

# 1 Scaling the Heights

## page 5

- 1.1 scale the heights** (expr) /skeɪl ðə haɪts/  
be very successful • *The athlete scaled the heights when he won gold in all his races.*
- 1.2 achievement** (n) /ə'tʃi:vmənt/  
sth sb succeeds in doing • *Getting into university was a great achievement.*  
➤ achieve (v)
- 1.3 overcome** (v) /əʊvə'kʌm/  
manage to deal with a problem or a feeling  
• *He overcame his fear of flying and went by plane to London.*
- 1.4 obstacle** (n) /'ɒbstəkl/  
sth in your way • *Her main obstacle when she moved to Munich was not knowing any German.*
- 1.5 bivouac** (v) /'bɪvuæk/  
camp in a temporary shelter which is like a small tent • *When the storm began, we bivouacked in the cave entrance.*

## Word Focus

## page 6

- 1.6 bare-bones** (expr) /beə bæʊnz/  
having only the simplest and most important parts • *He lived on a bare-bones budget while he was a student.*
- 1.7 tandem** (adj) /'tændəm/  
built for two people • *Two people can ride this tandem vehicle.*
- 1.8 staggering** (adj) /'stægərɪŋ/  
unbelievable; amazing • *The banker earns a staggering two million dollars per year.*
- 1.9 top-notch** (adj) /tɒp nɒtʃ/  
excellent; of the highest quality • *Major football teams rely on top-notch sponsors to finance them.*
- 1.10 acclaim** (n) /ə'kleɪm/  
public praise • *The film received worldwide acclaim and won many awards.* ➤ acclaim (v)

## Reading

## pages 6-7

- 1.11 secure a deal** (expr) /sɪ'kjʊə ə diəl/  
arrange an agreement • *The businessman secured a deal with an advertising agency.*
- 1.12 exclusive** (adj) /ɪks'klu:sɪv/  
not shared • *This exclusive arrangement means that only your company name will be on the team's shirts.* ➤ exclusivity (n)

- 1.13 expedition** (n) /ekspə'dɪʃn/  
a journey to explore a place • *The expedition to the North Pole was a dangerous journey.*  
➤ expeditionary (adj)
- 1.14 inspire** (v) /ɪn'spaɪə/  
make sb want to do sth • *Watching the Olympics inspired Martin to become an athlete.*  
➤ inspiration (n), inspirational (adj)
- 1.15 pursue one's dreams** (expr)  
/pə'sju: wʌnz dri:mz/  
follow one's ambitions • *Bob is pursuing his dreams to become an actor by going to drama school.*
- 1.16 runner-up** (n) /'rʌnə ʌp/  
sb who finishes second in a race or competition  
• *The runner-up was disappointed not to win.*
- 1.17 ultimate** (adj) /'ʌltɪmət/  
most extreme • *Climbing Mount Everest is the ultimate challenge for a mountaineer.*  
➤ ultimately (adv)
- 1.18 descent** (n) /dɪ'sent/  
action of going down • *The descent from the summit to the foot of the mountain took three hours.* ➤ descend (v) ☞ Opp: ascent
- 1.19 remarkable** (adj) /rɪ'mɑ:kəbl/  
impressive • *The remarkable performance by the team got them into the final.* ➤ remark (v)
- 1.20 corporate sponsor** (n) /'kɔ:prət 'spɒnsə/  
a business that pays for a show, sports event, etc. in exchange for the right to advertise at that event • *The corporate sponsor for the team is Telecom.*
- 1.21 essentials** (pl n) /ɪ'senʃlz/  
necessary things • *Two essentials for a good report are clarity and organisation.* ➤ essential (adj)
- 1.22 vision** (n) /'vɪʒn/  
an idea of what sb thinks sth should be like  
• *The architect's vision was to create an energy-saving building.* ➤ visionary (n, adj)
- 1.23 quest** (n) /kwest/  
search • *The explorers went on a quest for the mythical city of El Dorado.*
- 1.24 summit** (n) /'sʌmɪt/  
highest point of a mountain • *They climbed up to the summit of the mountain.*
- 1.25 launch** (v) /lɔ:ntʃ/  
throw into the air • *The boy ran fast to launch his kite into the air.* ➤ launch (n)
- 1.26 highlight** (n) /'haɪlaɪt/  
best moment • *The highlight of the year was our school trip to the Natural History Museum.*  
➤ highlight (v)

- 1.27 gender** (n) /'dʒendə/  
being male or female • *She faced gender prejudice in the male-dominated board room.*
- 1.28 barrier** (n) /'bæriə/  
sth that prevents you from doing sth • *The language barrier between Carlos and Sandra led to many misunderstandings.*
- 1.29 go on (to do)** (phr v) /gəʊ ɒn/  
continue or move to the next thing • *After finishing school, she went on to study at university.*
- 1.30 crush** (v) /krʌʃ/  
beat completely • *PAOK crushed Olympiakos 5–0.* > crushing (adj)
- 1.31 snatch** (v) /snætʃ/  
grab • *Greece snatched the victory when they scored a goal in extra time.*
- 1.32 pocket** (v) /'pɒkɪt/  
take possession of • *He won the final of the darts competition and pocketed a thousand pounds.* > pocket (n)
- 1.33 home turf** (n) /həʊm tɜːf/  
the place sb comes from or lives in  
• *Panathinaikos won on their home turf at OAKA, but they must play CSKA in Moscow next week.*
- 1.34 ground-breaking** (adj) /graʊnd 'breɪkɪŋ/  
important and new • *The ground-breaking research could mean a cure for cancer.*
- 1.35 industrial** (adj) /ɪn'dʌstriəl/  
related to factories • *The factory is in an industrial area near the port.* > industry (n), industrialist (n)
- 1.36 instant** (adj) /'ɪnstənt/  
immediate • *David Bowie's new song was an instant hit, reaching the top ten overnight.* > instantly (adv)
- 1.37 mind-blowing** (adj) /'maɪnd-bləʊɪŋ/  
very impressive • *His mind-blowing 100-metre sprint was a new world record.*
- 1.38 stunt** (n) /stʌnt/  
a dangerous action done to entertain people • *He did a stunt where he jumped over ten cars on a motorbike.*
- 1.39 leap** (v) /li:p/  
jump • *She ran and leapt over the wall.* > leap (n)
- 1.40 beam** (n) /bi:m/  
a long piece of wood or metal used in building  
• *There are large beams across the ceiling that hold up the roof.*
- 1.41 suspend** (v) /sʌs'pend/  
hang • *The light is suspended in the centre of the room by a wire.* > suspension (n)
- 1.42 patroller** (n) /pə'trəʊlə/  
a guard; a police officer • *The night patroller stopped a man who looked drunk.* > patrol (v, n)
- 1.43 fearlessness** (n) /'fiələsnəs/  
lack of fear • *She showed total fearlessness when she calmly landed the damaged plane.*

- 1.44 enable** (v) /ɪn'eɪbl/  
make it possible for sb to do sth • *Good marks enabled him to get into university.*
- 1.45 hail** (v) /heɪl/  
acknowledge, claim to be • *Bolt is hailed as the fastest man on Earth, having won many gold medals.*
- 1.46 execute** (v) /'eksɪ,kju:t/  
perform • *The tennis player executed the service perfectly.* > execution (n)
- 1.47 tumble** (v) /'tʌmbl/  
fall with a rolling movement • *Doug fell over and tumbled down the grassy hill.* > tumble (n)
- 1.48 vertical** (adj) /'vɜːtɪkl/  
straight up • *They looked up the vertical cliff and wondered how to climb it.* > vertical (n), vertically (adv)
- 1.49 face** (n) /feɪs/  
a side of a mountain • *The rocky face of the mountain was difficult to climb.*
- 1.50 gaping** (adj) /'geɪpɪŋ/  
big and wide • *There was a gaping hole in the road where the workman had dug it up.* > gape (v)
- 1.51 crevasse** (n) /krɪ'væs/  
a deep crack in ice, especially in glaciers  
• *The man broke his leg when he fell into a crevasse in the glacier.*
- 1.52 spontaneous** (adj) /spɒn'teɪniəs/  
not planned; decided at that moment • *Many of the comedian's jokes were spontaneous in reaction to the audience.* > spontaneity (n)
- 1.53 upbringing** (n) /'ʌpbreɪɪŋ/  
the way your parents look after you and teach you to behave when you are growing up • *His upbringing in the UK and Dubai made him open to other cultures.* > bring up (phr v)

### On the road to success

acclaim	inspire
ground-breaking	overcome
hail	quest

## Vocabulary

pages 8-9

- 1.54 discriminate** (v) /dɪs'krɪmɪneɪt/  
treat a person or group differently from another in an unfair way • *Racial discrimination is a terrible thing.* > discrimination (n)
- 1.55 distinguish** (v) /dɪs'tɪŋɡwɪʃ/  
notice or understand the difference between two things; make one person or thing seem different from another • *What distinguishes me from my twin is that I am taller.* > distinction (n)

- 1.56 baby boomer** (n) /'beɪbi 'buːmə/  
sb born during a period when more babies are born than usual • *The baby boomers of the 1960s were a lucky generation.* > baby boom (n)
- 1.57 bring about** (phr v) /brɪŋ ə'baʊt/  
make sth happen • *What brought about the change in his attitude?* ☞ Syn: cause
- 1.58 evolution** (n) /ˌevə'lʊʃn/  
gradual development • *The evolution of the computer has been rapid.* > evolve (v), evolutionary (adj)
- 1.59 revolution** (n) /rəvə'lʊʃən/  
a complete change in ways of doing things • *The technological revolution has completely changed the world of communications.* > revolutionise (v), revolutionary (adj)
- 1.60 entrepreneur** (n) /ˌɒntrəprə'nɜː/  
sb who starts a business • *The entrepreneur started a successful online store.*
- 1.61 founder** (n) /'faʊndə/  
sb who establishes a business, organisation, school, etc. • *Steve Jobs was one of the founders of Apple.* > found (v)
- 1.62 realise one's ambitions** (expr) /'riːəlaɪz wʌnz æm'bɪʃənz/  
succeed in doing what you want to do • *She realised her ambitions when she became a doctor.*
- 1.63 accrue** (v) /ə'kruː/  
increase over a period of time • *The Hollywood star accrued a fortune over the years.*
- 1.64 industrious** (adj) /ɪn'dʌstriəs/  
hard-working • *The industrious employee produced three reports in one week.*
- 1.65 accomplish** (v) /ə'kʌmplɪʃ/  
succeed in doing sth • *He accomplished his career goals by the age of fifty.* > accomplishment (n)
- 1.66 insist** (v) /ɪn'sɪst/  
say firmly • *She insisted on turning off the TV even though I wanted to watch the film.* > insistence (n), insistent (adj)
- 1.67 persist** (v) /pə'sɪst/  
continue doing sth even though it is difficult • *He persisted in arriving late for work so he was asked to leave.* > persistence (n), persistent (adj)
- 1.68 resolve** (v) /rɪ'zɒlv/  
solve or end a problem or difficulty • *They resolved their differences and now get on marvellously.* > resolution (n)
- 1.69 troubleshooter** (n) /'trʌblʃuːtə/  
sb who is employed to come into an organisation to deal with a problem • *They want to employ a troubleshooter to make the company more efficient.* > troubleshooting (n), troubleshoot (v)
- 1.70 admit defeat** (expr) /əd'mɪt dɪ'fiːt/  
accept that you have failed and give up • *The athlete had to admit defeat when he finished fourth.*
- 1.71 bold** (adj) /bəʊld/  
not afraid • *The bold student made a speech at the demonstration.* > boldness (n)
- 1.72 gutsy** (adj) /'gʌtsi/  
brave and determined • *The gutsy boy did a stunt on his skateboard.* > guts (pl n)
- 1.73 mediocre** (adj) /mɪːdi'əʊkə/  
not very good • *The mediocre film received neither good nor bad reviews.* > mediocrity (n)
- 1.74 honourable** (adj) /'hɒnərəbl/  
honest and fair; deserving praise and respect • *If you lose, it would be honourable to congratulate the winner.* > honour (v, n)
- 1.75 noble** (adj) /'nəʊbl/  
moral in an honest, brave and unselfish way • *It was noble of him to forgive his enemies.* > nobility (n)
- 1.76 vain** (adj) /veɪn/  
too proud of oneself • *Rob is so vain that he is always telling us how clever he is.* > vanity (n)
- 1.77 virtuous** (adj) /'vɜːtʃʊəs/  
good and honest • *The virtuous woman never cheated or told a lie.* > virtue (n)
- 1.78 merciless** (adj) /'mɜːsɪləs/  
having or showing no mercy • *The merciless school bully took everyone's lunch money.* > mercy (n)
- 1.79 pitiless** (adj) /'pɪtɪləs/  
cruel and having no pity • *His pitiless cruelty made her cry.* > pity (v, n)
- 1.80 ruthless** (adj) /ruːθləs/  
without pity, feeling or guilt • *The ruthless businessman sacked ten employees to save money.* > ruthlessness (n)
- 1.81 selfless** (adj) /'sɜːlfɪləs/  
caring about other people more than about yourself • *It takes a selfless person to volunteer to help sick children.* > self (n), selflessness (n) ☞ Opp: selfish
- 1.82 crafty** (adj) /kraːfti/  
clever and dishonest • *That crafty man cheated me out of twenty pounds.* > craftiness (n)
- 1.83 cunning** (adj) /'kʌnɪŋ/  
clever at planning to get what you want, especially by tricking other people • *It was cunning of you to get me to do your homework.* > cunning (n)
- 1.84 sly** (adj) /slaɪ/  
deceiving people in a clever way to get what you want • *Don't trust her; she's very sly.*
- 1.85 touchy** (adj) /'tʌtʃi/  
too sensitive; easily upset • *Katy is very touchy, so she'll get cross if you ask her age.* > touch (v)



- 1.86 sentimental** (adj) /senti'mentl/  
easily affected by emotions such as love in a way that seems silly to others • *Being sentimental, she cries whenever she sees a romantic film.* > sentiment (n)
- 1.87 upbeat** (adj) /'ʌp.bi:t/  
hopeful and happy • *The dance music created an upbeat mood at the party.*
- 1.88 fair** (adj) /feə/  
right and just; not taking sides • *To be fair, you deserved to get punished because you cheated.* > fairness (n) ☞ Opp: unfair
- 1.89 impartial** (adj) /ɪm'pɑ:ʃl/  
not taking sides • *The football commentator wasn't impartial and clearly supported Panionios.* > impartiality (n) ☞ Opp: partial
- 1.90 objective** (adj) /əb'dʒektɪv/  
based on facts; not influenced by personal feelings • *It is hard to be objective when judging your own family.* > objectivity (n) ☞ Opp: subjective
- 1.91 timid** (adj) /'tɪmɪd/  
shy and afraid • *The timid child was too shy to say hello.* > timidity (n)
- 1.92 cautious** (adj) /kəʃəs/  
avoiding risk • *He was very cautious as he drove slowly along the icy road.* > caution (n)
- 1.93 impetuous** (adj) /ɪm'petʃuəs/  
acting suddenly and without thinking • *The impetuous player kicked the ball without aiming and missed the goal.*
- 1.94 rash** (adj) /ræʃ/  
careless or unwise; not thinking what the result of one's actions may be • *It was rash to swim where you know there are sharks.* > rashness (n)
- 1.95 reckless** (adj) /'rekləs/  
doing sth dangerous and not worrying about the risks and the possible results • *The reckless driver caused a serious accident.* > recklessness (n)
- 1.96 candid** (adj) /'kændɪd/  
open, honest • *His candid manner made everyone trust him.* > candour (n)
- 1.97 headstrong** (adj) /'hedstrɒŋ/  
determined to do what you want without listening to others • *She is a headstrong child who rarely listens to good advice.*
- 1.98 obstinate** (adj) /'ɒbstɪnət/  
determined to act in a particular way despite what anyone else says • *I can't understand your obstinate refusal to go to university.* > obstinacy (n)
- 1.99 stubborn** (adj) /'stʌbən/  
determined not to change your opinion, ideas, plans, etc. • *Jack is far too stubborn to change his mind.* > stubbornness (n)
- 1.100 adaptable** (adj) /ə'dæptəbl/  
able to change in order to be successful in new situations • *She'll settle down quickly in her new home as she's adaptable.* > adapt (v), adaptation (n)
- 1.101 considerate** (adj) /kən'sɪdərət/  
kind; thinking of others • *It was very considerate of you to help me move house.* > consider (v), consideration (n)
- 1.102 modest** (adj) /'mɒdɪst/  
not talking too much about yourself or being too proud of yourself • *The actor was being modest when he said he didn't deserve so much praise.* > modesty (n) ☞ Opp: immodest
- 1.103 triumphant** (adj) /traɪ'ʌmfənt/  
successful • *He felt triumphant when he won the gold medal.* > triumph (n)
- 1.104 apprehensive** (adj) /æprɪ'hensɪv/  
worried or nervous about the future • *He felt apprehensive about spending a lot of money on a car.* > apprehension (n)
- 1.105 conceited** (adj) /kən'si:ɪtɪd/  
too proud of oneself • *You are conceited if you think you are the only person who matters.* > conceit (n)
- 1.106 ignorant** (adj) /'ɪgnərənt/  
not knowing things that you should know • *Only an ignorant person wouldn't know where the Parthenon is.* > ignorance (n)
- 1.107 inflexible** (adj) /ɪn'fleksɪbl/  
unwilling to change • *The manager is inflexible in his opinion of candidates without university degrees; he refuses to employ them.* > inflexibility (n) ☞ Opp: flexible
- 1.108 blow sb away** (phr v) /bləʊ 'sʌmbədi ə'weɪ/  
impress sb • *The amazing painting blew me away.*
- 1.109 break through** (phr v) /breɪk θru:/  
manage to get past sth that is in your way • *The demonstrators broke through the police barriers.* > breakthrough (n)
- 1.110 come up against** (phr v) /kʌm ʌp ə'genst/  
face a problem • *The builders came up against a problem when they found water underground.*
- 1.111 pull sth off** (phr v) /pʊl 'sʌmθɪŋ ɒf/  
succeed in doing sth • *We didn't think we would get to the summit, but we pulled it off!*
- 1.112 fall through** (phr v) /fɔ:ɪ θru:/  
not happen • *The plans for the trip fell through because nobody could come.*
- 1.113 get ahead** (phr v) /get ə'hed/  
make progress • *He got ahead in his career and became department manager.*
- 1.114 hang on** (phr v) /hæŋ ɒn/  
wait • *Don't leave. Hang on a minute and I'll come with you.*

- 1.115 knuckle down** (phr v) /'nʌkl daʊn/  
start working or studying hard • *We have to knuckle down and study for our exams.*
- 1.116 go for it** (expr) /gəʊ fɔː ɪt/  
decide to do sth • *If you want to be in the team, just go for it and sign up.*
- 1.117 have (got) a lot of one's plate** (expr)  
/hæv (gɒt) ə lɒt ɒn wʌnz pleɪt/have a lot to do • *I can't come out this weekend as I've got a lot on my plate.*
- 1.118 work around the clock** (expr)  
/wɜːk ə'raʊnd ðə klɒk/  
work day and night • *They had to work around the clock to prepare the car for the race.*
- 1.119 by a mile** (expr) /baɪ ə maɪl/  
by far • *That was the funniest film I've ever seen by a mile.*
- 1.120 be under fire** (expr) /bi 'ʌndə faɪə/  
facing criticism • *The coach was under fire for the sixth defeat of the season.*
- 1.121 go without a hitch** (expr)  
/gəʊ wɪð'aʊt ə hɪtʃ/  
happen without any problems • *There was no violence between fans and the game went without a hitch.*
- 1.122 get there** (expr) /get ðeə/  
succeed; arrive • *He got there in the end, passing his driving test on the third attempt.*
- 1.123 persevere** (v) /pɜːsɪ'veɪə/  
keep trying • *You should persevere and finish the course you are on even if you find it hard.*  
➤ perseverance (n)
- 1.124 do the trick** (expr) /dʊ ðə trɪk/  
solve a problem; provide what is needed  
• *Changing the battery did the trick and now this gadget works again.*
- 1.125 go all out** (expr) /gəʊ ɔːl aʊt/  
try one's hardest • *The team went all out and won the league cup.*
- 1.126 do one's best** (expr) /duː wʌnz best/  
try as hard as you can • *We did our best in the exams and hopefully we have all passed.*
- 1.127 get the green light** (expr) /get ðə griːn laɪt/  
be told you are allowed to do sth • *When you get the green light from the boss, you can apply for a rise.*
- 1.128 go places** (expr) /gəʊ 'pleɪsɪz/  
likely to become famous or successful • *That young actor is going places and will be famous one day.*
- 1.129 wise up** (phr v) /waɪz ʌp/  
realise the truth about a situation • *You should wise up and see that he is cheating you.*
- 1.130 a no-brainer** (n) /nəʊ 'breɪnə/  
sth very easy to do or understand • *The first question on the test was so easy, it was a no-brainer.*

- 1.131 dumb down** (phr v) /dʌm daʊn/  
make sth easier to understand • *Let me dumb down these instructions for the average consumer.*
- 1.132 streetwise** (adj) /'striːtwaɪz/  
able to deal with life and dangers in big cities  
• *Streetwise kids manage to avoid getting into danger in the street.*
- 1.133 box clever** (expr) /bɒks 'kleɪvə/  
behave in a careful and cunning way to get what you want • *He had to box clever when the police questioned him otherwise they would have found out the truth.*
- 1.134 bright spark** (expr) /braɪt spaːk/  
sb who says or does sth that they think is clever but is stupid • *Who's the bright spark who didn't lock the door before leaving the building?*

### Sport

corporate sponsor      runner-up  
crush      snatch  
home turf

## Grammar

pages 10-11

- 1.135 dominance** (n) /'dɒmɪnəns/  
being more important or powerful than sb/sth else • *What is the reason for the dominance of Germany in Europe?* ➤ dominant (adj)
- 1.136 worthy cause** (n) /'wɜːði kɔːz/  
an organisation or aim that deserves support  
• *The children's hospital is a worthy cause that many people donate to.*
- 1.137 preoccupied** (adj) /prɪ'ɒkjʊpaɪd/  
thinking about sth else • *He looked preoccupied, so I asked what the matter was.*  
➤ preoccupy (v), preoccupation (n)
- 1.138 disturb** (v) /dɪ'stɜːb/  
interrupt; bother • *Please don't disturb me while I'm talking on Skype.* ➤ disturbance (n)
- 1.139 property** (n) /'prɒpəti/  
a quality or power that sth has • *One of the most important properties of copper is that it is a good conductor of electricity and heat.*
- 1.140 obedience** (n) /ə'biːdiəns/  
doing what you are told • *Obedience training for dogs is essential so they listen to your instructions.* ➤ obey (v), obedient (adj)  
👉 Opp: disobedience
- 1.141 breed** (v) /brɪːd/  
keep animals in order for them to produce babies with particular qualities • *These horses have been bred to race.* ➤ breed (n)
- 1.142 jaw** (n) /dʒɔː/  
the bones of the face that contain the teeth  
• *A crocodile has very powerful jaws.*

# Listening

page 12

- 1.143 be up to scratch** (expr) /bi: ʌp tu skrætʃ/  
be satisfactory • *Your work is not up to scratch so please try harder.*
- 1.144 appealing** (adj) /'æpi:liŋ/  
attractive • *We chose a restaurant where the dishes sounded appealing.*  
> appeal (v, n)
- 1.145 cheer sb on** (phr v) /tʃiə 'sʌmbədi ɒn/  
encourage sb with shouts • *The crowd cheered the player on as he approached the goal.*

# Speaking

page 13

- 1.146 depict** (v) /di'pɪkt/  
describe sb/sth • *The writer depicts life in an English village 100 years ago.*  
> depiction (n)
- 1.147 aspect** (n) /'æspekt/  
the way in which a person, place or situation can be considered • *Let's consider the problem from a different aspect.*
- 1.148 come over** (phr v) /kʌm 'əʊvə/  
make a particular impression • *She's a quiet person and comes over as shy.*  
☞ Syn: come across

## Phrasal verbs

blow sb away	fall through
break through	get ahead
bring about	hang on
cheer sb on	knuckle down
come over	pull off
come up against	wise up
dumb down	

# Writing: a reference

pages 14-15

- 1.149 entail** (v) /ɪn'teɪl/  
involve • *My job entails a lot of travel.*
- 1.150 clerical staff** (n) /'klerɪkəl stɑ:f/  
office employees • *The clerical staff were provided with new computers.*
- 1.151 correspondence** (n) /kɒrɪ'spɒndəns/  
letters • *I receive little correspondence by post as most of my friends use email.*  
> correspond (v)
- 1.152 trait** (n) /treɪt/  
a quality, good or bad, in sb's character • *His best personality trait is his kindness.*

- 1.153 courteous** (adj) /'kɜ:tiəs/  
polite • *The courteous waiter greeted us politely.* > courtesy (n)  
☞ Opp: discourteous
- 1.154 under-privileged** (adj) /'ʌndə-'prɪvɪlɪdʒd/  
with fewer advantages than others • *Under-privileged children often lack opportunities to study.*
- 1.155 tremendous** (adj) /trɪ'mendəs/  
great • *This new financial support is tremendous news for the company.*
- 1.156 asset** (n) /'æset/  
sb/sth that is useful because they help you succeed • *The financial expert was an asset to the company as she saved it from closing down.*
- 1.157 without reservation** (expr) /wɪð'aʊt rezə'veɪʃn/  
with no doubt • *The manager happily recommended Francis' promotion without reservation.*
- 1.158 appoint** (v) /ə'pɔɪnt/  
employ • *The boss appointed a new assistant when Mrs Jones retired.*
- 1.159 personable** (adj) /'pɜ:snəbl/  
attractive because you have a pleasant appearance and personality • *Everyone liked the personable young head teacher.*
- 1.160 attribute** (n) /'ætrɪbjʊ:t/  
quality; feature • *Good interpersonal skills are important attributes of a film director.*  
> attribute (v)
- 1.161 accomplished** (adj) /ə'kʌmplɪʃt/  
very good at sth; skilful • *Margaret is an accomplished pianist.* > accomplish (v), accomplishment (n)
- 1.162 flair** (n) /fleə/  
talent; a natural ability to do sth well • *He has a flair for languages and can speak French, Italian and Spanish.*

