.*
- 4.67 century** (n) /'sentʃəri/
a period of 100 years • *The First World War began in 1914, over a century ago.*
- 4.68 local** (adj) /'ləʊkl/
relating to the area where you live • *When we went to Spain on holiday, we tried the local food. It was fantastic!* > locally (adv), local (n)
- 4.69 Sherpa** (n) /'ʃɜːpə/
a Himalayan person who often guides people in the mountains and carries their equipment • *The Sherpas carried the climbers' equipment and supplies up the mountain.*
- 4.70 breathe** (v) /briːð/
take air into your lungs and send it out again through your nose or mouth • *Let's go to the countryside tomorrow and breathe some fresh air.* > breath (n)
- 4.71 thin** (adj) /θɪn/
without much oxygen • *The air in high places is thin and people from valleys can find it hard to breathe.* > thinness (n)
- 4.72 ability** (n) /ə'bɪləti/
being able to do sth • *Few people have the ability to sing well enough to become professional singers.* > able (adj), enable (v) ☞ Opp: inability
- 4.73 climber** (n) /'klaɪmə(r)/
a person who climbs mountains • *The climbers managed to reach the top of the mountain.* > climb (v, n)
- 4.74 have in common** (expr) /hæv ɪn 'kɒmən/
enjoy the same things • *Teenagers across the world have one thing in common: they love music.*
- 4.75 life-long** (adj) /laɪf-lɒŋ/
lasting as long as a person or animals lives • *Bird-watching was a life-long hobby; he began as a little boy and carried on until he was a very old man.*
- 4.76 picture** (v) /'pɪktʃə(r)/
show sb/sth in a photograph or picture • *The artist pictured her standing against a stormy sky.* > picture (n)

Grammar

page 47

- 4.77 possession** (n) /pə'zefn/
having or owning sth • *The two countries fought over the possession of the Falkland Islands.* > possess (v), possessive (adj)
- 4.78 essential** (adj) /ɪ'senʃl/
completely necessary • *Clean water and nutritious food are both essential for a healthy life.* > essentially (adv)
- 4.79 orangutan** (n) /ɒ'ræŋʊtæn/
a red ape • *We saw an orangutan at the zoo, as well as some gorillas.*
- 4.80 exception** (n) /ɪk'sepʃn/
sth not included, sth different • *All the boys in my class like rock music, but Joe is the exception because he likes jazz.* > exceptional (adj), except (prep)
- 4.81 acre** (n) /'eɪkə/
a unit of measurement for area (4,047 square metres) • *My uncle has bought three acres of land and wants to build a house on it.*
- 4.82 director** (n) /daɪ'rektə/
sb who is in charge of an organisation • *The director of the bank has offered my aunt a job.*
- 4.83 tail** (n) /teɪl/
the part that sticks out at the back of an animal's body, and that can move • *My cat has a long bushy tail which she cleans every day.*

Listening

page 48

- 4.84 feel let down** (expr) /fi:l let daʊn/
feel disappointed • *I'm sorry I couldn't go to the cinema with you. I understand why you feel let down.*
- 4.85 impressed** (adj) /ɪm'prest/
feeling admiration • *Dad was impressed when he saw my uncle's new BMW.* > impress (v), impression (n), impressive (adj)
- 4.86 disappointed** (adj) /dɪsə'pɔɪntɪd/
unhappy because sth you wanted to happen did not happen or because sth was not as good as you expected • *He was disappointed when his dad didn't buy him a present.* > disappoint (v), disappointment (n)
- 4.87 argue** (v) /'ɑ:gju:/
disagree, fight • *The twins often argue over toys and want to play with the same toy at the same time.* > argument (n), argumentative (adj)
- 4.88 identify with sb** (phr v) /aɪ'dentɪfaɪ wɪθ 'sʌmbədi/
feel sympathy with sb and share their feelings • *I love the character of Dorothea in George Eliot's novel 'Middlemarch' because I really identify with her.*

- 4.89 support** (v) /sə'pɔ:t/
help sb by being kind to them during a difficult time • *When I feel down, I can always rely on support from my friends.* > support (n), supportive (adj)
- 4.90 embarrassed** (adj) /ɪm'bærəst/
feeling uncomfortable and worrying about what people think of you • *I was so embarrassed when I spilt my drink all over my dress in the crowded restaurant.* > embarrass (v), embarrassment (n), embarrassing (adj)


Speaking

page 49

- 4.91 sociable** (adj) /'səʊʃəbl/
enjoying spending time with other people • *Aunt Jane is a sociable person. She loves inviting people to her home and going out with her friends.* > sociably (adv), society (n), social (adj)
- 4.92 make an effort** (expr) /meɪk ən 'efət/
try hard • *Please make an effort and talk to the other kids at your new school.*
- 4.93 stay up** (phr v) /steɪ ʌp/
not go to bed at the usual time • *I wanted to watch a film on TV, so I stayed up until two o'clock in the morning.*
- 4.94 waste** (v) /weɪst/
use more of sth than is necessary • *Lots of people waste food. They buy too much and then throw it away when it goes bad.* > waste (n), wasteful (adj)
- 4.95 to be honest** (phr) /tə bi 'ɒnɪst/
what I really think (is) • *I didn't enjoy the film. To be honest, I thought it was awful.*

Vocabulary

page 50

- 4.96 look up to sb** (phr v) /lʊk ʌp tə 'sʌmbədi/
admire or respect sb • *Young children often look up to their older brothers and sisters and want to be like them when they grow up.*  Opp: look down on
- 4.97 hang out** (phr v) /hæŋ aʊt/
spend time relaxing • *Most teenagers like to hang out with their friends at the weekend instead of staying at home.*
- 4.98 make up** (phr v) /meɪk ʌp/
become friends again after a fight • *They had an argument yesterday, but today they have made up and are friends again.*
- 4.99 ask (sb) out** (phr v) /ɑ:sk 'sʌmbədi aʊt/
invite sb to go out with you on a date • *Bill asked Doreen out and they are going to the cinema on Saturday.*
- 4.100 break up (with sb)** (phr v) /breɪk ʌp (wɪθ 'sʌmbədi)/
end a romantic relationship with sb • *She broke up with Harry when she fell in love Dean.*

- 4.101 put (sb) down** (phr v) /pʊt 'sʌmbədi daʊn/
make sb feel stupid • *The nasty kids at school are always putting me down and calling me horrible names.*
- 4.102 let sb down** (phr v) /let 'sʌmbədi daʊn/
disappoint sb; not do sth that sb expects you to do • *He promised to help me with my homework, but he let me down and he didn't even say he was sorry.*
- 4.103 get on** (phr v) /get ɒn/
like sb, be friends with sb • *Sharon gets on with all her classmates and often goes out with them at the weekend.*
- 4.104 date** (n) /deɪt/
a (romantic) meeting • *Stan and Paula went on a date to a restaurant and had a lovely time.* > date (v)
- 4.105 forgive** (v) /fə'gɪv/
stop being angry with sb even though they have done sth wrong • *Please forgive me for forgetting to call you.* > forgiveness (n)
- 4.106 disappoint** (v) /dɪsə'pɔɪnt/
let down, not do what you promised • *He disappointed his brother and didn't take him to see the film.* > disappointment (n), disappointed, disappointing (adj)
- 4.107 critical** (adj) /'krɪtɪkl/
expressing disapproval and saying what you think is bad about sb/sth • *Martha is never satisfied with anything I do. She's so critical!* > critically (adv), critic, criticism (n), criticise/criticize (v)
- 4.108 argument** (n) /'ɑːɡjʊmənt/
an angry conversation between two or more people, in which they disagree • *My mother and I had an argument again about my untidy bedroom.* > argue (v)
- 4.109 criticize** (v) /'krɪtɪsaɪz/
say what you do not like or think is wrong about sb/sth • *I hate it when people complain about things and criticize things all the time.* > critic, criticism (n), critical (adj), critically (adv), criticise (v)

Adjectives describing people

ashamed	obedient
athletic	powerful
critical	proud
disappointed	responsible
down	smart
embarrassed	sociable
gifted	suspicious
impressed	talented
keen	

Grammar

page 51

- 4.110 passport** (n) /'pɑːspɔːt/
an official travel document • *If you forget your passport, you won't be allowed on the plane.*
- 4.111 manager** (n) /'mænɪdʒə(r)/
sb who is in charge of a business, a • *Sue was with the company only four years before she became manager.* > manage (v), management (n)
- 4.112 over** (adv) /'əʊvə(r)/
ended • *When the concert was over, we went home.*
- 4.113 deliver** (v) /dɪ'livə(r)/
take letters, parcels, etc. to the person or people they have been sent to • *The postman delivers letters twice a day.* > delivery (n)
- 4.114 parcel** (n) /'pɑːsl/
a package • *She posted a parcel of warm clothes to her friend who was studying in Northern Greece.*
- 4.115 pocket money** (n) /'pɒkɪt 'mʌni/
money that parents give their children, usually every week or every month • *A lot of teenagers spend their pocket money on things like computer games and going out with friends.*

Writing: a story

pages 52-53

- 4.116 introduce** (v) /,ɪntrə'djuːs/
tell people who have not met before what each other's names are; tell sb a little about another person • *The writer introduces the main characters on the first page of his novel.* > introduction (n), introductory (adj)
- 4.117 several** (det) /'sevrəl/
more than two but not many • *We discussed several solutions to the problem, but decided yours was the best.*
- 4.118 unexpected** (adj) /,ʌnɪk'spektɪd/
surprising because you were not expecting it • *Our grandparents paid us an unexpected visit last weekend, and it was great to see them.* > unexpectedly (adv)
- 4.119 collar** (n) /'kɒlə(r)/
a band of leather or plastic around the neck of an animal such as a dog or cat • *The Persian cat had a beautiful red collar around its neck.*

Phrasal verbs

ask sb out	make up
break up with sb	pick up
carry on	put sb down
get on	relate to sb
hang out	stay up
identify with sb	turn off
let sb down	turn on
look up to sb	

Video 4 Man's Best Friend

page 54

- 4.120 herd** (v) /hɜːd/
make animals move into a group • *Sheepdogs are working dogs that herd sheep in a particular direction.*
- 4.121 complicated** (adj) /'kɒmplɪkeɪtɪd/
not simple • *Dogs can be trained to do complicated things like assist a person around town or find hidden objects.* > complicate (v), complication (n)
- 4.122 complex** (adj) /'kɒmpleks/
made of many different parts; difficult to understand • *The way plants make sugar using water, carbon dioxide and sunlight is a complex process.*
- 4.123 interact (with)** (v) /ɪntə'rækt wɪð/
communicate and act with sb • *Dogs and cats make good pets because they interact well with people.* > interaction (n), interactive (adj)
- 4.124 relate to sb** (phr v) /rɪ'leɪt tə 'sʌmbədi/
be able to understand and have sympathy with sb • *I can relate to your situation because I have the same problem.*
- 4.125 powerful** (adj) /'paʊəfʊl/
very strong • *A dog's powerful sense of smell helps it find illegal objects in people's luggage.* > powerfully (adv), power (n)
- 4.126 gifted** (adj) /'ɡɪftɪd/
naturally talented • *He is a gifted musician and started playing the piano at the age of three.* > gift (n)
- 4.127 talented** (adj) /'tæləntɪd/
having a natural ability to do sth well • *She is a talented dog trainer and has helped many people teach their dogs to behave.* > talent (n)
- 4.128 partnership** (n) /'pɑːtnəʃɪp/
a work agreement between two people • *The relationship between a guide dog and its owner is a very special partnership.*
- 4.129 carry on** (phr v) /'kæri ɒn/
continue • *Don't turn off the TV as this programme carries on after the news and I want to watch it.*
- 4.130 skill** (n) /skɪl/
a particular ability • *I admire him for his skill in public speaking.* > skilled (adj), skilful (adj), skillfully (adv)
- 4.131 fail** (v) /feɪl/
not succeed • *Well-trained dogs rarely fail to follow instructions.* > failure (n)
- 4.132 clearly** (adv) /'kliəli/
used to emphasise that what you are saying is true • *Eating too much sugar is clearly bad for your teeth.* > clear (adj)

5 A Place to Call Home

page 57

- 5.1 a place to call home** (expr) /ə pleɪs tʊ kɔːl hæʊm/
somewhere you feel comfortable in • *I was born in Patras, so it is a place to call home for me.*

Word Focus

page 58

- 5.2 urgent** (adj) /'ɜːdʒənt/
very important and needing to be dealt with immediately • *We need to take urgent action to protect the environment because soon it will be too late.* ➤ urgently (adv), urgency (n)
- 5.3 inconvenience** (n) /ˌɪnkən'viːniəns/
a problem that annoys you • *I would like to apologise for the inconvenience I caused by being late.* ➤ inconvenient (adj), inconveniently (adv)
- 5.4 delay** (n) /dɪ'leɪ/
a period of time when sb/sth waits because of a problem that makes sth late • *There was a delay at the airport because of the fog, but eventually our flight left four hours late.* ➤ delay (v)
- 5.5 historic** (adj) /hɪ'stɒrɪk/
important in history • *The signing of the American Declaration of Independence was a historic occasion.* ➤ history, historian (n), historical (adj)

Reading

pages 58-59

- 5.6 fix** (v) /fɪks/
mend, repair • *Can you fix the broken bookshelf or shall I ask Oliver to do it?*
- 5.7 sink** (n) /sɪŋk/
a large open container in a kitchen that you fill with water in order to wash the dishes • *Take the dishes to the kitchen sink. I want to wash them.*
- 5.8 roof** (n) /ruːf/
the structure that covers the top of a building • *The houses in our village all have red roofs and white walls.*
- 5.9 builder** (n) /'bɪldə(r)/
a person who builds or repairs houses or other buildings • *We asked a builder to build a new garage for us.* ➤ build (v), building (n)
- 5.10 electrician** (n) /ɪˌlek'trɪʃn/
a person who connects or repairs electrical equipment • *An electrician needs to check all the electrical equipment so that we know it's safe to use.* ➤ electricity (n), electrical (adj), electric (adj), electrify (v)

- 5.11 plumber** (n) /'plʌmə/
sb who fits and mends pipes, bathrooms, etc. • *We've got a water leak, so we'll have to call the plumber.* ➤ plumbing (n)
- 5.12 ceiling** (n) /'siːlɪŋ/
the top inside surface of a room • *We painted the walls of the room green and the ceiling white.*
- 5.13 advert** (n) /'ædvɜːt/
a notice or picture telling people about a product, job or service • *I love looking at the adverts in expensive fashion magazines even though I can't afford to buy the things in them.* ➤ advertise (v) Also: advertisement, ad
- 5.14 let** (v) /let/
allow sb to use a house, shop, etc. in return for regular payments • *The old lady owns four flats, which she lets to four families for 400 euros a month.*
- 5.15 floor** (n) /flɔː/
a level of a building • *I work on the second floor of this building.*
- 5.16 lift** (n) /lɪft/
a machine that goes up and down in a tall building and that people can ride in • *The lift took five minutes to go from the first floor to the top floor.* ➤ lift (v) Also: elevator (American English)
- 5.17 repair** (n) /rɪ'peə(r)/
sth you do to fix a thing that is damaged or not working • *The repairs to our car will cost a lot because there was so much damage.* ➤ repair (v)
- 5.18 apologise** (v) /ə'pɒlədʒaɪz/
say you are sorry for doing sth wrong • *I apologise for shouting at your yesterday. I was wrong and I shouldn't have done it.* ➤ apology (n), apologetic (adj)
- 5.19 book** (v) /bʊk/
make arrangements to stay in a place, go to a theatre, eat at a restaurant, etc. on a particular date or time • *Mum and Dad have booked a holiday in Italy this summer.* ➤ booking (n)
- 5.20 link** (n) /lɪŋk/
a word or a picture in an Internet document that you click on to move to another document • *If you click on the link, it will take you to an excellent article on climate change.* Also: hyperlink
- 5.21 eliminate** (v) /ɪ'lɪmɪneɪt/
get rid of sth • *I think you should eliminate that option. It's clearly incorrect.* ➤ elimination (n)

Vocabulary

page 60

- 5.22 block of flats** (n) /blɒk əv flæts/
an apartment building with several floors
• *I live on the third floor of a block of flats.*
- 5.23 bungalow** (n) /'bʌŋɡələʊ/
a house with one floor and no stairs
• *Grandma has moved to a bungalow because she can't walk up stairs any more.*
- 5.24 castle** (n) /'kɑːsl/
a large building with thick high walls built in the past as a safe place • *The king built a number of castles to protect his kingdom.*
- 5.25 cottage** (n) /'kɒtɪdʒ/
a small house in the country • *They bought a cottage in the country where they stayed at weekends and during holidays.*
- 5.26 detached house** (n) /dɪ'tætʃt haʊs/
a house that isn't joined to another house • *We live in a detached house, so we don't hear any noise from the neighbours.*
- 5.27 semi-detached house** (n) /'semi-dɪ'tætʃt haʊs/
house that is joined on one side to another house • *This semi-detached house was cheaper than a detached house, but the neighbours are very noisy.*
- 5.28 tent** (n) /tent/
a shelter consisting of a cloth, poles and ropes, which you can fold up and carry with you • *There was a hole in the tent and we got wet in the night when it started raining.*
- 5.29 terraced house** (n) /terɪst haʊs/
a house that is joined on both sides to other houses • *There are rows of terraced houses in London which line a whole street.*
- 5.30 ground floor** (n) /graʊnd flɔː/
the floor at the same level as the ground
• *We were given the keys to our hotel room at reception on the ground floor.*
- 5.31 toilet** (n) /'tɔɪlət/
a large bowl that you sit on to get rid of waste from your body • *Who threw all this paper in the toilet?*
- 5.32 garage** (n) /'ɡærɑːʒ/
a building for keeping cars, bicycles, or other vehicles in • *It's going to snow, so put the car in the garage, please.*
- 5.33 camping** (n) /'kæmpɪŋ/
living in a tent on holiday • *My family and I often go camping in the mountains in the summer.* > camp (v, n) 🏕️ go camping

Homes

block of flats	detached house
bungalow	semi-detached
castle	house
cottage	terraced house

Grammar

page 61

- 5.34 architect** (n) /'ɑːkɪtekt/
a person who designs buildings • *The architect designed a beautiful modern home for us.*
> architecture (n), architectural (ad)
- 5.35 do the dishes** (phr) /du ðə 'dɪʃɪz/
wash the plates, glasses, cups, etc. that have been used for a meal • *When we finish having dinner, I'll do the dishes and my sister will put them away.*
- 5.36 lie** (v) /laɪ/
not tell the truth • *He lied and said he was eighteen, but he is in fact only sixteen.*
> lie, liar (n)
- 5.37 promise** (n) /'prɒmɪs/
a statement that tells sb that you will definitely do or not do sth • *I said I'll help you and I'll keep my promise.* > promise (v), promising (adj)
- 5.38 prediction** (n) /prɪ'dɪkʃn/
saying what will happen in the future
• *Some predictions are that one day we will live on other planets.* > predict (v)
- 5.39 proof** (n) /pruːf/
sth that shows sth to be true • *Do you have any proof that she was lying or do you just think she was?* > prove (v)
- 5.40 expect** (v) /ɪk'spekt/
think that sth will happen • *I expect we're having dinner with my grandparents this weekend. We always do.* > expectation (n)
- 5.41 suppose** (v) /sə'pəʊz/
think that sth is true or possible based on the knowledge you have • *They had a very long flight and I suppose they were tired.*
- 5.42 edge** (n) /edʒ/
the part of sth that is furthest from the centre
• *Please don't stand close to the edge of the cliff. It's dangerous.*
- 5.43 decorate** (v) /'dekəreɪt/
put paint or wallpaper on the walls and ceilings of a room or house • *I've bought some white paint so that I can decorate my bedroom.*
> decorator (n), decoration (n)
- 5.44 turn** (v) /tɜːn/
become a particular age • *It's Eddie's birthday tomorrow. He turns eleven.*

Listening

page 62

- 5.45 bamboo** (n) /bəm'buː/
a tall plant with hollow stems often used to make furniture • *Bamboo is a popular material for garden chairs and tables.*
- 5.46 netting** (n) /'netɪŋ/
light material made of thin wire or plastic and woven together • *They put netting over the flowerbeds to keep the birds off the seeds.*

- 5.47 steel** (n) /sti:l/
strong metal often used in buildings and bridges • *For safety, buildings should be made of concrete and a strong metal like steel.*
- 5.48 straw** (n) /strɔ:/
dried plants such as wheat that are used as food for animals or as a layer on the ground for animals to sit or sleep on • *Mum wears a hat made of straw when she's working in the garden.*
- 5.49 trap** (v) /træp/
keep sb in a dangerous place that they want to get out of but cannot • *The people of the village were trapped in their homes by the heavy snow and couldn't get out to buy food.* > trap (n)
- 5.50 escape** (v) /ɪ'skeɪp/
get away from a place where you do not want to be • *How did the men escape from prison?* > escape (n)
- 5.51 technique** (n) /tek'ni:k/
a particular way of doing sth, especially one which needs a special skill • *Engineers use a number of techniques to make buildings stronger because there are so many earthquakes in Greece.* > technical (adj), technically (adv), technician (n)
- 5.52 reinforce** (v) /,ri:ɪn'fɔ:s/
make a structure or material stronger • *The concrete in this block of flats has been reinforced with steel.*
- 5.53 crack** (v) /kræk/
break sth so that it gets lines on its surface or so that it breaks into pieces • *Crack four eggs so we can make an omelette.* > crack (n), cracked (adj)
- 5.54 collapse** (v) /kə'læps/
fall down • *Thousands of buildings collapsed in the earthquake.* > collapse (v, n)
- 5.55 afford** (v) /ə'fɔ:d/
have enough money to buy sth • *Our car is very old now, but we can't afford to buy a new one.*
- 5.56 panic** (v) /'pænik/
suddenly feel so frightened that you cannot think clearly • *Try not to panic in an earthquake, but stay calm and hide under your desks.* > panic (n), panic-stricken (adj)
- 5.57 record** (v) /rɪ'kɔ:d/
write information down or store it in a computer so that it can be looked at in the future • *The scientist records all the data on a computer so that she can study it later.* > record (n)
- 5.58 construct** (v) /kən'strʌkt/
build or make sth such as a building or road • *They are going to construct a new road between the two cities.* > construction (n)
- 5.59 solution** (n) /sə'lʊ:ʃn/
a way of solving a problem or dealing with a situation • *The problem is serious and we need to find a solution very soon.* > solve (v)
- 5.60 hold sth in place** (expr) /həʊld 'sʌmθɪŋ ɪn pleɪs/
make sure sth doesn't move position • *Sticky tape will hold your posters in place on the wall, but it might ruin the paint.*
- 5.61 hold sth together** (expr) /həʊld 'sʌmθɪŋ tə'geðə/
make sure sth stays attached • *Buildings are held together with concrete and metal.*
- 5.62 underneath** (prep) /ʌndə'ni:θ/
under a place, below • *Some houses in wet climates have problems underneath because the ground gets so wet.*
- 5.63 engineer** (n) /,endʒɪ'niə(r)/
a person who designs and builds roads, bridges, etc. • *The engineers are working on a new design for car.* > engineering (n, adj)
- 5.64 test** (v) /test/
use sth to find out how well it works or to find out information about it • *Why don't you take the car for a drive and test how well it goes?* > test (n)
- 5.65 structure** (n) /'strʌktʃə(r)/
sth that has been built • *The Eiffel Tower is quite old now, but it's still a magnificent structure.*
- 5.66 sand** (n) /sænd/
very small fine grains of rock often found on beaches, in deserts, etc. • *After playing on the beach all day, there was sand in my hair and clothes.* > sandy (adj)
- 5.67 useless** (adj) /'ju:sləs/
not useful • *The equipment is broken, so it's useless.* > use (v, n) 📖 Opp: useful

Speaking

page 63

- 5.68 feature** (n) /'fi:tʃə(r)/
sth typical, important or interesting of a place or thing • *The house has some interesting features: a lovely kitchen, a fireplace in every room and a large attic.*
- 5.69 neighbourhood** (n) /'neɪbəhʊd/
part of a town • *We live in a friendly neighbourhood and we know everyone there.* > neighbour (n)
- 5.70 attic** (n) /'ætɪk/
a room in the roof • *When their second child was born, they decided to build another bedroom upstairs in the attic.*
- 5.71 public transport** (n) /'pʌblɪk 'trænsɜ:t/
bus, train, metro, trolley that people ride on • *I use public transport to get to work in the city because the train is faster than driving.*
- 5.72 nearby** (adj) /nɪə'baɪ/
not far away • *We often play football in the nearby park, which is only five minutes' walk from our house.*

- 5.73 central heating** (n) /'sentrəl 'hi:tiŋ/
a heating system that heats a whole house or building • *This block of flats is cold because the central heating has broken down.*
- 5.74 expand on sth** (phr v) /ɪk'spænd ɒn 'sʌmθɪŋ/
say more about sth and add details • *What you say is interesting, but can you expand on it and give more details?*
- 5.75 keep sth going** (phr)
/ki:z 'sʌmθɪŋ 'gəʊɪŋ/
do what is necessary so that sth continues to happen, work, etc. • *We need to do everything we can to keep the project going.*

Vocabulary

page 64

- 5.76 rest** (n) /rest/
a period when you are not doing anything tiring and you can relax • *You've been working hard all day, so it's time for a rest.* > rest (v), restful (adj), restless (adj)
- 5.77 make a mess** (expr) /meɪk ə mes/
make a place untidy • *The twins got all the toys out of the cupboard and made a mess all over their room.*
- 5.78 make your bed** (expr) /meɪk 'jɔ:z bed/
tidy the covers on your bed • *School children should learn to make their beds after they get up.*
- 5.79 move with the times** (expr) /mu:v wɪð ðə taɪms/
change when other things in the world around you change • *Her grandparents are in their sixties but they move with the times and are interested in everything their grandchildren do.*
- 5.80 do the housework** (phr) /du ðə 'haʊswɜ:k/
do work in a home, such as cleaning, cooking, ironing • *In my family, we all do the housework. Mum makes the beds and tidies up, Dad washes the dishes and does the ironing, and I take out the rubbish.*
- 5.81 take a bath** (expr) /teɪk ə bɑ:θ/
wash in the bath • *If you feel stressed, you should take a bath and relax in the warm water.*
- 5.82 take a break** (expr) /teɪk ə breɪk/
stop working for a short time • *He's been working for four hours on the computer, so he should take a break and have a coffee.*

Common expressions

We get on like a house on fire.
You should move with the times.
Charity begins at home.
Big Arthur is eating us out of house and home.
Grandpa can talk until the cows come home.
Mum and Dad bring home the bacon.

Grammar

page 65

- 5.83 fix** (v) /fɪks/
decide on a date or a time for sth • *Can we fix a date and time for our next meeting?*
- 5.84 arrange** (v) /ə'reɪndʒ/
organise sth such as an activity in advance • *Mum is arranging a party for Dad's fiftieth birthday next month.* > arrangement (n)
- 5.85 intend** (v) /ɪn'tend/
have in your mind a plan or purpose • *I intend to do my homework as soon as I get home this afternoon.* > intention (n), intentional (adj), intentionally (adv)
- 5.86 exhibition** (n) /ˌeksɪ'bɪʃən/
a show of paintings, interesting objects, etc. that people can go to see • *You can get ideas for your home at furniture exhibitions.* > exhibit (v)
- 5.87 adult** (n) /'ædʌlt/
a grown person; a person who is not a child or teenager any longer • *Legally, you're an adult when you turn 18, but a lot of people still live with their parents at that age.*

Writing: an informal letter

pages 66-67

- 5.88 react** (v) /ri'ækt/
change or behave in a particular way in response to sth • *'I suggested that we should stay at home this summer.'* 'And how did your family react to your suggestion?' > reaction (n)
- 5.89 explanation** (n) /ˌeksplə'neɪʃn/
the reason given for why sth happened or why sth was done • *He gave us a good explanation for what had happened and how it had happened.* > explain (v)
- 5.90 enthusiasm** (n) /ɪn'tʃu:ziæzəm/
a strong feeling of excitement and interest in sth • *There is a lot of enthusiasm for the project and hundreds of people want to take part.* > enthusiastic (adj), enthusiastically (adv)
- 5.91 accept** (v) /ək'sept/
say 'yes' to an invitation or offer • *George invited me to his party and of course we accepted.* > acceptance (n), acceptable (adj)
- 5.92 decline** (v) /dɪ'klaɪn/
refuse politely • *They asked me to join them, but I declined politely because I don't like them.*
- 5.93 request** (n) /rɪ'kwest/
a formal or polite demand for sth • *The residents made a request for better street lights in their area.* > request (v)

- 5.94 reject** (v) /rɪ'dʒekt/
not accept sth • *The manager rejected our request for a new fridge in the staff kitchen.*
➤ rejection (n)
- 5.95 comment** (n) /'kɒment/
something you say which gives an opinion on sth • *'Rose made some interesting comments about the situation.'* 'What did she say?'
➤ comment (v), commentary (n)
- 5.96 houseboat** (n) /'haʊsbəʊt/
a river boat that you can live in • *Living in a houseboat is nice for people who like travelling up and down the river.*
- 5.97 respond** (v) /rɪ'spɒnd/
answer sb; reply to sb • *My friend sent me an email, but I haven't responded to her yet.*
➤ response (n)
- 5.98 collection** (n) /kə'leɪʃn/
a group of objects, usually of the same kind, that have been collected • *Granddad has a wonderful collection of old stamps.*
➤ collect (v)
- 5.99 housewarming party** (n) /'haʊswɔːmɪŋ 'pɑːti/
a party to celebrate moving into a new home • *When they moved into their new house, they invited all their friends and family to a housewarming party.*
- 5.100 traffic** (n) /'træfɪk/
the vehicles that are moving along a road • *There's so much traffic on the roads at this hour that the cars can hardly move.*
- 5.101 youth club** (n) /juːθ klʌb/
a club where young people can meet each other and take part in activities • *There's a youth club in our town, but I prefer to meet my friends in other places.*
- 5.102 if I were you** (phr) /ɪf aɪ wə(r) ju/
used to give sb advice • *If I were you, I'd tell your parents the truth.*
- 5.103 make it** (phr) /meɪk ɪt/
succeed in going somewhere in time • *There's a concert in the park this weekend, but I've got an exam on Monday, so I don't think I'll make it.*

Compound nouns

central heating	public transport
detached house	semi-detached house
ground floor	terraced house
houseboat	youth club

Video 5 Living in Venice

page 68

- 5.104 gondolier** (n) /ɡɒndə'liə/
sb who controls a gondola • *The gondolier didn't speak to the couple for the whole gondola tour.* ➤ gondola (n)
- 5.105 row** (v) /rəʊ/
cause a boat to move through water using oars • *She rowed the little boat across the lake.* ➤ rowing (n)
- 5.106 gondola** (n) /'ɡɒndələ/
a long narrow boat in Venice • *Most tourists in Venice go for a ride on a gondola to see the city from the water.* ➤ gondolier (n)
- 5.107 canal** (n) /kə'næl/
a stretch of water for boats to travel on • *In Venice and Amsterdam there are many canals which were built a long time ago.*
- 5.108 annually** (adv) /'ænjʊəli/
every year • *We go on holiday annually to a Greek island, usually in August.* ➤ annual (adj)
- 5.109 challenge** (n) /'tʃæləndʒ/
sth difficult • *Building the first skyscrapers was an amazing challenge, but nowadays modern machines make it a bit easier.* ➤ challenge (v), challenging (adj)
- 5.110 property** (n) /'prɒpəti/
a building and the land which belongs to it • *'This property consists of a large detached house and two acres of land,' said the estate agent.*
- 5.111 resident** (n) /'rezɪdənt/
a person who lives in a particular place • *The residents of this city are very proud of its history.* ➤ reside (v), residential (adj)
- 5.112 increasingly** (adv) /ɪn'kriːsɪŋli/
more and more • *The environment is becoming increasingly polluted because there are too many people in the world.*
➤ increasing (adj), increase (n, v)
- 5.113 local** (n) /'ləʊkl/
a person who lives in a particular place • *If you want to know the best place to eat when you are on holiday, ask a local.* ➤ local (adj), locally (adv)
- 5.114 gift** (n) /ɡɪft/
a thing that you give sb; a present • *My grandparents gave me a wonderful gift on my birthday.*
- 5.115 despite** (prep) /dɪs'paɪt/
even though • *Despite being expensive, eating out in London is very enjoyable.* ⚠ Syn: in spite of

6 Ready, Steady, Go!

page 69

- 6.1 Ready, steady, go!** (expr) /'redi 'stedɪ ɡəʊ/
words said at the beginning of a race to tell you when to start • *Stand still everybody! Ready, steady, go!*
- 6.2 tortoise** (n) /'tɔɪtəs/
a slow-moving animal that can pull its head and legs into its round hard shell • *Many people keep tortoises as pets, but they don't know how to look after them properly.*
- 6.3 roll** (v) /rəʊl/
turn over and over and move in a particular direction • *The child lay down and rolled down the grassy hill.* > roll (n)

Word Focus

page 70

- 6.4 equipment** (n) /ɪ'kwɪpmənt/
things that are needed for an activity • *The equipment for sports like scuba diving is very expensive.* > equip (v), equipped (adj)
- 6.5 coordination** (n) /kəʊ,ɔːdɪ'neɪʃn/
the ability to control your movements well • *An athlete needs to be fit and have excellent coordination.* > coordinate (v)
- 6.6 controlled** (adj) /kən'trəʊld/
done in a careful way • *When the police find a suspicious package, they destroy it by creating a controlled explosion.* > control (v, n)
- 6.7 ice rink** (n) /aɪs rɪŋk/
a specially prepared surface of ice where you can skate • *It is quite cold on the ice rink, so dress warmly.*

Reading

pages 70-71

- 6.8 fit** (adj) /fɪt/
strong and healthy because you take regular exercise • *Dad runs in the park three times a week, so he's very fit.* > fitness (n) 📖 Opp: unfit
- 6.9 watersports** (n) /'wɔːtəspɔːts/
sports that are done on or in water • *I love all watersports, especially skiing and diving.*
- 6.10 skate** (v) /skeɪt/
move on skates (skate = a boot with a metal blade on the bottom) • *I put on my skates and went round and round the ice rink.* > skate (n), skater (n)
- 6.11 paddleboarding** (n) /'pædlbɔːdɪŋ/
a sport where you lie flat on a surfboard and use your arms to move forward • *Paddleboarding was fun, but I kept slipping off the board into the water.*

- 6.12 surfing** (n) /'sɜːfɪŋ/
a sport where you stand on a board and ride on waves • *Surfing is popular in places like Hawaii, where the waves are huge.* > surf (v), surfer (n)
- 6.13 rowing** (n) /'rəʊɪŋ/
a sport or activity of travelling in a boat using oars • *Rowing is great exercise, especially for your arms.* > row (v), rower (n)
- 6.14 knee** (n) /niː/
the joint between the top and bottom parts of the leg • *He fell and hurt his knee badly, so he can't walk.*
- 6.15 lie** (v) /laɪ/
be in a position in which your body is flat on a surface • *The surfer was lying on the board, and when a big wave came he stood up and rode it.*
- 6.16 board** (n) /bɔːd/
a long thin piece of hard material used in sports like surfing • *This board is used for surfing and it is made of expensive material.*
- 6.17 borrow** (v) /'bɒrəʊ/
take sth that belongs to sb else, use it and return it to them later • *I had forgotten to take some money with me, so I had to borrow 20 euros from a friend.* > borrower (n)
- 6.18 scuba diving** (n) /'skuːbə 'daɪvɪŋ/
swimming underwater using a container of air that you have on your back and a tube that you use to breathe the air in the container • *My greatest ambition is to go scuba diving in the Great Barrier Reef and see the corals, fish and other sea life there.*
- 6.19 course** (n) /kɔːs/
a series of lessons • *Dad wants to learn another foreign language, so he's doing a Spanish course for beginners.*
- 6.20 level** (n) /'levl/
a particular standard; how much you know about a subject; how good you are at an activity • *I've been studying English for five years and my level is quite good.* > level (adj)
- 6.21 including** (prep) /ɪn'kluːdɪŋ/
having sth as part of a larger group or amount • *The child ate everything on her plate, including the spinach.* > include (v) 📖 Opp: excluding
- 6.22 instructor** (n) /ɪn'strʌktə/
a trainer, sb who teaches you a sport • *Dan is a swimming instructor and gives lessons to children every evening at the local pool.* > instruct (v), instruction (n)

- 6.23 be in safe hands** (expr) /bi: ɪn seɪf hændz/
not be in danger • *You are in safe hands because the instructor has been giving skiing lessons for twenty years.*
- 6.24 hire** (v) /haɪə/
rent for a short time • *You don't have to buy a boat when you go on holiday. You can hire one for as long as you want.*
- 6.25 goal** (n) /ɡəʊl/
sth that you hope to achieve • *Her goal is to win the chess championship next year.*
- 6.26 belt** (n) /belt/
a long narrow piece of leather or cloth that you wear around your waist • *He's good at judo; he has a black belt.*
- 6.27 confidence** (n) /'kɒnfɪdəns/
a belief in your ability to do sth successfully • *If you want to win, you must have confidence in your abilities.* > confident (adj), confidently (adv)
- 6.28 enter a competition** (phr) /'entə ə ,kɒmpə'tɪʃn/
put your name on the list for a competition • *Are you going to enter the story-writing competition? You might win it.*
- 6.29 helmet** (n) /'helmit/
a hard hat that protects your head • *In Formula 1 racing, the drivers wear helmets to protect their heads.*
- 6.30 figure skating** (n) /'fɪɡə 'skeɪtɪŋ/
a type of skating in which you move in patterns on the ice and do jumps and spins • *My favourite spectator sport is figure skating because the athletes are great to watch.*
- 6.31 pull sb/sth along** (expr) /pʊl 'sʌmbədi/ 'sʌmθɪŋ ə'lɒŋ/
make sb/sth move towards you because they are attached to you or because you are holding them • *Our car broke down and it was pulled along by another car.*
- 6.32 combine** (v) /kəm'baɪn/
have two or more different features • *To make the cake, combine all the ingredients.* > combination (n)
- 6.33 water-skiing** (n) /wɔ:tə-'ski:ɪŋ/
a sport in which you are pulled behind a fast boat and you are on skis on water • *Water-skiing is a hard sport and many people fall in the water when they first try.* > water-ski (v)
- 6.34 motorboat** (n) /'məʊtəbəʊt/
a fast boat with an engine • *They got to Aegina in half an hour in the motorboat.*
- 6.35 surfboard** (n) /'sɜ:fbo:rd/
a board used for surfing (surfing = riding on waves while standing on a surfboard) • *Get your surfboard and let's go to the beach. The waves are great for surfing today.* > surfing (n), surf (v), surfer (n)
- 6.36 ride the waves** (phr) /raɪd ðə weɪvz/
move on the surface of the water on a board • *Professional surfers can ride the waves for great distances.*
📎 Syn: surf
- 6.37 hold on tight** (expr) /həʊld ɒn taɪt/
not let go, hold firmly • *Here we go. Hold on tight so you don't fall into the sea!*
- 6.38 life jacket** (n) /laɪf 'dʒækɪt/
a jacket filled with air that helps you float in water • *If you are in a boat, you should wear a life jacket in case you fall into the water.*
- 6.39 suitable** (adj) /'su:təbl/
right or appropriate • *You can't go running in those shoes. They aren't suitable.*
> suitably (adv), suitability (n)
📎 Opp: unsuitable
- 6.40 village** (n) /'vɪlɪdʒ/
a very small town in the countryside • *There are two hundred people living in this small mountain village.* > villager (n)
- 6.41 shy** (adj) /ʃaɪ/
nervous about meeting and speaking to other people • *Gerry is shy and he hates going to places where there are a lot of strangers.* > shyly (adv), shyness (n)
- 6.42 compete** (v) /kəm'pi:t/
take part in a competition or sport • *Hundreds of athletes compete for a gold medal at the Olympic Games.* > competitor (n), competition (n), competitive (adj), competitively (adv)
- 6.43 confident** (adj) /'kɒnfɪdənt/
feeling sure • *He has been training for six months and is confident that he can finish the marathon.* > confidence (n)
- 6.44 instruct** (v) /ɪn'strʌkt/
teach sb, especially a skill • *The chemistry teacher instructed the students on how to do the experiment.* > instructor (n), instruction (n)
- 6.45 champion** (n) /'tʃæmpiən/
a person who has won a contest • *Mohammed Ali was a world heavyweight boxing champion.* > championship (n)
- 6.46 race** (n) /reɪs/
a competition in which people run to see who finishes first • *Dave ran in the race and came second.* > race (v)
- 6.47 coach** (n) /kəʊtʃ/
sb who trains people to play a sport • *The rowing coach made his team train every day for an hour.* > coach (v)
- 6.48 sail** (v) /seɪl/
travel on water in a boat with sails • *Sir Francis Chichester was the first person to sail around the world on his own.* > sail (n), sailor (n)

- 6.49 gymnastics** (n) /dʒɪm'næstɪks/
a sport involving movements that need skill and strength • *She's very good at gymnastics and hopes to get into the Olympic team one day.*
➢ gymnast (n), gym (n)
- 6.50 aerobics** (n) /əə'rəʊbɪks/
physical exercises that are intended to make the heart and lungs stronger • *They do aerobics three times a week to keep fit and healthy.*
- 6.51 weightlifting** (n) /'weɪtlɪftɪŋ/
the sport of lifting heavy weights • *Of course you need to be strong to do weightlifting, but you also need a good technique.* ➢ weightlifter (n), weight (n)
- 6.52 snowboarding** (n) /'snəʊbɔːdɪŋ/
the sport of moving over snow on a board • *Snowboarding is a winter sport.*
➢ snowboard (n), snowboarder (n)
- 6.53 net** (n) /net/
the thing that you must hit the ball over in games like tennis; the thing behind the goal posts that players try to hit the ball into • *The footballer kicked the ball into the net, scoring the first goal of the match.*
- 6.54 cap** (n) /kæp/
a flat hat with a curved part sticking out at the front • *Baseball players often wear a cap to keep the sun out of their eyes.*
- 6.55 referee** (n) /refə'reɪ/
sb who makes sure that players follow the rules of a sport • *The referee gave the player a yellow card.* ➢ referee (v)
- 6.56 stick** (n) /stɪk/
a long piece of wood that you use to hit a ball in some sports • *You hit the ball with a stick when playing hockey.*
- 6.57 tournament** (n) /'tɔːnəmənt/
a set of games where you must win to carry on to the next game • *The team have won the first game, so they are still in the tournament.*
- 6.58 track** (n) /træk/
the ground you run along in a race • *He ran 400 metres on the track in one minute.*
- 6.59 umpire** (n) /'ʌmpaɪə(r)/
a person who watches a game like tennis and makes sure that players do not break the rules • *The umpire sent the player off the field for using bad language.*
- 6.60 line judge** (n) /laɪn dʒʌdʒ/
sb who decides when a ball is out of the playing area in a sport • *The line judge saw the footballer was offside and held up his flag.*