## Common adjective endings

-ive	-less	-al
apprehensive	merciless	impartial
exclusive	pitiless	industrial
objective	reckless	vertical
	ruthless	
-y	selfless	-ous
crafty		cautious
gutsy	-able	courteous
touchy	adaptable	impetuous
	honourable	industrious
	personable	spontaneous
	remarkable	tremendous
		virtuous

# Video 1: Extreme skydiving

page 16

- 1.163 terminal velocity** (n) /'tɜːmɪnəl və'lɒsɪti/  
fastest speed • *We measured the speed of the falling object when it reached terminal velocity.*
- 1.164 falcon** (n) /fɔːlkən/  
a small hunting bird • *The falcon dived down from the sky and caught a mouse.*
- 1.165 shuttlecock** (n) /'ʃʌtl,kɒk/  
a small object you hit in the game of badminton • *The badminton player hit the shuttlecock with his racket.*
- 1.166 bird of prey** (n) /bɜːd ɒv preɪ/  
a bird that hunts animals • *Eagles are birds of prey that eat animals like rabbits.*
- 1.167 parachute** (n) /'pærəʃuːt/  
a large piece of cloth which allows you to float to the ground from a plane • *The skydiver's parachute opened and he dropped slowly to the ground.* > parachute (v), parachutist (n)
- 1.168 challenger** (n) /'tʃælɪndʒə/  
sb who competes for another person's title • *The challengers for the cup are Liverpool against the cup holder Manchester United.* > challenge (v, n)
- 1.169 exceed** (v) /ɪks'iːd/  
go beyond • *He exceeded the speed limit and had to pay a fine.* > excess (n)
- 1.170 harness** (n) /'hɑːnɪs/  
straps that fasten equipment to your body • *The instructor fastened the harness and checked that the parachute was correctly worn.* > harness (v)
- 1.171 inflate** (v) /ɪn'fleɪt/  
fill sth with air so it becomes bigger • *The mechanic inflated the tyres on my car as they were a bit flat.* > inflation (n), inflatable (adj)
- 1.172 lure** (v) /ljʊə/  
attract • *I put a piece of cheese on the trap to lure the mouse.*
- 1.173 resistance** (n) /rɪ'zɪstəns/  
force that stops sth from moving or makes it move more slowly • *The air resistance on the skydiver prevented her from falling faster.* > resist (v)
- 1.174 acceleration** (n) /ækselə'reɪʃn/  
increase in speed • *The acceleration when the plane took off was impressive.* > accelerate (v)
- 1.175 approach** (n) /ə'prəʊtʃ/  
the way you deal with sth • *Her approach with naughty children in the classroom is to find them something interesting to do.* > approach (v)
- 1.176 wobble** (v) /'wɒbl/  
move from side to side because you are not steady • *The gymnast lost points when she wobbled on the bar.* > wobble (n)



# 2 Like Comment Share


## page 17

- 2.1 comment** (v) /'kɒment/  
give your opinion about sth • *I commented that her blog was worth visiting.* > comment, commentary, commentator (n)
- 2.2 share** (v) /ʃeə/  
use or look at sth with sb else • *I shared my photos with my friends by posting them on my Facebook page.*

## Word Focus

## page 18

- 2.3 learned** (adj) /'lɜːnɪd/  
having a lot of knowledge because you have studied a lot • *The learned professor knew all the ancient texts.* > learn (v)
- 2.4 gruelling** (adj) /'gruːəlɪŋ/  
exhausting and extremely difficult • *The ten-kilometre run across the countryside in the rain was gruelling.*
- 2.5 treacherous** (adj) /'treɪʃərəs/  
extremely dangerous • *The climb to the summit in the snowstorm was treacherous.*
- 2.6 sever** (v) /'sevəl/  
cut • *He severed the rope with a sharp knife.*
- 2.7 scroll** (v) /skrɒl/  
move parts of a text on a computer screen up and down • *It was a long email so I had to scroll down to read all of it.* > scroll (n)

- 2.13 air one's views** (expr) /eə wʌnz vjuːz/  
say one's opinion • *The journalist often airs his views on politics on morning radio.*
- 2.14 void** (n) /vɔɪd/  
a gap; an empty space • *He looked over the rock face down to the dark void below.*
- 2.15 come in for** (phr v) /kʌm ɪn fɔː/  
receive • *His views on education came in for criticism from parents.*
- 2.16 follower** (n) /'fɒləʊə/  
sb who has an interest in sth • *He has hundreds of followers who read his tweets.* > follow (v)
- 2.17 set out** (phr v) /set aʊt/  
start doing sth in order to achieve a particular result • *I set out to write a short story but it ended up being a novel.*
- 2.18 reaction** (n) /rɪ'ækʃn/  
how you feel or what you do because of sth that has happened • *My reaction to the good news was relief.* > react (v)
- 2.19 provoke** (v) /prə'vʊk/  
make sb angry • *The rise in taxes provoked a lot of anger.* > provocation (n), provocative (adj)
- 2.20 crawl** (v) /krɔːl/  
move on your hands and knees • *The injured man crawled on his hands and knees to safety.* > crawl (n)
- 2.21 second to none** (expr) /'sekənd tə nʌn/  
excellent; the best • *Lionel Messi's dribbling is second to none.*
- 2.22 ordeal** (n) /ɔː'diːl/  
a very difficult and unpleasant experience • *Breaking his leg was an ordeal for Grandpa.*
- 2.23 GCSE** (abbr) /,dʒiː siː es 'iː/  
a British exam taken by students in England and Wales when they are about 16 • *I am writing my GCSE exams at the end of the term.*  GCSE: General Certificate of Secondary Education
- 2.24 adolescent** (n) /ædə'lesnt/  
a young person who is changing from a child to an adult • *Many adolescents fight a lot with their parents.* > adolescent (adj), adolescence (n)
- 2.25 protest** (n) /'prəʊtest/  
a strong objection • *There were loud protests against the unfair exam.* > protest (v), protester (n)
- 2.26 screech** (v) /skriːtʃ/  
shout unpleasantly and loudly • *The man's wife screeched at him to stop the car at the red traffic light.* > screech (n)

## Reading

## pages 18-19

- 2.8 addictive** (adj) /ə'dɪktɪv/  
so enjoyable you do not want to stop • *Video games can be very addictive and some people play them for hours.* > addict (n), addiction (n)
- 2.9 irritating** (adj) /'ɪrɪteɪɪŋ/  
annoying • *His bad guitar playing is really irritating.* > irritate (v), irritation (n)
- 2.10 literary** (adj) /'lɪtərəri/  
to do with literature • *He is a literary man and has many books in his library.* > literature (n)
- 2.11 criticism** (n) /'krɪtɪsɪzəm/  
disapproval; judgement • *The film received a lot of negative criticism in the newspapers despite being popular with audiences.* > criticise (v), critic (n), critical (adj)
- 2.12 confine (to)** (v) /kən'faɪn (tʊ)/  
restrict (to) • *Reviews of his books are confined to serious literary journals. They are not published in daily newspapers.*



- 2.27 bitter** (adj) /'bɪtə/  
angry and disappointed • *He felt bitter about not getting the promotion he thought he deserved.* > bitterness (n)
- 2.28 take sb aback** (phr v) /teɪk 'sʌmbədi ə'ba:k/  
surprise sb • *The surprise visit by her cousin from Greece took Mary aback.*
- 2.29 cheat death** (expr) /tʃi:t deθ/  
stay alive in a very dangerous situation • *He cheated death when he survived the plane crash.*
- 2.30 bunch** (n) /bʌntʃ/  
a group of people or things • *I invited a bunch of friends to my house to listen to music.*
- 2.31 spotty** (adj) /'spɒti/  
having a lot of spots (or pimples) on your skin • *She used to be a spotty adolescent, but now she has a beautiful clear skin.* > spot (n)  
📖 Syn: pimply
- 2.32 cyborg** (n) /'saɪbɔ:ɡ/  
a being that is part human and part machine • *The cyborg in the film Terminator looks like a human on the outside but is a machine on the inside.*
- 2.33 anthropologist** (n) /,ænθrə'pɒlədʒɪst/  
sb who studies the origins, development, customs and beliefs of the human race • *The anthropologist gave a lecture on the eating habits of early humans.*
- 2.34 hours on end** (expr) /'aʊəz ɒn end/  
many hours • *She watched TV for hours on end, sometimes for a whole day.*
- 2.35 interact** (v) /,ɪntər'ækt/  
if one person or thing interacts with another, they affect each other; talk or work together • *He interacts online with his friends and family.* > interaction (n)
- 2.36 virtually** (adv) /'vɜ:tʃʊəli/  
almost • *Virtually everyone I know has a mobile phone.* > virtual (adj)
- 2.37 breakthrough** (n) /'breɪkθru:/  
an important development • *A cure for cancer would be a breakthrough for the medical world.*
- 2.38 values** (pl n) /'vælju:z/  
ethical beliefs • *The values they try to teach their children are honesty and reliability.* > value (v, n)
- 2.39 miniature** (adj) /'mɪniətʃə/  
tiny • *He has a miniature Batman car in his collection of toy vehicles.* > miniature (n)
- 2.40 plug (into)** (v) /plʌɡ ('ɪntu)/  
connect a machine to an electricity supply • *Plug your mobile phone into the socket here to charge it.*
- 2.41 groggy** (adj) /'grɒɡi/  
weak and ill • *He felt groggy after the rough ferry crossing.*

- 2.42 distance** (v) /'dɪstəns/  
make sb/sth less involved or connected with sb/sth else • *I hate violence and I try to distance myself from violent situations.* > distance (n), distant (adj)
- 2.43 unrivalled** (adj) /ʌn'raɪvld/  
better than any other • *She succeeded in solving the problem because of her unrivalled powers of concentration.* > rival (v, n)
- 2.44 traumatise** (v) /'trɔ:mətaɪz/  
shock sb so badly that they cannot work or think normally • *The terrible experience traumatised the child.* > trauma (n)
- 2.45 sign up (for sth)** (phr v) /saɪn ʌp (fə 'sʌmθɪŋ)/  
put your name on a list for a course or activity because you want to take part in it • *Are you going to sign up for the course?*
- 2.46 cut (sth) off** (phr v) /kʌt 'sʌmθɪŋ ɒf/  
stop the supply of electricity or water or access to the telephone • *He couldn't pay his bill so the phone company cut him off.*

## Vocabulary

pages 20-21

- 2.47 remark** (n) /rɪ'mɑ:k/  
a comment • *He made a rude remark about her hair.* > remark (v), remarkable (adj)
- 2.48 observation** (n) /əbsə'veɪʃn/  
a comment based on sth that was seen, read or heard • *His research involves the observation of animal behaviour.* > observe (v), observer (n)
- 2.49 defend** (v) /dɪ'fend/  
protect sb/sth from attack • *He defended his decision to sell the house, explaining that he needed the money.* > defence (n), defensive (adj)
- 2.50 blast** (v) /blɑ:st/  
criticise very strongly • *The critics blasted the actor's terrible performance.* > blast (n)
- 2.51 slam** (v) /slæm/  
criticise severely • *The team was slammed by their furious coach for losing 6-0.*
- 2.52 relate** (v) /rɪ'leɪt/  
have a connection • *He doesn't relate to anyone and he prefers to be alone.* > relation (n)
- 2.53 morals** (pl n) /'mɒrəlz/  
standards for good character and behaviour • *The murderer clearly has no morals; he doesn't feel sorry for what he did.* > moral (adj)
- 2.54 ideal** (n) /aɪ'diəl/  
an idea that seems perfect and worth trying to achieve • *Working for world peace is an honourable ideal but difficult to achieve.*

- 2.55** **burden** (n) /'bɜːdən/  
sth that causes worry or trouble • *Owing money to the bank is a financial burden he cannot bear.*  
➢ burden (v)
- 2.56** **offend** (v) /ə'fend/  
upset • *She offended him by laughing at his appearance.* ➢ offence (n), offensive (adj)
- 2.57** **bother** (v) /'bɒðə/  
annoy • *Don't bother me now – I'm busy.*  
➢ bother (n), bothersome (adj)
- 2.58** **resist** (v) /rɪ'zɪst/  
stop yourself from doing sth that you want to do • *He can never resist a delicious ice cream.*  
➢ resistance (n)
- 2.59** **thrill** (v) /θrɪl/  
cause sb to feel very excited • *The firework display thrilled us all.* ➢ thrill (n), thrilling (adj)
- 2.60** **phishing** (n) /'fɪʃɪŋ/  
sending emails or having a website intended to trick sb into giving away personal information • *He was the victim of a phishing scam when his credit card was used by somebody else.*
- 2.61** **unsuspecting** (adj) /ʌnsʌs'pektɪŋ/  
not aware sth is going to happen • *She sold fake good to unsuspecting customers.*
- 2.62** **scam** (n) /skæm/  
a dishonest plan for making money • *Don't give them any money! It's a scam!*  
➢ scam (v), scammer (n)
- 2.63** **legitimate** (adj) /lɪ'dʒɪtɪmət/  
lawful • *Amazon.com is a legitimate online store so you can safely order from it.*
- 2.64** **valid** (adj) /'vælɪd/  
legally or officially acceptable • *To travel to Australia, you need a valid passport.*  
➢ validate (v), validity (n)
- 2.65** **accessible** (adj) /ək'sesəbl/  
that can be entered, reached, used, etc.  
• *Their house is only accessible by a country road.* ➢ access (n, v)
- 2.66** **identity** (n) /aɪ'dentəti/  
who sb is • *The police still don't know the identity of the thief.* ➢ identify (v)
- 2.67** **loan** (n) /ləʊn/  
money that sb or an organisation lends sb  
• *I'll need to ask my parents for a loan to buy some books.* ➢ lend (v)
- 2.68** **max out** (expr) /mæks aʊt/  
use all the money available • *I can't buy anything else because I've maxed out my credit card.*
- 2.69** **domain** (n) /dəʊ'meɪn/  
a web address • *The letters 'gr' signify that the domain is Greece.*
- 2.70** **bring down** (phr v) /brɪŋ daʊn/  
cause sb to lose power • *The financial scandal brought down the politician, who had to resign.*
- 2.71** **cut in** (phr v) /kʌt ɪn/  
interrupt sb while they are speaking • *Do you mind if I cut in before you finish your comment?*
- 2.72** **get back at** (phr v) /get bæk æt/  
take revenge • *She got back at him for his nasty comments by ignoring him all evening.*
- 2.73** **stir up** (phr v) /stɜː ʌp/  
cause problems for sb else • *You stirred up some bad feeling when you were rude about the film star.*
- 2.74** **take to** (phr v) /teɪk tuː/  
start liking sb/sth • *Mary and I took to each other as soon as we met.*
- 2.75** **revenge** (n) /rɪ'vendʒ/  
sth you do in order to punish sb because they have made you suffer • *He waited for years to take revenge on the bullies who had hurt him at school.*
- 2.76** **detractor** (n) /dɪ'træktə/  
a critic • *Detractors said the comedy was so bad that nobody would laugh watching it.*  
➢ detract (v)
- 2.77** **hat trick** (n) /hæt trɪk/  
three goals scored by one player in one game • *Karagounis has scored three goals – that's a hat trick.*
- 2.78** **corrupt** (adj) /kə'rʌpt/  
dishonest • *There are so many corrupt politicians and public servants in this country that I don't know how we'll get rid of them all.*  
➢ corrupt (v), corruption (n)
- 2.79** **under construction** (expr) /'ʌndə kən'strʌkʃn/  
still being made • *No one can visit my website yet because it is still under construction.*
- 2.80** **go blank** (expr) /gəʊ blænk/  
stop showing any pictures • *The TV screen went blank when the antenna broke.*
- 2.81** **in confidence** (expr) /ɪn 'kɒnfɪdəns/  
on the understanding that you don't tell anybody else • *I'm telling you this in confidence so don't tell anyone else.*
- 2.82** **out of context** (expr) /aʊt ɒv 'kɒntekst/  
repeated without saying in which circumstances it was said • *The celebrity was quoted out of context so he didn't actually mean what you think.*
- 2.83** **on occasion** (expr) /ɒn ə'keɪʒn/  
sometimes • *On occasion he goes for a walk but mostly he stays indoors.*

- 2.84 at a guess** (expr) /æt ə ges/  
probably • *At a guess I'd say she is under fifty but I really don't know.*
- 2.85 guts** (pl n) /hæv ðə ɡʌts/  
the courage to do something difficult  
• *The bully didn't have the guts to actually fight, so he ran away.*
- 2.86 to sb's face** (expr) /tu 'sʌmbədiz feɪs/  
directly to sb • *She told him to his face how much she hated him and then walked off.*
- 2.87 straight from the horse's mouth** (expr)  
/streɪt frəm ðə 'hɔːsɪz maʊθ/  
from the source • *Spielberg told the reporter the name of his new film, so it's straight from the horse's mouth.*
- 2.88 sing like a canary** (expr) /sɪŋ laɪk ə kə'neri/  
reveal everything • *The thief sang like a canary and told the police the names of all his gang.*
- 2.89 painfully** (adv) /'peɪnfəli/  
extremely and in an annoying or upsetting way  
• *The construction of the website has been painfully slow.*
- 2.90 wouldn't say boo to a goose** (expr)  
/'wʌdənt seɪ buː tu ə ɡuːs/  
used to describe a shy and quiet person  
• *Bob is shy and wouldn't say boo to a goose.*
- 2.91 a little bird told me** (expr) /ə lɪtl bɜːd təʊld miː/  
said by sb when they know who gave them the information being discussed but will not say who it was • *A little bird told me that you're getting married.*
- 2.92 have a frog in one's throat** (expr)  
/hæv ə frɒɡ ɪn wʌnz θrəʊt/  
have difficulty speaking because your throat feels dry and you want to cough • *The lecturer drank some water because he had a frog in his throat.*
- 2.93 cat's got your tongue** (expr)  
/kæts ɡɒt jɔː tʌŋ/  
sth you say to sb when you are annoyed because they will not speak  
• *What's the matter? Has the cat got your tongue?*

### Phrasal verbs

bring down	set out
come in for	sign up (for sth)
cut in	stir up
cut off	take sb aback
get back at	take to

## Grammar

pages 22-23

- 2.94 install** (v) /ɪn'stɔːl/  
add software to a computer so it is ready to be used • *He installed the new computer game on his laptop.* > installation (n)
- 2.95 itinerary** (n) /aɪ'tɪnərəri/  
a plan of a journey and the route you will take  
• *We prepared our itinerary before we left on our holiday.*
- 2.96 static** (adj) /'stætɪk/  
unchanging • *The population figures have remained static for years with no increase or decrease.*
- 2.97 evolve** (v) /ɪ'vɒlv/  
develop • *Languages evolve when they take on words from other languages.* > evolution (n), evolutionary (adj)
- 2.98 advent** (n) /'ædvent/  
arrival • *The advent of mobile phones changed the way people interact.*
- 2.99 a host of** (expr) /ə həʊst ɒv/  
many; a lot of • *There is a whole host of reasons why I don't want to live in London.*
- 2.100 purist** (n) /'pʃʊəɪst/  
sb who believes that sth should be done in the correct way • *As a purist, he dislikes new words entering the language.*  
> pure (adj)
- 2.101 encounter** (v) /ɪn'kaʊntə/  
come across • *We encountered problems when the printer stopped working.*  
> encounter (n)
- 2.102 withdraw** (v) /wɪð'drɔː/  
take out • *She withdrew enough money from the bank to pay for the week's food shopping.* > withdrawal (n)

## Listening

page 24

- 2.103 remains** (pl n) /rɪ'meɪnz/  
the body of a dead person • *The archaeologists dug up some human remains.*
- 2.104 out of bounds** (expr) /aʊt ɒv baʊndz/  
beyond the place you are allowed to be • *The building site is out of bounds to members of the public.*

## Speaking

page 25

- 2.105 device** (n) /dɪ'vaɪs/  
an object used for a particular purpose • *A tablet is a useful device for people who work while they are travelling.*

- 2.106 gadget** (n) /'gædʒɪt/  
a small device that does sth useful • A *USB stick is an essential gadget for computer users.*

### Computing

cyborg	install
device	interact
domain	scroll
gadget	

## Writing: an essay (1)

pages 26-27

- 2.107 reach** (n) /ri:tʃ/  
the distance that you can stretch out your arm to touch sth • *Put that bottle out of the reach of children.* > reach (v)
- 2.108 broaden one's horizons** (expr)  
/'brɔ:ɪdən wʌnz hə'raɪzənz/  
learn more about the world • *Spending a year abroad as a student broadened his horizons.*
- 2.109 unprecedented** (adj) /ʌn'presɪdɪntɪd/  
never having happened before • *PCs in every home was an unprecedented development in the 20th century.*
- 2.110 confidential** (adj) /kɒnfɪ'denʃl/  
private • *Your medical records are confidential so they are not available to the general public.* > confidentiality (n)
- 2.111 identity theft** (n) /aɪ'dentɪti θeft/  
illegal use of sb's personal details, especially in order to steal money from them  
• *He was a victim of identity theft when his credit card number was used by someone he didn't know.*
- 2.112 credit card fraud** (n) /'kredɪt kɑ:d frɔ:d/  
using another person's credit card illegally  
• *The sales assistant who was arrested for credit card fraud had stolen 10 card numbers from unsuspecting customers.*
- 2.113 misinformation** (n) /mɪsɪnfə'meɪʃn/  
wrong information • *He couldn't rely on the website because it was full of misinformation.* > misinform (v)
- 2.114 wary** (adj) /'wɜ:ri/  
cautious • *Be wary of crossing the road here as there have been some nasty accidents.*
- 2.115 double-edged sword** (n) /'dʌbl-edʒd sɔ:d/  
sth that seems to be good but that can have a bad effect • *Researching online is a double-edged sword because although there is a lot of information, you don't know if it is correct or not.*

- 2.116 have sth at one's fingertips** (expr) /həv 'sʌmθɪŋ ət wʌnz 'fɪŋɡətɪps/  
have what you need and be able to find or use it easily • *He knows a lot about history and has the facts at his fingertips.*
- 2.117 offset** (v) /ɒf'set/  
use sth that has an opposite effect so the situation remains the same • *The convenience of the mini-market must be offset against its higher prices.*

### Crime

corrupt	phishing
credit card fraud	scam
identity theft	

## Video 2: Orangutan Language

page 28

- 2.118 native** (adj) /'neɪtɪv/  
used to describe plants and animals that live naturally in a place and have not been brought there from somewhere else  
• *Kangaroos are native to Australia.* > native (n)
- 2.119 coordinator** (n) /kəʊ'ɔ:ɪdɪneɪtə/  
organiser • *The event coordinator told everyone what to do.* > coordinate (v), coordination (n)
- 2.120 voluntary** (adj) /'vɒləntɪrɪ/  
done because you want to do it • *Mary's participation at the canteen for the homeless is voluntary.* > volunteer (v, n)  
☞ Opp: involuntary; compulsory
- 2.121 obligatory** (adj) /ə'bɪlɪɡətɪrɪ/  
that must be done because of a law or regulation • *There is an obligatory paper that has to be written as part of this course.* > oblige (v), obligation (n)
- 2.122 endangered** (adj) /ɪn'deɪndʒəd/  
at risk • *Polar bears are endangered animals and will disappear if more of the ice cap melts.* > endanger (v)
- 2.123 extinct** (adj) /ɪk'stɪŋkt/  
no longer alive • *Dinosaurs became extinct 65 million years ago.* > extinction (n)
- 2.124 captivity** (n) /kæp'tɪvɪti/  
when an animal is kept somewhere and is not free in the wild • *The elephant was raised in captivity in the zoo when its mother was killed by hunters.* > capture (v), captive (n, adj)
- 2.125 primate** (n) /'praɪmeɪt/  
a human, ape or monkey • *Orangutans are among the most intelligent primates.*



- 2.126 stimulating** (adj) /'stimjʊleɪtɪŋ/  
causing enthusiasm and interest • *After the talk, we had a stimulating discussion.*  
➤ stimulate (v), stimulation (n)
- 2.127 mental** (adj) /'mentəl/  
to do with the mind • *She does Sudoku to improve her mental abilities.* ➤ mentality (n)

- 2.128 conservation** (n) /kɒnsə'veɪʃn/  
protection of the natural environment  
• *The conservation of forests in Greece is very hard because of fires.* ➤ conserve (v), conservationist (n)
- 2.129 regard** (n) /rɪ'gɑ:d/  
respect • *He has a high regard for athletes in the Paralympics.* ➤ regard (v)

# 3 Just for the Health of It!

## page 31

- 3.1 monitor** (v) /'mɒnɪtə/  
check the progress of sb/sth • *The man with a head injury was monitored carefully overnight to make sure he was OK.*