- 6.61 pitch** (n) /pɪtʃ/
the area of grass where you play football, soccer or rugby • *The grass on the football pitch was really wet after the heavy rain.*
- 6.62 bat** (n) /bæt/
a wooden stick used in a sport like baseball • *He swung the baseball bat and hit the ball.*
- 6.63 glove** (n) /glʌv/
sth that you wear on your hand to protect it • *In baseball, the players wear a large glove to catch the ball.*
- 6.64 goal post** (n) /gəʊl pəʊst/
one of the two posts that form the area where the ball must go in order to score in football, hockey, etc. • *Gerard tried to score, but the ball hit the goal post and didn't go into the net.*
- 6.65 individual** (adj) /ɪndɪ'vɪdʒʊl/
for one person • *Weightlifting is an individual sport where athletes train to get strong.*
➢ individual (n)
- 6.66 indoor** (adj) /'ɪndɔː(r)/
located or done inside a building • *In winter, we go swimming at an indoor swimming pool.*
➢ indoors (adv)
📎 Opp: outdoor
- 6.67 match** (n) /mætʃ/
a sports event • *Did you see the football match between Arsenal and Liverpool on Saturday?*
- 6.68 the ball is in** (phr) /ðə bɔːl ɪz ɪn/
If a ball is in during a game, it is inside the area where the game is being played. • *The umpire said the ball was in.*
📎 Opp: the ball is out
- 6.69 the ball is out** (phr) /ðə bɔːl ɪz aʊt/
If a ball is out during a game, it is outside the area where the game is being played. • *The ball was out and Murray lost the match.*
📎 Opp: the ball is in
- 6.70 astonished** (adj) /ə'stɒnɪʃt/
very surprised • *Everyone was astonished when I beat the school champion at tennis.*
➢ astonishing (adj), astonish (v), astonishment (n)
- 6.71 nasty** (adj) /'nɑːsti/
painful; serious • *I've got a nasty cold, so I'm not going to school today.*
➢ nastily (adv), nastiness (n)
- 6.72 one-on-one** (adj) /wʌn-ʊn- wʌn/
between two people only • *She's having a one-on-one lesson with her music teacher.*
- 6.73 extra time** (n) /'ekstrə taɪm/
a period of time that is added to the end of a sports game like football if there is no winner at the end of the normal period • *The score was 0-0 after the second half, but then David scored in extra time.*

- 6.74 score** (v) /skɔː/ win a point in a game or sport • *Our team scored five goals in the match yesterday!*
 ➤ score, scorer (n)

Sports

figure skating	snowboarding
free-diving	surfing
gymnastics	wakeboarding
kiteboarding	water-skiing
paddleboarding	watersports
rowing	weightlifting
scuba diving	

Sports Equipment

air tank	glove	parachute
bat	helmet	stick
belt	life jacket	surfboard
board	motorboat	
cap	net	

People

champion	instructor	sportsperson
coach	professional	umpire
competitor	referee	
diver	spectator	

Grammar

page 73

- 6.75 regularly** (adv) /'regjələli/ at regular intervals • *My grandparents visit us regularly. We see them once a month.*
 ➤ regular (adj)
- 6.76 stay in shape** (expr) /steɪ ɪn ʃeɪp/ keep fit • *I go running twice a week to stay in shape.*
- 6.77 evaporate** (v) /ɪ'væpəreɪt/ If a liquid evaporates, it changes into a gas. • *I left the pan on the cooker and all the water evaporated.* ➤ evaporation (n), evaporated (adj)
- 6.78 sunbathe** (v) /'sʌnbəɪð/ sit or lie in the sun in order to get a suntan • *You shouldn't sunbathe at midday. The sun is too hot then.*
- 6.79 on time** (phr) /ɒn taɪm/ at the time arranged • *Please arrive on time. You mustn't be late.*
- 6.80 nutritious** (adj) /nju'trɪʃəs/ containing substances that help the body to grow • *We had a nutritious breakfast of fresh orange juice, boiled eggs and yoghurt.* ➤ nutrient (n), nutritionist (n)

- 6.81 sweatshirt** (n) /'swetʃɜːt/ a loose piece of clothing that covers the top part of your body and that you wear when you do a sport or when you are relaxing • *I like wearing sweatshirts when I'm at home because they are so comfortable.*
- 6.82 virtual** (adj) /'vɜːtʃʊəl/ made to seem real • *If you are no good at sport, you can enjoy playing virtual ones with a computer game.*
 ➤ virtually (adv)
- 6.83 virtual sport** (n) /'vɜːtʃʊəl spɔːt/ a sport on a computer • *Virtual sports like the football game FIFA '11 are very popular computer games.*
- 6.84 screen** (n) /skriːn/ the flat part of a television or computer where the picture or information appears • *We bought a television with a 42-inch screen.*
- 6.85 high-tech** (adj) /haɪ-tek/ using the most modern technology • *Our college bought some high-tech equipment for the physics laboratory.*
- 6.86 connected** (adj) /kə'nektɪd/ joined or linked to sth else • *I can't download anything because the computer isn't connected to the Internet.* ➤ connect (v), connection (n)
- 6.87 come onto the market** (expr) /kʌm 'ɒntu ðə 'mɑːkɪt/ become available to buy • *Every year new computer games come onto the market and you can find them in many shops.*
- 6.88 experienced** (adj) /ɪk'spɪəriənst/ having skills or knowledge in a particular activity or job • *You should take her advice as she's very experienced and she knows how to do things properly.* ➤ experience (n, v)
 ⚠ Opp: inexperienced
- 6.89 comfort** (n) /'kʌmfət/ the pleasant feeling of being physically relaxed • *She doesn't go to a gym, but keeps in shape with a workout DVD in the comfort of her own living room.* ➤ comfortable (adj)

Listening

page 74

- 6.90 relieved** (adj) /rɪ'liːvd/ happy because you are no longer worried about sth • *When her son finally came home after midnight, she was relieved that he hadn't had an accident.* ➤ relief (n), relieve (v)
- 6.91 What a shame!** (excl) /wʌt ə ʃeɪm/ used to express regret • *He lost because he fell near the end of the race. What a shame!*
- 6.92 Thank goodness!** (excl) /θæŋk 'ɡʊdnɪs/ what a relief, expressing relief • *Thank goodness! You have arrived just in time. The match is about to start.*

- 6.93 Phew!** (excl) /fjuː/
used to express relief • *The goalkeeper caught the ball on the line. Phew!*
- 6.94 behaviour** (n) /bɪ'heɪvjə(r)/
the way sb does things • *The students were expelled from school for bad behaviour.*
> behave (v)
- 6.95 unacceptable** (adj) /ʌnək'septəbl/
so wrong or bad that it should not be allowed
• *The team lost the basketball game 32–68 and their coach said the score was unacceptable.*
> accept (v), acceptance (n)
📎 Opp: acceptable
- 6.96 get out of my sight** (expr) /get aʊt əv maɪ saɪt/
go away • *'Get out of my sight!' she shouted at her little brother when she found out he had read her diary.*
- 6.97 emotion** (n) /ɪ'məʊʃn/
a strong feeling such as love or anger • *She couldn't control her emotions and she started crying.* > emotional (adj), emotionally (adv)
- 6.98 sound** (v) /saʊnd/
if sb sounds a particular way, that is how they seem to you when you hear them
• *You sound unhappy. What's wrong?*
- 6.99 commentary** (n) /'kɒməntəri/
a spoken description of an event while it is happening • *Grandpa is blind so he follows the football by listening to radio commentaries.* > comment (n, v), commentator (n)

Speaking

page 75

- 6.100 major** (adj) /'meɪdʒə/
important • *The football World Cup is a major championship that all countries want to win.*
> majority (n) 📎 Opp: minor
- 6.101 specialist** (adj) /'speʃəlɪst/
used for a very particular purpose • *This is specialist equipment and you need training to use it.* > specialist (n), specialised (adj), specialise (v), special (adj)
- 6.102 challenging** (adj) /'tʃælɪndʒɪŋ/
difficult in an interesting way • *Being a teacher is a challenging job because it isn't easy to deal with children.* > challenge (n, v)
- 6.103 take up** (phr v) /teɪk ʌp/
start a sport or hobby • *Our kids have taken up tae kwon do this year and they have lessons twice a week.*
- 6.104 totally** (adv) /'təʊtəli/
completely • *I don't want to play the piano any more. I want to try a totally different instrument.* > total (adj)
- 6.105 absolutely** (adv) /'æbsəluːtli/
completely • *Thank you for your present. It's absolutely lovely.* > absolute (adj)

Vocabulary

page 76

- 6.106 define** (v) /dɪ'faɪn/
describe clearly • *He defined the phrasal verb 'call off' for the class and explained that it means 'to cancel'.* > definition (n)
- 6.107 defined** (adj) /dɪ'faɪnd/
accurately described • *Use this dictionary; the words in it are well-defined.* > define (v), definition (n)
- 6.108 competitor** (n) /kəm'petɪtə(r)/
a person who takes part in a competition
• *All the competitors are very good, so it will be interesting to see who wins the prize.* > compete (v), competition (n), competitive (adj), competitively (adv)
- 6.109 competitively** (adv) /kəm'petətɪvli/
in a way that shows you are trying very hard to be more successful or better than others
• *She wants to win, so she plays very competitively.* > competitive (adj), compete (v), competition (n), competitor (n)
- 6.110 assistant** (n) /ə'sɪstənt/
a person who helps sb, usually in their job
• *I couldn't do my job without my assistant, Mr Robinson.* > assist (v), assistance (n)
- 6.111 assist** (v) /ə'sɪst/
help sb to do sth • *Good morning, sir. How may I assist you?* > assistance (n), assistant (n)
- 6.112 free** (v) /friː/
allow sb to leave prison or a place where they have been kept against their will • *The men were freed after a few weeks in prison.* > free (adj), freely (adv), freedom (n)
- 6.113 freely** (adv) /'friːli/
without anyone stopping sb/sth; allowing sb/sth to move without stopping them • *They are going to make the road wider so that traffic can move freely.* > free (adj, v), freedom (n)
- 6.114 follower** (n) /'fɒləʊə(r)/
a person who admires a particular person, sport, ideas, etc. • *I write a blog on sport and I have a large number of followers.* > follow (n), following (adj)
- 6.115 following** (adj) /'fɒləʊɪŋ/
next in time; that will be mentioned next
• *We arranged to meet outside school the following day.* > follow (v), follower (n)
- 6.116 concentrated** (adj) /'kɒnsntreɪtɪd/
made stronger because water has been removed • *I bought a tin of concentrated milk from the supermarket.* > concentrate (v), concentration (n)
- 6.117 depth** (n) /depθ/
the distance from the top to the bottom of sth
• *The divers measured the depth of the lake.*
> deep (adj), deeply (adv), deepen (v)

- 6.118 deepen** (v) /'di:pən/
become deeper; become stronger • *The longer they knew each other, the more their love deepened.* ➤ deep (adj), deeply (adv), depth (n)
- 6.119 deeply** (adv) /'di:pli/
very much • *They love each other deeply.*
➤ deep (adj), deepen (v), depth (n)
- 6.120 supervisor** (n) /'su:pəvaɪzə(r)/
sb who makes sure that sb else does a job correctly or that a job or activity is done correctly • *Her supervisor was pleased with her work.* ➤ supervise (v), supervision (n)
- 6.121 supervise** (v) /'su:pəvaɪz/
be in charge of a person or activity and make sure things are done correctly and safely • *Lifeguards supervise the beach in the summer to make sure nobody gets into difficulties in the sea.* ➤ supervision, supervisor (n)
- 6.122 proper** (adj) /'prɒpə(r)/
appropriate, correct • *I don't want to eat a sandwich. I want a proper meal – some fish and boiled potatoes, perhaps.* ➤ properly (adv)
- 6.123 free-diving** (n) /fri:-'daɪvɪŋ/
diving without breathing equipment
• *You need to do breathing exercises before you try free-diving in deep water.*
- 6.124 hold your breath** (expr) /həʊld jɔ: breθ/
not breathe on purpose • *I can hold my breath underwater for 40 seconds and then I need to come up for air.*
- 6.125 air tank** (n) /ə tæŋk/
a large container with air to breathe for divers
• *Divers use air tanks so they can stay under water for a long time without coming to the surface to breathe.*
- 6.126 diver** (n) /'daɪvə(r)/
a person who works underwater, usually with special equipment; a person who dives for pleasure • *The divers explored the ship at the bottom of the sea.* ➤ dive (v, n)
- 6.127 professional** (n) /prə'feʃən/
sb who does a sport or other activity as a job and earns money from it • *Doug is a professional and makes a lot of money playing golf.* ➤ profession (n), professional (adj) ☞ Opp: amateur
- 6.128 excel** (v) /ɪk'sel/
do very well • *He excels at basketball and wants to be a professional player.*
➤ excellence (n), excellent (adj)
- 6.129 parachute** (n) /'pærəʃu:t/
a large piece of cloth fastened to the back of a person who jumps out of a plane that opens to form an umbrella shape and makes the person fall to the ground slowly
• *He jumped out of the plane and a few seconds later his parachute opened.*
➤ parachute (v), parachutist (n)

Grammar

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- 6.130 properly** (adv) /'prɒpəli/
correctly; appropriately • *You must learn to speak English properly, without mistakes.*
➤ proper (adj)
- 6.131 calm down** (phr v) /kɑ:m daʊn/
become calm, not excited, angry, upset or nervous • *Please don't shout. Calm down and take deep breaths.*

Writing: sentence transformation

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- 6.132 warm up** (phr v) /wɔ:m ʌp/
get ready to do or play a sport by doing some gentle exercises • *The sprinters walked up and down the track to warm up before the race.* ➤ warm-up (n)
- 6.133 fall to pieces** (phr) /fɔ:l tə pi:sɪz/
become disorganised; lose the ability to do an activity properly • *The game began well, but in the second half our team fell to pieces and we lost 6–1.*
☞ Syn: fall apart

Video & Water Sports Adventure

page 80

- 6.134 spectator** (n) /spek'teɪtə(r)/
a person who is watching a sport • *The spectators cheered when Harvey scored the winning goal.*
- 6.135 spectator sport** (n) /spek'teɪtə spɔ:t/
a sport that many people watch because it is interesting • *Football is the most popular spectator sport in the world.*
- 6.136 professional** (adj) /prə'feʃən/
having a job that needs training and experience
• *She's a professional golfer and she makes a lot of money playing golf.* ➤ professional (n), profession (n)
- 6.137 sportsperson** (n) /'spɔ:tspɜ:sn/
a person who plays sport as a job • *They interviewed the sportsperson who had won the most medals at the Olympics.*
☞ plural: sportspeople
- 6.138 uncomfortable** (adj) /ʌn'kʌmfəbl/
not letting you feel physically relaxed
• *The hotel bed was uncomfortable, so he couldn't sleep.* ☞ Opp: comfortable
- 6.139 power** (n) /'paʊə(r)/
strength; energy • *I think that getting energy from the power of the wind is a fantastic idea.*
➤ power (v), powerful (adj), powerfully (adv)

- 6.140 kite** (n) /kaɪt/
a frame covered in paper or plastic that you fly in the air on the end of a string • *Traditionally, children fly kites in Greece on the day that starts the 40-day period before Easter.*
- 6.141 wing** (n) /wɪŋ/
one of the parts of a bird's or insect's body used for flying • *The eagle flew high into the sky without moving its powerful wings.*
- 6.142 gorge** (n) /ɡɔːdʒ/
a very deep valley • *You can go on walking holidays in the Samaria Gorge in Crete.*
- 6.143 divide** (v) /dɪ'vaɪd/
cut in two • *The River Danube divides the city of Budapest.* > division (n)
- 6.144 connect** (v) /kə'nekt/
join together two or more things • *If I can connect to the Internet, I'll send you an email.*
> connection (n), connected (adj)
📶 Opp: disconnect
- 6.145 kiteboarding** (n) /'kaɪtbɔːdɪŋ/
water-skiing while being pulled along by a kite • *Kiteboarding is fun, but you can't do it if there isn't any wind!*
- 6.146 tower** (n) /'taʊə(r)/
a tall structure • *We climbed the tower and looked down on the people below.*
- 6.147 wakeboarding** (n) /'weɪkbɔːdɪŋ/
a sport like water-skiing but on a board • *Have you ever tried virtual wakeboarding on the Wii game system? At least you don't get wet when you fall off the board!*
- 6.148 foot** (n) /fʊt/
a unit for measuring length (30.48 centimetres)
• *That basketball player is seven feet tall, that's over two metres!*
- 6.149 invent** (v) /ɪn'vent/
make or design sth that has not existed before
• *Everyone knows that Alexander Graham Bell invented the telephone.* > inventor (n), invention (n), inventive (adj)
- 6.150 launch** (v) /lɔːntʃ/
throw into the air • *We tried again and again to launch our kite into the air, but there wasn't enough wind for it to fly.*
> launch (n)
- 6.151 mechanical engineer** (n) /mə'kæɪnɪkl endʒɪ'nɪə/
sb who has a university degree in mechanical engineering, sb who works with machines and engines • *Greg's father is a mechanical engineer and works for a car manufacturing company.*
- 6.152 come up with sth** (phr v) /kʌm ʌp wɪθ 'sʌmθɪŋ/
find or think of an answer, an idea, a solution, etc. • *The student came up with a clever solution to the problem.*
- 6.153 rope** (n) /rəʊp/
very strong thick string used to tie things
• *Mountain climbers use strong ropes to help them climb.*

7 Extreme Situations

page 83

- 7.1 **extreme** (adj) /ɪk'stri:m/ much more dangerous than usual • *I've never experienced an extreme situation like a natural disaster.* > extremely (adv)

Word Focus

page 84

- 7.2 **peak** (n) /pi:k/ the top of a mountain • *We could see the mountain peaks from the plane window.*
- 7.3 **exhausted** (adj) /ɪg'zɔ:stɪd/ very tired • *The explorers walked in the jungle all day and were exhausted by the evening.* > exhausting (adj), exhaust (v), exhaustion (n)
- 7.4 **area** (n) /'eəriə/ a part of a place • *There are violent storms in this area in the winter.*
- 7.5 **low** (adj) /ləʊ/ not high or tall • *The thief jumped over the low wall and ran away.*
- 7.6 **ordeal** (n) /ɔ:'di:l/ a painful or difficult experience • *Being lost at sea for ten days was a terrible ordeal for the sailor.*
- 7.7 **painful** (adj) /'peɪnfl/ causing the feeling that you have been hurt • *She hit her leg and now it's very painful.* > painfully (adv), pain (n) 📖 Opp: painless

Reading

pages 84-85

- 7.8 **survival** (n) /sə'vaɪvl/ continuing to live in spite of danger • *Their chance of survival in this terrible weather are not good.* > survive (v), survivor (n)
- 7.9 **flight** (n) /flaɪt/ a plane that makes a particular journey • *Flight UWR1988 is leaving in a few minutes from the airport.* > fly (v)
- 7.10 **Uruguay** (n) /'jʊərəgwaɪ/ a country in South America • *They visited Uruguay on their last holiday.* > Uruguayan (n, adj)
- 7.11 **championship** (n) /'tʃæmpiənʃɪp/ a sports competition • *When was the last time the Greek national team won the European Football Championship?* > champion (n)
- 7.12 **rugby** (n) /'rʌɡbi/ a ball game played by two teams of 13 or 15 players • *You have to be big and strong to play rugby professionally.*
- 7.13 **take off** (phr v) /teɪk ɒf/ leave the ground (for planes, etc.) • *The plane took off and slowly climbed to thirty thousand feet.* > take-off (n)

- 7.14 **head (to)** (v) /hed (tu:)/ go in the direction of • *The plane heading to London will land in one hour.*
- 7.15 **Chile** (n) /'tʃɪli/ a country in western South America • *One of Chile's neighbours is Argentina.* > Chilean (adj, n)
- 7.16 **crew** (n) /kru:/ people who work on a plane, ship, etc • *The crew served the passengers lunch an hour after the plane took off.*
- 7.17 **take-off** (n) /teɪk ɒf/ the action of leaving the ground • *The take-off was a bit scary because the plane had to go through many storm clouds.* > take off (phr v)
- 7.18 **scan** (v) /skæn/ look quickly at a text • *He scanned the list, looking for his name.* > scan (n)
- 7.19 **on board** (expr) /ɒn bɔ:d/ on a plane, ship or train • *When everybody was on board the plane, the captain made an announcement about the weather.*
- 7.20 **crash (into)** (v) /kræʃ (ɪntu)/ hit • *The car crashed into a tree, but luckily nobody was hurt.* > crash (n)
- 7.21 **manage** (v) /'mænɪdʒ/ succeed in doing sth • *Did you manage to finish all your work on time?* > manager (n), management (n)
- 7.22 **freezing** (adj) /'fri:zɪŋ/ very cold, below zero • *Skiers like conditions below freezing because they can then enjoy their favourite sport.* > freeze (v)
- 7.23 **survivor** (n) /sə'vaɪvə/ sb who doesn't die in an accident or disaster • *There was a terrible plane crash and sadly there were no survivors.* > survive (v), survival (n)
- 7.24 **terrified** (adj) /'terɪfaɪd/ very frightened • *She heard a strange noise in the middle of the night and she was terrified.* > terrifying (adj), terrify (v), terror (n)
- 7.25 **sleeping bag** (n) /'sli:pɪŋ bæɡ/ a warm bag that you sleep in when you go camping • *We packed our sleeping bag and tent and went camping.*
- 7.26 **save** (v) /seɪv/ keep sb/sth safe from harm • *The brave fire fighter saved the dog from the burning building.* > safe (adj), safely (adv), safety (n)
- 7.27 **brave** (adj) /breɪv/ courageous, not scared to do difficult or dangerous things • *The brave crew stayed calm and didn't leave the plane until all the passengers were safe.* > bravery (n) 📖 Opp: cowardly