## Word Focus

## page 32

- 3.2 amnesia** (n) /æm'ni:ziə/  
a medical condition in which sb cannot remember things • *She has amnesia and cannot remember her name.*
- 3.3 blunder** (n) /'blʌndə/  
a stupid or careless mistake • *Asking after her ex-husband was a bit of a blunder! You know she hates him.* ➤ blunder (v)
- 3.4 neuron** (n) /'njʊərən/  
a cell which is part of the nervous system • *Our brains consist of billions of neurons.*
- 3.5 spectrum** (n) /'spektrəm/  
a range • *People from across the social spectrum attend this university.*
- 3.6 ravage** (v) /'rævɪdʒ/  
damage badly • *The fire ravaged the forest and not a single tree was left standing.*

## Reading

## pages 32-33

- 3.7 anterograde amnesia** (expr)  
/'æntɪrəʊgreɪd æm'ni:ziə/  
loss of memory after an event that caused amnesia • *After suffering a head injury, he got anterograde amnesia and can't remember anything from that day to today.*
- 3.8 retrograde amnesia** (expr)  
/'retrəʊgreɪd æm'ni:ziə/  
loss of memory before an event that caused amnesia • *The man with retrograde amnesia does not know his own name.*
- 3.9 recall** (v) /rɪ'kɔ:l/  
remember • *He said he knew me but I could not recall ever having met him.*
- 3.10 wipe out** (phr v) /waɪp aʊt/  
destroy • *He remembers nothing because the shock wiped out any memory of the accident.*
- 3.11 vivid** (adj) /'vɪvɪd/  
producing very clear images in the mind • *Grandma has vivid memories of her childhood as if it was only yesterday.* ➤ vividness (n)
- 3.12 oblivious** (adj) /ə'blɪvɪəs/  
unaware • *Being deaf, he was oblivious to the sound of the doorbell.* ➤ oblivion (n)

- 3.13 slip of the mind** (expr) /slɪp əv ðə maɪnd/  
sth you forget • *Because of a slip of the mind, she forgot to keep her dental appointment.*
- 3.14 accompany** (v) /ə'kʌmpəni/  
go/come with • *My headache was accompanied by a sore throat, so I knew it was flu.*
- 3.15 bewilderment** (n) /bɪ'wɪldəmənt/  
confusion • *She felt terrible bewilderment when she could not remember her name.* ➤ bewildered (adj), bewildering (adj), bewilder (v)
- 3.16 recollection** (n) /rekə'lekʃn/  
memory of sth • *He has no recollection of the accident although he does remember the events leading up to it.* ➤ recollect (v)
- 3.17 vast** (adj) /vɑ:st/  
very large • *It would be impossible to count the vast number of hairs on one person's head.* ➤ vastness (n)
- 3.18 virus** (n) /'vaɪrəs/  
a microscopic living thing that causes disease • *There is a flu virus going around at the moment.*
- 3.19 chunk** (n) /tʃʌŋk/  
a thick, solid piece of sth • *I ate a large chunk of cheese before lunch so I'm not very hungry now.*
- 3.20 literally** (adv) /'lɪtərəli/  
according to the original meaning of a word • *Literally millions of people watched the Olympic Games.* ➤ literal (adj)
- 3.21 mixed blessing** (expr) /mɪkst 'blesɪŋ/  
sth that has advantages and disadvantages • *Living here is a mixed blessing because although my friends live nearby, it is a noisy area.*
- 3.22 precise** (adj) /prɪ'saɪs/  
exact • *The information she gave me was clear and precise.* ➤ precision (n), precisely (adj) ☞ Opp: imprecise
- 3.23 insignificant** (adj) /ɪnsɪɡ'nɪfɪkənt/  
unimportant • *The price is insignificant; what matters is that you like the gift.* ➤ significance (n) ☞ Opp: significant
- 3.24 minor** (adj) /'maɪnə/  
small; less important • *It is hard to remember minor events because they tend not to make an impression on us.* ☞ Opp: major
- 3.25 task sb with sth** (expr) /tɑ:sk 'sʌmbədi wɪð 'sʌmθɪŋ/  
give sb the responsibility for doing sth • *I was tasked with writing up the minutes of our last meeting.*

# Vocabulary

pages 34-35

- 3.26 consult** (v) /kən'sʌlt/  
ask for expert advice • *He consulted a doctor about his constant headaches.* > consultation (n), consultant (n)
- 3.27 nurse** (v) /nɜːs/  
care for a sick or injured person • *She nursed her brother when he had a high temperature.* > nurse (n), nursing (n)
- 3.28 practise** (v) /'præktɪs/  
work as a doctor, lawyer, etc. • *He wants to become a doctor and practise medicine in Africa.*
- 3.29 prescribe** (v) /prɪ'skraɪb/  
(as a doctor) tell sb what medicine to take • *The doctor prescribed a course of antibiotics.* > prescription (n)
- 3.30 relieve** (v) /rɪ'liːv/  
make pain or a bad feeling go away or become less • *Take an aspirin to relieve the pain.* > relief (n), relieved (adj)
- 3.31 respond** (v) /rɪ'spɒnd/  
react positively • *The patient responded to the treatment and was allowed to leave the hospital.* > response (n), responsive (adj)
- 3.32 sprain** (v) /spreɪn/  
pull or twist • *I sprained my ankle and now I can't walk easily.* > sprain (n)
- 3.33 emotional** (adj) /ɪ'məʊʃənəl/  
full of feeling • *She is very emotional and cries easily.* > emotion (n)
- 3.34 dehydrated** (adj) /,diːhaɪ'dreɪtɪd/  
having lost too much water from your body • *If you forget to drink water during the run, you risk getting dehydrated.* > dehydrate (v), dehydration (n)
- 3.35 parched** (adj) /pɑːtʃt/  
very dry • *It never rained in the desert and the soil was parched.*
- 3.36 muscular** (adj) /'mʌskjʊlə/  
with strong, shapely muscles • *He works out every day to keep his body muscular.* > muscle (n)
- 3.37 sane** (adj) /seɪn/  
normal and reasonable • *The murderer was judged to be sane and fully aware of his actions.* > sanity (n) ☞ Opp: insane
- 3.38 wholesome** (adj) /'həʊlsəm/  
good for your health • *We eat wholesome food like fruit, vegetables and nuts.*
- 3.39 nutritious** (adj) /njuː'trɪʃəs/  
full of substances that your body needs to be healthy or grow • *Children need nutritious food to help them grow.* > nutrition (n)
- 3.40 beneficial** (adj) /benɪ'fɪʃl/  
good or helpful • *Exercise and a good diet are beneficial to health.* > benefit (v, n)
- 3.41 delirium** (n) /dɪ'lɪrɪəm/  
state of not being able to think or speak clearly, usually because of fever • *He was in a state of delirium when he ran into the road without looking.* > delirious (adj)
- 3.42 hysteria** (n) /hɪ'stɪərɪə/  
violent and uncontrolled emotion • *She had a fit of hysteria and needed medication to calm down.* > hysterical (adj)
- 3.43 disorder** (n) /dɪs'ɔːdə/  
a problem/illness of the mind or body • *He has a skin disorder which makes him excessively sensitive to the sun.*
- 3.44 bony** (adj) /'bəʊni/  
so thin that your bones show • *The bony model probably weighed about 48 kilos.* > bone (n)
- 3.45 anorexic** (adj) /ænə'reksɪk/  
suffering from a mental illness that makes sb stop eating • *She is anorexic so she finds it almost impossible to eat.* > anorexia (n)
- 3.46 delicate** (adj) /'delɪkət/  
rather weak in health • *The delicate child could not go out in the cold without getting ill.*
- 3.47 undernourished** (adj) /,ʌndə'nʌrɪʃt/  
underfed • *The undernourished babies urgently needed food.*
- 3.48 forgetful** (adj) /fə'getfəl/  
not able to remember things well • *He's forgetful so don't be surprised if he can't remember your name.* > forget (v), forgetfulness (n)
- 3.49 contented** (adj) /kən'tentɪd/  
happy with life • *She felt contented just sitting in the garden and relaxing.* > content (n)
- 3.50 scatty** (adj) /'skæti/  
absent-minded and disorganised • *The scatty man was wearing one shoe and one sandal.*
- 3.51 absent-minded** (adj) /æbsənt-'maɪndɪd/  
tending to forget things because you are thinking about sth else • *You're so absent-minded you forgot to meet me at the station again.*
- 3.52 blood bank** (n) /blʌd bæŋk/  
a store of blood that can be used in hospitals • *She went to the blood bank to give blood.*
- 3.53 blood donor** (n) /blʌd 'dɒnə/  
sb who gives blood • *We need a blood donor to give blood to this patient.*
- 3.54 intravenous** (adj) /ɪntrə'viːnəs/  
through a vein • *An intravenous line was attached to his arm through which he was given medicine.* > intravenously (adv)
- 3.55 blood pressure** (n) /blʌd 'preʃə/  
force with which blood flows around your body • *Low blood pressure can cause you to faint.*
- 3.56 blood vessel** (n) /blʌd 'vesəl/  
one of the tubes through which blood flows in your body • *Blood vessels are visible on the inside of your wrist.*

- 3.57 blood transfusion** (n) /blʌd træns'fju:ʒn/  
putting blood from one person's body into the body of sb else as a medical treatment • *The patient had lost a lot of blood and needed a blood transfusion.*
- 3.58 procedure** (n) /prə'si:dʒə/  
a way of doing sth • *The surgeon explained the procedure for the operation to the patient so that she knew what would happen.*
- 3.59 surgery** (n) /'sɜ:dʒəri/  
an operation • *He needs heart surgery to unblock an artery.* > surgeon (n), surgical (adj)
- 3.60 establish** (v) /ɪs'tæblɪʃ/  
begin a relationship that will continue • *They have established a good relationship built on trust.* > establishment (n), established (adj)
- 3.61 donation** (n) /dəʊ'neɪʃn/  
the act of giving sth • *He makes a blood donation every three months at the blood bank.* > donate (v), donor (n)
- 3.62 heal** (v) /hi:l/  
get better (of wound or cut) • *Your cut hand should heal in a couple of days.*
- 3.63 recover** (v) /rɪ'kʌvə/  
get better from an illness • *It took her a long time to recover from pneumonia.* > recovery (n)
- 3.64 injure** (v) /'ɪndʒə/  
hurt • *Three people were injured when they slipped on ice.* > injury (n), injured (adj)
- 3.65 wound** (v) /wu:nd/  
injure sb, usually seriously, with a knife or gun • *The soldiers that were wounded were taken to hospital.* > wound (n), wounded (adj)
- 3.66 mortally** (adv) /'mɔ:təli/  
causing or resulting in death • *The man was mortally wounded in a fight and died an hour later.* > mortal (adj), mortality (n)
- 3.67 malaria** (n) /mə'leəriə/  
a serious disease caused by the bite of a mosquito • *He got malaria and was very ill for weeks.*
- 3.68 swallow** (v) /'swɒləʊ/  
when sth goes from your mouth to your stomach • *Drink some water to help you swallow the pill.*
- 3.69 fever** (n) /'fi:və/  
a high temperature • *If the thermometer reads more than 37°C, you have a fever.* > feverish (adj)
- 3.70 bark** (n) /bɑ:k/  
the outside covering of a tree • *If you cut into the bark of this tree, it will drip resin.*
- 3.71 miracle** (n) /'mɪrəkl/  
an event that is impossible according to the laws of nature • *It's a miracle that he wasn't injured in the crash.* > miraculous (adj), miraculously (adv)
- 3.72 tribe** (n) /traɪb/  
a group of people of the same race and with the same language and customs who live in a particular area • *I saw a documentary about a tribe who live in the Brazilian rainforest.* > tribal (adj)
- 3.73 come down with** (phr v) /kʌm daʊn wɪð/  
get an illness • *I've come down with flu so I'll stay in bed.*
- 3.74 fight off** (phr v) /faɪt ɒf/  
recover from an illness quickly • *She can always fight off a cold because she is so healthy.*
- 3.75 pass out** (phr v) /pɑ:s aʊt/  
faint • *She passed out after standing in the sun for half an hour.*
- 3.76 pick up** (phr v) /pɪk ʌp/  
catch an illness from sb/sth • *He picked up a cold from somebody at work.*
- 3.77 take out** (phr v) /teɪk aʊt/  
remove sth • *The dentist took out her back tooth because it was rotten.*
- 3.78 throw up** (phr v) /θrəʊ ʌp/  
vomit • *He threw up all over the carpet!*
- 3.79 seasick** (adj) /'si:ɪk/  
nauseous from the movement of a boat • *I get seasick on boats, so I don't want to get the ferry to Crete.* > seasickness (n)
- 3.80 wisdom tooth** (n) /'wɪsdəm tu:θ/  
one of the large teeth at the back of your mouth • *His wisdom teeth began to show after he turned 18.*
- 3.81 in agony** (expr) /ɪn 'ægəni/  
in a lot of pain • *I was in agony when I broke my leg.*
- 3.82 bodily function** (expr) /'bɒdəli 'fʌŋkʃn/  
an organic process that takes place in the body • *Digestion is a bodily function.*
- 3.83 failing eyesight** (expr) /'feɪlɪŋ 'aɪ,saɪt/  
gradual loss of the ability to see • *Because of her failing eyesight she can no longer read street signs at a distance.*
- 3.84 internal organ** (expr) /ɪn'tɜ:nəl 'ɔ:gən/  
a body part inside you • *He needs a donor for an internal organ, a heart in fact.*
- 3.85 terminal** (adj) /'tɜ:mɪnəl/  
fatal • *The doctor has given him three months to live because he has terminal cancer.*
- 3.86 running sore** (n) /'rʌnɪŋɔ:s/  
a sore area on the skin that has liquid coming out of it • *She had a running sore, so she went to the doctor.* > sore (adj)
- 3.87 bruise** (n) /bru:z/  
a blue, brown or purple mark on your skin that appears after you have fallen or been hit • *I got a nasty bruise on my knee where I hit it on the stool.* > bruise (v)



- 3.88 gauze** (n) /gɔːz/  
thin cotton cloth used for covering injuries like cuts and wounds • *The child had a gauze bandage around his hand.*
- 3.89 fit** (n) /fɪt/  
a short time when you cough, sneeze or laugh a lot in an uncontrollable way • *I get a sneezing fit whenever I sit in the garden.*
- 3.90 spasm** (n) /'spæzm/  
uncontrollable tightening of your muscles • *The football player stopped running when he felt a spasm in his right thigh.*
- 3.91 imbalance** (n) /ɪm'bæləns/  
lack of balance • *Because of a chemical imbalance he takes these pills every day.*  
📖 Opp: balance
- 3.92 inequality** (n) /ɪnɪ'kwɒlɪti/  
lack of equality • *In some countries, inequality means that women are paid less for doing the same job a man does.* 📖 Opp: equality
- 3.93 medication** (n) /medɪ'keɪʃn/  
medicine • *This flu medication must be taken twice a day.* ➤ medicate (v)
- 3.94 smashing** (adj) /'smæʃɪŋ/  
great • *That was a smashing meal. Is there any more food?*
- 3.95 splitting headache** (adj) /'splɪtɪŋ 'hedɪk/  
a very bad headache • *He went to bed because he has a splitting headache.*
- 3.96 have a change of heart** (expr)  
/hæv ə tʃeɪndʒ əv ha:t/  
change your mind about sth • *She had a change of heart and decided to invite Bob after all.*
- 3.97 bite sb's head off** (expr)  
/baɪt 'sʌmbədɪz hed ɒf/  
shout and get angry at sb • *Mum bit my head off when I asked her why she was angry.*
- 3.98 get cold feet** (expr) /get kəʊld fi:t/  
feel afraid to do sth at the last minute • *He didn't do the bungee jump because he got cold feet.*
- 3.99 be at each other's throats** (expr)  
/biː æt iːtʃ 'ʌðəz θrəʊts/  
fight • *The sisters are at each other's throats again. They never stop fighting.*
- 3.100 shout at the top of your lungs** (expr)  
/ʃaʊt æt ðə tɒp əv jɔː lʌŋz/  
shout very loudly • *He shouted at the top of his lungs all through the football match.*
- 3.101 keep your chin up** (expr) /kiːp jɔː tʃɪn ʌp/  
stay cheerful despite difficulties • *Keep your chin up; things could be worse.*
- 3.102 turn a blind eye** (expr) /tɜːn ə blaɪnd aɪ/  
deliberately ignore sth that you know should not be happening • *The teacher turned a blind eye to the students' bad behaviour on the last day of term.*

- 3.103 be on the tip of your tongue** (expr)  
/biː ɒn ðə tɪp əv jɔː tʌŋ/  
almost remember sth but not quite • *I know the word. It's on the tip of my tongue.*

### Phrasal verbs

bring on	pick up
come down with	stem from
fight off	take out
get around	throw up
pass out	wipe out

## Grammar

pages 36-37

- 3.104 dandruff** (n) /'dændrʌf/  
pieces of dead skin in your hair • *He uses a special shampoo to get rid of his dandruff.*
- 3.105 genetically modified** (expr)  
/dʒə'netɪkli 'mɒdɪfaɪd/  
(food) that has had its DNA changed by genetic engineering • *Genetically modified food could harm your health.*
- 3.106 attention deficit disorder** (ADD) (n)  
/ə'tenʃn 'defɪsɪt dɪs'ɔːdə/  
a condition where sb cannot concentrate for long • *Her son has attention deficit disorder so he finds it hard to listen to a whole lesson.*
- 3.107 utterly** (adv) /'ʌtəli/  
completely • *The film was utterly boring; don't go to see it.* ➤ utter (adj)
- 3.108 stem from** (phr v) /stem frɒm/  
come from • *His back problem stems from an old football injury at school.*
- 3.109 soothing** (adj) /'suːðɪŋ/  
calming; relaxing • *When she comes home from work, she likes to have a long, soothing bath.* ➤ soothe (v)
- 3.110 gum** (n) /ɡʌm/  
pink flesh in your mouth that your teeth grow from • *She smiled so widely we could see her teeth and pink gums.*

## Listening

page 38

- 3.111 plague** (n) /pleɪɡ/  
a disease that is usually fatal and spreads quickly to a large number of people • *The plague killed so many people in medieval times that they called it the Black Death.*
- 3.112 tooth decay** (n) /tuːθ dɪ'keɪ/  
a chemical change that causes the slow destruction of the teeth • *He has terrible tooth decay because he eats sweets and does not brush his teeth.*

- 3.113 sleep deprivation** (n) /sli:p depri'veɪʃn/  
serious lack of sleep • *Sleep deprivation was a problem for the soldiers who had to guard the camp all night.*
- 3.114 lollipop** (n) /'lɒlɪpɒp/  
a hard sweet on a stick • *The child sucked the strawberry lollipop.*
- 3.115 bring on** (phr v) /brɪŋ ɒn/  
make sth unpleasant happen to sb • *Eating too much can bring on heart disease.*
- 3.116 infectious** (adj) /ɪn'fekʃəs/  
(disease) that can be passed easily from one person to another • *This flu is very infectious and everyone at work has got it.*  
➤ infect (v), infection (n)
- 3.117 medieval** (adj) /,medi'i:vl/  
connected with the Middle Ages (about 1000AD to 1450AD) • *I'm interested in medieval history.*
- 3.118 graveyard** (n) /'greɪvjɑ:d/  
an area of land, usually near a church, where people are buried • *We visited our grandparents' grave in the graveyard.*
- 3.119 conduct** (v) /kən'dʌkt/  
do a particular activity like an experiment • *The scientists conducted a series of experiments.*
- 3.120 sample** (n) /'sɑ:mpl/  
a small quantity of sth that is examined in order to find out sth about the whole  
• *They examined a sample of the suspect's DNA.* ➤ sample (v)
- 3.121 severe** (adj) /sə'veɪə/  
serious • *He has got severe symptoms so I recommend he goes to hospital.* ➤ severity (n)
- 3.122 rodent** (n) /'rəʊdənt/  
a small animal with sharp teeth, eg a rat, a mouse • *Rats and mice are common rodents.*
- 3.123 contract** (v) /kən'trækt/  
get an illness • *You can contract this disease by drinking dirty water.*
- 3.124 flea** (n) /fli:/  
a jumping insect that bites people or animals to eat their blood • *This dog might have fleas because it keeps scratching.*
- 3.127 preventative measure** (expr)  
/prɪ'ventətɪv 'meʒə/  
an action taken to stop sth happening  
• *A preventative measure against heartdisease is regular exercise.*
- 3.128 wellbeing** (n) /wel'bi:ɪŋ/  
general health • *Your parents care about your happiness and wellbeing.*
- 3.129 safeguard** (v) /'seɪfga:d/  
protect • *Take plenty of exercise to safeguard your health.*
- 3.130 CPR** (abbr) /,si: pi: 'ɑ:/  
breathing air into sb's mouth and pressing on their chest to keep them alive • *The paramedic gave the child CPR and saved his life.*  
📌 CPR: cardiopulmonary resuscitation
- 3.131 organic produce** (n) /ɔ:'gænik 'prɒdju:s/  
fruit, vegetables and other food grown or made without using artificial chemicals • *They sell organic produce at the local market.*
- 3.132 paramedic** (n) /pærə'medɪk/  
sb who is trained to give medical help • *The paramedic gave the injured man first aid in the ambulance.*
- 3.133 dispense** (v) /dɪ'spens/  
prepare medicines and give them to people • *A pharmacy dispenses medicines and gives advice about minor health problems.*
- 3.134 resuscitation** (n) /rɪ'sʌsɪ'teɪʃn/  
breathing into the mouth of an unconscious person to help them breathe • *The man stopped breathing and needed resuscitation.*  
➤ resuscitate (v)
- 3.135 side-effect** (n) /saɪd-ɪ'fekt/  
an undesirable effect that a drug has on your body as well as treating illness • *One side-effect of this medication is that it makes you feel sleepy.*
- 3.136 stretcher** (n) /'stretʃə/  
canvas on poles used to carry an ill or injured person • *The injured player was carried off the field on a stretcher.*
- 3.137 vaccination** (n) /væksɪ'neɪʃn/  
the act of putting a substance into a person's body to prevent them from getting a disease  
• *Babies have their first vaccinations when they are three months old to protect them from serious diseases.* ➤ vaccinate (v)

## Speaking

page 39

- 3.125 conventional** (adj) /kən'venʃənəl/  
traditional; used for a long time and considered normal • *I have great faith in conventional medicine.* ➤ convention (n)  
📌 Opp: unconventional
- 3.126 alternative** (adj) /ɔ:l'tɜ:nətɪv/  
not based on the usual western methods  
• *She is going to try some alternative treatments to get rid of the spots on her face.*  
➤ alternative (n)

### Making you better

consult	prescribe
heal	recover
medication	relieve
monitor	resuscitation
nurse	surgery
paramedic	vaccination

# Writing: an information sheet

pages 40-41

- 3.138 succinct** (adj) /sək'sɪŋkt/  
using only a few words • *His explanation was short and succinct.* > succinctly (adv)
- 3.139 heat stroke** (n) /hi:t strəʊk/  
fever caused by very high temperatures • *The temperature was 45°C and some people suffered from heat stroke.*
- 3.140 fibre** (n) /'faɪbə/  
thread that form materials such as cotton and linen • *In the summer, I wear clothes made from natural fibres.*
- 3.141 hassle-free** (adj) /'hæsəl-frɪ:/  
with no problems • *We had a hassle-free journey as there was no traffic.*
- 3.142 creepy-crawly** (n) /'kri:pi-'krɔ:li/  
an insect, spider, worm, etc. • *There was a big creepy-crawly that looked like a beetle on the plant.*
- 3.143 mosquito** (n) /mɒs'ki:təʊ/  
a small flying insect that sucks blood and may spread disease • *She got bitten by mosquitoes while she slept in the tent.*
- 3.144 a pain in the neck** (expr) /ə peɪn ɪn ðə nek/  
sth annoying • *Having so much homework is a pain in the neck.*
- 3.145 insect repellent** (n) /'ɪnsekt rɪ'pelənt/  
a substance that keeps insects away • *We sprayed on insect repellent to stop being bitten by mosquitoes.*
- 3.146 get around** (phr v) / get ə'raʊnd/  
go from place to place • *She gets around the city on her bicycle.*
- 3.147 cope** (v) /kəʊp/  
manage; deal with • *I've got too much work and I can't cope with everything.*

## Disease carriers

creepy-crawly	mosquito
flea	rodent

## Video 3: Paraguay Shaman

page 42

- 3.148 shaman** (n) /'ʃeɪmən/  
a person in some religions and societies who can contact spirits and cure sick people • *The members of the tribe consulted the shaman when they got sick.*

- 3.149 root** (n) /ru:t/  
part of a plant which is under the ground  
• *The roots of this tree go deep into the ground.*
- 3.150 diabetes** (n) /daɪə'bɪtɪs/  
a condition when sb has too much sugar in their blood • *If you have diabetes, you must be very careful about your diet.*  
> diabetic (adj, n)
- 3.151 transmit** (v) /trænz'mɪt/  
pass sth from one person to another • *Flu can be transmitted through the air, when people sneeze, for example.*
- 3.152 chant** (n) /tʃɑ:nt/  
word(s) repeated over and over • *The children learnt the alphabet with an abc chant.*  
> chant (v)
- 3.153 deforestation** (n) /di:fɒrɪs'teɪʃn/  
destruction of the forests • *The deforestation of this area means that many animal species have lost their homes.* > deforest (v)
- 3.154 extensive** (adj) /ɪks'tensɪv/  
containing a lot of information and details  
• *He wrote an extensive report on the disease that was a thousand pages long.*  
> extent (n)
- 3.155 healer** (n) /'hi:lə/  
sb who can make sick people well • *The healer gave the sick man some herbs that would make him better.* > heal (v)
- 3.156 potential** (adj) /pə'tenʃl/  
possible • *Deforestation of the Amazon is a potential disaster for the whole world.*  
> potential (n)
- 3.157 prayer** (n) /preə/  
words spoken to a god • *He said a prayer to God to ask for good health.* > pray (v)
- 3.158 urgent** (adj) /'ɜ:dʒənt/  
needing to be done soon • *He needs urgent medical treatment as he seems to be having a heart attack.* > urgency (n), urgently (adv)

## Needing medical attention

amnesia	malaria
anorexic	plague
diabetes	running sore
disorder	side-effect
failing eyesight	sprain
fever	tooth decay
heat stroke	undernourished
hysteria	virus

# 4 Lights, Camera, Action!

## Word Focus

page 44

- 4.1 film buff** (n) /fɪlm bʌf/  
sb who is very interested in cinema • *Film buffs try to see every new movie that comes out.*
- 4.2 footage** (n) /'fʊtɪdʒ/  
film showing a particular event • *We saw footage of the 1969 Moon landing.*
- 4.3 inundate** (v) /'ɪnʌndeɪt/  
give or send sb more things than they can deal with • *The celebrity was inundated with questions about his private life.*
- 4.4 unravel** (v) /ʌn'rævl/  
unfold • *The story slowly unravels during this film.*
- 4.5 pterosaur** (n) /'terəsɔː/  
an extinct reptile that could fly • *We saw the bones of a pterosaur at the natural history museum.*

## Reading

pages 44-45

- 4.6 still** (n) /stɪl/  
a photograph from a film • *Look at these stills from the film.*
- 4.7 soundtrack** (n) /'saʊndtræk/  
music for a film • *The soundtrack for many films is available on CD.*
- 4.8 taste** (n) /teɪst/  
the kind of things that sb likes • *She has very bad taste in films – she only watches romantic comedies.* > tasteful (adj)
- 4.9 blockbuster** (n) /'blɒkbʌstə/  
a successful film • *The blockbuster film The Hobbit was amazing.*
- 4.10 sugary-sweet** (adj) /'ʃʊɡəri-swi:t/  
too nice and therefore insincere • *The sugary-sweet film ended with everyone living happily ever after.*
- 4.11 exhilarating** (adj) /ɪg'zɪləreɪtɪŋ/  
making you excited, happy and full of energy • *He felt great after an exhilarating run.* > exhilarate (v), exhilaration (n)
- 4.12 director** (n) /daɪ'rektə/  
a person in charge of how a film is made • *Francis Ford Coppola was the director of the three Godfather films.* > direct (v)
- 4.13 contributor** (n) /kən'trɪbjʊtə/  
sb who makes videos that are then posted online • *YouTube contributors post some entertaining videos.* > contribute (v)

- 4.14 submit** (v) /sʌb'mɪt/  
give a form, article or other piece of writing to sb so they can approve or accept it • *He submitted his report to the committee.* > submission (n)
- 4.15 make up** (phr v) /meɪk ʌp/  
form • *This exhibition is made up of photos from all over the world.*
- 4.16 shoot** (v) /ʃu:t/  
film • *They are shooting the car chase scenes for the film at the moment.* > shot (n)
- 4.17 sift through** (phr v) /sɪft θruː/  
look through sth carefully • *I sifted through her papers to find her birth certificate.*
- 4.18 paste together** (expr) /peɪst tə'geðə/  
join • *Let's paste together these funny cat videos and post them online.*
- 4.19 feature-length** (adj) /'fi:tʃə-leŋθ/  
as long as a film, usually 90 minutes approximately • *The documentary was as long as a feature-length film.*
- 4.20 heart-warming** (adj) /'hɑ:t-'waɪmɪŋ/  
touching in a happy way • *She enjoyed the heart-warming film about a rescue dog that found a home.*
- 4.21 deny** (v) /dɪ'naɪ/  
refuse to give sb sth • *His parents denied him the chance to join the basketball team because they insisted he focus on his studies.* > denial (n)
- 4.22 veteran** (n) /'vetərən/  
sb who has been a soldier in a war • *My great-grandfather was a veteran of the Second World War.*
- 4.23 desperate** (adj) /'desprət/  
in a bad situation and willing to do anything • *I was desperate to get my injured dog to the vet.* > desperation (n), desperately (adv)
- 4.24 application** (n) /æplɪ'keɪʃn/  
form you fill in to apply for sth • *He submitted an application to the adult education centre to do a course in German.* > apply (v), applicant (n)
- 4.25 fierce opposition** (expr) /fɪəs ɒpə'sɪʃn/  
strong resistance • *The mayor faced fierce opposition from the locals who did not want a car park to be built in town.*
- 4.26 cutting-edge** (adj) /'kʌtɪŋ 'edʒ/  
the newest; the most advanced • *This smartphone features some cutting-edge technology.*



- 4.27 dominant** (adj) /'dɒmɪnənt/  
the most powerful and important • *Humans are the most dominant species on Earth.*  
➤ dominate (v), dominance (n)
- 4.28 fall to** (phr v) /fɔːl tuː/  
be the responsibility of • *It fell to me to give Mary the bad news because nobody else had the strength to do it.*
- 4.29 reptile** (n) /'reptail/  
a cold-blooded animal like a snake • *Crocodiles are extremely dangerous reptiles.*
- 4.30 defy** (v) /dɪ'faɪ/  
not happen according to what you would expect • *His ability to stay underwater for so long defies belief.* ➤ defiance (n)
- 4.31 gravity** (n) /'grævɪti/  
force that makes things fall to the ground  
• *Gravity was the force that the first plane designers had to contend with.*
- 4.32 state-of-the-art** (adj) /steɪt-əv-ðɪz-'ɑːt/  
the most modern and developed • *The new smartphone uses state-of-the-art technology.*
- 4.33 capture** (v) /'kæptʃə/  
express successfully • *Your book captures the atmosphere of the 1950s perfectly.*
- 4.34 electrifying** (adj) /ɪ'lektɪfaɪɪŋ/  
very exciting • *He gave an electrifying performance and the audience loved him.*  
➤ electrify (v)
- 4.35 immersed** (adj) /ɪ'mɜːsd/  
become completely involved in an activity  
• *He was so immersed in the video game he didn't hear the phone.*
- 4.36 ecstatic** (adj) /ɪk'stætɪk/  
very happy and enthusiastic • *I was ecstatic when I heard I had won first prize.*  
➤ ecstasy (n)
- 4.37 heart-rending** (adj) /'hɑːt-,rendɪŋ/  
touching in a very sad way • *The heart-rending film about the death of a man with AIDS made me cry.*
- 4.38 tender age** (expr) /'tendə eɪdʒ/  
young and innocent age • *He wrote his first book at the tender age of 12.*
- 4.39 flee** (v) /fliː/  
run away from • *When he realised he would be prosecuted, the government minister fled the country.*
- 4.40 daring** (adj) /'deərɪŋ/  
willing to do dangerous things • *This book is about a daring escape from prison.*  
➤ dare (v, n)
- 4.41 marry off** (phr v) /'mæri ɒf/  
find a husband or wife for sb • *She was married off to a rich man because her family needed money.*

- 4.42 track down** (phr v) /træk daʊn/  
find • *She tracked down her relatives in the USA through Facebook.*
- 4.43 catwalk** (n) /'kætɔːk/  
the long structure where models walk in fashion shows • *The model walked down the catwalk in a beautiful dress.*
- 4.44 enlist** (v) /ɪn'list/  
persuade sb to help you to do sth • *He enlisted the help of a private detective to find the stolen painting.*
- 4.45 illiterate** (adj) /ɪ'lɪtərət/  
unable to read or write • *The illiterate man asked me to tell him what was written on the form.* ➤ illiteracy (n)  
📖 Opp: literate
- 4.46 portray** (v) /pɔː'treɪ/  
represent • *He portrays a spy in this film.*  
➤ portrayal (n)
- 4.47 struggle** (n) /'strʌɡl/  
a period of time when sb tries to deal with a difficult problem • *It was a struggle to get into college but he managed it.* ➤ struggle (v)
- 4.48 faint-hearted** (adj) /'feɪnt-,hɑːtɪd/  
scared of anything that is not safe • *This scary rollercoaster isn't for the faint-hearted.*

## Vocabulary

pages 46-47

- 4.49 aisle** (n) /aɪl/  
a narrow gap between seats in a cinema or theatre • *We walked down the aisle to the front seats.*
- 4.50 backstage** (n) /'bæksteɪdʒ/  
behind the stage • *The actors waited quietly backstage for their cue to go on.*
- 4.51 foyer** (n) /'fɔɪə/  
the entrance area of a cinema, theatre, etc.  
• *Let's meet in the cinema foyer, where we can get something to drink.*
- 4.52 interval** (n) /'ɪntəvl/  
a break in the middle of film or play • *We bought popcorn and lemonade during the interval.*
- 4.53 row** (n) /rəʊ/  
a line of seats • *Our seats are in row 14.*
- 4.54 set** (n) /set/  
scenery for a play • *The set for the play was an ordinary living room.*
- 4.55 usher** (n) /'ʌʃə/  
sb who shows you to your seat • *The usher showed us our seats.*
- 4.56 wings** (pl n) /wɪŋz/  
the side of a stage where actors are hidden from the audience • *The dancers who were on next waited in the wings.*

- 4.57 minimalist** (adj) /'mɪnɪməlɪst/  
using only a very few simple ideas or elements  
• *They decorated their home in a minimalist style.* > minimalism (n)
- 4.58 chick flick** (n) /tʃɪk flɪk/  
a film made especially for women • *My brother hates watching chick flicks. He thinks they're stupid.*
- 4.59 tear-jerker** (n) /'tiə-,dʒɜːkə/  
a film that makes you cry • *Steel Magnolias is a tear-jerker of a film and it always makes me cry.*
- 4.60 woe** (n) /wəʊ/  
great sadness • *I didn't enjoy this tale of woe because I can't stand sad stories.*
- 4.61 exploitable** (adj) /ɪks'plɔɪtəbl/  
used to gain an advantage for yourself • *Canada is a huge country with many exploitable resources.* > exploit (v, n), exploitation (n)
- 4.62 tug at sb's heartstrings** (expr) /tʌɡ ət 'sʌmbədɪz 'hɑːtstriŋz/  
cause sb to feel strong love or pity • *The final scene of the film tugs at your heartstrings. It's very moving.*
- 4.63 underdog** (n) /'ʌndədɒɡ/  
sb who is least likely to succeed • *The crowd cheered the underdog, who had the lowest score.*
- 4.64 chic** (adj) /ʃiːk/  
elegant; fashionable • *She's very chic and dresses beautifully.* > chic (n)
- 4.65 allure** (n) /ə'ljʊə/  
attraction • *The allure of working in films brings many hopeful actors to Hollywood.* > alluring (adj)
- 4.66 reveal** (v) /rɪ'viːl/  
make people aware of sth • *He revealed that he was a government spy.* > revelation (n)
- 4.67 release** (v) /rɪ'liːs/  
make music, a film, etc. available for people to buy or see • *When will the next Jason Bourne film be released?* > release (n)
- 4.68 rehearse** (v) /rɪ'hɜːs/  
practise before a show • *The actors rehearsed the scene before it was shot.* > rehearsal (n)
- 4.69 heartthrob** (n) /'hɑːtθrɒb/  
an attractive man that women find very attractive  
• *I don't know why, but some teenage girls think Justin Bieber is a real heartthrob.*
- 4.70 compile** (v) /kəm'paɪl/  
collect and put together • *The group has compiled a list of their best songs on this album.* > compilation (n)
- 4.71 rank** (v) /ræŋk/  
put in order of importance • *Which film is ranked number 1 at the moment?* > rank (n)
- 4.72 animate** (v) /'ænɪmeɪt/  
bring to life in cartoon form • *Walt Disney animated the story of Snow White.*  
> animation (n)
- 4.73 crucial** (adj) /'kruːʃl/  
very important • *Comedy has always played a crucial role in theatre.*
- 4.74 deem** (v) /diːm/  
consider • *An Oscar is deemed to be an important award in the film industry.*
- 4.75 dressing room** (n) /'dresɪŋ ruːm/  
a room where actors put on clothes and make-up before a play • *The actor changed into his costume in his dressing room.*
- 4.76 female lead** (n) /'fiːmeɪl liːd/  
the main role for a woman • *Meryl Streep played the female lead in the film The Iron Lady.*
- 4.77 title role** (n) /'taɪtl rəʊl/  
the role of the character whose name is in the title of a film or play • *Lambros Kostantaras played the title role in many Finos Films.*
- 4.78 stage fright** (n) /steɪdʒ fraɪt/  
nervousness before performing in front of an audience • *He got stage fright and refused to perform.*
- 4.79 dress rehearsal** (n) /dres rɪ'hɜːsl/  
final practice before the first performance where actors wear their costumes • *In the dress rehearsal, a few changes to the costumes were made.*
- 4.80 cast** (n) /kɑːst/  
people who act in a play or film • *The Skyfall cast includes Daniel Craig as Bond and Javier Bardem as Silva.* > cast (v)
- 4.81 opening night** (n) /'əʊpənɪŋ naɪt/  
the first public performance of a play or show  
• *The actors felt nervous on opening night and hoped the play would be a success.*
- 4.82 standing ovation** (n) /'stændɪŋ əʊ'veɪʃn/  
when the audience stand up and clap in appreciation • *The audience were so impressed that they gave the orchestra a standing ovation.*
- 4.83 showbiz** (n) /'ʃəʊbɪz/  
the business of entertainment • *He enjoys being in showbiz as he adores all the attention he gets.*
- 4.84 flamboyantly** (adv) /fləm'bɔɪjəntli/  
noticeably loud and stylish • *He dresses flamboyantly in silk shirts and colourful ties.*  
> flamboyance (n), flamboyant (adj)
- 4.85 in character** (expr) /ɪn 'kærɪktə/  
in the role an actor is playing • *He tried to stay in character off the set so he could get used to the role.*
- 4.86 crew** (n) /kruː/  
a group of people with special skills who work together • *The crew prepared the set for the filming of the indoor scenes.*

- 4.87 extra** (n) /'ekstrə/  
an actor with a small role in a film • *There were two extras in the café scene who sat at a table and pretended to talk to each other.*
- 4.88 to the accompaniment of** (expr) /tʊ ðə ə'kʌmpənɪmənt ɒv/  
happening together with • *The bride walked down the aisle to the accompaniment of music.*
- 4.89 wild applause** (expr) /waɪld ə'plɔːz/  
loud clapping and cheering • *U2 came out on stage to wild applause from the crowd.*
- 4.90 at a moment's notice** (expr) /æt ə 'mɒmənts 'nəʊtɪs/  
with very little warning • *She was fired at a moment's notice and left the office the same day.*
- 4.91 understudy** (n) /'ʌndəstaɪdi/  
an actor who learns a part in a play so that they can take over if the usual actor is ill  
• *The actor had the flu, so the understudy took her place in the play that night.*

### Jobs in the film and theatre industry

cast	editor	usher
crew	extra	
director	understudy	

## Grammar

pages 48-49

- 4.92 enviously** (adv) /'enviəsli/  
wanting sth that sb else has • *She looked enviously at her sister's new shoes and wished they were hers.* > envy (v, n), envious (adj)
- 4.93 inhabit** (v) /ɪn'hæbɪt/  
live in a place • *The desert is inhabited by some strange animals.* > inhabitant (n)
- 4.94 strive** (v) /straɪv/  
try hard • *He is striving to become a musician and practises the guitar every day.*
- 4.95 audition** (v) /ɔː'dɪʃn/  
take part in a short performance to see if you can be chosen for sth • *I auditioned for a role in the school play.* > audition (n)
- 4.96 publicity** (n) /pʌb'lɪsəti/  
attracting the public's attention • *The film got a lot of publicity with its popular trailer on YouTube.*
- 4.97 pull out** (phr v) /pʊl aʊt/  
withdraw from an agreement • *The actor had to pull out of the play because he broke his leg.*
- 4.98 stand-up comedy** (n) /stænd-ʌp 'kɒmədi/  
a performance involving one person telling jokes • *I don't like stand-up comedy because I don't think it's very funny.*
- 4.99 premiere** (n) /'premiə/  
first performance of a play or film • *The premiere was a success and the audience loved the film.*

- 4.100 leading man** (n) /'liːdɪŋ mæn/  
an actor with the main male part in a film or play • *The leading man in the film is very good-looking.* Also: leading lady
- 4.101 thespian** (n) /'θespiən/  
an actor • *Most people agree that John Gielgud was one of the greatest thespians of his generation.*
- 4.102 break a leg** (expr) /breɪk ə leg/  
used to wish a sb good luck • *'Break a leg!' he said to the actor.*
- 4.103 drama queen** (n) /'draːmə kwiːn/  
sb who reacts in a melodramatic way to situations • *He's such a drama queen! He makes a fuss about the slightest thing.*

### Phrasal verbs

fall to	pull out
make up	sift through
paste together	track down

## Listening

page 50

- 4.104 frustrated** (adj) /frʌ'streɪtɪd/  
annoyed because you cannot do sth • *She was frustrated because she could not get a role in a film.* > frustrate (v), frustration (n), frustrating (adj)
- 4.105 regretful** (adj) /rɪ'ɡretfəl/  
sorry you did not do sth • *She felt regretful that she had never pursued a career in politics.* > regret (v, n)
- 4.106 editor** (n) /'editə/  
a person who chooses what goes in the final version of a film • *The film editor put the scenes together perfectly.* > edit (v)
- 4.107 box office** (n) /bɒks 'ɒfɪs/  
the place where tickets are sold for a show, play or film • *I collected the tickets we had ordered online at the theatre box office.*
- 4.108 reluctance** (n) /rɪ'lʌktəns/  
unwillingness • *His reluctance to sing meant that he did not get a part in the musical.* > reluctant (adj)

### Adjectives of feeling

desperate	frustrated
ecstatic	heart-rending
electrifying	heart-warming
exhilarating	regretful
faint-hearted	

# Speaking

page 51

- 4.109 controversial** (adj) /kɒntrə'vɜːʃl/  
causing disagreement • *The controversial singer Lady Gaga has gained publicity by shocking people.* > controversy (n)
- 4.110 contempt of court** (expr) /kən'tempt əv kɔːt/  
deliberate disregard for the regulations of a court • *The judge threatened to punish her for contempt of court.*
- 4.111 star-studded** (adj) /'stɑː-stʌdɪd/  
with many famous performers • *The film has a star-studded cast of the most well-known names in Hollywood.*
- 4.112 twist** (n) /twɪst/  
an unexpected event in a story • *The twist at the end of the book really surprised me.*  
> twist (v)

## Writing: a review

pages 52-53

- 4.113 rave (about)** (v) /reɪv ə'baʊt/  
write about sb/sth very enthusiastically  
• *He didn't just like the film; he raved about it.* sentence
- 4.114 visual** (adj) /'vɪʒʊəl/  
which can be seen • *Do you have a visual record of the performance on your camcorder?*  
> vision (n)
- 4.115 evil-doer** (n) /'iːvl-,dʊə/  
a bad person • *Javier Bardem plays the evil-doer in the Bond film Skyfall.*
- 4.116 sequence** (n) /'siːkwəns/  
a part of a film that deals with a single subject or action • *'The next sequence will be filmed on location in Italy,' said the director.*
- 4.117 project** (v) /prɒ'dʒekt/  
show on a screen • *The film was much more impressive when it was projected onto the big screen.* > projection (n)
- 4.118 riot** (n) /'raɪət/  
a lot of different types of the same thing • *The flowers in the garden are a riot of colour.*
- 4.119 all rolled into one** (expr) /ɔːl rəʊld 'ɪntu wʌn/  
If sb/sth is a number of things all rolled into one, they include all those things. • *Emma is a mother, a wife, a businesswoman, a cook, a nurse and a friend all rolled into one.*
- 4.120 feast for the eyes** (expr) /fiːst fɔː ðə aɪz/  
sth lovely to look at • *The beautiful shots of the coral reefs were a feast for the eyes.*

- 4.121 let-down** (n) /'let-daʊn/  
a disappointment • *The film was a let-down; I expected it to be better.* > let down (phr v)
- 4.122 dated** (adj) /'deɪtɪd/  
old-fashioned • *The clothes she wore were dated and didn't suit her.* > date (n, v)
- 4.123 miss the mark** (expr) /mɪs ðə mɑːk/  
fail to have the desired effect • *He tried to tell a funny story, but it missed the mark and no one laughed.*
- 4.124 hands down** (expr) /hændz daʊn/  
easily • *I beat him hands down at tennis 6-0, 6-1.*

## Video 4: Skin Mask page 54

- 4.125 skin tone** (n) /skɪn təʊn/  
colour of your skin • *You need a light beige foundation for your skin tone.*
- 4.126 eyebrow** (n) /'aɪbrəʊ/  
a line of hair above your eye • *She raised her eyebrows in surprise.*
- 4.127 lashes** (pl n) /'læʃɪz/  
hair around your eyes • *She applied mascara to her lashes.*
- 4.128 fundamental** (adj) /fʌndə'mentl/  
basic; most important • *There's a fundamental difference in their attitudes, so they often disagree.* > fundamentally (adv)
- 4.129 motionless** (adj) /'məʊʃnləs/  
not moving • *He sat motionless in the chair as the barber shaved his beard.* > motion (n)
- 4.130 mould** (n) /mould/  
a container in which you pour a liquid so that, when it becomes solid, it has the shape of the container • *We poured the cake mixture into the mould and then put it in the oven.* > mould (v)
- 4.131 shade** (n) /ʃeɪd/  
a particular type of a colour, eg dark or light  
• *Her hair is a light shade of brown.*
- 4.132 layer** (n) /'leɪə/  
a quantity of sth on top of another quantity  
• *You need another layer of paint on the wall.*  
> layer (v)
- 4.133 wrap** (v) /ræp/  
cover completely with sth • *I wrapped her present in gold paper.*
- 4.134 solid** (adj) /'sɒlɪd/  
hard • *The cement takes a day to become solid, so don't walk on it.*
- 4.135 combination** (n) /kəm'bɪneɪʃn/  
a mixture • *A combination of comedy and touching family moments makes this film very enjoyable.* > combine (v)



# 5 Eat Up!

## page 57

- 5.1 eat up** (phr v) /i:t ʌp/  
eat all of sth • *Mum told us to eat up our vegetables.*

## Word Focus

## page 58

- 5.2 condiment** (n) /'kɒndɪmənt/  
a substance added to food for flavour eg salt, ketchup • *The child's favourite condiments are mustard and ketchup.*
- 5.3 stunt** (v) /stʌnt/  
prevent from growing or developing properly • *A lack of food stunted the child's growth.*
- 5.4 fatty acid** (n) /'fæti 'æsɪd/  
an acid that the cells in your body need to function properly • *Olive oil is rich in unsaturated fatty acids.*
- 5.5 cognition** (n) /kɒg'nɪʃn/  
the process by which knowledge and understanding are developed in the brain • *The child psychologist set the child some puzzles to study his cognition.*
- 5.6 craving** (n) /'kreɪvɪŋ/  
a strong desire for sth, usually food • *She has to resist a craving for chocolate if she wants to lose weight.* > crave (v)
- 5.7 pig out** (phr v) /pɪg aʊt/  
eat to excess • *I pigged out at supper and now I'm really full.*
- 5.8 obesity** (n) /əʊ'bi:ʒɪti/  
the condition of being very overweight • *Obesity is a serious problem in the Western world, where people eat too much.*  
> obese (adj)

- 5.14 pound** (n) /paʊnd/  
a measurement of weight (1 kilo = 2.2 pounds)  
• *It took me six months to lose 20 pounds.*
- 5.15 lace with** (phr v) /leɪs wɪð/  
add an ingredient to a drink or dish to enhance its flavour or strength • *The dessert was laced with an orange liqueur and smelled wonderful.*
- 5.16 play havoc** (expr) /pleɪ 'hævək/  
create a very confusing and possibly dangerous situation • *The medicine she was allergic to played havoc with her health.*
- 5.17 navigate** (v) /'nævɪgeɪt/  
find your position and the direction you need to go in • *We navigated through the busy streets using a map.* > navigator (n), navigation (n)
- 5.18 maze** (n) /meɪz/  
a complex system of paths • *We got lost in the maze and couldn't find the way out.*
- 5.19 swap** (v) /swɒp/  
change one thing for another • *I swapped biscuits for fruit and feel much better.*
- 5.20 flaxseed** (n) /'flæksi:d/  
the seed of a Mediterranean plant with small blue flowers • *You can use flaxseed oil to dress salads.*
- 5.21 antioxidant** (n) /æntɪ'ɒksɪdənt/  
substance which inhibits oxidation • *Berries are rich in antioxidants so add them to your diet.*
- 5.22 consumption** (n) /kən'sʌmpʃn/  
eating or drinking sth • *Your consumption of coffee is excessive, which is why you cannot sleep.* > consume (v), consumer (n)
- 5.23 counterpart** (n) /'kaʊntəpɑ:t/  
sb/sth that has the same job or function as sth/sb else in a different organisation or place • *The head of the accounts department spoke to his counterpart in the US office to discuss finance.*
- 5.24 fizzy** (adj) /'fɪzi/  
with bubbles • *I'll have a fizzy lemonade, please.* > fizz (v, n)
- 5.25 quench one's thirst** (expr) /kwentʃ wʌnz θɜ:st/  
drink so one is no longer thirsty • *This mineral water really quenches your thirst.*
- 5.26 run the risk** (expr) /rʌn ðə rɪsk/  
do sth that could harm you • *You run the risk of getting sick if you don't eat well or exercise.*
- 5.27 sufficient** (adj) /sə'fɪʃənt/  
enough • *There is sufficient calcium in a glass of milk for your daily needs.* > sufficiently (adv), suffice (v) Opp: insufficient