- 7.28 cope (with)** (v) /kəʊp (wið)/
face, manage to do • *Craig coped with the solo voyage across the Atlantic by listening to music and reading.*
- 7.29 icy** (adj) /'aɪsɪ/
very cold • *I don't understand how people go swimming in the icy water in winter.* > ice (n)
- 7.30 discover** (v) /dɪ'skʌvə/
find sb/sth that was hidden or unknown • *The archaeologist discovered the king's buried treasure.* > discovery (n)
- 7.31 excitedly** (adv) /ɪk'saɪtɪdli/
in a way that shows you are happy and excited • *'Come and look at these wonderful animals!' he shouted excitedly.* > excited (adj), exciting (adj), excite (v), excitement (n)
- 7.32 ground** (n) /graʊnd/
the surface of the earth • *The children sat on the ground around the fire.*
- 7.33 field** (n) /fi:ld/
an area of land that is used for growing crops or for farm animals • *The farmer grows potatoes in this field.*
- 7.34 memory** (n) /'meməri/
a thought of sth that you remember • *My best childhood memory is going fishing with Grandpa.* > memorise (v), memorable (adj)
- 7.35 forever** (adv) /fə'revə/
for all future time • *I will love you forever. Will you marry me?*
- 7.36 incredible** (adj) /ɪn'kredəbl/
very difficult to believe • *It's incredible that the passengers survived the crash.* > incredibly (adv)
- 7.37 imaginative** (adj) /ɪ'mædʒɪnətɪv/
having new and exciting ideas • *She is an imaginative author and writes brilliant stories.* > imaginatively (adv), imagine (v), imagination (n), imaginary (adj)
- 7.38 view** (n) /vju:/
what you can see from somewhere • *The view from the top of the mountain was beautiful.* > view (v)
- 7.39 site** (n) /saɪt/
a place where sth has happened • *The rescue team rushed to the site of the crash to try to save people.*
- 7.40 safety** (n) /'seɪfti/
being safe from danger • *The rescue team is worried about the safety of some climbers after the storm.* > safe (adj)
- 7.41 tragically** (adv) /'trædʒɪkli/
in a way that makes you feel very sad because sb has died • *The plane crashed and tragically, everyone was killed.* > tragic (adj), tragedy (n)
- 7.42 cross** (v) /krɒs/
go from one side to the other • *The explorer crossed the river in a small boat.* > crossing (n)

- 7.43 pass** (v) /pɑ:s/
finish • *The planes were not allowed to take off until the snow storm had passed and the runway was clear.*
- 7.44 solo** (adj) /'səʊləʊ/
done by only one person • *The dancer gave a wonderful solo performance.*
- 7.45 engine** (n) /'endʒɪn/
the part of a vehicle that makes it move • *Start the engine and let it warm up before we go.* > engineer (n)
- 7.46 catch fire** (phr) /kætʃ 'faɪə/
begin to burn • *The forest caught fire and was completely destroyed.*

Aeroplanes

crew	on board
destination	take off
flight	take-off

Vocabulary

page 86

- 7.47 destination** (n) /destɪ'neɪʃn/
the place you are going to • *Good morning, ladies and gentlemen. We are about to take off from Athens and our destination is Frankfurt.*
- 7.48 strength** (n) /streŋθ/
physical power or energy • *You need strength to lift that heavy box.* > strong (adj), strongly (adv)
- 7.49 conditions** (pl n) /kən'dɪʃnz/
the way things are around you • *The walking conditions were difficult because it had snowed a lot the day before.*
- 7.50 companion** (n) /kəm'pænjən/
sb you spend time with • *I got lost in the forest and couldn't find my companions, Julie and Victor.*
- 7.51 limit** (n) /'lɪmɪts/
the maximum point or level of sth/sb • *There are limits to human abilities because we can't fly or swim under water for a long time.* > limit (v, n)
- 7.52 extraordinary** (adj) /ɪk'strɔ:dnəri/
very unusual • *The story of the survival of the plane crash passengers is extraordinary.* > extraordinarily (adv)
- 7.53 crazy** (adj) /'kreɪzi/
not sensible • *I think people who do extreme sports are crazy. They could get killed.* > crazily (adv), craziness (n)
- 7.54 require** (v) /rɪ'kwaɪə/
need sb/sth • *Do you require any help with your work?* > requirement (n)
- 7.55 mental** (adj) /'mentl/
relating to the mind • *An athlete needs mental as well as physical strength.* > mentally (adv), mentality (n)

- 7.56 physical** (adj) /'fɪzɪkl/
connected with the body • *The weightlifter had great physical strength.* > physically (adv)
- 7.57 deal with sb/sth** (phr v) /di:l wið 'sʌmbədi/ 'sʌmθɪŋ/
take action to solve a problem, do a job, etc. • *You can't ignore the problem; you have to deal with it.*
- 7.58 heat** (n) /hi:t/
the quality of being hot • *I sat under a tree to get away from the heat of the sun.* > heat (v), hot (adj)
- 7.59 every step of the way** (phr) /'evri step əv ðə weɪ/
from the beginning of sth that sb does until he/she finishes • *Don't worry. We'll be with you every step of the way.*
- 7.60 due to** (prep) /dju: tu:/
because of sb/sth • *The crash was due to bad weather.*
- 7.61 give up** (phr v) /ɡɪv ʌp/
stop trying • *After a week of searching, the rescue team gave up and stopped looking for survivors.*
- 7.62 get well** (expr) /get wel/
become healthy again after an illness or injury • *Sorry to hear you have a cold. I hope you get well soon.*
- 7.63 injure** (v) /'ɪndʒə/
hurt • *Mum fell over and injured her arm when she lost her balance on the ferry.*
> injury (n), injured (adj)

Grammar

page 87

- 7.64 contact** (n) /'kɒntækt/
communicating with sb/sth • *We lost contact with the Browns when they moved to Australia.* > contact (v)
- 7.65 bury** (v) /'beri/
hide sth in the ground • *The pirates buried the gold coins in a deep cave.* > burial (n)
- 7.66 treasure** (n) /'treʒə/
valuable things such as gold or jewellery • *In the book, the children had an adventure and found the treasure.*
- 7.67 excursion** (n) /ɪks'kɜ:ʃn/
a short trip • *We went on a school excursion to Delphi for two days.*

Listening

page 88

- 7.68 tough** (adj) /tʌf/
difficult • *The descent down the mountain was tough even for the experienced climbers.*
> toughness (n)
- 7.69 sandstorm** (n) /'sændstɔ:m/
a storm in a desert in which a strong wind blows sand into the air • *The travellers couldn't cross the desert because of the sandstorm.*

- 7.70 seal** (n) /si:l/
a sea animal that eats fish • *The seal dived into the sea to catch fish.*

Vocabulary

page 90

- 7.71 sea level** (n) /si: 'levl/
the height of the sea • *The top of Mount Everest is 8,848 metres above sea level.*
- 7.72 bottom** (n) /'bɒtəm/
the lowest part of sth • *The ship sank to the bottom of the sea.*
- 7.73 rise** (v) /raɪz/
appear very tall and large • *Mount Olympus rises high above all the other mountains in Greece.* > rise (n)
- 7.74 lonely** (adj) /'ləʊnli/
where only a few people ever come • *Their home is in a very lonely part of the island, where few people come.* > loneliness (n)
- 7.75 flesh-eating piranha** (n) /fleʃ-ɪ:tɪŋ pɪ'rɑ:nə/
a small fish with sharp teeth that eats meat • *I wouldn't swim in the River Amazon because of the flesh-eating piranhas!*
- 7.76 keep calm** (expr) /ki:p kɑ:m/
not panic • *'Please don't panic and keep calm,' said the crew member to the passengers.*
- 7.77 get lost** (expr) /get lɒst/
not know where you are • *A GPS can stop you from getting lost anywhere in the world nowadays.*
- 7.78 go missing** (expr) /gəʊ 'mɪsɪŋ/
cannot be found • *The rescue team is looking for the walkers who went missing in the storm last night.*

Grammar

page 91

- 7.79 summit** (n) /sʌmɪt/
the highest point of sth especially of a mountain, top • *Sir Edmund Hillary and Tenzing Norgay were the first people to climb to the summit of Mount Everest.*
- 7.80 flood** (n) /flʌd/
a large amount of water covering an area that is usually dry • *It rained for days and there were terrible floods.* > flood (v)
- 7.81 rental** (n) /'rentl/
money that you pay to use sth • *How much is the monthly rental for this flat?* > rent (n, v), rented (adj)
- 7.82 net** (n) /net/
material made of thread or wire with small spaces in between • *The fishermen caught a large number of fish in their net.*

Writing

pages 92-93

- 7.83 narrative** (n) /'nærətɪv/
a story; an account of sth • *It was an exciting narrative with lots of action.* > narrate (v), narrator (n)
- 7.84 set the scene** (phr) /set ðə si:n/
describe the place and time when a story takes place • *The author set the first scene of his play in sixteenth-century Florence.*
- 7.85 effect** (n) /ɪ'fekt/
a result • *His terrible experience had a long-lasting effect on him.* > effective (adj), effectively (adv)
- 7.86 pocket** (n) /'pɒkɪt/
a small bag sewn into a piece of clothing so you can carry things in it • *I've got my purse in my pocket and my handkerchief.*
- 7.87 blast** (n) /blɑːst/
an explosion • *There was a bomb in the city centre and we heard the blast two kilometres away.* > blast (v)
- 7.88 mile** (n) /maɪl/
a unit for measuring distance (1,609 metres) • *The supermarket is only a mile from my house.*
- 7.89 thief** (n) /θiːf/
sb who steals • *The thief grabbed the gold necklaces and ran out of the jewellery shop.* > theft (n)
- 7.90 palm tree** (n) /pɑːm triː/
a tree that grows in hot countries with long leaves and no branches • *We took shelter from the sun under the palm trees which grew along the coast.*
- 7.91 sway** (v) /sweɪ/
move slowly right and left • *The trees began to sway in the wind, so we knew that there was a storm coming.*
- 7.92 knock** (n) /nɒk/
the sound of sb hitting a door with their hand • *I knocked on the door and waited for somebody to open it.* > knock (v)
- 7.93 throughout** (prep) /θruː'auɪt/
during the whole period of time • *Throughout her long life, she loved music and art.*
- 7.94 involve** (v) /ɪn'vɒlv/
If a situation or an activity involves sb/sth, they take part in it or are a part of it. • *What does your dad's job involve?* > involvement (n)
- 7.95 frightening** (adj) /'fraɪtnɪŋ/
making sb feel afraid • *The earthquake was a frightening experience.* > frightened (adj), frighten (v), fright (n)
- 7.96 suspense** (n) /sə'spens/
excitement about sth that will happen • *He loves films about disasters as there is a lot of suspense surrounding the main characters and what is going to happen to them.*

- 7.97 scared to death** (phr) /skeəd tə deθ/
extremely frightened • *A lot of people are scared to death of snakes.*
- 7.98 scream** (v) /skriːm/
shout because you are scared • *All the passengers screamed when the plane started to fall out of the sky.* > scream (n)
- 7.99 all of a sudden** (expr) /ɔːl əv ə 'sʌdn/
suddenly, without warning • *We were trekking in a forest, when all of a sudden an enormous bear appeared in front of us.*
- 7.100 lightning** (n) /'laɪtnɪŋ/
a flash of light in the sky caused by electricity • *Lightning struck the tree and it caught fire.*
- 7.101 sign** (n) /saɪn/
sth that shows that sth is happening or may happen • *We looked everywhere, but there was no sign of him.*
- 7.102 ambulance** (n) /'æmbjələns/
a vehicle that takes injured or sick people to hospital • *Someone called an ambulance to take the injured person to hospital.*
- 7.103 turn up** (phr v) /tɜːn ʌp/
come, appear • *A large crowd turned up to watch the extreme sportsmen perform amazing tricks.*

Video 7 Coast Guard School

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- 7.104 adrenaline** (n) /ə'drenəlɪn/
a substance produced in your body that makes your heart beat faster • *The excitement made the adrenaline flow through his body and his heart beat faster.*
- 7.105 anticipation** (n) /æntɪ'sɪp'eɪʃn/
a feeling of excitement before sth happens • *The little children were full of anticipation before Christmas Day and it was difficult to get them to sleep.* > anticipate (v)
- 7.106 limitation** (n) /lɪmɪ'teɪʃn/
sth that prevents you from doing more • *Our main limitation on this trek is that we only have enough food for five days.* > limit (v, n)
- 7.107 pulse rate** (n) /pʌls reɪt/
how fast your heart beats • *The patient's pulse rate had become dangerously high, so he had to go to hospital.*
- 7.108 beat** (v) /biːt/
cause sth to make a regular movement • *Adrenaline makes your heart beat faster in anticipation.* > beat (n)
- 7.109 prevent** (v) /prɪ'vent/
stop sb from doing sth; stop sth from happening • *We need to prevent accidents from happening.* > prevention (n), preventable (adj)

- 7.110 past** (prep) /pɑːst/
further than a particular place or time • *I drove past the bank and turned right.*
- 7.111 produce** (v) /prəˈdjuːs/
make sth • *Plants produce the oxygen we breathe.* > producer (n), product (n), productive (adj), productively (adv)
- 7.112 rough** (adj) /rʌf/
not calm • *There is no ferry service today because of the rough sea.*
- 7.113 empty (into)** (v) /'empti ('ɪntu)/
meet and join (for rivers) • *The Nile empties into the Mediterranean in northern Egypt.*
- 7.114 accelerate** (v) /ək'seləreɪt/
increase speed • *The driver accelerated too much and nearly hit a van heading towards him.* > acceleration (n)
- 7.115 rise** (v) /raɪz/
become greater in amount or number • *The sun came up and the temperature rose.* > rise (n)
- 7.116 control** (v) /kən'trəʊl/
have power over sb/sth • *The cowboy was the only person who could control the horse.* > control (n)
- 7.117 the elements** (pl n) /ðiː 'elɪments/
the weather • *Sailors must always respect the elements as the weather at sea can be deadly.*
- 7.118 effective** (adj) /ɪ'fektɪv/
which works well • *The new drug was a very effective treatment against the disease.* > effect (n)
- 7.119 convinced** (adj) /kən'vɪnst/
made to believe sth is correct • *She's convinced that the trek will be easy and nothing you say will change her mind.* > convince (v)
- 7.120 at the mercy of sb/sth** (phr) /ət ðə 'mɜːsi əv 'sʌmbədi/ 'sʌmθɪŋ/
unable to stop sb/sth from harming you because they have power over you • *The motorboat's engine stopped working and we found ourselves at the mercy of the waves.*
- 7.121 mission** (n) /'mɪʃn/
an important job • *The aim of a rescue mission is to bring back everybody alive.*
- 7.122 prove** (v) /pruːv/
use evidence to show that sth is true • *I think he stole the money, but I can't prove it.* > proof (n)
- 7.123 satisfaction** (n) /sætɪs'fækʃn/
a feeling of happiness • *It gave us great satisfaction to complete the trek without any problems.* > satisfy (v), satisfactory (adj)
☞ Opp: dissatisfaction
- 7.124 tragedy** (n) /'trædʒədi/
a very sad event in which sb dies or sth terrible happens • *The child's death was a terrible tragedy.* > tragic (adj), tragically (adv)
- 7.125 training** (n) /'treɪnɪŋ/
learning the skills for a job • *Becoming a guide dog requires a long period of training.* > train (v), trainer (n)
- 7.126 violent** (adj) /'vaɪələnt/
happening with a lot of force • *The violent storm caused a lot of damage.* > violently (adv), violence (n)
- 7.127 Coast Guard** (n) /kəʊst gɑːd/
a US military service that rescues ships in danger and tries to prevent crimes at sea • *The crew of the little boat were rescued by the Coast Guard.*
- 7.128 trainee** (n) /treɪ'niː/
sb who is learning sth • *Kate is a trainee nurse and today she is at the hospital to watch and learn.* > train (v), trainer (n)
- 7.129 face** (v) /feɪs/
deal with sb/sth • *If you try to climb the mountain, you will face many dangers.*
- 7.130 unpredictable** (adj) /ʌnpri'dɪktəbl/
which cannot be guessed before it happens • *The currents in the sea are unpredictable here so be very careful when you swim.* > predict (v), prediction (n) ☞ Opp: predictable
- 7.131 graveyard** (n) /'greɪvjaːd/
an area of land, usually near a church, where people are buried • *Grandma died last year, and I put flowers on her grave in the church graveyard every week.*
- 7.132 battle (against)** (v) /'bætl (ə'gənst)/
fight • *The small boat battled against the large waves and luckily managed to get back to port.* > battle (n)
- 7.133 severe** (adj) /sə'viə/
very bad, serious • *Severe weather conditions at sea have sunk many ships and taken many lives.* > severity (n)
- 7.134 lifeboat** (n) /'laɪfbəʊt/
a special boat that is sent to rescue people who are in danger at sea • *The lifeboat set off in the storm to rescue the people who had fallen into the sea.*
- 7.135 man-overboard drill** (expr) /mæn-'əʊvəbɔːd drɪl/
teaching sb what to do if sb falls off a boat into the water by making them repeat the same actions many times • *It is crucial to know the man-overboard drill on a ship in case somebody falls in the sea during a voyage.*
- 7.136 keep sth steady** (expr) /kiːp 'sʌmθɪŋ stedi/
make sure sth does not move and shake about • *The enormous waves made it impossible to keep the boat steady and many people got seasick.*
- 7.137 attempt** (n) /ə'tempt/
an effort to do sth • *His first attempt to climb Everest failed because of bad weather conditions.* > attempt (v)

8 Time to Spare

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- 8.1 **time to spare** (phr) /taɪm tə speə/
more time than you need • *If you have any time to spare, can you help me with my work?*
- 8.2 **free-running parkour** (n) /friː-ˈrʌŋɪŋ pɑːˈkuə/
a sport that involves running and jumping in the streets of a city • *Free-running parkour is the latest popular sport in towns, but if you fall you can really hurt yourself.*

Word Focus

page 96

- 8.3 **headlamp** (n) /hedlæmp/
light on the front of a car or on a special helmet • *By turning on the headlamp, I was able to see inside the dark cave.*
- 8.4 **forehead** (n) /ˈfɔːhed/
the part of your face above your eyes and below your hair • *I had some paint on my forehead because I had been decorating.*
- 8.5 **victim** (n) /ˈvɪktɪm/
sb who has been hurt or killed • *The victims of the crash were taken to hospital.*
➢ victimise (v)

Reading

pages 96-97

- 8.6 **popularity** (n) /pɒpjʊˈlærəti/
the state of being liked a lot • *The singer's popularity increased with his new song, which was on the radio every day.* ➢ popular (adj)
- 8.7 **eat out** (phr v) /iːt aʊt/
have a meal in a restaurant • *They like eating out at different restaurants.*
- 8.8 **specially-equipped** (adj) /ˈspeʃəli ɪˈkwɪpt/
specially provided with the things that are needed for an activity • *Specially-equipped cavers went into the caves to explore them.*
- 8.9 **vehicle** (n) /ˈviːəkl/
sth used for transporting people, such as a car • *A lorry is a large vehicle.*
- 8.10 **surround** (v) /səˈraʊnd/
be all around sth/sb • *A beautiful garden surrounds the house.* ➢ surroundings (pl n)
- 8.11 **caver** (n) /ˈkeɪvə/
sb who explores caves • *Cavers have to climb and swim in order to get to new caves which have never been explored.* ➢ cave (n)
- 8.12 **twisting** (adj) /ˈtwɪstɪŋ/
bending and changing direction often • *Driving on the twisting road up the mountain, I began to feel sick.* ➢ twist (v, n)

- 8.13 **tunnel** (n) /ˈtʌnl/
a long passage through rock • *The train entered a long tunnel to go through the mountain.*
- 8.14 **rock formation** (n) /rɒk fɔːˈmeɪʃn/
rock that is formed in a particular shape
• *Experts can tell how old an area is from the rock formations in cliffs and caves.*
- 8.15 **impressive** (adj) /ɪmˈpresɪv/
very good, large or important, so people admire it • *The impressive rock formations at Meteora are worth seeing.* ➢ impress (v), impression (n) ➢ Opp: unimpressive
- 8.16 **look out for sb** (phr v) /lʊk aʊt fə ˈsʌmbədi/
take care of sb and make sure nothing bad happens to them • *In our family, we look out for each other.*
- 8.17 **knee pad** (n) /niː pæd/
protective clothing for knees • *Skateboarders should wear knee pads to protect their knees in case they fall.*
- 8.18 **crawl** (v) /krɔːl/
move along the ground on your hands and knees • *The nine-month-old baby crawled to her mother.* ➢ crawl (n)
- 8.19 **torch** (n) /tɔːtʃ/
a small light that is held in the hand and is powered by batteries • *He turned on his torch to see in the darkness.*
- 8.20 **decoration** (n) /dekəˈreɪʃn/
things that make sth look more beautiful • *The children put Christmas decorations all around the classroom.* ➢ decorate (v), decorative (adj)
- 8.21 **drip** (v) /drɪp/
fall in drops • *When rainwater drips from the roof of the house, large puddles of water form in the garden.* ➢ drip (n)
- 8.22 **stalactite** (n) /ˈstæləktɪt/
a long thing made of minerals, that is formed by water as it drips from the roof of a cave
• *The large stalactites we saw in the cave were hanging down nearly to the floor.*
- 8.23 **hang (down)** (v) /hæŋ (daʊn)/
be attached from above but not reaching the ground • *In very cold weather, you can see icicles hanging down from the roofs of houses.*
- 8.24 **stalagmite** (n) /ˈstæləɡmaɪt/
a pointed object that comes up from the floor of a cave, and that is formed by drops of water from a stalactite • *The stalagmites had been formed by water dripping from above through limestone.*
- 8.25 **upwards** (adv) /ˈʌpwədz/
from bottom to top • *We looked upwards at the sky to observe the storm clouds.*