## Reading

## pages 58-59

- 5.9 savoury** (adj) /'seɪvəri/  
salty • *The best savoury dish you served was the pizza.* Opp: sweet
- 5.10 peckish** (adj) /'pekɪʃ/  
a little hungry • *If you're peckish, why not have a banana?* > peck (v)
- 5.11 cut down on** (phr v) /kʌt daʊn ɒn/  
reduce • *He cut down on sweets and lost a kilo.*
- 5.12 processed food** (n) /'prəʊsest fu:d/  
prepared food, often in tins or packets • *These processed foods are easy to prepare in the microwave but not that good for you.*
- 5.13 pile on** (phr v) /paɪl ɒn/  
put on a lot of (weight) • *She piled on 15 kilos when she was pregnant.*

- 5.28** **chew** (v) /tʃuː/  
bite food into small pieces so it is easier to swallow • *Chew your food properly before you swallow it.*
- 5.29** **shed** (v) /ʃed/  
lose • *I shed six kilos when I went on a diet.*
- 5.30** **banish** (v) /'bæniʃ/  
get rid of • *You should banish thoughts of treats during this strict diet.* > banishment (n)
- 5.31** **exposure** (n) /ɪks'pəʊʒə/  
having no protection from sth harmful • *Too much exposure to the sun is bad for your skin.* > expose (v)
- 5.32** **habituation** (n) /hæbɪtuː'eɪʃn/  
the act or process of becoming used to sth • *She studies the habituation of teenagers to violence.* > habituate (v), habituated (adj)
- 5.33** **deter** (v) /dɪ'tɜː/  
make sb not want to do sth • *The fear of being caught by their mum deterred the boys from stealing biscuits.* > deterrent (n)
- 5.34** **urge** (n) /ɜːdʒ/  
a strong desire to do sth • *He had an urge to drink coffee as he walked past the coffee shop.* > urge (v)

## Vocabulary

pages 60-61

- 5.35** **cuisine** (n) /kwɪ'ziːn/  
a style of cooking • *French cuisine is famous for its rich sauces.*
- 5.36** **culinary** (adj) /'kʌlɪnəri/  
to do with cooking • *He is interested in doing a culinary course as he wants to be a chef.*
- 5.37** **simmer** (v) /'sɪmə/  
boil gently • *I'll simmer the potatoes in water for 10 minutes until they are soft.*
- 5.38** **chop** (v) /tʃɒp/  
cut into pieces • *He chopped the onion into small pieces.* > chop (n)
- 5.39** **grate** (v) /greɪt/  
cut into very small pieces using a tool with a rough surface • *I'll grate some carrots for the salad.* > grater (n)
- 5.40** **blend** (v) /blend/  
mix together substances to form a single smooth substance • *The chef blended the onion and potato to make soup.* > blender (n)
- 5.41** **whet one's appetite** (expr)  
/wet wʌnz 'æpɪtaɪt/  
increase one's appetite • *The smell of freshly cooked bread always whets my appetite.*
- 5.42** **sip** (v) /sɪp/  
drink slowly by taking small mouthfuls • *She sipped her hot tea.* > sip (n)
- 5.43** **nibble** (v) /'nɪbl/  
eat small amounts by taking very small bites • *The mouse nibbled the piece of cheese.* > nibble (n)
- 5.44** **munch** (v) /mʌntʃ/  
eat/chew noisily • *He munched his apple.*
- 5.45** **gobble** (v) /'ɡɒbl/  
eat quickly and greedily • *The boy was so hungry he gobbled his supper in two minutes.*
- 5.46** **sour** (adj) /'saʊə/  
with an acid taste like lemon or vinegar • *He made a face when he tasted the sour sauce.* > sourness (n)
- 5.47** **tart** (adj) /tɑːt/  
sharp or acid in taste • *The berries were not ripe, so they tasted quite tart.* > tartness (n)
- 5.48** **acidic** (adj) /æ'sɪdɪk/  
sharp-tasting or sour • *I don't add vinegar to my salads because acidic food makes my stomach ache.* > acidity (n), acid (n)
- 5.49** **ravenous** (adj) /'rævənəs/  
very hungry • *He hadn't eaten all day, so he was ravenous.*
- 5.50** **famished** (adj) /'fæmɪʃt/  
very hungry • *I'm famished. Let's eat.*
- 5.51** **feast** (n) /fiːst/  
a large special meal • *The wedding feast finished with profiteroles for dessert.* > feast (v)
- 5.52** **banquet** (n) /'bæŋkwɪt/  
a special formal meal • *Delicious food was served at the banquet held for the king and queen.*
- 5.53** **spread** (n) /sprɛd/  
a large meal with many different dishes • *What a spread! Look at all this delicious food!*
- 5.54** **poach** (v) /pəʊtʃ/  
cook in boiling water (usually eggs) • *He cracked the egg, dropped it in boiling water and poached it.* > poached (adj)
- 5.55** **blanch** (v) /blɑːntʃ/  
cook quickly in boiling water • *Blanch the spinach for thirty seconds in boiling water.* > blanched (adj)
- 5.56** **stale** (adj) /steɪl/  
not fresh • *This bread is dry and stale so don't eat it.* > staleness (n) ☞ Opp: fresh
- 5.57** **mouldy** (adj) /'məʊldi/  
old and covered in a blue or green substance that grows on old food • *I'm not eating this mouldy cheese!* > mould (n)
- 5.58** **off** (adj) /ɒf/  
no longer fresh • *The milk must be off because it smells awful.*
- 5.59** **bland** (adj) /blænd/  
without much flavour • *If the dish is too bland, you can add some spices.* > blandness (n)

- 5.60 scrumptious** (adj) /'skrʌmfəs/  
really delicious • *May I have another of those scrumptious cupcakes?*
- 5.61 appetising** (adj) /'æpɪtaɪzɪŋ/  
looking and smelling delicious • *The pies in this bakery look very appetising.* > appetite (n)
- 5.62 portion** (n) /'pɔːʃn/  
an amount of food for one person • *I had a large portion of soup as it was so good.*
- 5.63 helping** (n) /'helpɪŋ/  
an amount of food served to a person at a meal • *Would you like another helping of mashed potato?*
- 5.64 serving** (n) /'sɜːvɪŋ/  
an amount of food for one person • *I helped myself to a serving of lasagne.* > serve (v)
- 5.65 platter** (n) /'plætə/  
a large serving dish • *There was a variety of shellfish arranged on the platter.*
- 5.66 dishcloth** (n) /'dɪʃklɒθ/  
a towel you dry dishes with • *I use this cotton dishcloth to dry the plates.*
- 5.67 napkin** (n) /'næpkɪn/  
a piece of material or paper you use to wipe your hands and mouth when you eat • *Don't forget to put napkins out when you lay the table.*
- 5.68 cultivate** (v) /'kʌltɪveɪt/  
grow • *Olives have been cultivated in Greece from ancient times.* > cultivation (n)
- 5.69 harvest** (v) /'hɑːvɪst/  
cut or collect a crop • *The apples will be harvested in October, when they are ripe.* > harvest (n)
- 5.70 covering** (n) /'kʌvərɪŋ/  
sth that covers sth else • *There is a covering of snow on the ground this morning.* > cover (v, n)
- 5.71 topping** (n) /'tɒpɪŋ/  
sth you put on top of food to make it taste better • *The pizza toppings are cheese, tomato and ham.* > top (v, n)
- 5.72 stable** (adj) /'steɪbl/  
unlikely to change • *His health is stable now so he is out of danger.* > stability (n)
- 5.73 staple** (adj) /'steɪpl/  
Staple food is food that forms the basic part of your diet. • *Bread is a staple food in European cuisine.*
- 5.74 eatable** (adj) /'iːtəbl/  
tasty to eat • *This banana is very ripe but it's still eatable.* > eat (v)
- 5.75 edible** (adj) /'edɪbl/  
safe to eat • *Potato leaves are not edible and will make you sick if you eat them.* 🍷 Opp: inedible
- 5.76 flavouring** (n) /'fleɪvərɪŋ/  
a substance added to food to give it a particular flavour • *Add a flavouring like vanilla essence to the cake mixture.* > flavour (n, v)
- 5.77 dissolve** (v) /dɪ'səʊlv/  
mix with liquid and become part of it • *The salt dissolved quickly in the boiling water.*
- 5.78 extract** (v) /'ekstrækt/  
remove • *Oil is extracted from rose petals to use for perfume.* > extract (n)
- 5.79 ethnic** (adj) /'eθnɪk/  
from faraway or exotic countries • *I buy ethnic food from this international supermarket.* > ethnicity (n)
- 5.80 per capita** (adv) /pə 'kæpɪtə/  
for each person • *What is the average income per capita in this country?*
- 5.81 leftovers** (pl n) /'left,əʊvəz/  
food not eaten by the end of a meal • *There are some leftovers in the pot which we can heat up and eat tomorrow.*
- 5.82 scraps** (pl n) /skræps/  
food left on sb's plate • *Mum gave the chicken scraps from our plates to the cat.*
- 5.83 beverage** (n) /'bevərɪdʒ/  
a drink • *She often has a hot beverage like tea or coffee in the morning.*
- 5.84 soft drink** (n) /sɒft drɪŋk/  
a drink that has no alcohol • *They serve soft drinks here, so would you like an orangeade?*
- 5.85 sharp** (adj) /ʃɑːp/  
with a taste like lemon • *This juice is so sharp I'll have to add some sugar.* > sharpness (n)
- 5.86 beat** (v) /bi:t/  
mix with circular motions, often with a fork • *I beat the egg whites to make meringue.*
- 5.87 crack** (v) /kræk/  
break • *She cracked two eggs into a bowl and threw away the shells.* > crack (n)
- 5.88 vigorously** (adv) /'vɪgərəsli/  
with energy • *Beat the milk vigorously to make it frothy for your latte.* > vigorous (adj)
- 5.89 pack away** (phr v) /pæk ə'weɪ/  
eat a lot of food • *He can pack away two steaks in one meal.*
- 5.90 dine out** (phr v) /daɪn aʊt/  
eat at a restaurant • *Let's dine out at a Chinese restaurant tonight.*
- 5.91 live on** (phr v) /lɪv ɒn/  
eat a particular type of food to live • *The students lived on sandwiches because they didn't know how to cook.*
- 5.92 pick at** (phr v) /pɪk æt/  
eat only a little because you do not feel hungry or you do not like the food • *The little boy picked at his vegetables because he didn't want to eat them.*
- 5.93 polish off** (phr v) /'pɒlɪʃ ɒf/  
finish all of a particular dish or portion of food • *We polished off a whole chicken for lunch.*

- 5.94 tuck in** (phr v) /tʌk ɪn/  
start eating enthusiastically • *Supper is served. Tuck in everyone.*
- 5.95 warm up** (phr v) /wɔːm ʌp/  
heat food that has already been cooked  
• *He warmed up yesterday's leftovers in the microwave.*
- 5.96 whip up** (phr v) /wɪp ʌp/  
prepare a meal very quickly • *I whipped up an omelette for supper.*
- 5.97 wake up and smell the coffee** (expr)  
/weɪk ʌp ænd smel ðə 'kɒfi/  
used to tell sb to become aware of what is happening • *Wake up and smell the coffee. He simply doesn't like you!*
- 5.98 brew** (v) /bruː/  
prepare a hot beverage • *I'll brew some coffee for breakfast.*
- 5.99 have one's cake and eat it too** (expr)  
/hæv wʌnz keɪk ænd iːt ɪt tuː/  
have the advantages of sth without its disadvantages • *He wanted to have his cake and eat it too – to be independent and live with his parents for free.*
- 5.100 the best thing since sliced bread** (expr)  
/ðə best θɪŋ sɪns slaɪst bred/  
used to say that sth new is very good • *They think Mary is wonderful; in fact, they think she's the best thing since sliced bread.*
- 5.101 spiced** (adj) /spaɪst/  
with spices • *This spiced sauce is delicious; it's got cinnamon and paprika.* > spice (n)
- 5.102 diced** (adj) /daɪst/  
cut into cubes • *The cheese must be diced before you put it in the salad.* > dice (v)
- 5.103 there's no use crying over spilt milk** (expr)  
/ðeəz nəʊ juːz 'kraɪɪŋ 'əʊvə spɪlt mɪlk/  
used to say it is not worth feeling sorry about an earlier mistake that you cannot change  
• *You've burnt the dinner, but there's no use crying over spilt milk. We'll just order a pizza.*
- 5.104 spoilt** (adj) /spɔɪlt/  
bad, so it cannot be eaten • *I didn't put the yoghurt in the fridge and now it's spoilt.*  
> spoil (v)
- 5.105 split** (adj) /splɪt/  
divided • *This chocolate bar split in two is a big enough snack for both of us.*
- 5.106 have egg on one's face** (expr)  
/hæv eg ɒn wʌnz feɪs/  
look foolish • *He made a stupid mistake. Now he has egg on his face.*
- 5.107 you are toast** (expr) /juː ɑː təʊst/  
you are in trouble • *If you break my bike, you're toast.*
- 5.108 roast** (n) /rəʊst/  
meat cooked in the oven • *We had roast for Sunday lunch.*
- 5.109 oats** (pl n) /əʊts/  
grain used for making cereal or porridge  
• *Oats for breakfast give you a good start to the day.*
- 5.110 full of beans** (expr) /fʊl ɒv biːnz/  
energetic • *Jack is full of beans and is running around the garden.*
- 5.111 raisin** (n) /'reɪzən/  
a dried red grape • *There are raisins in this fruit cake.*
- 5.112 a hot potato** (expr) /ə hɒt pə'tetəʊ/  
a problem nobody wants to deal with  
• *The economic crisis is a hot potato that no politician wants to be responsible for.*
- 5.113 sizzling** (adj) /'sɪzəlɪŋ/  
very hot • *She served sizzling burgers straight off the barbecue.* > sizzle (v)
- 5.114 skim** (v) /skɪm/  
remove sth from the surface of a liquid • *He skimmed the froth off the water that the beans were boiling in.* > skimmed (adj)
- 5.115 nutrient** (n) /'njuːtriənt/  
a substance that helps things grow • *There are many nutrients in fruit so always include them in your diet.* > nutrition (n), nutritious (adj)
- 5.116 supplement** (n) /'sʌplɪmənt/  
a substance added to sb's diet to improve it • *She takes a vitamin supplement every morning.* > supplement (v)
- 5.117 digest** (v) /daɪ'dʒest/  
change food you have eaten into substances that your body can use • *Fatty foods can be hard to digest.* > digestion (n)
- 5.118 disgraceful** (adj) /dɪs'ɡreɪsfl/  
unacceptable; that people should feel ashamed about • *Your behaviour last night was disgraceful and you must apologise.*  
> disgrace (n, v)
- 5.119 grain** (n) /ɡreɪn/  
the seed of a plant such as wheat or rice • *Her diet is rich in grains, and she eats lots of bread and rice.*

### Verbs for preparing food

beat	grate
blanch	poach
blend	simmer
chop	skim
crack	



# Grammar

pages 62-63

- 5.120 look down on** (phr v) /lʊk daʊn ɒn/  
think that you are better than sb else • *He looks down on people who are not as clever as he is.*
- 5.121 pull through** (phr v) /pʊl θruː/  
recover from a very serious illness or injury  
• *She got pneumonia, but she pulled through.*
- 5.122 take after** (phr v) /teɪk 'ɑːftə/  
look or behave like an older relative • *He takes after his grandfather in looks and personality.*
- 5.123 clean sth out** (phr v) /kliːn 'sʌmθɪŋ aʊt/  
clean sth thoroughly • *I clean the cupboards out every spring.*
- 5.124 put up with** (phr v) /pʊt ʌp wɪð/  
tolerate • *How can you put up with the noise from next door?*
- 5.125 renovate** (v) /'renəʊveɪt/  
repair an old building or furniture so that it is in good condition • *The old house needed renovating to modernise it.* > renovation (n)
- 5.126 gulp** (v) /gʌlp/  
drink very quickly • *She gulped her coffee and left quickly so as not to miss her train.*  
> gulp (n)
- 5.127 mussel** (n) /'mʌsəl/  
a shellfish with a purple/black shell • *We ate mussels in a red sauce for the main course.*
- 5.128 incident** (n) /'ɪnsɪdənt/  
an event, often bad • *There was an incident in town today when two people got into a fist fight.*

# Listening

page 64

- 5.129 cuttlefish** (n) /'kʌtlɪfɪʃ/  
a sea animal with a soft body and a hard shell inside it • *I ordered fried cuttlefish at the Greek restaurant.*
- 5.130 go off** (phr v) /gəʊ ɒf/  
become bad to eat • *This fish has gone off so don't eat it.*
- 5.131 peak condition** (phr) /piːk kən'dɪʃn/  
the best physical state • *The athlete is in peak condition and hopes to win a gold medal.*
- 5.132 cut out** (phr v) /kʌt aʊt/  
omit; remove • *If you want to lose weight, cut out sugar from your diet.*
- 5.133 chickpea** (n) /'tʃɪk piː/  
a round seed that looks like a brown pea, and that is eaten as a vegetable • *Soak the chickpeas overnight in cold water before you boil them.*

- 5.134 pulses** (pl n) /pʌlsɪz/  
the seeds of plants such as peas, chickpeas and lentils • *Pulses are rich in protein.*

## Hunger and thirst

consume	peckish
craving	quench one's thirst
famished	ravenous
gobble	sip
munch	starving
nibble	whet one's appetite

# Speaking

page 65

- 5.135 eat on the hoof** (expr) /iːt ɒn ðə huːf/  
eat quickly while you are doing sth else • *I usually eat on the hoof while I work at my desk.*
- 5.136 battery hen** (n) /'bætəri hen/  
hen kept in a cage • *The battery hens on the farm were a sorry sight in their small cages.*
- 5.137 free range** (adj) /friː reɪndʒ/  
(for a farm animal) able to move around  
• *Free range chicken is more expensive but at least the hens haven't been raised in cages.*
- 5.138 subsistence farming** (n) /sʌb'sɪstəns 'fɑːmɪŋ/  
growing food for eating yourself rather than to sell it • *Many people turn to subsistence farming to feed their families during hard times.*

# Writing:

## a proposal

pages 66-67

- 5.139 venue** (n) /'venjuː/  
a place where an event takes place  
• *The venue for the match is the Olympic Stadium.*
- 5.140 festive** (adj) /'festɪv/  
suitable for celebrating sth • *I love preparing food for festive occasions like birthdays.*  
> festival (n)
- 5.141 auditorium** (n) /ˌɔːdɪ'tɔːrɪəm/  
the part of a theatre or concert hall where the audience sits • *The auditorium is full and there are no empty seats.*
- 5.142 take in** (phr v) /teɪk ɪn/  
include sth • *We took in a trip to the Acropolis Museum when we were in Athens.*

### Phrasal verbs

clean sth out	pig out
cut down on	pile on
cut out	polish off
dine out	pull through
eat up	put up with
go off	take after sb
live on	take in
look down on sb	tuck in
pack away	warm up
pick at	whip up

## Video 5: The Smelliest Fruit

page 68

- 5.143 odour** (n) /'əʊdə/  
smell • *A terrible odour was coming from the dustbin.*
- 5.144 bedspread** (n) /'bed,spred/  
a cover on top of bed sheets and blanket/duvet  
• *She made the bed and then covered it with a bedspread.*
- 5.145 rotten** (adj) /'rɒtən/  
decayed and so cannot be eaten • *The rotten fish smelt absolutely disgusting.* ➤ rot (v, n)

- 5.146 smuggle** (v) /'smʌɡl/  
take sth secretly to a place where it is not allowed to be • *The little boy smuggled a kitten into the house without his mum knowing.*
- 5.147 custard** (n) /'kʌstəd/  
a sweet sauce made from milk, sugar, eggs and flour • *We had apple pie and custard for dessert.*
- 5.148 charcoal** (n) /'tʃɑ:kəʊl/  
a black substance formed from burning wood  
• *He draws portraits in charcoal.*
- 5.149 absorb** (v) /əb'sɔ:b/  
take in; soak up • *The rainwater was slowly absorbed by the ground.* ➤ absorption (n)
- 5.150 ioniser** (n) /'aɪənəɪzə/  
a machine that cleans the air in a room  
• *She uses an ioniser to clear the air of dust because she has allergies.* ➤ ionise (v)
- 5.151 contaminating** (adj) /kən'tæmɪneɪtɪŋ/  
making dirty • *A contaminating smell of burning plastic came from the fire at the factory.* ➤ contaminate (v), contamination (n)
- 5.152 ban** (v) /bæn/  
not allow • *Smoking is banned here so please extinguish your cigarette.* ➤ ban (n)

# 6 Living Planet

## page 69

- 6.1 luminous** (adj) /'luːmɪnəs/  
shining • *My alarm clock has luminous hands so I can see the time in the dark.*

## Word Focus

## page 70

- 6.2 magma** (n) /'mægmə/  
hot liquid rock below the Earth's surface  
• *The magma below the ground was red hot.*
- 6.3 microbe** (n) /'maɪkrəʊb/  
a tiny living thing you can see with a microscope • *The scientist examined the microbes under the microscope.*
- 6.4 photosynthesis** (n) /fəʊtəʊ'sɪnθə'sɪs/  
process in plants where carbon dioxide and water are turned into food using the sun's energy • *We learned about photosynthesis in biology lessons in secondary school.*  
➢ photosynthesis (v)
- 6.5 by-product** (n) /'baɪ-,prɒdʌkt/  
a substance produced during the process of making or destroying sth else • *Asphalt is a by-product of oil refining.*
- 6.6 molten** (adj) /'mɒltən/  
(metal or rock that is) in a liquid state due to high temperature • *Molten rock was pouring out of the volcano.* ➢ melt (v)
- 6.7 oxidation** (n) /'ɒksɪ'deɪʃn/  
process of a substance combining with oxygen • *If you leave that metal tool out in the rain, oxidation will take place.*

- 6.12 composition** (n) /kəmˈpəʊzɪʃn/  
the way sth is made • *The geologist studied the composition of the rock to see how it was formed.* ➢ compose (v)
- 6.13 trigger** (v) /'trɪɡə/  
cause to start • *The lightning strike triggered a blackout.* ➢ trigger (n)
- 6.14 iron** (n) /aɪən/  
a dark red/brown mineral • *Iron is used to make steel.*
- 6.15 ferrous** (adj) /'ferəs/  
containing iron • *Steel is a ferrous metal.*
- 6.16 ferric** (adj) /'ferɪk/  
containing iron • *When you leave iron out in the rain, it forms ferric oxide, or rust.*
- 6.17 version** (n) /'vɜːʃn/  
type of sth • *I saw the black and white version of this film.*
- 6.18 coincidental** (adj) /kəʊɪn'sɪ'dentəl/  
happening by chance • *Meeting you here was coincidental. I hadn't planned to go out today.*  
➢ coincidence (n), coincide (v)
- 6.19 subject (to)** (v) /sʌb'dʒekt (tʊ)/  
cause to experience • *The class was subjected to extra homework as a punishment for cheating.*
- 6.20 turmoil** (n) /'tɜːmɔɪl/  
great trouble and confusion • *There was great turmoil after the tsunami struck the coastal areas.*
- 6.21 greenhouse gas** (n) /'ɡriːn,haʊs ɡæs/  
a gas which causes the greenhouse effect  
• *Greenhouse gases are increasing in the Earth's atmosphere.*
- 6.22 chain of events** (expr) /tʃeɪn ɒv ɪ'vents/  
things happening one after another • *The history students studied the chain of events that led to the First World War.*
- 6.23 endure** (v) /ɪn'djʊə/  
continue to exist through sth difficult • *He endured two days at sea in the storm before he took to his cabin with seasickness.*  
➢ endurance (n), endurable (adj)
- 6.24 shift** (n) /ʃɪft/  
a change • *Greenhouse gases have caused a shift in average temperatures.* ➢ shift (v)
- 6.25 emerge** (v) /ɪ'mɜːdʒ/  
come out • *The rabbit emerged from its hole in the field and hopped away.* ➢ emergence (n)
- 6.26 thrive** (v) /θraɪv/  
grow; do well • *The crops thrived this year with the good weather.* ➢ thriving (adj)

## Reading

## pages 70-71

- 6.8 spark** (v) /spaːk/  
cause to start • *The argument between the two fans sparked a bigger fight between many supporters.* ➢ spark (n)
- 6.9 formation** (n) /fɔː'meɪʃn/  
shaping • *The formation of this lake took place millions of years ago.* ➢ form (v)
- 6.10 harness** (v) /'hɑːnɪs/  
control and use the power of sth • *This solar panel harnesses energy from the sun to heat up water.* ➢ harness (n)
- 6.11 consist of** (v) /kən'sɪst ɒv/  
be made of • *This report consists of an introduction, a presentation and recommendations.*

- 6.27 ozone layer** (n) /'əʊzəʊn 'leɪə/  
a layer of gases in the atmosphere that prevents harmful radiation from the sun from reaching the Earth • *The ozone layer blocks the sun's dangerous rays from reaching Earth.*
- 6.28 shield** (n) /ʃiːld/  
protection • *Use this umbrella as a shield against the sun.* > shield (v)
- 6.29 solar radiation** (n) /'səʊlə reɪdɪ'eɪʃn/  
heat and energy from the sun • *Solar radiation would destroy life on Earth without the protection of the ozone layer.*
- 6.30 emit** (v) /ɪ'mɪt/  
send out • *That factory chimney emits a lot of smoke that pollutes the area.*  
> emission (n)
- 6.31 spew** (v) /spuː/  
throw out in large amounts • *Molten rock was spewed into the sky from the volcano.*
- 6.32 element** (n) /'elɪmənt/  
a substance that consists of atoms of only one type • *Oxygen is an element in air that is essential for our survival.*

## Vocabulary

pages 72-73

- 6.33 clear** (adj) /klaɪə/  
sunny, with no clouds • *It was a clear day so it was perfect for the beach.*
- 6.34 gusty** (adj) /'ɡʌsti/  
windy • *The gusty weather kept blowing my hat away.* > gust (n)
- 6.35 overcast** (adj) /,əʊvə'kɑːst/  
cloudy • *It is overcast so it might rain later.*
- 6.36 pouring** (adj) /'pɔːrɪŋ/  
raining hard • *It was pouring and we got absolutely soaked.* > pour (v)
- 6.37 roasting** (adj) /'rəʊstɪŋ/  
very hot • *It was a roasting day in Athens. The temperature reached 40 degrees.* > roast (v)
- 6.38 sticky** (adj) /'stɪki/  
(weather that is) hot and wet • *I get sweaty in this sticky weather.*
- 6.39 drizzly** (adj) /'drɪzli/  
raining a little • *It's a drizzly day again, so wear a raincoat.* > drizzle (v, n)
- 6.40 showery** (adj) /'ʃəʊəri/  
raining on and off • *It was showery in the afternoon, but we went into shops to keep dry.*  
> shower (n)
- 6.41 blistering** (adj) /'blɪstərɪŋ/  
very hot • *We need to turn on the air-conditioning in this blistering weather.*
- 6.42 sweltering** (adj) /'sweltərɪŋ/  
very hot • *It was sweltering in the desert and the tourists found it hard to cope with the heat.*  
> swelter (v)

- 6.43 oppressive** (adj) /ə'presɪv/  
(weather that is) hot and wet • *The atmosphere is oppressive; I think it's going to rain later.*  
> oppress (v)
- 6.44 bright** (adj) /braɪt/  
sunny • *A bright day like this is perfect for holiday photographs.* > brightness (n)
- 6.45 fair** (adj) /feə/  
(weather that is) good • *The weather is usually fair in Greece in May.*
- 6.46 fine** (adj) /faɪn/  
sunny and dry • *We went for a walk in the country because it was a fine day.*
- 6.47 dull** (adj) /dʌl/  
grey; not sunny at all • *Our holiday was ruined by dull weather. It wasn't sunny once.*  
> dullness (n)
- 6.48 gloomy** (adj) /'ɡluːmi/  
(weather that is) grey and miserable • *This gloomy weather is depressing.* > gloom (n)
- 6.49 humid** (adj) /'hjuːmɪd/  
damp • *The evening was humid but it didn't rain.* > humidity (n)
- 6.50 muggy** (adj) /'mʌɡi/  
unpleasantly warm and wet • *The washing won't dry in this muggy weather.* > mugginess (n)
- 6.51 sultry** (adj) /'sʌltri/  
warm and damp • *We left the windows open on the sultry summer night.*
- 6.52 blowy** (adj) /'bləʊi/  
windy • *The blowy weather dried the clothes quickly.* > blow (v)
- 6.53 blustery** (adj) /'blʌstəri/  
very windy • *The weather is often blustery near the coast in winter.*
- 6.54 breezy** (adj) /'briːzi/  
a little windy • *It's breezy, so we can fly our kite today.* > breeze (n)
- 6.55 dump** (v) /dʌmp/  
throw away • *Somebody had dumped their household rubbish by the side of the road.*  
> dumping (n)
- 6.56 dirt** (n) /dɜːt/  
substances such as dust or mud that make things dirty • *Don't sit down in the dirt.*  
> dirty (adj)
- 6.57 soil** (n) /sɔɪl/  
the substance on the surface of the earth where plants, trees, etc. grow • *The soil here is ideal for cultivating olive trees.*
- 6.58 drill** (v) /drɪl/  
dig deep holes in the ground or under the sea for oil • *They are drilling for oil in the North Sea.* > drill (n)
- 6.59 mine** (v) /maɪn/  
dig tunnels underground to find coal, diamonds, etc. • *They used to mine for coal in many parts of Europe.* > mine (n)



- 6.60 sulphur dioxide** (n) /'sʌlfə daɪ'ɒksaɪd/  
a poisonous gas that causes air pollution  
• *Carbon dioxide, sulphur dioxide and other poisonous gases pollute the atmosphere.*
- 6.61 polluter** (n) /pə'lu:tə/  
sb or a company that pollutes • *This factory is the worst polluter in the area.* > pollute (v), pollutant (n), pollution (n), polluted (adj)
- 6.62 pollutant** (n) /pə'lu:tənt/  
a substance that pollutes • *The chemicals that come from your car exhaust are pollutants that contaminate the air we breathe.* > pollute (v)
- 6.63 be up in arms** (expr) /bi ʌp ɪn ɑ:mz/  
be very angry and protest about it  
• *People were up in arms about the increase in taxes.*
- 6.64 landfill** (n) /'lændfɪl/  
a hole in the ground where rubbish is buried  
• *There is a landfill near here and it often smells terrible because of the rubbish.*
- 6.65 wasteland** (n) /'weɪst.lænd/  
an unattractive area with little life • *The place was a wasteland after the tornado destroyed it.*
- 6.66 outskirts** (pl n) /'aʊtskɜ:ts/  
the parts of a town that are furthest from the centre • *He lives on the outskirts of town so he has to take a bus to the centre.*
- 6.67 oil spill** (n) /ɔɪl spɪl/  
an accident where oil pollutes the sea and/or land • *The oil spill from the tanker killed many fish and birds.*
- 6.68 slip** (n) /slɪp/  
sliding on sth wet • *That was a nasty slip on the wet floor. Did you hurt yourself?* > slip (v)
- 6.69 landfall** (n) /'lændfɔ:l/  
the land you arrive at after a sea voyage • *The ship made landfall on an island in the middle of the ocean.*
- 6.70 landslide** (n) /'lændslaɪd/  
rocks and earth falling down the side of a mountain • *The heavy rain caused a landslide that blocked the road with rocks.*
- 6.71 hunter-gatherer** (n) /'hʌntə-'gæðərə/  
sb who lives by hunting animals and gathering fruit and nuts • *Hunter-gatherers moved from place to place in search of food.*
- 6.72 live off the land** (expr) /lɪv ɒf ðə lænd/  
eat what grows naturally • *The subsistence farmer lives off the land and has no need for supermarkets.*
- 6.73 berry** (n) /'beri/  
a small round fruit • *The two berries in this jam are strawberry and blackberry.*
- 6.74 suffice** (v) /sə'faɪs/  
be enough • *If this money does not suffice, you can apply to the bank for a loan.*  
> sufficient (adj)
- 6.75 nomad** (n) /'nəʊmæd/  
sb who travels from place to place instead of living in one place all the time • *The nomads travelled in the desert on camels.*  
> nomadic (adj)
- 6.76 migrate** (v) /maɪ'greɪt/  
go to live in another area or country • *The birds migrated to warmer places in the south to spend the winter.* > migration (n)
- 6.77 territory** (n) /'terətəri/  
land that is owned or controlled by sb/sth  
• *Male animals defend their territory against other males.* > territorial (adj)
- 6.78 seek** (v) /si:k/  
look for • *If it rains, we should seek a dry place to spend the night.*
- 6.79 refuge** (n) /'refju:dʒ/  
shelter or protection • *The travellers sought refuge from the storm at a small hotel.*
- 6.80 shelter** (n) /'ʃeltə/  
a structure made or built to protect you from the weather • *The explorers made a shelter of branches to keep dry.* > shelter (v)
- 6.81 fashion** (v) /'fæʃn/  
make sth • *Early humans used tools they had fashioned out of rocks and bones.*
- 6.82 beat down** (phr v) /bi:t daʊn/  
shine strongly • *The sun was beating down so we had to find some shade.*
- 6.83 blow up** (phr v) /bləʊ ʌp/  
begin suddenly with force • *A storm blew up at sea and endangered the fishermen.*
- 6.84 bucket down** (phr v) /'bʌkɪt daʊn/  
rain heavily • *It's bucketing down. You're going to get very wet if you go out.*
- 6.85 clear up** (phr v) /kliə ʌp/  
stop raining and become fine • *If the weather clears up later, let's go out for a walk.*
- 6.86 blow over** (phr v) /bləʊ 'əʊvə/  
go away without causing damage • *The storm blew over and the sun came out.*
- 6.87 dry up** (phr v) /draɪ ʌp/  
If a lake, pond, river, etc. dries up, the water in it disappears. • *When it didn't rain for two months the stream dried up.*
- 6.88 disperse** (v) /dɪ'spɜ:s/  
move apart • *The clouds dispersed and the sun appeared.* > dispersal (n)
- 6.89 prolonged** (adj) /prə'lɒŋd/  
continuing for a long time • *There was a prolonged heat wave and everyone suffered.*  
> prolong (v)
- 6.90 drought** (n) /draʊt/  
a period of time when there is no rain  
• *The long drought meant that animals died and crops failed.*

- 6.91 weary** (adj) /'wiəri/  
tired • *I felt terribly weary after walking around the shops all day.* > weariness (n)
- 6.92 safe and sound** (expr) /seɪf ænd saʊnd/  
unharmful after being in danger • *Despite the storm, the sailors got back to port safe and sound.*
- 6.93 soaked** (adj) /səʊkt/  
completely wet • *I forgot my umbrella and got soaked in the rain.* > soak (v)
- 6.94 unaware** (adj) /ʌnə'weə/  
not knowing • *The teacher was unaware of the cheating when she marked the tests.*
- 6.95 indifferent** (adj) /ɪn'dɪfərənt/  
uninterested • *She was indifferent to the fate of the planet and didn't even recycle.* > indifference (n)
- 6.96 viable** (adj) /'viəbl/  
capable of working successfully; feasible • *Buying a huge petrol-guzzling car was not economically viable for us.*
- 6.97 alternative** (n) /ɔ:l'tɜ:nətɪv/  
a different choice • *A good alternative to going to the cinema is renting a DVD from a video club.* > alternative (adj)
- 6.98 fossil fuel** (n) /fɒsl fjuəl/  
fuel like coal or oil • *Coal was the fossil fuel used in the Industrial Revolution.*
- 6.99 interfere** (v) /ɪntə'fɪə/  
get involved in sth that is not your affair • *Don't interfere; it's none of your business.* > interference (n)
- 6.100 insistence** (n) /ɪn'sɪstəns/  
saying that sth must be done • *Insistence on good behaviour has led to a good environment at this school.* > insist (v)
- 6.101 drove of cattle** (expr) /drəʊv ɒv 'kætl/  
a group of cattle • *The rancher led a drove of cattle across the plains.*
- 6.102 tower of giraffes** (expr) /'taʊə ɒv dʒɪ'rɑ:fs/  
a group of giraffes • *A tower of giraffes were eating the leaves of the trees.*
- 6.103 bed of snakes** (expr) /bed ɒv sneɪks/  
a group of snakes • *There was a bed of snakes under a rock in the desert.*
- 6.104 army of ants** (expr) /'ɑ:mi ɒv ænts/  
a group of ants • *We watched an army of ants going in and out of their nest.*
- 6.105 parliament of owls** (expr) /'pɑ:ləmənt ɒv əʊlz/  
a group of owls • *A parliament of owls made soft noises in the night.*
- 6.106 pride of lions** (expr) /praɪd ɒv 'laɪənz/  
a group of lions • *We saw a pride of lions when we were on safari in Kenya.*
- 6.107 continental United States** (n) /kɒntɪ'nentəl ju'nɑ:tɪd steɪts/  
all the states of the United States except Hawaii and Alaska • *There are 48 states in the continental United States.*
- 6.108 hostile** (adj) /'hɒstəl/  
difficult to live in • *It isn't easy to live in the hostile environment of the desert.* > hostility (n)
- 6.109 forbidding** (adj) /fə'bɪdɪŋ/  
frightening • *The explorers were determined to cross the forbidding desert.* > forbid (v)
- 6.110 scorched** (adj) /sɔ:tʃt/  
burnt by the sun • *The scorched grass was brown and dry.* > scorch (v)
- 6.111 barren** (adj) /'bærən/  
dry and bare, with few plants • *The barren plot of land had no trees and few plants.*
- 6.112 startlingly** (adv) /'stɑ:tɪŋli/  
surprisingly • *We had a startlingly beautiful view of the sea from our cheap hotel.* > startle (v), startling (adj)
- 6.113 searing** (adj) /'sɪəriŋ/  
extremely hot • *I couldn't bear the searing heat so I went indoors.* > sear (v)
- 6.114 soar** (v) /sɔ:z/  
rise very high • *The temperature soared to over 40 degrees in the afternoon.*
- 6.115 nap** (n) /næp/  
a short sleep • *She had a nap in the afternoon after arriving home from work.* > nap (v)
- 6.116 elevation** (n) /elə'veɪʃn/  
height • *We climbed to the highest elevation to admire the city from above.* > elevate (v)

## Grammar

pages 74-75

- 6.117 charity** (n) /'tʃærəti/  
an organisation that raises money to help people or animals in need • *Oxfam is a well-known British charity that helps people in need.* > charitable (adj)
- 6.118 principal** (n) /'prɪnsɪpl/  
a head teacher • *The principal announced that we could leave school early that day.*
- 6.119 feel sth in one's bones** (expr)  
/fi:l 'sʌmθɪŋ ɪn wʌnz bəʊnz/  
be certain about sth even though you cannot explain why you are certain • *I know she's lying. I feel it in my bones.*
- 6.120 lonesome** (adj) /'ləʊnsəm/  
unhappy because you are alone • *The lonesome child played by himself in a corner.*

- 6.121** **sadden** (v) /'sædən/  
make sad • *The news that your grandmother passed away saddened us all.* > sad (adj), sadness (n)
- 6.122** **subspecies** (n) /'sʌbspiːʃɪz/  
a group of plants or animals within a species that have particular characteristics • *The European subspecies of wolf has longer ears than the North American subspecies.*
- 6.123** **demise** (n) /di'maɪz/  
death • *The zoo is sad to announce the demise of its giant panda.*

## Listening

page 76

- 6.124** **laid-back** (adj) /leɪd-bæk/  
relaxed; not strict • *The teacher is laid-back so he won't mind if your homework is a day late.*
- 6.125** **reclining** (adj) /rɪ'klaɪnɪŋ/  
tilting backwards • *I tipped back the reclining seat on the plane and tried to sleep.*  
> recline (v)
- 6.126** **unrushed** (adj) /'ʌn,rʌʃt/  
relaxed • *I prefer an unrushed holiday by the sea.*
- 6.127** **resemble** (v) /rɪ'zembəl/  
look or behave like sb • *He resembles his dad physically but they have different personalities.*  
> resemblance (n)
- 6.128** **hide out** (phr v) /haɪd aʊt/  
make sure you are not found • *The robbers hid out all weekend in the forest before they were caught.* > hide-out (n)
- 6.129** **bizarre** (adj) /bɪ'zɑː/  
very strange • *His behaviour was bizarre; I can't explain it.*
- 6.130** **weird** (adj) /wɪəd/  
strange • *This weird animal was a flying dinosaur.*
- 6.131** **juvenile** (adj) /'dʒuːvənəl/  
still growing; under the age of 18 • *Police often give talks at schools to try to fight juvenile crime.* > juvenile (n)
- 6.132** **pay homage to** (expr) /peɪ 'hɒmɪdʒ tu/  
show respect towards • *On November 11th, people pay homage to those who died in World War I.*
- 6.133** **commemorate** (v) /kə'meməreɪt/  
do sth to show that you remember an important past event • *Parades on March 25th commemorate the Greek Revolution of 1821.* > commemoration (n)
- 6.134** **be in two minds** (expr) /biː ɪn tuː maɪnds/  
be undecided • *I am in two minds about whether to move abroad to find work as I would miss my friends and family.*

- 6.135** **inconclusive** (adj) /ɪn'kɒn'kluːsɪv/  
not having a clear result • *The results were inconclusive so the scientists did more experiments.*
- 6.136** **be pushed for time** (expr) /bi pʊʃt fə taɪm/  
have a very limited period of time to do sth  
• *We'll try to finish the work today, but we're pushed for time.*
- 6.137** **work against the clock** (expr)  
/wɜːk ə'genst ðə klɒk/  
work quickly because you do not have much time • *The builders are working against the clock to finish the house before the winter.*

### Phrasal verbs

beat down	bucket down	dry up
blow over	clear up	hide out
blow up		

## Speaking

page 77

- 6.138** **urban** (adj) /'ɜːbən/  
in/of a town or city • *This urban area needs more greenery for the residents to enjoy.*
- 6.139** **biodiversity** (n) /baɪəʊdaɪ'vɜːsɪti/  
the variety of animals and plants in an area  
• *The biodiversity of the sea is being threatened by pollution.*
- 6.140** **food chain** (expr) /fuːd tʃeɪn/  
all living things in a group in which one creature eats another, and then is eaten by another • *The introduction of new species of fish in the lake is affecting the food chain.*
- 6.141** **survival of the fittest** (expr)  
/sə'vaɪvl əv ðə 'fɪtəst/  
the principle that only the creatures that are best adapted to their environment will survive and reproduce • *During the last ice age, it was a struggle to live. It was a case of the survival of the fittest.*

## Writing:

### a contribution

pages 78-79

- 6.142** **lagoon** (n) /lə'guːn/  
an area of sea water that is separated from the sea by a reef, a sandbank or rocks • *We went swimming in the warm blue water of the lagoon.*
- 6.143** **hospitality** (n) /ˌhɒspɪ'tæləti/  
friendly behaviour to one's guests • *The Greeks are famous for their hospitality to strangers.*  
> hospitable (adj)
- 6.144** **picturesque** (adj) /pɪktʃə'resk/  
(of a place) pretty in an old-fashioned way  
• *The picturesque village was high in the mountains.*



- 6.145 nestle** (v) /'nesəl/  
be situated in a half-hidden or sheltered position • *The old town nestles at the foot of the hill.*
- 6.146 stunning** (adj) /'stʌnɪŋ/  
very beautiful or impressive • *The view from the top of the mountain was stunning.*  
➢ stun (v)
- 6.147 stove** (n) /stəʊv/  
sth that burns coal, wood, etc. and is used to heat a room or for cooking • *The old lady lit the stove to make tea.*
- 6.148 draw** (v) /drɔː/  
take from • *In the past, we drew water from the river.*
- 6.149 well** (n) /wel/  
a hole in the ground from where water can be drawn • *The water in the well in the garden is drinkable.*
- 6.150 fragrant** (adj) /'freɪgrənt/  
smelling nice • *I love walking in the garden and smelling the fragrant flowers.*  
➢ fragrance (n)
- 6.151 underestimate** (v) /ʌndə'estimeɪt/  
not realise how important sth is  
• *Do not underestimate the ability of your opponent.*
- 6.152 natural resource** (n) /'nætʃrəl rɪ'sɔːs/  
sth such as a forest, coal, etc. which exists in a place and can be used by people • *Oil is a natural resource that will run out in the near future.*
- 6.153 tranquillity** (n) /træŋ'kwɪləti/  
peace • *They love the tranquillity of the countryside.* ➢ tranquil (adj)
- 6.154 contemplation** (n) /kɒntem'pleɪʃn/  
deep reflective thought • *He sat in quiet contemplation of the summer evening.*  
➢ contemplate (v)

Video 6:

## Holland Water

page 80

- 6.155 global warming** (n) /'gləʊbl 'wɔːmɪŋ/  
an increase in world temperatures caused by increased amounts of carbon dioxide in the atmosphere • *Global warming is threatening our survival.*
- 6.156 low-lying** (adj) /ləʊ-'laɪɪŋ/  
not far above sea level or below sea level  
• *Low-lying islands are in danger of flooding because of rising sea levels.*
- 6.157 be at odds** (expr) /bi ət ɒdz/  
disagree with sb about sth • *Sarah and her father are at odds and can't agree on anything.*
- 6.158 flood** (v) /flʌd/  
become covered in water • *The river overflowed and flooded the high street.* ➢ flood (n)
- 6.159 sink** (v) /sɪŋk/  
go under water • *The stone sank to the bottom of the lake when I threw it in.*
- 6.160 pump** (v) /pʌmp/  
force water out of a place with a special machine • *After the flood, we had to pump water out of our basement* ➢ pump (n)
- 6.161 marshland** (n) /'mɑːʃlənd/  
a wet muddy area of land • *Thousands of waterbirds live in the marshlands.*
- 6.162 recreation** (n) /rekri'eɪʃn/  
an activity you do for pleasure • *For recreation I play tennis and go for long walks.*  
➢ recreational (adj)
- 6.163 radical** (adj) /'rædɪkəl/  
differing from tradition; innovative or progressive • *Banning cars from the city centre and introducing bike lanes was a radical move.*  
➢ radical (n), radically (adv)
- 6.164 regardless of** (expr) /rɪ'gɑːdləs ɒv/  
without being affected or influenced by sth  
• *Regardless of what you may say, I am going to sell the car.*
- 6.165 elaborate** (adj) /ɪ'læbəreɪt/  
complex • *The elaborate system of roads was hard to navigate.* ➢ elaborate (v)
- 6.166 dyke** (n) /daɪk/  
a wall which stops water flooding an area  
• *Many dykes were built in the Netherlands to protect the land from floods.*
- 6.167 windmill** (n) /'wɪndmɪl/  
a building with wooden blades that turn in the wind • *This windmill used to provide the whole community with flour.*
- 6.168 reclaim** (v) /ri:'kleɪm/  
make an area suitable for farming or building  
• *The land here used to be under the sea, but it was reclaimed.*
- 6.169 sand dune** (n) /sænd djuːn/  
a hill of sand formed by the wind in a desert or near the sea • *The children chased each other up and down the sand dunes.*
- 6.170 tide** (n) /taɪd/  
the regular rise and fall of the level of the sea caused by the pull of the moon and sun • *We'll go for a walk along the beach when the tide goes out.* ➢ tidal (adj)
- 6.171 floating** (adj) /'fləʊtɪŋ/  
lying on the surface of water • *The floating markets of Thailand are very colourful with all the fresh fruit and vegetables in the canoes.* ➢ float (v)
- 6.172 recreation** (n) /,ri:kri'eɪʃn/  
an activity you do for pleasure • *What do you like doing for recreation?*



### **Earth and its atmosphere**

dyke	natural resource
fossil fuel	ozone layer
global warming	sand dune
greenhouse gas	solar radiation
lagoon	tide
landslide	wasteland
magma	

### **Verbs whose nouns do not change form**

balance	nap	shift
drill	pump	slip
harness	shelter	spark
mine	shield	trigger

## page 83

- 7.1 nomination** (n) /nɒmɪ'neɪʃn/  
the act of officially suggesting sb for a prize, position, etc. • *My nomination for best sportsman is Usain Bolt.* > nominate (v)

## Word Focus

## page 84

- 7.2 nickel** (n) /'nɪkəl/  
a hard silver-white metal • *Nickel is used to make the metal steel.*
- 7.3 hardback** (n) /'hɑːdbæk/  
a book with a hard cover • *The hardback version of this book costs more but the harder cover will make it last longer.*  
📖 Opp: paperback
- 7.4 kiln** (n) /kɪln/  
a large oven for baking bricks and clay • *The clay pots were heated in the kiln to harden them.*
- 7.5 lunatic** (n) /'lʊnətɪk/  
a mad person • *The man who shot those innocent people must be a lunatic.*
- 7.6 reinforce** (v) /rɪɪn'fɔːs/  
make a structure or material stronger • *Nowadays we reinforce the materials we build with to make them stronger.*  
> reinforced (adj)
- 7.7 MDF** (n) /em diː ef/  
boards made of wood fibres pressed together • *I bought an MDF table from IKEA.*  
📖 MDF = medium density fibreboard
- 7.8 agility** (n) /æ'dʒɪlɪti/  
the ability to move in a quick and easy manner • *The agility of the gymnast impressed us all.*  
> agile (adj)

## Reading

## pages 84-85

- 7.9 phonograph** (n) /'fəʊnəgrɑːf/  
a record player • *The phonograph allowed people to listen to recorded music.*
- 7.10 irrigation screw** (n) /ɪrɪ'geɪʃn skruː/  
a device for lifting water, also known as Archimedes' screw • *The irrigation screw made watering crops much easier for farmers.*
- 7.11 windscreen wiper** (n) /'wɪndskriːn 'waɪpə/  
a device that cleans rainwater off the front window of a vehicle • *Use the windscreen wipers so you can see where you are driving in the rain.*

- 7.12 transform** (v) /træns'fɔːm/  
change completely • *PCs transformed the world of work and entertainment.*  
> transformation (n)
- 7.13 prophecy** (n) /'prɒfəsi/  
a prediction, often religious • *The prophecy that the world would end in 2012 did not come true.*
- 7.14 machinery** (n) /mə'ʃɪnəri/  
machines • *Tractors are essential farming machinery.*
- 7.15 manual labour** (n) /'mænʃʊəl 'leɪbəl/  
work done by people with their own hands • *Manual labour is still used on fruit farms because people are needed to harvest the delicate berries.*
- 7.16 seamstress** (n) /'siːmstrəs/  
a woman who makes and sews clothes • *The seamstress shortened the client's trousers.*
- 7.17 seam** (n) /siːm/  
a line where two pieces of material are sewn together • *The seam on the arm of this sweater has come undone.*
- 7.18 sewing machine** (n) /'səʊwɪŋ mə'ʃɪn/  
a device you can sew clothes with • *I made myself a new jacket on the sewing machine.*
- 7.19 mundane** (adj) /mʌn'deɪn/  
ordinary and uninteresting • *I don't enjoy mundane chores like vacuuming and dusting.*
- 7.20 automated** (adj) /'ɔːtəmeɪtɪd/  
using computers and machines to do a job • *Production in this factory is automated and workers supervise the machinery.*  
> automation (n)
- 7.21 cost effective** (adj) /kɒst ɪ'fektɪv/  
giving the best benefit/profit compared to the money that is spent on sth • *Some employees were fired because the boss wanted to make the business more cost effective.*
- 7.22 flexible** (adj) /'fleksɪbl/  
which bends easily • *This plastic ruler is flexible, so it won't break if you bend it.*  
> flexibility (n) 📖 Opp: inflexible, stiff
- 7.23 give way** (expr) /gɪv weɪ/  
be replaced by sth • *Vinyl records gave way to CDs, which have given way to MP3 files.*
- 7.24 curl up** (phr v) /kɜːl ʌp/  
sit comfortably with your legs close to your body so you are like a ball • *She curled up on the sofa with her favourite book.*