- 8.26 cave floor** (n) /keɪv flɔː/
the ground at the bottom of a cave • *There was some water on the cave floor.*
- 8.27 nest** (n) /nest/
a structure that a bird makes for its eggs
• *There were four tiny blue eggs in the nest.*
➤ nest (v)
- 8.28 eyeless** (adj) /'aɪləs/
without eyes • *The cavers observed how the eyeless animals moved around and found food.* ➤ eye (n)
- 8.29 capture** (v) /'kæptʃə/
catch sb/sth • *The police captured the thief and he's in prison now.* ➤ capture (n)
- 8.30 flow** (v) /fləʊ/
move easily in one direction • *The Nile flows into the Mediterranean Sea.* ➤ flow (n)
- 8.31 footprint** (n) /'fʊtprɪnt/
a mark in the ground left by a foot or shoe
• *We left footprints in the snow when we walked across the garden.*
- 8.32 kill time** (phr) /kɪl taɪm/
doing unimportant things while you are waiting for sth else to happen • *People usually kill time by looking at magazines in the doctor's waiting room.*
- 8.33 descend** (v) /dɪ'send/
go down • *We descended in the lift to the floor below where the new gym had been opened.*
➤ descent (n)
- 8.34 light** (v) /laɪt/
give light to a place • *In the past, homes were lit by candles.* ➤ light (n)
- 8.35 entrance** (n) /'entrəns/
the place that leads to a building or room
• *I'll meet you at the entrance to the theatre.*
➤ enter (v), entry (n)
- 8.36 passage** (n) /'pæsɪdʒ/
a narrow space which connects two places
• *The bathroom is at the end of the passage, opposite my bedroom.*
- 8.37 direction** (n) /də'rekʃn/
the position sb/sth moves towards • *Did you see which direction the car went in?*
➤ direct (v)
- 8.38 pastime** (n) /'pɑːstaɪm/
an activity you enjoy doing in your free time
• *Gaming is one of the most popular pastimes for young people.*

Compound nouns

art gallery	martial art
ballroom dancing	primary school
campsite	rock formation
cave floor	tap dancing
footprint	teammate
headlamp	traffic jam

Vocabulary

page 88

- 8.39 martial art** (n) /'maːɪl ɑːt/
a style of fighting like karate, kung fu and tae kwon do • *Jim wants to take up a martial art and he's thinking of trying karate.*
- 8.40 drama** (n) /'draːmə/
acting; plays • *Jane wants to study drama at the Royal Academy of Dramatic Art.*
➤ dramatic (adj), dramatically (adv)
- 8.41 sculpture** (n) /'skʌlptʃə/
making works of art out of stone, wood, metal etc; an object made out of stone, wood, clay etc. • *There are many marble sculptures of gods like Athena and Apollo in museums in Greece.*
- 8.42 ballet** (n) /'bæleɪ/
dancing that tells a story with music • *I love watching ballet; the dancers are so graceful.*
- 8.43 gaming** (n) /'geɪmɪŋ/
playing computer games • *My brother loves gaming but I prefer reading.* ➤ game (n)
- 8.44 primary school** (n) /'praɪməri skuːl/
a school for children between the ages of five and eleven • *Most children enjoy going to primary school.*
- 8.45 recipe** (n) /'resəpi/
instructions for how to cook sth • *Can you give me your recipe for chocolate cake?*
- 8.46 art gallery** (n) /ɑːt 'gæləri/
a building in which the public can see works of art • *There is a great exhibition of modern art at the art gallery.*
- 8.47 adore** (v) /ə'dɔː/
like sth very much • *I adore dancing and I want to be a ballet dancer.*
- 8.48 leisure** (n) /'leɪʒə/
time when you are not working • *Mum doesn't have a lot of leisure because she works so many hours.* ➤ leisurely (adj, adv)
- 8.49 entertaining** (adj) /entə'teɪnɪŋ/
interesting and amusing • *I find comedies very entertaining and often enjoy watching one at the cinema.* ➤ entertain (v), entertainment (n), entertainer (n)

Grammar

page 99

- 8.50 abroad** (adv) /ə'brɔːd/
in or to a foreign country • *Helen has travelled all over Greece but she has never been abroad.*
- 8.51 appointment** (n) /ə'pɔɪntmənt/
an arrangement to see sb at a particular time for a reason connected with work or health
• *I have an appointment at the dentist's this afternoon at three.* ➤ make an appointment

Listening

page 100

- 8.52 **gym** (n) /dʒɪm/
a room for doing physical exercise • *The students are having a PE lesson in the gym.*
➤ gymnast (n), gymnastics (n)

Speaking

page 101

- 8.53 **feel sick** (phr) /fi:l sɪk/
feel that you want to vomit (vomit = bring food from your stomach back out through your mouth) • *This boat is moving up and down and I feel sick.*
- 8.54 **traffic jam** (n) /'træfɪk dʒæm/
a lot of vehicles that cannot move because there are so many of them • *The bad weather caused a traffic jam on the road and it took hours to get home.*
- 8.55 **coach** (n) /kəʊtʃ/
a bus for transporting people long distances • *We're going to Larissa by coach.*

Vocabulary

page 102

- 8.56 **call for** (phr v) /kɔ:l fɔ:/
require • *Growing a fancy beard calls for months of patience.*
- 8.57 **be cut out for** (phr v) /bi: kʌt aʊt fɔ:/
be suited to • *I'm very short, so I'm not cut out for basketball.*
- 8.58 **show off** (phr v) /ʃəʊ ɒf/
behave boastfully; try to impress people by talking about the things you have, what you can do, etc. • *The little boy was showing off his to his friends by telling them how rich his parents were.*
- 8.59 **take to** (phr v) /teɪk tu:/
start to like • *Kerry took to swimming when she was a baby and now she's a champion water polo player.*
- 8.60 **call out** (phr v) /kɔ:l aʊt/
announce; say sth in a loud voice • *When I call out your name, put up your hand.*
- 8.61 **try out for sth** (phr v) /traɪ aʊt fə 'sʌmθɪŋ/
audition; compete for a place in a team, for a part in a play, etc. • *I'm going to try out for the part of Juliet in the play.*
- 8.62 **audition** (v) /ɔ:'dɪʃn/
take part in a short performance so that sb can decide if you are a good choice to act in a play or film, be in a show, etc. • *He auditioned for a small part in a film but he didn't get it.* ➤ audition (n)
- 8.63 **boastfully** (adv) /'bəʊstfli/
in a way that shows you want to impress other people • *'My dad has more money than your dad,' said the child boastfully.* ➤ boastful (adj), boast (n, v)

- 8.64 **announce** (v) /ə'naʊns/
say sth in a loud voice • *Shh! They're going to announce the winner of the competition.* ➤ announcement (n)
- 8.65 **suited** (adj) /'su:ɪd/
appropriate for sth • *I think Gina is the person best suited for the job.* ➤ suit (v)
- 8.66 **super rich** (adj) /'su:pə rɪtʃ/
extremely rich • *The necklace costs a million pounds. Only a super rich person can buy it.*
- 8.67 **on the road** (phr) /ɒn ðə rəʊd/
travelling for a long time or a long distance • *The rock group have been on the road for a month, giving concerts around the country.*
- 8.68 **audience** (n) /'ɔ:diəns/
people watching a performance • *At the end of the play, the audience stood up and clapped loudly.*
- 8.69 **stage** (n) /steɪdʒ/
a raised area in a theatre where people give performances • *The actors came onto the stage and the audience clapped enthusiastically.*
- 8.70 **tap dancing** (n) /tæp 'dɑ:nsɪŋ/
dancing in which you tap your feet in time to the music while wearing shoes with metal on the toes and heels • *I love old Hollywood musicals because I enjoy watching the tap dancing.*
- 8.71 **ballroom dancing** (n) /'bɔ:lru:m 'dɑ:nsɪŋ/
dancing for couples done in a large room • *Tim and Sandra danced the waltz in the final of the ballroom dancing competition.*
- 8.72 **stamina** (n) /'stæmɪnə/
strength that lets you continue doing sth for a long time • *You need a lot of stamina to run a marathon.*

Compound nouns

art gallery	martial art
ballroom dancing	primary school
campsite	rock formation
cave floor	tap dancing
footprint	teammate
headlamp	traffic jam

Grammar

page 103

- 8.73 **lack** (n) /læk/
not having any or enough • *We had to stop the trek and turn back because of lack of food and water.* ➤ lack (v)
- 8.74 **obligation** (n) /ɒbli'geɪʃn/
a duty • *Bill felt an obligation to help the old lady across the road as it would have been unsociable not to.* ➤ oblige (v), obligatory (adj)

- 8.75 necessity** (n) /nə'sesəti/
a requirement • *There is a great necessity to get some medicine for the baby today because the pharmacies are closed tomorrow.*
➤ necessary (adj)
- 8.76 prohibition** (n) /ˌprəʊɪ'bɪʃn/
stopping sth from being done by law or because of a rule • *There is a prohibition on the use of cameras in this museum.* ➤ prohibit (v)
- 8.77 arts and crafts** (n) /ɑːts ən kraɪfts/
activities that need artistic and practical skills, e.g. making pottery and jewellery • *She's creative and loves doing arts and crafts.*
- 8.78 ankle** (n) /'æŋkl/
the joint connecting your foot to your leg • *The little dog bit me on the ankle.*
- 8.79 shout** (v) /ʃaʊt/
speak loudly and angrily to sb • *I'm sorry I broke your mobile. Now stop shouting at me!*
➤ shout (n)
- 8.80 teammate** (n) /'tiːmmeɪt/
a member of the same team as yourself
• *My teammates and I celebrated our victory over the other team.* ➤ team (n)
- 8.81 fine** (n) /faɪn/
money that you pay as punishment for breaking a law or rule • *He was driving too fast and he had to pay a fine.* ➤ fine (v)

Phrasal verbs

be cut out for	look out for sb
call for	show off
call out	take to
eat out	try out for sth

Writing: a postcard


pages 104-105

- 8.82 Peru** (n) /pə'ru/
a country in South America • *The capital of Peru is Lima.* ➤ Peruvian (n, adj)
- 8.83 in-laws** (n) /ɪn-ˈlɔːz/
your relatives by marriage • *My husband's parents are coming to dinner tonight. Luckily, I get on well with my in-laws.*
📌 Also: father-in-law, mother-in-law, sister-in-law, brother-in-law
- 8.84 campsite** (n) /'kæmpsaɪt/
a place where people on holiday can camp
• *The campsite had toilets and showers, and a small shop.* ➤ camp (n, v), camper (n)
- 8.85 sightseeing** (n) /'saɪtsiːɪŋ/
the action of visiting interesting places and buildings, usually as a tourist • *We went sightseeing and saw the main tourist attractions.* ➤ sightseer (n)

Video 8 Young Adventurers

page 106

- 8.86 ledge** (n) /ledʒ/
a flat, narrow piece of rock that sticks out of the side of a cliff or mountain
• *The climber fell but luckily landed on a ledge where the rescue team could reach him.*
- 8.87 ordinary** (adj) /'ɔːdnəri/
not unusual • *The film is about the lives of ordinary people whose lives are changed suddenly.* ➤ extraordinary (adj)
- 8.88 rappel** (v) /ræ'pel/
abseil, go down a cliff or rock on a piece of rope • *They climbed to the top of the cliff and then rappelled down again on long ropes.*
- 8.89 necessities** (pl n) /nə'sesətɪz/
things that you must have • *Food and drink, and a blanket to sit on are the basic necessities for a fun picnic.*
➤ necessary (adj)
- 8.90 tight** (adj) /taɪt/
with very little space for a lot of things • *There are going to be 100 people at the meeting. It will be a tight fit.* ➤ tightly (adv)
- 8.91 spot** (n) /spɒt/
a particular place • *We stopped the car and had a picnic in a beautiful spot with a view of the sea.*
- 8.92 chimney** (n) /'tʃɪmni/
a structure on the roof of a building through which smoke from a fire can leave • *Father Christmas traditionally comes down the chimney.*
- 8.93 drop** (n) /drɒp/
a distance from a high place down to a lower place • *The drop to the bottom of this cave is 20 metres so be very careful.*
➤ drop (v)
- 8.94 exhilarating** (adj) /ɪg'zɪləreɪtɪŋ/
very exciting • *The trek was difficult and exhausting but finishing successfully gave me an exhilarating feeling.* ➤ exhilarate (v), exhilaration (n)
- 8.95 narrow** (adj) /'næroʊ/
measuring a small distance from one side to the other • *The street is narrow, so only one car can go along it at a time.* ➤ narrowly (adv)
📌 Opp: wide
- 8.96 access** (n) /'ækses/
the way you use to enter a place • *There is no access to the cave from above, so we have to go through a long tunnel from the beach.*
access (v), accessible (adj)

- 8.97 gently** (adv) /'dʒentli/
carefully • *She put down the heavy object gently on the glass table so as not to break it.* ➤ gentle (adj), gentleness (n)
- 8.98 lower** (v) /'ləʊə(r)/
move sth down • *They lowered the piano gently to the ground.* ➤ low (adj)
 Opp: raise
- 8.99 squeeze** (v) /skwiːz/
push through a small space • *The car was parked very close to another one, so I had to squeeze to get between them.* ➤ squeeze (n)
- 8.100 requirement** (n) /rɪ'kwaɪəmənt/
sth that must be done • *It is a safety requirement that you check all your equipment before you rappel down the mountain.*
➤ require (v)
- 8.101 eventually** (adv) /ɪ'ventʃʊəli/
finally • *It was a long scary night, but eventually the sun rose and we felt better.*
- 8.102 sight** (n) /saɪt/
sth that you see • *The snow on the mountains was a wonderful sight.* ➤ sightseeing (n)

9

High-Tech World

Word Focus

page 110

- 9.1 surveillance** (n) /sə'veɪləns/
when sb like the police watch a person or place because they think sth illegal may happen • *There is surveillance in most shops nowadays, so anything that happens can be seen on camera.*
- 9.2 guilty** (adj) /'gɪlti/
responsible for doing sth illegal or bad • *Of course he's guilty. I know he stole the money.* > guiltily (adv), guilt (n)
- 9.3 crime** (n) /kraɪm/
an illegal act • *If you commit a crime and get caught, you will go to prison.* > criminal (n)
- 9.4 lose consciousness** (expr) /luːz 'kɒnʃənsəs/
go into a deep sleep because of injury or illness so that you do not understand what is happening around you • *When Tim hit his head really hard and lost consciousness, we took him to hospital.*
- 9.5 set off** (phr v) /set ɒf/
make an alarm ring • *The fire set off the smoke alarm in the house.*
- 9.6 alarm** (n) /ə'lɑːm/
a loud noise that warns people that there is a danger or a problem • *We heard the car alarm and ran outside.* > alarm (v), alarmed (adj), alarming (adj)

- 9.13 novel** (n) /'nɒvl/
a long story in a book • *Tom Sawyer is my favourite novel.* > novelist (n)
- 9.14 publish** (v) /'pʌblɪʃ/
produce a book or magazine and sell it • *J.K. Rowling couldn't find anyone to publish the first Harry Potter book.* > publisher (n)
- 9.15 stadium** (n) /'steɪdiəm/
a sports ground surrounded by many seats • *The stadium was full of fans waiting for the match to begin.*
- 9.16 commit a crime** (expr) /kə'mɪt ə kraɪm/
do sth illegal • *A crime was committed at the bank this morning and thousands of euros were stolen.*
- 9.17 murder** (n) /'mɜːdə/
the crime of killing sb • *Murder is a terrible crime.* > murder (v), murderer (n)
- 9.18 case** (n) /keɪs/
a crime that is being investigated by the police • *The police are investigating a murder case at the moment.*
- 9.19 actually** (adv) /'æktʃuəli/
used to emphasise a fact • *I actually fell asleep in the lesson because I was so tired.* > actual (adj)
- 9.20 put up sth** (phr v) /pʊt ʌp 'sʌmθɪŋ/
fix sth in a place so that people can see it • *I'm going to put up this ad on the class notice board.*
- 9.21 in operation** (phr) /ɪn ɒpə'reɪʃn/
working • *The machine is still in operation. Can't you hear it?*
- 9.22 sign** (n) /saɪn/
a piece of paper, metal or wood with information on it • *We had to stop the car because there was a stop sign at the end of the road.*
- 9.23 lifeguard** (n) /'laɪfgɑːd/
sb who works at a beach or swimming pool and rescues people • *The lifeguard saw that a boy was in trouble in the pool and dived in to rescue him.*
- 9.24 drown** (v) /draʊn/
die because you have been underwater for too long and can't breathe • *People who can't swim should wear a lifejacket so they don't drown if they fall in the water.*
- 9.25 notice** (v) /'nəʊtɪs/
see or hear sb/sth • *He came into the room so quietly that nobody noticed him.* > notice (n), noticeable (adj)

Reading

pages 110-111

- 9.7 device** (n) /dɪ'vaɪs/
an object that is used for a particular purpose • *A satnav is a useful device for taxi drivers as it helps them to find addresses.*
- 9.8 spy on** (phr v) /spaɪ ɒn/
watch secretly • *In the war, enemies spied on each other to try to find out information that could help them win.* > spy (n)
- 9.9 GPS** (n) /dʒiː piː es/
global positioning system • *We didn't get lost on holiday because our GPS told us where we were.*
- 9.10 criminal** (n) /'krɪmɪnəl/
sb who breaks the law • *The police are looking for two criminals who have robbed five banks in the area.* > crime (n)
- 9.11 detect** (v) /dɪ'tekt/
find, discover • *The police can detect people who drive dangerously by reading their number plates on surveillance cameras.* > detection, detective (n)
- 9.12 wiper** (n) /'waɪpə/
a blade with a rubber edge that removes rain or snow from a screen or window • *A car needs windscreen wipers or the driver can't see outside when it is raining.* > wipe (v)

- 9.26 put in sth** (phr v) /pʊt ɪn 'sʌmθɪŋ/
fix sth like equipment into position • *We need to put in the fire alarm we bought.* 📖 Syn: install
- 9.27 concerned** (adj) /kən'sɜːnd/
worried about sb/sth • *Her parents are concerned because she is not doing well at school.* ➤ concern (n)
- 9.28 lawyer** (n) /'lɔːjə/
sb whose job is to advise people about the law, to write legal documents and to represent people in court • *You should ask your lawyer for advice; she'll tell you what the law says about your problem.* ➤ law (n)
- 9.29 increase** (n) /'ɪŋkriːs/
a rise in number, amount or value • *There has been an increase in crime in this area.* ➤ increase (v), increasing (adj), increasingly (adv)
- 9.30 vote** (v) /vəʊt/
mark a paper or raise your hand to choose sb for an official position • *Do you think people will vote for her as president?* ➤ vote, voter (n)
- 9.31 content** (n) /'kɒntent/
the subject matter or information in a book, programme, etc. • *I must study the content of this paragraph because I don't really understand it.* ➤ contents (pl n), contain (v)
- 9.32 work out** (phr v) /wɜːk aʊt/
find the answer to sth • *I didn't use a dictionary. I worked out the meaning of the word from the sentence.*
- 9.33 stick** (n) /stɪk/
a thin piece of wood from a tree • *She used a long stick to knock the apple down from the tree.*

Crime

case	guilty
CCTV	lawyer
commit a crime	murder
criminal	poaching
detect	surveillance

Vocabulary

page 112

- 9.34 battery** (n) /'bætəri/
sth inside an engine, a radio, an MP3 player, etc. that produces electricity to make it work • *My watch has stopped. It needs a new battery.*
- 9.35 tablet** (n) /'tæblət/
a thin computer with a touch screen • *Tablets are easier to carry around than laptops.*
- 9.36 satnav** (n) /'sætnæv/
a computer that uses information from satellites to show or tell a driver of a vehicle how to get to a place • *You won't get lost if you get a satnav for your car.* 📖 Also: 'Satnav' is an abbreviation for 'satellite navigation'.
- 9.37 microchip** (n) /'maɪkrəʊtʃɪp/
a tiny piece of silicon with electronic parts that is used in computers • *The invention of the microchip started the age of personal computers.*
- 9.38 remote control** (n) /rɪ'məʊt kən'trəʊl/
an object that you use to control equipment without having to touch it • *Please change the channel with the remote control.*
- 9.39 USB stick** (n) /juː es biː stɪk/
a memory device that can connect to a computer • *I've put the photos on this USB stick so you can transfer them to your computer.*
- 9.40 install** (v) /ɪn'stɔːl/
fix equipment into position so that it can be used; put a new program into a computer • *The electrician came to install our new cooker.* ➤ installation (n) 📖 Syn: put in
- 9.41 crash** (v) /kræʃ/
fail (for computers) • *His computer crashed and now he has lost all his work.* ➤ crash (n)
- 9.42 log in** (phr v) /lɒg ɪn/
connect • *You can only log in to this bank's website with a secret password.* ➤ login (n) 📖 Opp: log off
- 9.43 gadget** (n) /'ɡædʒɪt/
a small device that does sth useful • *USB sticks are great gadgets for transferring files easily from one computer to another.*
- 9.44 revolutionise** (v) /revə'lʊːʃənəɪz/
cause great change • *The Internet has revolutionised the way we communicate with people across the world.* ➤ revolution (n), revolutionary (adj)
- 9.45 process** (v) /'prəʊses/
deal officially with a document • *They will process all the job applications and then decide who the best candidates are.* ➤ process (n), processed (adj)
- 9.46 department** (n) /dɪ'pɑːtmənt/
a part of a large business, university, organisation, etc. • *My mum works in the Physics Department at the university.*
- 9.47 progress** (n) /'prəʊgres/
gradual improvement • *We hope progress will soon be made and a cure for this disease will be found.* ➤ progress (v), progressive (adj)
- 9.48 lab** (n) /læb/
a room where scientific experiments are done • *In this lab, we do research on cancer.* 📖 NB: short form of the word *laboratory*
- 9.49 word processing** (n) /wɜːd 'prəʊsesɪŋ/
using a computer to create a text • *My dad uses his computer for word processing, not gaming.*
- 9.50 edit** (v) /'edɪt/
make changes to a text, an image, etc. • *I've written my essay, but now I need to edit it. It's too long.* ➤ editor (n)

- 9.51 development** (n) /dɪ'veləpmənt/
improvement • *In the twenty-first century there have been amazing developments in technology.* > develop (v)
- 9.52 protest** (n) /'prəʊtest/
expressing strong disagreement with sth
• *I'm going to join a protest march against the supermarket they want to build near the river.*
> protest (v), protester (n)
- 9.53 experiment** (v) /ɪks'perɪmənt/
do a scientific test to find out if an idea is true
• *Some researchers experiment on animals to test new medicines.* > experiment, experimenter (n)
- 9.54 experiment** (n) /ɪks'perɪmənt/
a scientific test • *The experiment we did in chemistry at school didn't work.*
> experiment (v), experimenter (n)
- 9.55 password** (n) /'pa:swɜ:d/
a series of letters and/or numbers that you must type into a computer before you can use it • *Grandpa has forgotten his password and now he can't use his computer.*

Computer words

data	satnav
GPS	software
interactive	tablet
log in	USB stick
microchip	virus
password	word processing
program	

Grammar

page 113

- 9.56 smoke** (n) /sməʊk/
white, grey or black gas that is produced by sth burning • *There was so much smoke from the fire that we couldn't breathe.* > smoke (v)
- 9.57 show sb around** (phr v) /ʃəʊ 'sʌmbədi ə'raʊnd/
go around with sb to show them a place • *My aunt showed us around her new house.*
- 9.58 factory** (n) /'fæktri/
a building where things are made • *They make cars in this factory.*
- 9.59 virus** (n) /'vaɪrəs/
instructions that are put secretly into a computer program and that are designed to damage the computer and/or its data • *The computer virus destroyed all the data on his computer.* > viral (adj)
- 9.60 CCTV** (n) /,sɪː sɪː tɪː 'viː/
a television system that is used to protect a place from crime • *The shop uses CCTV to prevent people from stealing.* 📁 'CCTV' is an abbreviation for 'closed-circuit television'.

- 9.61 manufacturer** (n) /mænjuː'fæktʃərə/
a company that produces sth • *Fiat is an Italian car manufacturer.* > manufacture (v, n)
- 9.62 blood** (n) /blʌd/
the red liquid in the bodies of humans and animals • *When I cut my head, there was a lot of blood.* > bloody (adj)
- 9.63 sample** (n) /'sɑ:mpl/
a small amount of sth that is examined to find out sth • *The doctor took a sample of my blood to find out what was wrong with me.*
> sample (v)
- 9.64 universe** (n) /'juːnɪvɜ:s/
all of space • *Earth is just a small planet in an enormous universe.* > universal (adj)

Listening

page 114

- 9.65 laser** (n) /'leɪzə/
equipment that produces a powerful beam of light • *Light from a laser is very bright, so you shouldn't look at it.*
- 9.66 model** (n) /'mɒdl/
a small copy of sth • *There is a model of the Parthenon in the Acropolis museum.*
- 9.67 eco-friendly** (adj) /'i:kəʊ-'frendli/
not harmful to the environment • *Paper bags are more eco-friendly than plastic ones as they can be recycled.*
- 9.68 interactive** (adj) /,ɪntər'æktɪv/
an interactive computer program allows you to communicate with it and reacts to your actions • *I love interactive computer games.*
> interact (v), interaction (n)
- 9.69 participate** (v) /pɑː'tɪsɪpeɪt/
take part • *John is a good student and likes to participate in class discussions.*
> participant (n)
- 9.70 try out** (phr v) /traɪ aʊt/
test • *Dad tried out the Toyota Aygo before deciding whether to buy one or not.*
- 9.71 attach** (v) /ə'tætʃ/
(1) join one thing to another; (2) connect a document or file to an email so you can send them together • *Don't forget to attach your new key to your key ring or you'll lose it.*
> attachment (n)
- 9.72 presentation** (n) /,prezn'teɪʃn/
showing a piece of work, a new idea, etc. to a group of people • *The teacher said my presentation was very interesting.*
> present (v)
- 9.73 solar-powered** (adj) /'səʊlə-'paʊəd/
working by using energy from the sun • *There are some amazing solar-powered cars.*
> solar power (n)

- 9.74 power (v)** /'paʊə/
provide a machine with energy to make it work
• *The energy of the sun can be used to power this machine.* > power (n), powerful (adj), powerfully (adv)
- 9.75 green (adj)** /gri:n/
connected with the protection of the environment • *People should use more green forms of energy.*

Speaking

page 115

- 9.76 on a daily basis (phr)** /ʌn ə 'deɪli 'beɪsɪs/
done or happening every day • *The scientist checks the animals in the lab on a daily basis.*
- 9.77 headphones (pl n)** /'hedfəʊnz/
equipment that you wear in or over your ears so that you can listen to music, the radio, etc.
• *Please use your headphones to listen to music late at night.*
- 9.78 air conditioning (n)** /eə kən'dɪʃənɪŋ/
a system that cools the air in a building • *It's very hot today, so turn on the air conditioning.*
> air condition (v)
- 9.79 microwave oven (n)** /'maɪkrəweɪv 'ʌvən/
a device that cooks food quickly using electromagnetic waves • *I put my supper in the microwave oven to heat it and in two minutes it was ready.*
- 9.80 security door (n)** /sɪ'kjʊərɪti dɔː/
a strong door that locks well so nobody can break in • *It is safer to have a security door as there are so many burglaries these days.*
- 9.81 media centre (n)** /'miːdiə 'sentə/
a library that has audiovisual media as well as books, magazines and other printed material
• *The library has a new media centre.*

Vocabulary

page 116

- 9.82 under threat (phr)** /'ʌndə θret/
in danger • *Many bird and animal species are under threat because of the loss of natural habitats.*
- 9.83 look up sth (phr v)** /lʊk ʌp 'sʌmθɪŋ/
look for information in a dictionary, book or the Internet • *You can look up a word in a dictionary if you don't understand it.*
- 9.84 expert (on) (n)** /'ekspɜːt (ʌn)/
sb who has a lot of knowledge about sth
• *My cousin is an expert on computing and is studying IT at university.*
- 9.85 lead to (phr v)** /liːd tuː/
cause • *Eating too much sugar and fat can lead to health problems.*
- 9.86 cyber tracker (n)** /'saɪbə-'trækə/
sb who finds and follows animals using technology • *The cyber tracker took photos of the elephants to record their position.*

- 9.87 herd (n)** /hɜːd/
a group of animals of the same type that live together • *There's a herd of cows in that field.*
> herd (v)
- 9.88 giraffe (n)** /dʒɪ'raːf/
an African animal with a very long neck and long legs • *The giraffe ate the leaves at the top of the tree.*
- 9.89 conservationist (n)** /kən'sə'veɪʃənɪst/
sb who wants to protect the environment
• *Conservationists organise activities for children to learn about the importance of protecting the natural environment.*
> conserve (v), conservation (n)
- 9.90 turn to sb (phr v)** /tɜːn tə 'sʌmbədi/
go to sb for help, advice, etc. • *When I got into trouble, I turned to my best friend for help.*
- 9.91 animal tracker (n)** /'ænɪml 'trækə/
sb who finds and follows animals • *The animal trackers found some footprints in the sand and followed them to a group of lions.*
- 9.92 software (n)** /'sɒftweə/
computer programs • *Because she had some trouble with her computer, she had to reinstall all the software.*
- 9.93 observation (n)** /əb'sə'veɪʃn/
a comment based on sth that was seen, read or heard • *He wrote down his observations in a notebook and later typed them into his computer.* > observe (v), observer (n)
- 9.94 data (n)** /'deɪtə/
information • *We put all the data in a document on the computer.*
- 9.95 poaching (n)** /'pəʊtʃɪŋ/
hunting animals illegally • *The African elephant is in danger because of poaching.*
> poacher (n), poach (v)

- 9.96 issue (n)** /'ɪʃuː/
an important topic • *Let's have a serious discussion about the issue of surveillance.*
- 9.97 independent (adj)** /,ɪndɪ'pendənt/
able and free to do things without help from others • *Marcus is only fifteen, but he's very independent.* > independently (adv), independence (n) ☞ Opp: dependence

Grammar

page 117

- 9.98 pleasant (adj)** /'pleznt/
enjoyable • *We had a pleasant day at the beach.* > pleasantly (adv), pleasure (n), please (v) ☞ Opp: unpleasant
- 9.99 state of the art (adj)** /steɪt əv ðɪ 'aːt/
very modern • *This car has state of the art technology and it is the best on the market at the moment.*

- 9.100 colleague** (n) /'kɒliːg/
sb you work with • *My colleague checked my report for me before I gave it to my boss.*
- 9.101 hand in** (phr v) /hænd ɪn/
give sth to a teacher • *'Please hand in your homework tomorrow,' said the teacher.*
- 9.102 think for yourself** (phr v) /θɪŋk fə ʃɔː'self/
form your own opinions without depending on others • *The most important lesson in life is learning to think for yourself.*
- 9.103 nowadays** (adv) /'naʊədeɪz/
at the present time, not the past • *Nowadays most people can use a computer.*
- 9.104 lips** (n) /lɪps/
the two soft edges at the opening to your mouth • *She had dark hair, brown eyes and red lips.*
- 9.105 cheer on** (phr v) /tʃɪər ɒn/
shout to encourage sb in a race, competition, etc. • *The fans cheered on their teams.*

Writing

pages 118-119

- 9.106 program** (n) /'prəʊgræm/
instructions in code that control the way a computer operates • *He writes computer programs for a living.* > program (v)
- 9.107 operation** (n) /ɒpə'reɪʃn/
cutting into sb's body to repair a part or remove it • *Nancy broke her arm badly in three places and she needs an operation to fix it.* > operate (v)

Video 9 Mars Rovers

page 120

- 9.108 advance** (n) /ədvaːns/
progress • *Advances in medicine mean that many diseases today can be cured and are no longer deadly.* > advance (v)

- 9.109 measure** (v) /'meɪʒə/
find the size, quantity of sth using standard units • *Each year the amount of rain that falls is measured and the results are put into a database.* > measurement (n)
- 9.110 image** (n) /'ɪmɪdʒ/
a picture • *The satellite took some wonderful images of the Earth from space.*
- 9.111 volcano** (n) /vɒl'keɪnəʊ/
a mountain from which lava and gases come out • *The volcano erupted and lava came down the side of the mountain.* > volcanic (adj)
- 9.112 Mars rover** (n) /maːs 'rəʊvə/
a robot used to explore Mars • *The Mars rovers sent back a lot of data to Earth, which scientists analysed.*
- 9.113 bring sth up** (phr v) /brɪŋ 'sʌmθɪŋ ʌp/
mention a subject • *I'd like to bring up an important subject for discussion.*
- 9.114 alternative** (adj) /ɔːl'tɜːnətɪv/
that can be used instead of sth else • *I think your idea is good, but I have an alternative idea that is better.* > alternative (n)
- 9.115 operate** (v) /'ɒpəreɪt/
make sth work • *Greg works in a car factory and operates the machines which build the cars.* > operation (n), operator (n)
- 9.116 pattern** (n) /'pætən/
an arrangement of colours or shapes that is repeated • *Patterns on the surface of the moon used to make people think the moon had a face.*
- 9.117 rough** (adj) /rʌf/
not smooth • *The road is rough and you need a jeep to travel on it.* > roughly (adv), roughness (n)
- 9.118 surface** (n) /'sɜːfɪs/
the outside or top layer of sth • *The ball floated on the surface of the water.*

10 That's Entertainment!

Word Focus

page 122

- 10.1 reschedule** (v) /ˌriːʃedjuːl/
change the time of an event • *The manager was ill, so we had to reschedule the meeting.*
➤ schedule (v, n)
- 10.2 enquiry** (n) /ɪnˈkwæɪəri/
asking for information • *I'd like to make an enquiry about courses at this college.*
➤ enquire (v)
- 10.3 purchase** (v) /ˈpɜːtʃəs/
buy • *He purchased a very expensive car.*
➤ purchase (n)

- 10.13 fill in** (phr v) /fɪl ɪn/
complete • *Please fill in your name, date of birth and address on this form.*
📎 Syn: complete
- 10.14 application form** (n) /ˌæplɪˈkeɪʃn fɔːm/
a piece of paper that you complete to apply for sth • *You can get an application from our office.*
- 10.15 for sale** (phr) /fə seɪl/
available to be bought • *I'm sorry, madam. That chair is not for sale.*
- 10.16 acoustic guitar** (n) /əˈkuːstɪk ɡɪˈtɑː/
a guitar that does not have its sound made louder electronically • *He doesn't play the electric guitar. He plays the acoustic guitar.*

Reading

pages 122-123

- 10.4 steel drum** (n) /stiːl drʌm/
a drum made of a metal called steel • *Steel drums were first played in Trinidad, but they are popular in Europe too nowadays.*
- 10.5 bagpipes** (pl n) /ˈbæɡpaɪps/
a musical instrument from Scotland
• *The Scotsman played the bagpipes every morning, which always woke up his neighbours.*
- 10.6 didgeridoo** (n) /dɪdʒəˈriːduː/
a musical instrument from Australia which is a very long pipe • *Shane blew into the didgeridoo and it made a low musical sound.*
- 10.7 collect** (v) /kəˈlekt/
go somewhere to take sb/sth away to another place • *Mrs Brown is going to collect the children from school.*
➤ collection (n) 📎 Syn: pick up
- 10.8 sheet music** (n) /ʃiːt ˈmjuːzɪk/
music that is printed on paper • *This shop sells musical instruments and sheet music.*
- 10.9 series** (n) /ˈsiəriːz/
set of TV programmes • *The series Bewitched from the 1970s was made into a film in 2005 with Nicole Kidman in the main role.*
- 10.10 film** (v) /fɪlm/
make a film • *They filmed The Lord of the Rings in New Zealand.* ➤ film (n), film-maker (n)
- 10.11 audition** (n) /ɔːˈdɪʃn/
a short performance to see if you can be chosen for sth • *The actor went for an audition but didn't get a part in the play.*
➤ audition (v)
- 10.12 commence** (v) /kəˈmens/
begin • *Shh! The film is going to commence.*
➤ commencement (n) 📎 Syn: begin; start
- 10.17 scratch** (n) /skrætʃ/
a mark or an injury made on sth by pulling sth sharp across it • *Who made that scratch on the table?* ➤ scratch (v)
- 10.18 mark** (n) /mɑːk/
a small cut or other damage • *There's a small black mark on the wall.* ➤ mark (v)
- 10.19 drum kit** (n) /drʌm kɪt/
a set of drums • *Of course she has a drum kit! She plays the drums in a band.*
- 10.20 box office** (n) /bɒks ˈɒfɪs/
a place where tickets are sold for a show, play or film • *I bought five tickets for the play at the box office in the entrance to the theatre.*
- 10.21 live** (adj) /laɪv/
in person, not recorded • *I want to go to the Bon Jovi concert and hear a live performance.*
- 10.22 album** (n) /ˈælbəm/
a collection of pieces of music • *His latest album has some great songs.*
- 10.23 lift** (n) /lɪft/
a free ride in a car to a place • *Our car was at the garage, so our neighbour gave us a lift to town.*
- 10.24 hit** (n) /hɪt/
a success • *Elena Paparizou's song 'My Number One' was a hit and won the Eurovision song contest in 2005.*
- 10.25 cash** (n) /kæʃ/
money in the form of coins or notes • *I'd like to pay for this in cash.* 📎 in cash = with cash
- 10.26 credit card** (n) /ˈkredɪt kɑːd/
a small plastic card that you use to buy things and pay for them later • *I haven't got any cash, so I'll pay by credit card.*
📎 by credit card = with a credit card

- 10.27 note** (n) /nəʊt/
one musical sound • *This song starts on the note 'fa'.*
- 10.28 drummer** (n) /'drʌmə/
sb who plays the drums • *The drummer in our band plays the drums and also sings.*
➢ drum (v, n)
- 10.29 be sold out** (phr) /bi səʊld aʊt/
be all sold • *We don't have those shoes in your size. They're sold out.*

Music

acoustic guitar	lyrics
album	note
bagpipes	orchestra
bandurria	reggae
choir	rhythm
concert hall	sheet music
didgeridoo	steel drum
drum kit	steelband music
festival	tune (v)
hit (n)	volume

Vocabulary

page 124

- 10.30 reality show** (n) /rɪ'æləti ʃəʊ/
a TV programme which shows real people doing real things • *The reality show 'Big Brother' is popular in many countries.*
- 10.31 soap opera** (n) /səʊp 'ɒprə/
a popular TV drama about the lives of everyday people • *Grandma watches soap operas every day but her favourite is The Bold and The Beautiful.*
- 10.32 producer** (n) /prə'dju:sə/
sb who produces TV shows, plays or films • *Jerry Bruckheimer is a famous producer who is responsible for all the American CSI series.* ➢ produce (v), production (n)
- 10.33 dressing room** (n) /'dresɪŋ ru:m/
a room where actors put on their costumes and make-up before a play • *The actor put on her make-up in her dressing room and waited to be called to go on stage.*
- 10.34 lines** (pl n) /laɪns/
the words an actor must learn for a role • *He was nervous and when he went on stage he forgot his lines and couldn't remember what to say.*
- 10.35 lyrics** (pl n) /'lɪrɪks/
the words of a song • *He knows the lyrics of all the Beatles songs and never gets a word wrong.*
- 10.36 director** (n) /dɪ'rektə/
a person who tells the actors what to do in a film or play • *Steven Spielberg is a brilliant director and I love his films.* ➢ direct (v)

- 10.37 documentary** (n) /dɒkjʊ'mentri/
a programme which gives information about real things • *Did you watch the documentary about the Greek Revolution of 1821?*
- 10.38 script** (n) /skɪpt/
a written form of a film, play or TV show • *My sister writes scripts for films and radio programmes.*
- 10.39 pick up** (phr v) /pɪk ʌp/
collect sb/sth from a place • *Dad forgot to pick me up from school and I had to walk home.*
✎ Syn: collect
- 10.40 perform** (v) /pə'fɔ:m/
act, sing, play an instrument, etc. to entertain people • *The singer performed a few songs for the audience.* ➢ performer (n), performance (n)
- 10.41 open-air theatre** (n) /'əʊpən-eə 'θɪətə/
a theatre that has no walls or roof • *I hate open-air theatres. They're too hot in summer and too cold in winter.*
- 10.42 concern** (v) /kən'sɜ:n/
be about sth • *The book concerns the history of the city.* ➢ concern (n)

People

director	pen-pal
drummer	producer
employee	rapper
judge	security guard

Useful words for theatre

act	costume
audition	dressing room
backstage	lines
be sold out	open-air theatre
box office	opening night
cheer	perform
clap	performance

Useful words for TV

documentary	script
film (v)	series
reality show	soap opera

Grammar

page 125

- 10.43 act** (v) /ækt/
perform • *She can act, sing and dance, so she has a good chance of getting a part in the musical.* ➢ actor (n), actress (n)
- 10.44 join** (v) /dʒɔɪn/
become a member of a club, a team, etc. • *I'm thinking of joining the drama club.*

Listening

page 126

- 10.45 costume** (n) /'kɒstju:m/
the clothes an actor wears for a performance
• *The costumes for the Harry Potter films include wizards' hats and long capes.*
- 10.46 backstage** (adv) /bæk'steɪdʒ/
behind the stage • *The actors whispered backstage while they waited to go on stage.*
- 10.47 performance** (n) /pə'fɔ:məns/
sth that entertains an audience • *We saw a great performance of a play by Aristophanes.*
➤ perform (v), performer (n)
- 10.48 main** (adj) /meɪn/
the most important • *The main characters in the book are two boys and their mother.*
- 10.49 judge** (n) /dʒʌdʒ/
sb who decides who has won a competition
• *The judges decided to give the prize to me!*
➤ judge (n), judgement (n)
- 10.50 contemporary** (adj) /kən'temprəri/
modern • *I prefer contemporary dance to classical ballet.*
- 10.51 rapper** (n) /'ræpə/
sb who performs a rap song • *'Who is your favourite rapper?' 'I don't like rap. I prefer rock.'* ➤ rap (n, v)
- 10.52 academy** (n) /ə'kædəmi/
a college where students learn a particular subject • *I want to study drama at the Royal Academy of Dramatic Art.* ➤ academic (adj, n)
- 10.53 Town (Council) Hall** (n) /taʊn ('kaʊnsl) hɔ:l/
a building used for a town's local government
• *There's a meeting to discuss the new road at the Town Hall tomorrow.*
- 10.54 space** (n) /speɪs/
an amount of an area that is empty • *My new bedroom is so small that there's no space for a desk.* ➤ spacious (adj) ☞ Syn: room

Vocabulary

page 127

- 10.55 turn away** (phr v) /tɜ:n ə'weɪ/
not allow in • *We went to the new restaurant but were turned away at the door because it was full.*
- 10.56 turn down** (phr v) /tɜ:n daʊn/
make quieter • *Mum is always telling me to turn down my music, but I like it loud!*
- 10.57 turn out** (phr v) /tɜ:n aʊt/
end in a particular way • *The film surprised me because it didn't turn out as I had expected.*
- 10.58 security guard** (n) /sɪ'kjʊərɪti ɡɑ:d/
sb who protects a building from criminals
• *Fred's job is to protect people because he is a security guard at a bank.*

- 10.59 refuse** (v) /rɪ'fju:z/
say that you will not allow sb to have or do sth they want • *The head teacher refused the students permission to have a party in the school hall.* ➤ refusal (n)
- 10.60 admission** (n) /əd'mɪʃn/
entrance • *We paid 20 euros for admission to the club.* ➤ admit (v)
- 10.61 switch on** (v) /swɪtʃ 'ɒn/
turn sth on • *Let's switch the TV on and watch the news.*
- 10.62 be on** (phr) /bi: ɒn/
be broadcast on television; be shown at the cinema • *What's on this weekend at the Rex Cinema?*
- 10.63 decrease** (v) /dɪ'kri:s/
make smaller or quieter • *The amount of noise from the party decreased as we drove away from the house.* ➤ decrease (n)
☞ Opp: increase
- 10.64 volume** (n) /'vɒlju:m/
level of noise • *Don't turn the volume up so loud; we won't be able to hear ourselves talking!*
- 10.65 switch off** (phr v) /swɪtʃ ɒf/
turn sth off by pressing a button or switch
• *I want to sleep now. Please switch off the lights.* ☞ Opp: switch on
- 10.66 catch on** (phr v) /kætʃ ɒn/
become popular • *Ballroom dancing has really caught on since the TV reality show Dancing with the Stars was first broadcast.*
- 10.67 weird** (adj) /wiəd/
very strange • *I heard a weird noise outside my window last night and I was scared.*
- 10.68 give out** (phr v) /ɡɪv aʊt/
hand to people • *Free newspapers are often given out in the city centre.*
- 10.69 flyer** (n) /'flaɪə/
a leaflet • *We get loads of pizza flyers under our door, but we hardly ever order pizza.*
- 10.70 sell out** (phr v) /sel aʊt/
sell all of sth and have no more • *We couldn't get any tickets for the concert as they had all sold out.*
- 10.71 act out** (phr v) /ækt aʊt/
perform • *The cast acted out the scene before it was filmed so they all knew their lines.*
- 10.72 scene** (n) /si:n/
a part of a film or play • *The best scene in the film was when Harry beat Voldemort!*
- 10.73 grow out of** (phr v) /grəʊ aʊt ɒv/
become too old for • *Most people love watching cartoons and never grow out of them even when they become adults.*