- 7.25 construction** (n) /kən'strʌkʃn/  
the process of building • *The construction of the building took twelve months.*  
➤ construct (v)
- 7.26 steel bar** (n) /sti:l bɑː/  
a long straight piece of metal made of steel, often used in buildings • *Steel bars were used to support the weight of the loft extension.*
- 7.27 mansion** (n) /'mænʃn/  
a very large house • *The celebrity lived in a mansion in Beverly Hills.*
- 7.28 frame** (n) /freɪm/  
a structure that surrounds sth like a picture or window and holds it in place • *The frame of the window was made of aluminium.*
- 7.29 poverty** (n) /'pɒvəti/  
the state of being very poor • *There was a lot of poverty in the country because so many people had no work.* ➤ poor (adj)  
📖 Opp: wealth
- 7.30 proclaim** (v) /prəʊ'kleɪm/  
announce • *The prime minister proclaimed on the news that he believed in higher taxes for the rich.*
- 7.31 do away with** (phr v) /duː ə'weɪ wɪð/  
get rid of • *Do you think people will do away with cars to ride bikes instead?*
- 7.32 spot on** (expr) /spɒt ɒn/  
perfectly correct • *Your prediction about good weather today was spot, on so let's go for a walk.*
- 7.33 artificial** (adj) /ɑː'tɪfɪʃl/  
not natural but man-made • *Artificial intelligence is used with voice recognition programs on computers.*
- 7.34 bumblebee** (n) /'bʌmbl,biː/  
a large hairy bee • *The bumblebee buzzed around the spring flowers.*
- 7.35 aviation** (n) /ˌeɪvɪ'eɪʃn/  
the business of flight • *Aviation has made it much easier to travel around the world.*  
➤ aviator (n)
- 7.36 substitute** (n) /'sʌbstɪ'tjuːt/  
a replacement • *She uses a sugar substitute to sweeten her coffee as it is not fattening.*  
➤ substitute (v)
- 7.37 sector** (n) /'sektə/  
an area of activity • *My dad works in the public sector. He's a civil servant.*
- 7.38 workforce** (n) /'wɜːkfɔːs/  
the people who work for a particular organisation • *The company is going to fire ten per cent of its workforce.*
- 7.39 acquire** (v) /ə'kwəɪə/  
gain; obtain • *The family have acquired great wealth and many possessions over the generations.* ➤ acquisition (n)

- 7.40 aviator** (n) /'eɪvɪeɪtə/  
sb who flies a plane • *Amelia Earhart was a great aviator who tried to fly around the world.*  
➤ aviation (n)
- 7.41 prosthetic** (n) /prɒs'thetɪk/  
an artificial part of the body • *He was able to walk again after his accident thanks to prosthetics.* ➤ prosthetic (adj)
- 7.42 limb** (n) /lɪm/  
an arm or leg • *She broke all four limbs when she fell off the balcony.*

### Building

construction  
frame

mansion  
steel bar

### Phrasal verbs

curl up

do away with


## Vocabulary

pages 86-87

- 7.43 remodel** (v) /rɪ'mɒdəl/  
change the structure of sth • *The farm buildings were remodelled to accommodate pigs as well as cows.*
- 7.44 revolutionise** (v) /revə'lʊːʃənəɪz/  
completely change • *Flight revolutionised the way we travel.* ➤ revolution (n), revolutionary (adj)
- 7.45 stimulate** (v) /'stɪmjʊleɪt/  
make sth develop; encourage • *The fascinating documentary stimulated my interest in geography.*  
➤ stimulation (n)
- 7.46 apparatus** (n) /æpə'reɪtəs/  
equipment for experiments • *We prepared the apparatus for our chemistry experiment.*
- 7.47 utensil** (n) /juː'tensəl/  
a piece of equipment for cooking and eating, a knife or a spoon, etc.  
• *I need some new cooking utensils, especially spatulas.*
- 7.48 computerised** (adj) /kəm'pjʊtəraɪzd/  
using a computer to control the way sth is done • *This computerised system requires internet access.* ➤ computer (n), computerise (v)
- 7.49 mechanical** (adj) /mɪ'kænɪkl/  
using an engine or machine to do work  
• *This mechanical egg timer runs on batteries.*  
➤ mechanism (n)
- 7.50 assumption** (n) /ə'sʌmpʃn/  
sth you think is true even though you have no proof • *Your assumption that I am a pensioner is wrong as I am only 55.* ➤ assume (v)

- 7.51 discard** (v) /dɪs'kaɪd/  
throw away • *She looked through her old magazines to decide which to keep and which to discard.*
- 7.52 filter** (v) /'fɪltə/  
remove unwanted substances from water, air, etc. by passing it through a piece of equipment  
• *This ioniser filters the air so it is dust-free.*  
➢ filter (n)
- 7.53 purify** (v) /'pjʊərɪfaɪ/  
remove harmful substances from sth  
• *The water sold in these bottles is purified so you can drink it.* ➢ purification (n)
- 7.54 sterilise** (v) /'sterɪlaɪz/  
clean sth completely by killing any bacteria in it • *You should sterilise the bottles before making milk formula for the baby to drink.*  
➢ sterilisation (n)
- 7.55 cube** (n) /kjuːb/  
an object with six equal square sides  
• *The dice we used to play Monopoly were red cubes.* ➢ cubic (adj)
- 7.56 cylinder** (n) /'sɪlɪndə/  
an object with straight sides and circular ends  
• *Roll up the poster and keep it in this cylinder.*  
➢ cylindrical (adj)
- 7.57 rectangle** (n) /'rektæŋɡl/  
a shape with four sides, two of which are longer than the other two, and four 90° angles at the corners • *I prefer this wallet; it's a rectangle, so the notes don't get bent in it.*  
➢ rectangular (adj)
- 7.58 sphere** (n) /sfɪə/  
a round shape like a ball • *Did you know that Earth is not a perfect sphere?*  
➢ spherical (adj)
- 7.59 displace** (v) /dɪs'pleɪs/  
take the place of sb/sth • *The ice I dropped in the glass displaced the water and made it spill over the rim.* ➢ displacement (v)
- 7.60 copper** (n) /'kɒpə/  
a reddish-brown metal • *The saucepan is made of copper.*
- 7.61 conductor** (n) /kən'dʌktə/  
sth that allows electricity to pass through it  
• *Copper is an excellent conductor of electricity and is used to make electrical wires.*  
➢ conduct (v)
- 7.62 monitor** (n) /'mɒnɪtə/  
sth that checks the progress of sth  
• *The patient was attached to a heart monitor to make sure he remained stable.*  
➢ monitor (v)
- 7.63 component** (n) /kəm'pəʊnənt/  
one of the parts of which sth is made • *We need to replace one of the components of the machine.*
- 7.64 periodic table** (n) /pɪərɪ'ɒdɪk 'teɪbl/  
a list of elements arranged according to their atomic structure • *We learned the gases on the periodic table in chemistry.*
- 7.65 corrode** (v) /kə'rəʊd/  
If metal corrodes, it is destroyed by the action of water or chemicals. • *Acids corrode metal.* ➢ corrosion (n), corrosive (adj)
- 7.66 erode** (v) /ɪ'rəʊd/  
If the soil or rock is eroded by the weather, its surface is destroyed gradually. • *The river is widening because the water flow erodes the river banks.* ➢ erosion (n)
- 7.67 unstable** (adj) /ʌn'steɪbl/  
changeable • *The unstable chemical was handled very carefully by the scientist.*  
➢ instability (n)
- 7.68 explosive** (n) /ɪks'pləʊsɪv/  
a substance that can cause an explosion  
• *Explosives which could be used to make bombs were found in the terrorist's hideout.* ➢ explode (v), explosion (n)
- 7.69 expand** (v) /ɪks'pænd/  
become bigger • *Metals expand when they are heated.* ➢ expansion (n) ⚡ Opp: contract
- 7.70 extend** (v) /ɪk'stend/  
become longer • *The bank extended the time he had to pay back the loan.* ➢ extent (n), extension (n), extensive (adj)
- 7.71 dense** (adj) /dens/  
A dense substance has a lot of mass in relation to its size. • *Ice floats because it is less dense than water.* ➢ density (v)
- 7.72 erupt** (v) /ɪ'rʌpt/  
When a volcano erupts, it explodes and sends smoke, rocks, lava and ash into the sky. • *Mount Etna erupted again last month.*  
➢ eruption (n)
- 7.73 liquefied** (adj) /'lɪkwɪfaɪd/  
turned into liquid • *The lorry was transporting liquefied gas to be used for heating.*  
➢ liquefy (v), liquid (n), liquefaction (n)
- 7.74 gemstone** (n) /'dʒemstəʊn/  
a precious stone; a jewel • *Her favourite gemstones are diamonds.*
- 7.75 purity** (n) /'pjʊərɪti/  
containing nothing wrong or harmful  
• *The purity of this diamond increases its value.* ➢ pure (adj)
- 7.76 antiquity** (n) /æn'tɪkwɪti/  
the distant past • *The Parthenon is one of antiquity's most famous monuments.*
- 7.77 derive** (v) /dɪ'reɪv/  
get from • *The Mercedes derives its name from a relative of the designer.*  
➢ derivative (n)



- 7.78 flawless** (adj) /'flɔːləs/  
perfect • *This flawless gemstone is absolutely beautiful.* > flaw (n)
- 7.79 control panel** (n) /kən'trəʊl 'pænəl/  
sth that allows computer users to view and manipulate hardware, add and remove software, etc. • *You can customise your computer settings by going to the control panel.*
- 7.80 assembly line** (n) /æ'sembli laɪn/  
a system for making things in a factory: the things move past a line of workers who each make one part • *Working on an assembly line is monotonous.*
- 7.81 fraction** (n) /'frækʃn/  
very small amount • *It took a fraction of a second for the cat to pounce on the mouse.*
- 7.82 innovation** (n) /ɪnə'veɪʃn/  
a new idea or thing being used for the first time • *Smartphones are the latest innovation on the market.* > innovative (adj)
- 7.83 plant** (n) /plɑːnt/  
a factory • *This plant produces cars and other vehicles.*
- 7.84 efficient** (adj) /ɪ'fɪʃnt/  
working well, without wasting time, energy or money • *Emma is a very efficient secretary; you can rely on her to do the work well.* > efficiency (n)  Opp: inefficient
- 7.85 assemble** (v) /ə'sembəl/  
put together the parts of sth • *I found it difficult to assemble the wardrobe.* > assembly (n)
- 7.86 reinvent the wheel** (expr) /'riːɪnˌvent ðə wiːl/  
waste time trying to develop sth that has already been done • *We don't need to reinvent the wheel; we already have a perfectly good system in place.*
- 7.87 forefront** (n) /'fɔːfrʌnt/  
first place • *Japan is at the forefront of robotic research with new ideas.*
- 7.88 cutting edge** (n) /'kʌtɪŋ edʒ/  
the most advanced stage in the development of sth • *Our factory is at the cutting edge as regards the technology we use to make computers.*
- 7.89 get your wires crossed** (expr)  
/get ʒɔː 'waɪəz krɒst/  
become confused about what sb is saying because you think they are talking about sth else • *We got our wires crossed and went to different places to meet.*
- 7.90 light years ahead** (expr) /laɪt jɪəz æ'hed/  
a long way ahead of others • *His brilliant ideas are light years ahead of other researchers.*
- 7.91 glitch** (n) /glɪtʃ/  
a small problem • *You can solve this glitch by restarting your computer.*

- 7.92 push the panic button** (expr)  
/pʊʃ ðə 'pænɪk 'bʌtən/  
become frightened or worried • *Don't push the panic button whenever you have trouble with your laptop.*
- 7.93 instruction manual** (n) /ɪn'strʌkʃn 'mænjuəl/  
a book that tells you how to do or use sth • *You need to read the instruction manual to see how the machine works.*
- 7.94 not rocket science** (expr) /nɒt 'rɒkɪt 'saɪəns/  
not difficult to understand • *This chapter on levers in your physics textbook is not rocket science, so you'll understand it easily.*
- 7.95 lung** (n) /lʌŋ/  
one of the two organs in your chest that you use to breathe • *If you smoke, you run the risk of getting lung cancer.*
- 7.96 particle** (n) /'pɑːtɪkl/  
a very small piece • *The atmosphere was full of particles of dust from the Sahara desert.*
- 7.97 coin** (v) /kɔɪn/  
invent a word or phrase • *People first coined the word 'wireless' for radios.*
- 7.98 solely** (adv) /'səʊli/  
only • *He is solely responsible for the accident. No one else is to blame.* > sole (adj)

### Mechanisation

assembly line	machinery
automated	mechanical
computerised	plant

### Physics and Chemistry

verbs	adjectives	nouns
corrode	dense	apparatus
displace	liquefied	conductor
expand	unstable	periodic table

## Grammar

pages 88-89

- 7.99 split an atom** (expr) /splɪt æn 'ætəm/  
divide the smallest part of a chemical element • *A nuclear reaction is the result of splitting an atom.*
- 7.100 disprove** (v) /dɪs'pruːv/  
show sth is not true • *The scientist disproved the old theory with new findings.*
- 7.101 grant** (n) /grɑːnt/  
money you get from sb for a particular purpose • *He got a grant to pay for his university studies.*
- 7.102 bronze** (n) /brɒnz/  
a yellowish-brown metal • *The statue was made of bronze.*

- 7.103 tin** (n) /tɪn/  
a silvery-white metal • *This food can is made of tin.*
- 7.104 artefact** (n) /'ɑ:tɪfækt/  
an object like a tool that was made in the past and is historically interesting  
• *We examined the Roman artefacts in the museum exhibition.*
- 7.105 hue** (n) /hjuː/  
a colour • *The morning sky was a pale blue hue.*
- 7.106 satellite** (n) /'sætələɪt/  
a machine that goes around the Earth and is used for electronic communications  
• *Satellites are essential for worldwide telecommunications.*
- 7.107 reflective** (adj) /rɪ'flektɪv/  
able to send light back • *The reflective surface of a mirror was flawed by a crack.*  
➢ reflect (v)
- 7.108 surface** (n) /'sɜ:fɪs/  
the top part of sth • *There was rubbish floating on the surface of the sea.*
- 7.109 engineer** (n) /ˌendʒɪ'nɪə/  
sb whose job is to design and build roads, bridges, engines, etc. • *She wants to study to be an engineer when she leaves school.*  
➢ engineering (n), engine (n)
- 7.110 craft** (n) /kra:ft/  
a boat or a plane • *The old fisherman designed and built his craft himself.*
- 7.111 nuclear reactor** (n) /'njuːklɪə rɪ'æktə/  
a machine used to produce nuclear energy  
• *This power plant uses a nuclear reactor to produce electricity.*
- 7.112 geyser** (n) /'giːzə/  
a natural spring that sends hot water or steam into the air • *Don't go near the geyser. You might get burnt.*
- 7.113 nail** (n) /neɪl/  
the thin hard layer that covers the tip of a finger or toe • *Maria bites her nails when she is nervous.*
- 7.114 appliance** (n) /ə'plaɪəns/  
a machine like a cooker, fridge or iron that is designed to do a particular job in the home  
• *This shop sells a wide range of electrical appliances.*
- 7.115 spiral out of control** (expr) /'spɑɪrəl aʊt əv kən'trəʊl/  
quickly get out of control • *The situation spiralled out of control and there was chaos.*
- 7.116 malfunction** (v) /mæl'fʌŋkʃn/  
work incorrectly • *The DVD player is malfunctioning again, so we can't watch a movie.* ➢ malfunction (n)

## Metals

bronze	steel
copper	tin
nickel	

## Listening

page 90

- 7.117 solar panel** (n) /'səʊlə 'pænl/  
piece of equipment which uses the sun's heat to make energy • *We have a solar panel on the roof which heats our water.*
- 7.118 sustainable** (adj) /sʌs'teɪnəbl/  
able to continue for a long time and not deplete natural resources • *Wind power is a sustainable form of energy as opposed to fossil fuels, which are running out.*  
➢ sustain (v) ☞ Opp: unsustainable
- 7.119 tile** (n) /taɪl/  
a flat piece of clay on a wall, floor or roof  
• *She dried the tiles on the bathroom wall after having a shower.*

## Inventions

irrigation screw	satellite
MDF	sewing machine
nuclear reactor	solar panel
phonograph	windscreen wiper

## Speaking

page 91

- 7.120 restrict** (v) /rɪ'strɪkt/  
limit • *Parking here is restricted to residents only.* ➢ restriction (n)
- 7.121 ultrasound** (n) /'ʌltrəsaʊnd/  
a medical process that uses a sound that is too high for humans to hear in order to produce an image of the inside of your body  
• *The doctor needs an ultrasound to find out what is wrong with him.*
- 7.122 scan** (n) /skæn/  
a medical test in which a special machine produces an image of the inside of your body:  
• *The doctor looked at a scan of the man's lungs.* ➢ scan (v)

## Writing: a nomination

pages 92-93

- 7.123 worthy** (adj) /'wɜ:ði/  
deserving • *He donated money to a worthy charity.* ➢ worth (n) ☞ Opp: unworthy

- 7.124 evaluation** (n) /ɪvælju'eɪʃn/  
making a judgement • *Students received a fair evaluation of their progress at the end of the first term.* > evaluate (v)
- 7.125 justification** (n) /dʒʌstɪfɪ'keɪʃn/  
a good reason for doing sth • *The justification for higher prices is the increased cost of production.* > justify (v)
- 7.126 curiosity** (n) /kɪʊərɪ'ɒsɪti/  
desire to know • *His curiosity about the formation of the Earth led him to become a geologist.* > curious (adj)
- 7.127 lay the foundations** (expr) /leɪ ðə fəʊn'deɪʃnz/  
provide the conditions that will make it possible for sth to be successful • *The Wright brothers laid the foundations for the development of aviation.*
- 7.128 enquiring mind** (expr) /ɪn'kwærɪŋ maɪnd/  
sb with an enquiring mind is interested in finding out more about everything  
• *An enquiring mind is essential for somebody who wants to go into research.*
- 7.129 pave the way** (expr) /peɪv ðə weɪ/  
create the conditions for sth to continue  
• *Walt Disney paved the way for future animation movies.*
- 7.130 reputation** (n) /repju'teɪʃn/  
the opinion people have of sb • *Francis Ford Coppola has a reputation as a great director.*  
> reputable (adj)

## Video 7: Lighting the Dark

page 94

- 7.131 chart** (v) /tʃæt/  
make a map • *Early explorers charted the sea and land as they travelled and created the first maps.* > chart (n)

- 7.132 shine light on sth** (expr) /ʃaɪn laɪt ɒn 'sʌmθɪŋ/  
reveal sth new • *Exploration on Mars will shine light on the formation of other planets.*
- 7.133 glimpse** (n) /ɡlɪmps/  
a momentary look at sb/sth • *I caught a glimpse of a fish before it swam away.*  
> glimpse (v)
- 7.134 occurrence** (n) /ə'kʌrəns/  
sth that happens • *Earthquakes are a regular occurrence in this area.* > occur (v)
- 7.135 victim** (n) /'vɪktɪm/  
sb who is hurt or killed • *The victim of the shooting is being treated in hospital.*
- 7.136 impose** (v) /ɪm'pəʊz/  
have a bad effect on sb/sth • *Climbing in freezing conditions imposed challenges on the men.*
- 7.137 anglerfish** (n) /'æŋɡləfɪʃ/  
a fish that attracts its prey with a fleshy structure hanging from a thin filament on its head • *The divers watched the anglerfish catch its prey and then eat it.*
- 7.138 eel** (n) /i:l/  
a long fish like a snake • *The eel hid in an underwater cave.*
- 7.139 drowning** (n) /'draʊənɪŋ/  
dying from being under water for too long  
• *The victim of the drowning was not a strong swimmer.* > drown (v)
- 7.140 facet** (n) /'fæsɪt/  
an aspect • *A walk in the poorer areas of town revealed facets of life she had never seen before.*
- 7.141 discrete** (adj) /dɪs'kri:t/  
separate from other things • *The photos of discrete areas of the seabed fascinated researchers.*

# 8 Money Mad

## Word Focus

page 96

- 8.1 **breadline** (n) /'bredlaɪn/  
lowest level of income on which it is possible to live • *They are living on the breadline and can only just afford to feed themselves.*
- 8.2 **credit crunch** (n) /'kredɪt krʌntʃ/  
a bad economic situation in which it becomes difficult to borrow money  
• *The bank has refused to lend him more money since the credit crunch.*
- 8.3 **backup** (n) /'bækʌp/  
extra help or support • *We can only do the job if we get some backup.* > back up (phr v)
- 8.4 **in tandem with** (expr) /ɪn 'tændəm wɪð/  
at the same time as • *You can run this program in tandem with others.*
- 8.5 **inflation** (n) /ɪn'fleɪʃn/  
the continuing increase in prices • *Because of inflation, bread and milk have risen in price.*
- 8.6 **downgrading** (n) /daʊn'greɪdɪŋ/  
making sth less good, important or valuable than it was • *The downgrading of the country's credit rating has caused massive problems for the government.* > downgrade (v)
- 8.7 **devaluation** (n) /di:vælju:'eɪʃn/  
reduction in the value of a currency compared to another currency • *The devaluation of the currency allowed the country to export goods at cheaper prices.* > devalue (v)

- 8.12 **haggling** (n) /'hæɡlɪŋ/  
arguing over the price of sth before you pay  
• *Haggling is a way of buying things at lower prices in the market.* > haggle (v)
- 8.13 **legal tender** (n) /'liɡəl 'tendə/  
official money • *The legal tender in Greece is the euro.*
- 8.14 **despair** (n) /dɪs'peə/  
loss of hope • *Fred felt despair when he saw that he had no money in the bank.*  
> despair (v), desperate (adj)
- 8.15 **recession** (n) /rɪ'seʃn/  
a period when the economy of a country is doing badly • *The recession led to shops closing and people losing jobs.*
- 8.16 **shockwaves** (pln) /'ʃɒkweɪvz/  
the powerful shock people feel when sth bad happens • *The economic problems in the USA sent shockwaves across all the economies of the world.*
- 8.17 **catapult** (v) /'kætəpʊlt/  
throw suddenly into a situation • *When he lost his income, he was catapulted into serious financial difficulties.* > catapult (n)
- 8.18 **plunge** (v) /plʌndʒ/  
fall a long way suddenly • *Half the population under 30 was plunged into unemployment because of the recession.* > plunge (n)
- 8.19 **debt** (n) /det/  
money you owe sb • *He has a credit card debt of over five thousand euros.*

- 8.20 **mount** (v) /maʊnt/  
increase • *Her debts mounted because she had no money to pay them back.*
- 8.21 **take the bull by the horns** (expr)  
/teɪk ðə bʊl baɪ ðə ɪɔ:nz/  
deal with a difficult problem bravely  
• *He decided to take the bull by the horns by looking for work abroad.*
- 8.22 **currency** (n) /'kʌrənsɪ/  
money used in a country • *The currency used in Greece is the euro.*
- 8.23 **bring to mind** (expr) /brɪŋ tu maɪnd/  
remind you of sth • *The current recession brings to mind the economic problems of the 1930s.*
- 8.24 **trader** (n) /'treɪdə/  
sb who buys and sells things as a job  
• *The market traders drove a hard bargain.*  
> trade (n, v)
- 8.25 **stall-holder** (n) /stɔ:l 'həʊldə/  
sb who sells produce at a market • *My cousin is a stall-holder at this market and sells oranges.*

## Reading

pages 96-97

- 8.8 **bartering** (n) /'bɑ:tərɪŋ/  
exchanging goods for other goods rather than money • *Before currency, bartering was the way people traded goods.*  
> barter (v)
- 8.9 **bond** (n) /bɒnd/  
a document promising that a government will pay back money it has borrowed, usually with interest • *The government bonds fell in value because of the economic crisis.*
- 8.10 **exchange rate** (n) /ɪks'tʃeɪndʒ reɪt/  
the value of one currency compared to the value of another currency • *The exchange rate for one euro is around 120 Japanese yen.*
- 8.11 **food voucher** (n) /fu:ɪd 'vaʊtʃə/  
a coupon used to get food instead of money  
• *The government provides low-income families with food vouchers.*