- 10.74** **get sth down** (phr v) /get 'sʌmθɪŋ daʊn/
write down • *I got the announcement down on a piece of paper so I would remember the time of the performance.*
- 10.75** **run out (of)** (phr v) /rʌn aʊt (əv)/
finish a supply of sth • *I can't make a cake because we've run out of eggs.*
- 10.76** **distribute** (v) /dɪ'strɪbjʊt/
share things among people • *The pupils distributed flyers for their school play so that many people would come to see them perform.* > distribution (n)
- 10.77** **opening night** (n) /'əʊpənɪŋ naɪt/
the first night that a play is performed or a film is shown • *A lot of famous actors attended the opening night of the play.* 📖 premiere
- 10.78** **reggae** (n) /'regeɪ/
a type of Jamaican music with strong rhythms • *Bob Marley was a great reggae musician.*

Phrasal verbs

act out	pick up
be sold out	run out (of)
catch on	sell out
fill in	switch off
get sth down	switch on
give out	turn away
go out	turn down
grow out of	turn out

Grammar

page 129

- 10.79** **festival** (n) /'festɪvl/
a number of performances of music, films, plays, dance, etc. in the same place once a year • *The Glastonbury Festival is one of the most popular music festivals in Britain.*
- 10.80** **employee** (n) /ɪm'plɔɪi:/
sb who is paid to work for sb else • *She has a successful business and she pays her employees well.* > employer (n), employ (v), employment (n)
- 10.81** **exhibit** (n) /ɪg'zɪbɪt/
sth that is put in a public place like an art gallery or museum so that people can go to see it • *There are some interesting exhibits of costumes at the museum.* > exhibit (v), exhibition (n)
- 10.82** **choir** (n) /'kwaɪə/
a group of people who sing together • *The choir sang their last song and then left the stage.*
- 10.83** **concert hall** (n) /'kɒnsət hɔːl/
a large room in which concerts are held • *The Vienna Symphony Orchestra is giving a performance at the concert hall tonight.*

Writing: an email or story

pages 130-131

- 10.84** **go out** (phr v) /gəʊ aʊt/
stop shining or burning • *The lights went out during the storm.*
- 10.85** **cheer** (v) /tʃɪə/
shout to praise or show support for sb • *When she finished her speech, everyone cheered enthusiastically.* > cheer (n)
- 10.86** **clap** (v) /klæp/
hit your hands together to show you like sth • *The audience clapped for so long after the play that their hands got tired.*
- 10.87** **pen-pal** (n) /pen-pæl/
a person you make friends with by writing letters • *My mum met her Australian pen-pal for the first time last year.*
- 10.88** **get dressed** (phr) /get drest/
put clothes on your body • *I got out of bed, got dressed and had breakfast.* 📖 Also: dress (v)
- 10.89** **orchestra** (n) /'ɔːkɪstrə/
a large group of people who play musical instruments together • *She plays the clarinet in the school orchestra.* > orchestral (adj)
- 10.90** **bandurria** (n) /bæn'dʊrɪə/
a musical instrument with strings • *She went to a concert where the musicians were playing unusual instruments like the bandurria.*

DVD 10: Steel Drums

- 10.91** **caption** (n) /'kæpʃn/
words under a cartoon • *The captions in some newspaper cartoons are very witty.*
- 10.92** **steelband music** (n) /stiːl'bænd 'mjuːzɪk/
music where all the instruments are made of steel • *Steelband music comes from Trinidad and Tobago.*
- 10.93** **avoid** (v) /ə'vɔɪd/
keep away from sb/sth • *You should avoid sitting in the sun between the hours of eleven and three or you'll get burnt.* > avoidance (n)
- 10.94** **rhythm** (n) /'rɪðm/
a regular pattern of sounds • *Hip-hop music has a good rhythm for dancers, which is why it is so popular with them.* > rhythmic (adj)
- 10.95** **tin can** (n) /tɪn kæn/
a round metal container for food or fizzy drink • *Little kids often make home-made instruments out of tin cans.*
- 10.96** **tune** (v) /tjuːn/
make a musical instrument play the right pitch (pitch = how high or low a note is) • *Violinists have to tune their violins before they can play.*

- 10.97 creativity** (n) /kriːɪ'tɪvəti/
ability to make sth new and imaginative
● *People who make the costumes for science fiction films show a lot of creativity.*
➤ create (v), creation (n), creative (adj)
- 10.98 influence** (v) /'ɪnfluəns/
have an effect on the way sb thinks, behaves or does things ● *The composer Hector Berlioz was influenced by the music of Gluck.* ➤ influence (n), influential (adj)
- 10.99 lively** (adj) /'laɪvli/
enthusiastic and cheerful ● *The party went well because everybody was happy and lively.*
- 10.100 oil drum** (n) /ɔɪl drʌm/
a large round container for oil ● *The oil was stored in oil drums.*
- 10.101 the Caribbean** (n) /ðə ˌkæriˈbiːən/
the sea and islands between Central America and South America, west of the Atlantic Ocean
● *I've never been to the Caribbean, but I'd love to go.* ➤ Caribbean (adj)
- 10.102 region** (n) /'riːdʒən/
a large area of land ● *The Nevada Desert is one of the driest regions of the United States.*
➤ regional (adj)
- 10.103 play music by ear** (expr) /pleɪ 'mjuːzɪk baɪ ɪə/
listen to a piece of music and play it without having to read it written down ● *My friend can play music by ear and has never had a music lesson in her life.*
- 10.104 container** (n) /kən'teɪnə/
a thing like a box, bottle, jar, etc. that things are kept in ● *Mum bought a large container of ice cream for the party.*
➤ contain (v)

11 Lessons to Learn

Word Focus

page 136

- 11.1 **performing arts** (pl n) /pə'fɔ:mɪŋ a:ts/
acting, dancing and playing music • *The film Fame is about students who are studying performing arts.*
- 11.2 **journalist** (n) /'dʒɜ:nəlɪst/
a person who writes news stories for newspapers and/or other media • *The journalist wrote a long article about the war.* > journalism (n), journal (n)

Reading

pages 136-137

- 11.3 **unlike** (prep) /,ʌn'laɪk/
in contrast to • *Unlike Anna, Ben doesn't play any musical instruments.*
☞ Opp: like
- 11.4 **bracelet** (n) /'breɪslət/
jewellery that you wear around your arm • *She wore a gold bracelet on her arm.*
- 11.5 **necklace** (n) /'neɪkləs/
jewellery that you wear around your neck • *Her husband bought her a diamond necklace for her birthday.*
- 11.6 **earring** (n) /'ɪərɪŋ/
jewellery that you wear in or on your ear • *She wore long earrings and a necklace to the party.*
- 11.7 **have what it takes** (phr) /hæv wʌt ɪt teɪks/
have the ability or qualities needed to be successful • *Does he have what it takes to succeed?*
- 11.8 **build a fire** (phr) /bɪld ə 'faɪə/
put the coal, wood or other fuel together and light a fire • *Let's build a fire and cook the meat.*
- 11.9 **put up a tent** (phr) /pʊt ʌp ə tent/
put a tent somewhere • *The campers put up their tent and went inside it to sleep.*
- 11.10 **trick** (n) /trɪk/
a clever action that sb performs in a magic show • *The magician performed some tricks for the children.* > trick (v)
- 11.11 **vanish** (v) /'vænɪʃ/
disappear • *The magician made the rabbit vanish.*
- 11.12 **original** (adj) /ə'rɪdʒənəl/
existing at the beginning • *The original colour of the walls in my bedroom was blue.* > originally (adv), originality (n)

Vocabulary

page 138

- 11.13 **knowledge** (n) /'nɒlɪdʒ/
information you know about sth • *Our biology teacher has a good knowledge of plants and animals and can answer all our questions.*
> know (v), knowledgeable (adj)
- 11.14 **diploma** (n) /dɪ'pləʊmə/
an official document that says sb has passed an exam and has certain qualifications • *I attended Spanish evening classes and at the end of the year was given a diploma.*
- 11.15 **certificate** (n) /sə'tɪfɪkət/
a piece of paper which says you have finished a course • *My brother got his FCE certificate from Cambridge, which proves that his English is very good.* > certify (v)
- 11.16 **fees** (pl n) /fi:z/
money you pay for lessons • *The fees for this language school are 40 euros per month.*
- 11.17 **grant** (n) /grɑ:nt/
money you get from the government to study • *James paid for his university education with a student grant.*
- 11.18 **tutor** (n) /'tju:tə/
a teacher • *A tutor gives me English lessons at home twice a week.* > tutor (v)
- 11.19 **lecturer** (n) /'lektʃərə/
a teacher at a university • *Our maths lecturer at university sets really hard exams.* > lecture (v, n)
- 11.20 **graduate** (n) /'grædʒʊət/
sb who gets a degree from university • *You need to be a university graduate to apply for a job as a secondary school teacher.*
> graduate (v), graduation (n)
- 11.21 **studies** (pl n) /'stʌdɪz/
the subject or subjects that sb studies at college or university • *Are you enjoying your studies at university?* > study (n, v), student (n), studious (adj)
- 11.22 **stapler** (n) /'steɪplə/
a device which you use to join pieces of paper together • *I used a stapler to attach my photo to the application form.* > staple (v, n)
- 11.23 **folder** (n) /'fəʊldə/
a container like a box that you use to keep papers in • *Put all your written tests in this folder so you don't lose them.*
- 11.24 **backpack** (n) /'bækpæk/
a large bag that you carry on your back when you go walking or climbing • *They took a sleeping bag and a backpack with a few clothes and some food.*

- 11.25 biology** (n) /baɪ'ɒlədʒi/
the study of living things • *We learnt about how plants grow today in biology.*
➤ biologist (n), biological (adj)
- 11.26 chemistry** (n) /'keməstri/
the study of substances • *In chemistry we learnt that the symbol for water is H₂O.*
➤ chemist (n), chemical (n, adj)
- 11.27 physical education (PE)** (n) /'fɪzɪkl edʒu'keɪʃn (pi: i:)/
a school subject in which students do sports and other physical activities • *We usually play volleyball in physical education classes.*
- 11.28 queue** (n) /kju:/
a line of people waiting for sth • *There was a long queue at the bank, so I was there for a long time.* ➤ queue (v)
- 11.29 secondary school** (n) /'sekəndri sku:l/
a school for children aged 11 to 18 • *In England you start secondary school at the age of 11 and you can leave at 16 or 18.*
- 11.30 grade** (v) /greɪd/
give a mark to a student's work • *The teacher graded the students' test papers.* ➤ grade (n)
📎 Syn: mark
- 11.31 twist** (v) /twɪst/
injure your ankle, wrist, etc. by bending it in an awkward way • *She was running down the hill when she twisted her ankle.* ➤ twist (n)
- 11.32 behave** (v) /bɪ'heɪv/
act correctly or politely • *The children always behave when they visit their grandparents.*
➤ behaviour (n) 📎 Opp: misbehave
- 11.33 expel** (v) /ɪk'spel/
force a student to leave a school • *The boys who got into the fight were expelled and will have to go to a new school.* ➤ expulsion (n)
- 11.34 qualifications** (pl n) /kwɒlɪfɪ'keɪʃnz/
exams that you have passed and that show you have knowledge of or skill in a subject • *Vicky wants to work as a teacher, but she needs to study and get the right qualifications first.* ➤ qualify (v)
- 11.35 examiner** (n) /ɪg'zæmɪnə/
sb who marks exams • *The examiner was strict and didn't give anybody an A for their composition.* ➤ examine (v), exam/examination (n)
- 11.36 candidate** (n) /'kændɪdeɪt/
sb who takes an exam • *The candidates sat in silence before they were allowed to look at the exam paper.*
- 11.37 oral** (adj) /'ɔ:əl/
spoken • *I have an oral English exam on Monday.* ➤ orally (adv)
- 11.38 unbelievably** (adv) /ˌʌnbɪ'li:vəbli/
used to emphasise how good, bad, etc. something is • *James is only twelve, but already he's an unbelievably good musician.*
➤ unbelievable (adj)

- 11.39 accent** (n) /'æksənt/
way you pronounce words, depending on where you are from • *My friend has a Canadian accent, but she is easy to understand.*
- 11.40 pronunciation** (n) /prənʌnsɪ'eɪʃn/
correct way a word is said • *The pronunciation of the French letter 'r' is difficult for English speakers.* ➤ pronounce (v)
- 11.41 revise** (v) /rɪ'vaɪz/
study facts again, usually before an exam • *Dave revised for the test all evening and managed to get a B+.* ➤ revision (n)

University and college

common room	motto
diploma	professor
fees	seminar
graduate	studies
grant	tutor
lecturer	

Exams

candidate	examiner
certificate	qualifications
diploma	revise

Grammar

page 139

- 11.42 cancel** (v) /'kænsəl/
• *The football match was cancelled because of the rain.* ➤ cancellation (n)
- 11.43 exhibit** (v) /ɪg'zɪbɪt/
show sth in a public place so that people can go to see it • *A famous art gallery is going to exhibit her paintings.* ➤ exhibit (n), exhibition (n)
- 11.44 staff** (n) /stɑ:f/
people who work at the same place • *There are five members of staff at this private language school: four teachers and one secretary.*
📎 Syn: personnel
- 11.45 first aid** (n) /fɜ:st eɪd/
first medical help given to sb who is hurt • *It is important to know first aid when you work with children at a summer camp so you can help them quickly if they hurt themselves.*

Listening

page 140

- 11.46 exchange programme** (n) /ɪks'tʃeɪndʒ 'prəʊɡrəm/
a school trip where students live in a different country • *Our school has a student exchange programme with a school in Poland.*
- 11.47 host family** (n) / hæʊst 'fæməli/
people who offer students a place to live or stay • *Tim stayed with a very friendly host family when he was an exchange student.*

11.48 **adapt** (v) /ə'dæpt/
accept; get used to • *It isn't always easy to adapt to life in a foreign country.*
➤ adaptation (n)

11.49 **self-conscious** (adj) /self-'kɒnfəs/
nervous or embarrassed about what people think of you • *Jim is self-conscious as he has big feet.* ➤ self-consciously (adv), self-consciousness (n)

Speaking

page 141

11.50 **gymnasium** (n) /dʒɪm'neɪzɪəm/
a specially-equipped indoor space where you do exercise • *Sean goes to the gymnasium every evening to lift weights.*
📝 NB: people usually say gym for short

11.51 **common room** (n) /'kɒmən ru:m/
a room in a college or school where teachers or students can sit to relax • *The high school students chatted in the common room between lessons.*

11.52 **grass** (n) /grɑ:s/
a plant with narrow green leaves • *The cows ate the new green grass in the field.*

11.53 **water** (v) /'wɔ:tə/
pour water on plants, etc. • *Don't forget to water your mum's flowers or they'll die.*
➤ water (n), watery (adj)

11.54 **that's a good point** (phr) /ðæts ə gud pɔɪnt/
your idea is a good one • *'If we leave later, we'll miss the bus.'* 'That's a good point. OK. We'll leave now.'

11.55 **convince** (v) /kən'vɪns/
make sb believe that sth is true • *I convinced my parents that I was telling the truth.*
➤ conviction (n)

11.56 **facilities** (pl n) /fə'sɪlɪtɪz/
buildings and services • *This town has many facilities including a sports ground, two cinemas and a library.*

Vocabulary

page 142

11.57 **make progress** (expr) /meɪk 'prəʊgres/
improve • *Mike has been making progress and instead of a B in maths he now has a B+.*

11.58 **break a rule** (expr) /breɪk ə ru:l/
do sth you shouldn't • *The pupils broke the rules and left the building before the end of the day.*

11.59 **be supposed to** (phr) /bi sə'pəʊzɪd tə/
be expected to do/be sth • *He was supposed to do his homework after school but he played football with his friends instead.*

11.60 **be in sb's good books** (expr) /bi: ɪn 'sʌmbədɪz gud bʊks/
make sb pleased with you • *Tina is in her mum's good books because she passed all her exams.*

11.61 **get the hang of sth** (expr) /get ðə hæŋ ɒv 'sʌmθɪŋ/
learn how to do sth • *I took up the violin last month and I am slowly getting the hang of it and can now play a few tunes.*

11.62 **get a taste for sth** (expr) /get ə teɪst fɔ: 'sʌmθɪŋ/
start to like • *She got an A in chemistry and has now got a taste for good marks and always wants them.*

11.63 **manage your time** (phr) /'mænɪdʒ jɔ: taɪm/
use your time sensibly • *If you don't learn to manage your time, you'll never finish all your work.*

11.64 **repeatedly** (adv) /rɪ'pi:tɪdli/
many times • *Jane is repeatedly late for class and if she isn't careful, she'll be expelled.*
➤ repeat (v), repetition (n), repetitive (adj)

11.65 **absent** (adj) /'æbsənt/
not in a place • *She was ill so she was absent from school for a week.* ➤ absence (n)
📝 Opp: present

11.66 **get into trouble** (phr) /get 'ɪntə 'trʌbl/
be punished for bad behaviour or doing sth wrong • *We got into trouble for turning up late for the maths lesson.*

11.67 **sleepy** (adj) /'sli:pi/
wanting to sleep • *I felt sleepy in the English lesson and couldn't stop yawning.*
➤ sleep (v, n)

11.68 **establish a routine** (expr) /ɪs'tæblɪʃ ə ru:ti:n/
start to do the same thing every day and continue doing it • *He has established a routine where he gets home, has lunch and then does his homework before dinner.*

11.69 **stick to sth** (phr v) /stɪk tu 'sʌmθɪŋ/
not give up • *Stick to the piano lessons and soon you will improve.*

11.70 **suffer** (v) /'sʌfə/
be negatively affected by sth • *The country is suffering from a lack of rain.*

11.71 **satisfied** (adj) /'sætɪsfaɪd/
pleased because sth that you wanted to happen has happened • *Are your parents satisfied with your exam results?* ➤ satisfy (v), satisfaction (n), satisfactory (adj)
📝 Opp: dissatisfied

Grammar

page 143

11.72 **the latest** (adj) /ðə 'leɪtɪst/
the most recent • *These magazines have great photos of the latest fashions.*

11.73 **seminar** (n) /'seminɑ:/
a class at a university or college for a small group of students • *The university is holding a seminar for science teachers next week.*

- 11.74 professor** (n) /prə'fesə/ a university teacher • *Olivia Bruce is Professor of Geology at the university.*
- 11.75 attend** (v) /ə'tend/ go regularly to a place • *My children attend St Johns' School.* > attendance (n)
- 11.76 aim** (v) /eɪm/ hope to achieve • *Sally hopes to get good marks because she's aiming to go to university.* > aim (n)
- 11.77 motto** (n) /'mɒtəʊ/ a phrase that expresses the beliefs of a person or an institution • *Our school motto was 'Veritas', which means 'truth' in Latin.*
- 11.78 glad** (adj) /glæd/ happy • *That's great news! I'm so glad you got your degree.* > gladness (n)
- 11.79 it's no use doing sth** (phr) /ɪts nəʊ ju:z 'du:ɪŋ 'sʌmθɪŋ/ used to tell sb not to do sth because it will have no effect • *It's no use talking to him. He won't listen.*

Writing: a report page 144

- 11.80 both** (det) /bəʊθ/ used to talk about two people or things • *I'm studying both French and German.*
- 11.81 either** (conj) /'aɪðə/'i:ðə/ used before mentioning two possibilities • *You can choose either drama studies or astronomy as an extra subject.*
- 11.82 neither** (conj) /'naɪðə/'ni:ðə/ used to mention two things that are not possible • *Neither John nor George wants to learn ballroom dancing.*
- 11.83 playground** (n) /'pleɪgraʊnd/ a school yard • *We do PE outdoors in the school playground.*
- 11.84 woodwork** (n) /'wʊdɜ:z/k/ the activity of making objects out of wood • *I made a wooden box in my woodwork class at school.*
- 11.85 principal** (n) /'prɪnsɪpl/ a headteacher • *Diana kept missing lessons, so the school principal telephoned her parents.*
- 11.86 key word** (n) /ki: wɜ:d/ an important word • *The key word in the expression 'get your message across' is 'message'.*
- 11.87 carry out** (phr v) /'kæri aʊt/ do a task • *The scientist carried out a number of experiments.*
- 11.88 survey** (n) /'sɜ:veɪ/ information you get from asking many people the same questions • *In a survey we did at school, one hundred pupils were asked what they thought about the facilities.* > survey (v)

- 11.89 social studies** (n) /'səʊʃl 'stʌdɪz/ the study of people living in society • *We learnt about families across the world in social studies today.*
- 11.90 summarise** (v) /'sʌməraɪz/ say in a few words • *In the last paragraph of your composition, you should summarise your main ideas in a few words.* > summary (n)
- 11.91 findings** (pl n) /'faɪndɪŋz/ information that you discover as a result of studying sth, doing a survey, etc. • *The scientists' findings do not support the theory that there is life on Mars.* > find (v)
- 11.92 improvement** (n) /ɪm'pru:vmənt/ making sth better • *I got a better mark in my maths test this time and I hope my parents are pleased with my improvement.* > improve (v)
- 11.93 interactive whiteboard** (n) /ɪntər'æktɪv 'waɪtbɔ:d/ a classroom board which is connected to a computer • *Our teacher showed us a song from YouTube on the interactive whiteboard.*
- 11.94 conclusion** (n) /kən'klu:ʒn/ final opinion • *The conclusion of my report is that the school curriculum should include Chinese as a foreign language.* > conclude (v)
- 11.95 sum up** (phr v) /sʌm ʌp/ state the main points of sth • *He summed up his ideas at the end of his speech.*
- 11.96 bring sth to an end** (phr) /brɪŋ 'sʌmθɪŋ tu ən end/ finish sth • *It's late and it's time to bring the meeting to an end.*
- 11.97 state** (v) /steɪt/ write or say sth • *She stated that she was going to Hollywood to become an actress.* > statement (n)
- 11.98 aim** (n) /eɪm/ a purpose • *The aim of this report is to describe the school curriculum.* > aim (v)
- 11.99 purpose** (n) /'pɜ:pəs/ the aim or function of sth • *The purpose of warming up before you exercise is to prevent injury.*
- 11.100 benefit** (v) /'benɪfɪt/ be useful to sb; improve sth in some way • *You will benefit from daily exercise and a healthy diet.* > benefit (n), beneficial (adj), beneficially (adv)
- 11.101 review** (v) /rɪ'vju:/ examine sth again so that you can decide if you need to make changes • *We need to review our work so that we can improve it.* > review (n)
- 11.102 in conclusion** (phr) /ɪn kən'klu:ʒn/ finally • *In conclusion, I think we should accept their offer.*

School

attend	knowledge
exchange programme	playground
expel	principal
grade	secondary school
gymnasium	staff
interactive whiteboard	

School subjects

biology	social studies
chemistry	woodwork
physical education	

Video 11 The Maasai Teacher

page 145

- 11.103 Kenya** (n) /'kɛnjə/
a country in East Africa • *A lot of long-distance runners come from Kenya.* > Kenyan (n, adj)
- 11.104 childhood** (n) /'tʃaɪldhʊd/
the period of sb's life when they are a child
• *He spent his childhood in the country, but when he was sixteen his family moved to London.*
> child (n), childish (adj)

- 11.105 come face to face with sb/sth** (expr) /kʌm feɪs tə feɪs wɪð 'sʌmbədi/'sʌmθɪŋ/
come very close to sb/sth and look at them
• *I came face to face with an enormous dog on the way home from school.*
- 11.106 determination** (n) /dɪtɜːmɪ'neɪʃn/
the quality that makes you continue and not give up • *Paul comes from a poor background, but showed a lot of determination and managed to get a scholarship to go to university.*
> determined (adj)
- 11.107 courage** (n) /'kʌrɪdʒ/
bravery • *The child showed great courage when she came face to face with the school bullies.* > courageous (adj)
- 11.108 conquer** (v) /'kɒŋkə/
beat • *If you want to learn to fly, you must first conquer your fear of heights.*
- 11.109 lecture** (n) /'lektʃə/
a talk about a subject, which is given to students by a university or college lecturer
• *This lecture on Albert Einstein is very interesting.* > lecture (v), lecturer (n)
- 11.110 principle** (n) /'prɪnsɪpl/
a personal belief about what is the right thing to do • *I won't help you cheat in the exams as it is against my principles.*

12 The Body Beautiful

page 147

- 12.1 bone** (n) /bəʊn/
the hard parts of the body that form the skeleton • *Larry fell off his bike and broke two bones in his foot.* > boney (adj)
- 12.2 in motion** (phr) /ɪn 'məʊʃn/
moving • *Horses in motion are beautiful to watch.*

Word Focus

page 148

- 12.3 rational** (adj) /'ræʃənəl/
based on reason • *Please make a rational decision and leave your feelings out of this.*
📎 Opp: irrational
- 12.4 sensible** (adj) /'sensɪbl/
able to make good judgements • *You can trust Emily not to do silly things. She's very sensible.* > sensibly (adv), sense (n)
📎 Opp: silly
- 12.5 neuron** (n) /'njuərən/
a cell which is part of the nervous system • *Without neurons our brains would not function.*
- 12.6 sensory** (adj) /'sensəri/
relating to the senses • *The brain receives signals from the sensory organs such as the eyes and the tongue.* > sense (n), sensor (n)

- 12.12 on average** (expr) /ɒn 'ævərɪdʒ/
generally • *On average, men are taller than women.*
- 12.13 jumble (up)** (v) /'dʒʌmbl ʌp/
mix up • *An anagram is a word with the letters jumbled up.*
- 12.14 swap** (v) /swɒp/
exchange one thing for another • *I swapped seats with my friend at school so he could sit next to the window.*
- 12.15 blink** (v) /blɪŋk/
close and open your eyes quickly • *When I came out of the cave, the bright light made me blink.* > blink (n)
- 12.16 make sense of** (phr) /meɪk sens ɒv/
understand • *I can't make sense of these instructions because they are in Chinese!*
- 12.17 microscopic** (adj) /maɪkrə'skɒpɪk/
tiny • *The cells in our body are microscopic so you can't see them using your eyes only.* > microscope (n)
- 12.18 race** (v) /reɪs/
move quickly • *The doctor raced to the emergency room to help a man who had had a heart attack.* > race (n)
- 12.19 light bulb** (n) /laɪt bʌlb/
the glass object inside a lamp that produces light • *I have to change the light bulb of my bedside lamp.*
- 12.20 shake (off)** (v) /ʃeɪk ɒf/
move quickly so sth falls off • *There's a fly on your head, so try to shake it off and make it go away.*
- 12.21 mood** (n) /muːd/
the way you feel at a particular time • *Mum is in a bad mood because she's got a headache.* > moody (adj)
- 12.22 stuck (on)** (adj) /stʌk (ɒn)/
unable to answer or understand sth • *I'm stuck on this exercise because I don't understand it at all.* > stick (v)
- 12.23 optical illusion** (n) /'ɒptɪkl ɪ'luːʒn/
a picture that tricks your eyes and makes you see sth that is not really there • *This line looks longer than that one, but it's just an optical illusion.*
- 12.24 speed up** (phr v) /spiːd ʌp/
go faster; make sth go faster • *The athletes speeded up as they ran down the hill.*
- 12.25 brain teaser** (n) /breɪn 'tiːzə/
a puzzle which is difficult to solve • *I enjoy doing brain teasers and crosswords, but I don't much like wordsearches.*

Reading

pages 148-149

- 12.7 organ** (n) /'ɔːgən/
a part of the body that has a particular function • *The heart is an essential organ in the body and without it you cannot live.*
- 12.8 lung** (n) /lʌŋ/
one of the two organs in your chest that you breathe with • *He has got pneumonia and his lungs are in a bad state.*
- 12.9 brain** (n) /breɪn/
the organ in your head that you think with and that controls your body • *Human babies have big brains in relation to their bodies.* > brainy (adj)
- 12.10 skin** (n) /skɪn/
the organ that covers the body • *Don't sunbathe for too long as you could burn your skin.*
- 12.11 blood vessel** (n) /blʌd 'vesl/
a narrow tube in your body that your blood flows through • *A bad diet can make your blood vessels narrow and lead to heart problems.*

- 12.26 raft** (n) /rɑ:ft/
a flat structure made of wood that floats and is used as a boat • *The children floated down the river on a raft.*

Your body

blood vessel	lung
bone	neuron
brain	organ

Vocabulary

page 150

- 12.27 ankle** (n) /'ænkəl/
the joint between your foot and your leg
• *John hurt his ankle when he fell down the step.*
- 12.28 calf** (n) /kɑ:f/
the muscle on the back of the lower part of your leg • *The footballer got a cramp in his calf while he was running.*
- 12.29 chest** (n) /tʃest/
the part of your body above your stomach and below your neck • *If you've got a cold, you should rub eucalyptus oil onto your chest.*
- 12.30 elbow** (n) /'elbəʊ/
the joint that connects the lower part of your arm to the upper part • *I hit my elbow on the table when I stood up and it really hurt.*
- 12.31 forehead** (n) /'fɔ:hed/
the part of your head between your eyes and your hair • *Dad rubbed his forehead while he was thinking.*
- 12.32 hip** (n) /hɪp/
the joint at the top of your leg • *Grandma needs to have an operation on her hips so she can walk better.*
- 12.33 shoulder** (n) /'ʃəʊldə/
the part of your body between the top of your arm and your neck • *He hurt his shoulder playing basketball.*
- 12.34 stomach** (n) /'stʌmək/
(1) the middle part of your body below your chest; (2) the organ where food goes when you swallow it • *I must have eaten something bad because my stomach really aches.*
- 12.35 thigh** (n) /θaɪ/
the part of your leg between your knee and your hip • *She went running for the first time in ages yesterday and now her thighs are aching.*
- 12.36 thumb** (n) /θʌm/
finger on side of your hand • *Humans can pick things up and hold them because they have fingers and thumbs.*
- 12.37 eyelid** (n) /'aɪlɪd/
the piece of skin which covers your eye when you close it • *When you are asleep, I can see your eyes moving under your eyelids.*
- 12.38 cheek** (n) /tʃi:k/
one of the two sides of your face • *She gave her little niece a kiss on the cheek.*
- 12.39 tongue** (n) /tʌŋ/
the soft organ inside your mouth that you use for eating and talking • *I bit my tongue while having lunch today and it really hurt.*
- 12.40 sneeze** (v) /sni:z/
suddenly blow air out of your nose • *I've had a cold for three days and can't stop sneezing.*
➤ sneeze (n)
- 12.41 cough** (v) /kɒf/
force air from your lungs • *Please put your hand in front of your mouth when you cough.*
➤ cough (n)
- 12.42 yawn** (n) /jɔ:n/
the act of opening your mouth and breathing in deeply because you are bored or tired • *He was bored and gave a big yawn.* ➤ yawn (v)
- 12.43 blood pressure** (n) /blʌd 'preʃə/
the amount of force with which blood flows through your blood vessels • *Grandpa has high blood pressure and has to take medicine every day to control it.*
- 12.44 sweat** (n) /swet/
salty liquid that comes out through your skin when you are hot or frightened • *The sweat was dripping down the athlete's body as he was running.* ➤ sweat (v), sweaty (adj)
- 12.45 left-handed** (adj) /left-'hændɪd/
using your left hand in preference to your right to do things • *I write with my left hand because I'm left-handed.* 📝 Opp: right-handed
- 12.46 involuntarily** (adv) /ɪn'vɒləntərɪli/
without wanting to • *He blinked involuntarily when I shone the torch into his eyes.*
📝 Opp: voluntarily
- 12.47 muscle** (n) /mʌsl/
a part of the body that holds bones together and makes them move • *Footballers often get cramps and pull muscles during a match.*
➤ muscular (adj)
- 12.48 sigh** (v) /saɪ/
let out a breath when you are disappointed or sad • *Betsy sighed sadly when she heard that she had failed her driving test again.* ➤ sigh (n)
- 12.49 eyebrow** (n) /'aɪbrəʊ/
the line of hair above your eye • *We show feelings with our eyebrows by moving them up and down.*
- 12.50 soul** (n) /səʊl/
the part of a person that is their mind, thoughts and feelings • *Many religions teach that people's souls live after their body dies.*
- 12.51 facial** (adj) /'feɪʃl/
relating to your face • *I can tell from her facial expression that she's upset about something.*
➤ face (n, v)

- 12.52 reveal** (v) /rɪˈviːl/
show sth that was hidden • *Even if you smile, your eyes will reveal if you are really happy or not.* > revelation (n)
- 12.53 indicate** (v) /ɪˈndɪkeɪt/
show • *Dad's look of surprise indicated that he had had no idea about the birthday party we had prepared for him.* > indication (n), indicative (adj)
- 12.54 wise** (adj) /waɪz/
able to make good decisions and give good advice because you have a lot of experience • *I always listen to my grandmother because she's wise.* > wisely (adv), wisdom (n)
- 12.55 loyal** (adj) /ˈlɔɪəl/
always supporting your friends, country, etc. and being faithful to them • *He wasn't a loyal friend and revealed all my secrets to other people.* > loyalty (n)  Opp: disloyal
- 12.56 despair** (v) /dɪsˈpeə/
lose hope • *When Ted was very ill, he didn't despair and slowly he got better and better.* > despair (n)
- 12.57 common sense** (n) /ˈkɒmən sɛns/
the ability to make sensible decisions • *Please use your common sense and don't do stupid or dangerous things!*
- 12.58 ambition** (n) /æmˈbɪʃn/
wanting to be successful • *My ambition is to be a famous scientist.* > ambitious (adj)
- 12.59 gorgeous** (adj) /ˈɡɔːdʒəs/
very attractive • *You look gorgeous in that red dress.*
- 12.60 woollen** (adj) /ˈwʊlən/
made of wool • *Grandma made me a woollen pullover for Christmas.* > wool (n)
- 12.61 blonde** (adj) /blɒnd/
with light-coloured hair • *She had blonde hair when she was a child, but now she has got light brown hair.*
- 12.62 statue** (n) /ˈstætʃuː/
a figure of a person, animal or object that sb makes from stone or metal • *There's a statue of Lord Nelson in Trafalgar Square in London.*
- 12.63 marble** (n) /mɑːbl/
a type of rock, often white in colour, that becomes smooth when it is polished • *The floor in my living room is marble and it gets cold in winter.*
- 12.64 rollercoaster** (n) /ˈrəʊləkəʊstə/
a track with very steep slopes, which people ride on in a small train at amusement parks • *Janine got really scared on the rollercoaster because she hates going really fast.*
- 12.65 funfair** (n) /ˈfʌnfɛə/
a fun event with rides and games • *They love going to the funfair and have asked their parents to take them to Allou Fun Park in Athens.*

Listening

page 152

- 12.66 chin** (n) /tʃɪn/
the part of your face under your mouth • *Dad has grown a short beard on his chin and my mum doesn't like it.*
- 12.67 electrode** (n) /ɪˈlektroʊd/
a small piece of metal which electricity goes through • *The researcher put electrodes on the lab mouse in order to measure its heartbeat and brain activity.*
- 12.68 meditate** (v) /ˈmedɪteɪt/
think calmly and quietly for religious reasons • *The monk meditated quietly every day and thought about God.* > meditation (n)
- 12.69 Buddhist** (adj) /ˈbʊdɪst/
sb who follows an Asian religion based on the teaching of Gautama Buddha • *My friend is from Thailand and she's a Buddhist.* > Buddhism (n)
- 12.70 monk** (n) /mɒŋk/
a man who is a member of a religious group who live apart from other people • *My brother enjoyed meeting the monks who live on Mount Athos.*

Your face

cheek	eyebrow	forehead
chin	eyelid	tongue

Your body

ankle	elbow	stomach
calf	hip	thigh
chest	shoulder	thumb
collar bone	skeleton	waist

Vocabulary

page 154

- 12.71 back away** (phr v) /bæk əˈweɪ/
move backwards and away from sth • *We backed away when we saw the large dog.*
- 12.72 back out of** (phr v) /bæk aʊt ɒv/
not do sth that you had said you would do • *Tina was going to join the same gym as me but she backed out of it so now I'll have to go alone.*
- 12.73 hand over** (phr v) /hænd əˈʊvə/
give sth to sb without really wanting to • *Bill got caught cheating and the teacher told him to hand over his hidden notes.*
- 12.74 hand out** (phr v) /hænd aʊt/
give sth to everybody in a group; distribute • *These flyers were being handed out, so I took one.*

- 12.75 head for** (phr v) /hed fɔː/ go in the direction of • *Every day after work, he heads for the swimming pool where he swims for an hour.*
- 12.76 head off** (phr v) /hed ɒf/ leave • *I've got to head off because I'm meeting Kay in ten minutes at the bank.*
- 12.77 run over** (phr v) /rʌn 'əʊvə/ hit sb/sth with a car, bus, lorry, etc. • *A car raced down the road and nearly ran over an old lady who was crossing.*
- 12.78 think over** (phr v) /θɪŋk 'əʊvə/ think about sth carefully before making a decision • *I don't know if I want to take up tennis. I'll have to think it over.*
- 12.79 think up** (phr v) /θɪŋk ʌp/ think of a new idea; invent • *We've thought up a great diet; you can eat whatever you like, but in small amounts.*
- 12.80 stand out** (phr v) /stænd aʊt/ look different from everybody else • *I'm sure your blue hair will make you stand out and get noticed!*
- 12.81 stand in** (phr v) /stænd ɪn/ replace sb in their job because they can't do it • *Our English teacher was ill today, so another teacher stood in for her and let us watch a DVD.*
- 12.82 hit** (v) /hit/ have a strong effect on sb • *A terrible smell hit us as soon as we went into the room.* ➤ hit (n)
- 12.83 haircut** (n) /'heəkʌt/ the style in which your hair is cut • *Your hair is too long. You should get a haircut.*
- 12.84 bruised** (adj) /bruːzd/ black and blue from being hit • *I fell over in the street and now my knees are cut and bruised.* ➤ bruise (v, n)
- 12.85 catch up (with)** (phr v) /kætʃ ʌp (wɪð)/ reach sb who is in front of you by going faster • *I ran after Fred, but he was on his bike and I couldn't catch up with him.*
- 12.86 do sb a favour** (phr) /duː 'sʌmbədi ə 'feɪvə/ do sth for sb to help them or to be kind to them • *Can you do me a favour and give me a few tennis lessons?*
- 12.87 leaflet** (n) /'liːflɪt/ a piece of paper or a few pages that advertise sth or give information about sth • *The local gym has handed out these leaflets which give details of prices and special offers.*
- 12.88 hair salon** (n) /heə 'sælən/ a place where you can have your hair cut, dyed and styled • *Sandra goes to the hair salon once a month to have a haircut.*
- 12.89 proposal** (n) /prə'pəʊzl/ a suggestion or plan • *They thought his proposal was excellent.* ➤ propose (v)

- 12.90 beauty salon** (n) /'bjʊːti 'sælən/ a place where you have treatments to make you more beautiful • *Many women go to beauty salons for hair and face treatments.*
- 12.91 come across** (phr v) /kʌm ə'krɒs/ find sb/sth by chance • *I came across these old diaries in the attic.*
- 12.92 deal** (n) /diːl/ an agreement, especially in business • *They made a deal to go into business together.*
- 12.93 shake hands on sth** (phr) /ʃeɪk hændz ɒn 'sʌmθɪŋ/ take sb's hand and move it up and down to show you have made an agreement about sth • *So, do we agree? Let's shake hands on it.*
- 12.94 shoot** (v) /ʃuːt/ fire a gun • *The man shot the deer and killed it.* ➤ shot (n)

Phrasal verbs

back away	head off
back out of	help sb out
catch up (with)	run over
come across	speed up
grow apart	stand in
hand out	stand out
hand over	think over
head for	think up

Grammar

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- 12.95 waist** (n) /weɪst/ the narrow part in the middle of the human body • *She wore a red leather belt around her waist.*
- 12.96 skeleton** (n) /'skelɪtən/ all the bones of a body • *Did you know that there are 206 bones in an adult human skeleton?*
- 12.97 enable** (v) /ɪn'eɪbl/ make it possible for sth to happen • *Your heart enables your blood to move around your body.*
- 12.98 internal** (adj) /ɪn'tɜːnl/ inside your body • *Your heart and liver are among your most important internal organs.* ➤ internally (adv) 📖 Opp: external
- 12.99 irregular** (adj) /ɪ'regjʊlə/ having a shape that is not even or smooth • *I broke this finger last year and now it is an irregular shape and doesn't look the same as the others.* ➤ irregularity (n) 📖 Opp: regular
- 12.100 collar bone** (n) /'kɒlə beɪn/ one of the pair of bones that go from the bottom part of your neck to your shoulders • *He broke his collar bone playing rugby.*

Writing: a dramatic story

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- 12.101 twist** (n) /twɪst/
an unexpected development in a story
• *She wrote a wonderful short story with a twist at the end.* > twist (v)
- 12.102 not see eye to eye** (phr) /nɒt siː aɪ tu aɪ/
not have the same opinion about sth as sb else
• *My parents and I don't see eye to eye about politics.*
- 12.103 rush** (v) /rʌʃ/
move quickly • *It's late, so we'll have to rush to catch the bus.* > rush (n) 📖 Syn: hurry
- 12.104 tear** (n) /tɪə/
a drop of salty liquid that comes out of your eye when you are crying • *The child was crying and there were tears coming down his cheeks.* > tearful (adj), tearfully (adv)
- 12.105 stare** (v) /steə/
look at sb/sth for a long time • *Don't stare at people. It's rude.* > stare (n)
- 12.106 stranger** (n) /'streɪndʒə/
sb that you do not know • *I don't know anyone at the party. They're all strangers.* > strange (adj), strangely (adv)
- 12.107 trust** (v) /trʌst/
believe that sb is good, honest, capable, etc.
• *Of course I trust her. She's my best friend.* > trust (n)
- 12.108 give sb a hand** (phr) /gɪv 'sʌmbədi ə hænd/
help sb • *You look busy. Let me give you a hand.*

- 12.109 grow apart** (phr v) /grəʊ ə'pɑːt/
stop having a close relationship with sb over a period of time • *We were good friends at school, but in later life we grew apart.*
- 12.110 help sb out** (phr v) /help 'sʌmbədi aʊt/
help sb in a difficult situation • *At the weekend, I help out at the local animal shelter.*

Video 12 The Memory Man

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- 12.111 vice versa** (adv) /vaɪs 'vɜːsə/
used to say that the opposite of what you have just described is also true • *I help John when he needs me and vice versa.*
- 12.112 memorise** (v) /'meməraɪz/
learn by heart • *Medical students have to memorise a lot of information in order to pass their exams.* > memory (n)
- 12.113 blindfold** (v) /'blaɪndfəʊld/
cover sb's eyes with a piece of cloth so that they cannot see • *I was blindfolded with a scarf, guided into the room and then everybody said 'Happy Birthday!'* > blindfold (n)
- 12.114 backwards** (adv) /'bækwɜːdz/
in the opposite direction • *Can you say the alphabet backwards from Z to A?*
- 12.115 make (good) use of** (phr) /meɪk (gʊd) juːs ɒv/
use sth well or effectively • *You should make good use of your musical talent and become a musician.*