- 8.26 hard-up** (adj) /hɑ:d-ʌp/  
having little money • *Jeff is hard-up since losing his job, so he might need to borrow some money.*
- 8.27 purchase** (n) /'pɜ:tʃəs/  
sth you buy • *My purchases included a new jacket and a pair of socks.* > purchase (v)
- 8.28 cover one's costs** (expr) /'kʌvə wʌnz kɒsts/  
pay for the cost of running sth • *When taxes increased, restaurants had to put up their prices to cover their costs.*
- 8.29 account** (n) /ə'kaʊnt/  
an arrangement with a bank whereby the bank keeps your money safe • *She has a PayPal account which she uses when she shops online.*
- 8.30 credit** (v) /'kredit/  
add money to a bank account • *Your bank account will be automatically credited with your salary every month.* > credit (n)
- 8.31 debit** (v) /'deɪt/  
take money out of a bank account • *You can use this card to make purchases and your account will be debited immediately.* > debit (n)
- 8.32 apt** (adj) /æpt/  
appropriate • *His comment was very apt and it described the situation perfectly.*
- 8.33 transaction** (n) /træns'ækʃn/  
a piece of business • *The details of the transaction are on this receipt.*
- 8.34 unofficial** (adj) /ʌnə'fɪʃl/  
not approved by an authority • *Bartering is an unofficial way of doing business.* ☞ Opp: official
- 8.35 set up** (phr v) /set ʌp/  
create; start • *The church set up a number of canteens where the poor can get a free meal.*
- 8.36 courgette** (n) /kɔ:'zet/  
a long thin green vegetable • *Let's have fried courgettes and tzatziki to start with.*
- 8.37 interest rate** (n) /'ɪntrəst reɪt/  
the percentage charged by a bank when you borrow money or the percentage you are paid by a bank when you keep your money in an account • *The bank is offering an interest rate of 2.2% if you have a savings account.*
- 8.38 be made redundant** (expr) /bi meɪd ri'dʌndənt/  
lose your job because there is no more work for you • *She was made redundant and has been unemployed for a year.*
- 8.39 let alone** (expr) /let ə'ləʊn/  
used after saying sth to emphasise that because the first thing is not true, the next thing cannot be true either • *The child can't read let alone write an essay!*

## Problems with the economy

credit crunch	downgrading
debt	inflation
devaluation	recession

## Vocabulary

pages 98-99

- 8.40 circulation** (n) /sɜ:kju'leɪʃn/  
the exchange of money from one person to another in society • *The euro has been in circulation since 2002.* > circulate (v)
- 8.41 counterfeit** (v) /'kaʊntəfɪt/  
make money that is not genuine • *The criminals who counterfeited euros were caught and arrested.* > counterfeit (n, adj)
- 8.42 denomination** (n) /dɪnə'mɪneɪʃn/  
value of a coin or paper money • *The denomination of this coin is two euros.*
- 8.43 forgery** (n) /'fɔ:dʒəri/  
an illegal copy of money, a work of art, a document, etc. • *You can tell this money is a forgery because it hasn't got a watermark.* > forge (v)
- 8.44 comprise** (v) /kəm'praɪz/  
consist of • *Her library comprises over a thousand books.*
- 8.45 polymer** (n) /'pɒlɪmə/  
a substance that consists of large molecules made from combinations of simpler molecules • *The object is made of an artificial polymer.*
- 8.46 enhance** (v) /ɪn'hɑ:ns/  
improve • *The politician tried to enhance his image by dressing in smarter clothes.* > enhancement (n)
- 8.47 plummet** (v) /'plʌmɪt/  
fall by a large amount • *Since the new principal started at the school, the number of pupils playing truant has plummeted.*
- 8.48 crash** (v) /kræʃ/  
fail suddenly • *When the American stock market crashed in 1929, it was followed by a deep recession.* > crash (n)
- 8.49 smash** (v) /smæʃ/  
break into pieces • *The glass smashed when I dropped it.* > smash (n)
- 8.50 share** (n) /ʃeə/  
part of a company you can buy as an investment • *He bought shares in Facebook and hopes to make a profit when they gain value.*
- 8.51 fund** (n) /fʌnd/  
money collected for a cause • *We donated money to a fund which helps single mothers.* > fund (v)

- 8.52 sum** (n) /sʌm/  
an amount of money • *This car costs a large sum of money, so I will pay for it in instalments.*
- 8.53 owe** (v) /əʊ/  
have to pay sth back • *Bob still owes me thirty pounds which he borrowed from me last week.*
- 8.54 mortgage** (n) /'mɔːɡɪdʒ/  
a legal agreement with a bank whereby you borrow money to buy a house and pay back the money over a long period • *They took out a thirty-year mortgage to buy a house.* > mortgage (v)
- 8.55 invest** (v) /ɪn'vest/  
buy sth that you hope will give you a profit • *He invested in gold a few years ago and made a huge profit when the price of gold went up.* > investment (n)
- 8.56 speculate** (v) /'spekjuleɪt/  
buy shares, property, etc. hoping to make a large profit when you sell them • *She speculated in property, but lost a lot of money when the market crashed.* > speculation (n)
- 8.57 bank teller** (n) /bæŋk 'telə/  
sb who serves clients at a bank, cashier • *I told the bank teller that I wanted to deposit 150 euros into my account.*
- 8.58 verify** (v) /'verɪfaɪ/  
find out if sth is correct or true • *We will have to verify your details before you can open an account at our bank.* > verification (n)
- 8.59 advantageous** (adj) /ædvən'teɪdʒəs/  
favourable • *It will be advantageous to our company if we can find cheaper office space.* > advantage (n)
- 8.60 bustling** (adj) /'bʌslɪŋ/  
lively • *The stall-holders worked hard in the bustling market.* > bustle (v)
- 8.61 leading** (adj) /'liːdɪŋ/  
the best; the most important • *Samsung is a leading mobile phone manufacturer.* > lead (v)
- 8.62 mutual** (adj) /'mjuːtʃʊəl/  
common • *I buy quality produce grown locally for the mutual benefit of the farmers and myself.*
- 8.63 prosperous** (adj) /'prɒspərəs/  
rich; affluent • *The prosperous businessman donated a large sum of money to charity.* > prosper (v)
- 8.64 foremost** (adj) /'fɔːməʊst/  
the best; the most important • *'Fage' is one of Greece's foremost dairy product manufacturers.*
- 8.65 flourish** (v) /'flʌrɪʃ/  
do well • *Her business flourished and she soon started exporting goods abroad.* > flourishing (adj)
- 8.66 boom** (v) /buːm/  
increase a lot • *Fish farming boomed as demand increased.* > boom (n)
- 8.67 affluent** (adj) /'æflʊənt/  
rich • *The affluent residents in this area all own very expensive cars.* > affluence (n)
- 8.68 guild** (n) /ɡɪld/  
an organisation of people who do the same job • *This certificate shows that he is a member of the bakers' guild.*
- 8.69 chip in** (phr v) /tʃɪp ɪn/  
When each person in a group chips in, they give a little money so that they can buy sth together. • *We all chipped in to buy pizza.*
- 8.70 fork out** (phr v) /fɔːk aʊt/  
spend a lot of money on sth, usually reluctantly • *Despite being a student, he forked out 1000 euros on a new computer.*
- 8.71 put down (a deposit)** (phr v) /pʊt daʊn (ə dɪ'pɒzɪt)/  
pay part of the cost of sth • *The car cost £5,000, and we had to put down a deposit of £1,500.*
- 8.72 set sb back** (phr v) /set 'sʌmbədi bæk/  
cost sb a large amount of money • *The holiday set us back two months' salary.*
- 8.73 splash out** (phr v) /splæʃ aʊt/  
spend a lot of money on sth • *We splashed out for our anniversary and went to an expensive restaurant.*
- 8.74 farewell** (n) /feə'wel/  
the act of saying goodbye • *We held a farewell party at the office for John when he retired.*
- 8.75 black market** (n) /blæk 'mɑːkɪt/  
illegal buying and selling • *She bought a bag on the black market from a street seller.*
- 8.76 flea market** (n) /fliː 'mɑːkɪt/  
a market that sells cheap goods • *Let's go shopping at the flea market in Monastiraki.*
- 8.77 stock market** (n) /stɒk 'mɑːkɪt/  
the business of buying and selling stocks and shares • *The value of shares fell on the stock market because of the recession.*
- 8.78 fluid** (adj) /'fluːɪd/  
changeable • *The political situation is fluid and elections could be held at any moment.* > fluidity (n)
- 8.79 old money** (expr) /ould 'mʌni/  
wealth that has been inherited rather than earned • *He had old money and looked down on the nouveau riche.*
- 8.80 pocket money** (n) /'pɒkɪt 'mʌni/  
money that parents give their children every week or month • *Betty gets 20 euros pocket money a month from her parents.*
- 8.81 bank balance** (n) /bæŋk 'bæləns/  
the amount of money you have in your bank account • *He checked his bank balance at the ATM to see how much was in his account.*

- 8.82 bank statement** (n) /bəŋk 'steɪtmənt/  
a document that tells you your bank transactions and balance • *The details of this month's transactions will be on your next bank statement.*
- 8.83 make a fortune** (expr) /meɪk ə 'fɔːtʃuːn/  
make a lot of money • *The band made a fortune with their album and are now very rich.*
- 8.84 make a loss** (expr) /meɪk ə lɒs/  
If a business makes a loss, it spends more than it earns. • *The company has made a loss for the last five years, so I am afraid we have to close down.*
- 8.85 make a profit** (expr) /meɪk ə 'prɒfɪt/  
money you earn from a business or from selling sth for more than it cost • *The café made a profit of only 500 euros last month.*
- 8.86 sales figures** (n) /seɪlz 'fɪɡəz/  
statistics showing how much a company sells • *Sales figures show a profit for the first quarter but a loss in the second.*
- 8.87 sales tax** (n) /seɪlz tæks/  
money paid to the government on products sold • *Sales tax rose to 23% on some products.*
- 8.88 credit limit** (n) /'kredɪt 'lɪmɪt/  
the maximum amount of money you can borrow on a credit card • *The credit limit on this card is five thousand euros.*
- 8.89 credit rating** (n) /'kredɪt 'reɪtɪŋ/  
how likely you are to pay back money you borrow • *She has an excellent credit rating because she has never fallen behind with any payments.*
- 8.90 be in the money** (expr) /biː ɪn ðə 'mʌni/  
have a lot of money • *He is in the money because he got a bonus at work.*
- 8.91 for my money** (expr) /fə maɪ 'mʌni/  
in my opinion • *For my money, this recession is going to last many more years.*
- 8.92 get one's money's worth** (expr) /get wʌnz 'mʌnɪz wɜːθ/  
get good value for your money • *She got her money's worth when she bought a TV and got a DVD player with it for half price.*
- 8.93 throw money at** (expr) /θrəʊ 'mʌni æt/  
try to solve a problem by spending money on it • *Throwing money at the house by decorating it won't fix the problem of damp.*
- 8.94 throw money around** (expr) /θrəʊ 'mʌni ə'raʊnd/  
spend money carelessly • *He's always throwing money around and buying expensive gifts for everyone.*
- 8.95 extravagantly** (adv) /ɪks'trævəɡəntli/  
more than necessary or more than you can afford • *They spent money extravagantly for their wedding, with champagne and caviar on the menu.* > extravagance (n), extravagant (adj)

- 8.96 tighten one's belt** (expr) /'taɪtən wʌnz belt/  
spend less money because you have less than you used to • *We'll have to tighten our belts and spend less until I find a job.*
- 8.97 line one's pockets** (expr) /laɪn wʌnz 'pɒkɪts/  
make money dishonestly • *The mayor lined his pockets with money from the building fund*
- 8.98 have deep pockets** (expr) /hæv diːp 'pɒkɪts/  
have a lot of money • *David must have deep pockets if he can afford a cruise around the world.*
- 8.99 do sth on a shoestring** (expr) /duː 'sʌmθɪŋ ɒn ə 'ʃuːstrɪŋ/  
do sth using very little money • *She can dress on a shoestring by making all her own clothes.*
- 8.100 shanty town** (n) /'ʃænti taʊn/  
an area with lots of roughly built huts made from wood, plastic, cardboard, etc. where poor people live • *The children living in the shanty town had no shoes.*
- 8.101 crippling** (adj) /'krɪplɪŋ/  
very harmful • *Many innocent people died in the crippling conditions during the war.* > cripple (v)
- 8.102 harshly** (adv) /'hɑːʃli/  
severely • *She was criticised harshly for her bad behaviour.* > harsh (adj), harshness (n)
- 8.103 laundry** (n) /'ləʊndri/  
clothes that need to be washed • *We do the laundry every Saturday morning.* > launder (v)

### Phrasal verbs

chip in	set sb back
fall behind	set up
fork out	splash out
put down	turn sb down

## Grammar

pages 100-101

- 8.104 scales** (pl n) /skeɪlz/  
a weighing machine • *He weighed himself on the scales.*
- 8.105 derive** (v) /dɪ'reɪv/  
come from sth else • *Many English words derive from Latin and Greek.* > derivative (adj, n), derivation (n)
- 8.106 respectively** (adv) /rɪ'spektɪvli/  
in the order previously mentioned • *George and Hannah bought a Fiat and a Renault respectively.* > respective (adj)
- 8.107 mug** (v) /mʌɡ/  
rob sb in the street • *When the woman was mugged in the shopping centre, her bag and car keys were stolen.* > mugger (n), mugging (n)



- 8.108 nugget** (n) /'nʌɡɪt/  
a small piece of a valuable metal found in the ground • *The nugget of gold that was found in the mine is worth a fortune.*

## Listening

page 102

- 8.109 savings account** (n) /'seɪvɪŋz ə'kaʊnt/  
a bank account in which you keep money that you want to save and which pays you interest • *I have almost £10,000 in my savings account now!*
- 8.110 turn sb down** (phr v) /tɜːn 'sʌmbədi daʊn/  
reject sb • *I applied for the job, but they turned me down.*
- 8.111 VAT** (abbr) /ˌviː ɛɪ 'tiː/  
a tax added to the price of goods and services • *What is the VAT on books these days?*  
📎 VAT = value added tax
- 8.112 short (of sth)** (adj) /ʃɔːt (əv 'sʌmθɪŋ)/  
not having enough (of sth) • *I'm afraid I can't lend you any money as I'm short of cash myself.*
- 8.113 in the region of** (expr) /ɪn ðə 'riːdʒən əv/  
approximately • *I'm not sure how many people were at the meeting, but there must have been in the region of 1,000.*
- 8.114 accountant** (n) /ə'kaʊntənt/  
sb whose job is to keep or check financial accounts, calculate taxes, etc. • *The firm employs an accountant to control its finances.*  
➤ accounts (pl n), account (n)
- 8.115 fall behind** (phr v) /fɔːl bɪ'haɪnd/  
fail to pay sb money that you owe them on time • *She lost her job and fell behind with the rent.*
- 8.116 deposit** (v) /dɪ'pɒzɪt/  
put money in a bank • *I deposited the money in your account yesterday.* ➤ deposit (n)
- 8.117 cash flow** (n) /kæʃ fləʊ/  
the movement of money into and out of a business • *They couldn't pay the mortgage because they had cash flow problems.*

## Speaking

page 103

- 8.118 money is no object** (expr)  
/'mʌni ɪz nəʊ 'ɒbdʒɪkt/  
money is not considered a problem because you have lots of it • *Money is no object, so you can spend as much as you like on the wedding.*
- 8.119 down-and-out** (adj) /daʊn-ænd-aʊt/  
without money, a job or a place to live • *The man was down-and-out and slept on a bench in the park every night.*
- 8.120 spending spree** (expr) /'spendɪŋ sprɪː/  
a period of time when you spend a lot of money • *I bought three new pairs of shoes on my spending spree in the sales.*

- 8.121 budgeting** (n) /'bʌdʒɪtɪŋ/  
careful planning of what you spend • *Budgeting is essential if you want to save money for a holiday.* ➤ budget (v, n)
- 8.122 make ends meet** (expr) /meɪk endz miːt/  
have only just enough money to buy what you need • *We can only make ends meet if we don't spend any money on luxuries.*
- 8.123 have money to burn** (expr)  
/hæv 'mʌni tʊ bɜːn/  
have more money than you need • *Those rich celebrities have money to burn and throw very extravagant parties.*
- 8.124 make a killing** (expr) /meɪk ə 'kɪlɪŋ/  
make a large profit • *We made a killing on the business deal, so the boss is really pleased.*
- 8.125 lavish** (adj) /'lævɪʃ/  
spending/costing a lot of money • *They held a lavish party costing a fortune for their guests* ➤ lavishly (adv)
- 8.126 down-to-earth** (adj) /daʊn-tə-'ɜːθ/  
practical • *Stan is down-to-earth so his advice will be useful.*
- 8.127 abject poverty** (expr) /'æbdʒekt 'pɒvəti/  
condition of being terribly poor • *The families in the shanty towns were living in abject poverty.*
- 8.128 filthy rich** (expr) /'fɪlði rɪʃ/  
extremely wealthy • *The filthy rich rock star owns a mansion in Hollywood and three yachts.*
- 8.129 dirt cheap** (expr) /dɜːt tʃiːp/  
costing very little money • *This dirt cheap watch only cost five euros.*

## Writing: an article (1)

pages 104-105

- 8.130 sweep** (v) /swiːp/  
spread quickly • *The news that the boss was retiring swept the office.*
- 8.131 smooth sailing** (expr) /smuːð 'seɪlɪŋ/  
very easy to do • *The test was smooth sailing for Harry as he had revised well.*
- 8.132 retail industry** (n) /'riːteɪl 'ɪndəstri/  
selling goods to the public • *He works in the retail industry as a clothing store manager.*
- 8.133 house-bound** (adj) /'haʊs-baʊnd/  
unable to leave the house • *Katy is house-bound until her bad back gets better.*
- 8.134 fake** (n) /feɪk/  
a copy of an object that is intended to deceive people • *The painting is not by Rembrandt; it's a fake.* ➤ fake (adj)
- 8.135 revenue** (n) /'revənjuː/  
money that a business receives during a certain period • *The company suffered a loss of revenue when their product was recalled.*



**8.136 at the expense of** (expr) /ət ði ɪk'spens əv/  
If you do sth at the expense sb/sth, you do sth that could harm them. • *The factory owner profited at the expense of his workers.*

### Banking and investing

account	credit rating
bank balance	debit
bank statement	exchange rate
bank teller	owe
bond	revenue
crash	share
credit	stock market
credit limit	transaction

## Video 8: Art of the Deal

page 106

**8.137 vendor** (n) /'vendə/  
sb who sells things • *The market vendor was selling strawberries.*

**8.138 alley** (n) /'æli/  
a narrow road between buildings • *We walked down a narrow alley to the next road.*

**8.139 date** (n) /deɪt/  
a sweet, sticky brown fruit that grows on a kind of palm tree • *We ate dates for dessert in Egypt.*

**8.140 craftsman** (n) /'kra:ftsmən/  
sb who makes things skilfully with their hands • *These chairs were made by a local craftsman.* > craftsmanship (n)

**8.141 kaftan** (n) /'kæftən/  
a long piece of clothing worn in the Middle East countries • *Abdul's white kaftan is made of cotton and linen.* 🧥 Also: caftan

**8.142 auction** (n) /'ɔ:kʃn/  
a public sale where the person who offers the highest price buys the item • *I bid for a PlayStation on an online auction and was lucky enough to get it.* > auction (v)

# 9 All That Jazz!

## Word Focus

page 110

- 9.1 culture vulture** (n) /'kʌltʃə 'vʌltʃə/  
sb who is very interested in culture and the arts • *As a culture vulture, I love going to the theatre every weekend.*
- 9.2 pilot project** (n) /'paɪlət 'prɒdʒekt/  
a project set up to test sth • *The pilot project for youth theatre went so well that it became a regular event.*
- 9.3 highbrow** (adj) /'haɪbraʊ/  
serious and difficult to understand • *This highbrow exhibition is about tragedy in theatre.*  
☞ Opp: lowbrow
- 9.4 mission** (n) /'mɪʃn/  
an important job • *The comedian's mission is not only to entertain but also to make the audience think.*
- 9.5 instigate** (v) /'ɪnstɪɡeɪt/  
bring about • *We hope this play about old age will instigate change in the treatment of the elderly.* ➤ instigation (n)
- 9.6 plight** (n) /plaɪt/  
an extremely difficult situation • *The plight of the homeless should not be ignored.*
- 9.7 detention centre** (n) /dɪ'tenʃn 'sentə/  
a prison • *The fourteen-year-old thief was taken to a detention centre.*
- 9.8 abridged** (adj) /ə'brɪdʒd/  
shortened • *The abridged version of the novel is 100 pages shorter than the original.* ➤ abridge (v)

- 9.14 mushroom** (v) /'mʌʃruːm/  
grow enormously • *Gangnam Style started in South Korea but soon mushroomed into a worldwide phenomenon.*
- 9.15 stage** (v) /steɪdʒ/  
organise and present a play • *The drama club decided to stage a play by Shakespeare.*  
➤ stage (n)
- 9.16 cater for** (phr v) /'keɪtə fɔː/  
provide • *This fitness club caters for people of all ages.*
- 9.17 distinguished** (adj) /dɪ'stɪŋɡwɪʃt/  
respected; admired • *The distinguished pianist gave a performance that was widely admired.*  
➤ distinguish (v)
- 9.18 be on the go** (expr) /bi ʌn ðə ɡəʊ/  
be busy and active • *She's very energetic and she's always on the go.*
- 9.19 erase** (v) /ɪ'reɪz/  
get rid of • *International sporting events should erase racial prejudice if all athletes are treated equally.* ➤ erasure (n)
- 9.20 endeavour** (n) /ɪn'devə/  
an attempt to do sth new • *Our English teacher's endeavour to set up a drama group failed because of lack of interest.*  
➤ endeavour (v)
- 9.21 disability** (n) /dɪsə'bɪlɪti/  
a condition that makes it difficult for sb to use a part of their body properly • *The Paralympics are an inspirational sporting event for people with disabilities.*  
➤ disabled (adj)

- 9.22 core** (adj) /kɔː/  
central • *The core message of this play is equality for women.* ➤ core (n)
- 9.23 on tour** (expr) /ʌn tuə/  
performing at different venues • *The band are on tour around North America and will play first in New York.*
- 9.24 listings** (pl n) /'lɪstɪŋz/  
information in a newspaper or magazine about what films, plays, shows, etc. are on • *Look at the listings to what's on at the cinema this weekend.*
- 9.25 deprived** (adj) /dɪ'praɪvd/  
not having the things that are necessary for a comfortable life • *We are raising money to buy food for deprived families.* ➤ deprive (v), deprivation (n)
- 9.26 intellect** (n) /'ɪntələkt/  
sb's mind • *Children need to have their intellect stimulated.* ➤ intellectual (adj, n)

## Reading

pages 110-111

- 9.9 playwright** (n) /'pleɪraɪt/  
sb who writes theatrical plays • *Shakespeare is the most famous English playwright of all.*
- 9.10 free-for-all** (n) /'friː-fə-ɔːl/  
a situation where anything can happen because there is total freedom • *The guests treated the buffet as a free-for-all and took as much food as they could.*
- 9.11 cost an arm and a leg** (expr)  
/kɒst æn ɑːm ænd ə leg/  
be extremely expensive • *The tickets for the show cost an arm and a leg so I really can't afford them.*
- 9.12 check out** (phr v) /tʃek aʊt/  
look at sb/sth because they are interesting • *You should check out the new Bond film at the cinema.*
- 9.13 courtesy of sb** (expr) /'kɜːtəsi ɒv 'sʌmbədi/  
kindly provided by • *The refreshments have been provided courtesy of my brother's catering firm.*

- 9.27 culminate** (v) /'kʌlmɪneɪt/  
end with • *The show culminated with the whole cast on stage singing a farewell song.*  
➤ culmination (n)

## Vocabulary pages 112-113

- 9.28 chart** (n) /tʃɑ:t/  
an official list of how many songs or albums are sold every week • *Adele's new song is number 1 in the charts.*
- 9.29 decibel** (n) /'desɪbəl/  
a unit for measuring the loudness of sound • *The sound of a jet engine is around 140 decibels.*
- 9.30 download** (n) /'daʊnləʊd/  
a computer file that has been moved from a computer network to a small computer • *I have a download of U2's album from iTunes.*  
➤ download (v)
- 9.31 record label** (n) /'rekɔ:d 'leɪbəl/  
a company that publishes music • *Capitol Records is a well-known American record label that has worked with bands like the Beatles and Duran Duran.*
- 9.32 pianist** (n) /'pi:ənɪst/  
sb who plays the piano • *Stevie Wonder, despite being blind, is a talented blues pianist.*
- 9.33 single** (n) /'sɪŋɡl/  
a recording of a song sold by itself • *Her favourite Madonna single is Material Girl.*
- 9.34 solo artist** (n) /'səʊləʊ 'ɑ:tɪst/  
sb who sings or plays music alone • *Amy Winehouse was a talented solo artist who sadly died at the age of 27.*
- 9.35 whistle** (n) /'wɪsl/  
a high sound made by blowing air out through your lips • *The sheep dog obeyed its master's whistles and commands.* ➤ whistle (v)
- 9.36 air raid siren** (n) /eə reɪd 'saɪrən/  
a warning sound before an attack from war planes • *The residents of London would take cover underground when they heard the air raid sirens during World War II.*
- 9.37 lyrics** (pl n) /'lɪrɪks/  
words of a song • *She knows the lyrics of all Adele's songs.*
- 9.38 verse** (n) /vɜ:s/  
part of a song or poem • *There are three verses in this song and a chorus that is repeated.*
- 9.39 apathy** (n) /'æpəθi/  
lack of enthusiasm • *The students' apathy annoyed the teacher, who could not understand why they were not more enthusiastic.* ➤ apathetic (adj)
- 9.40 set to music** (expr) /set tʊ 'mju:zɪk/  
write or play music to go with words • *I write lyrics which my friend sets to music.*
- 9.41 beat** (n) /bi:t/  
the main rhythm of a piece of music • *The band was OK but they kept losing the beat.*
- 9.42 pulse** (n) /pʌls/  
an amount of sound that is produced by sth for a short time • *The satellite sent out a pulse which was used to map its position.* ➤ pulse (v)
- 9.43 read music** (expr) /ri:d 'mju:zɪk/  
be able to understand written musical notes • *I learned to read music when I started piano lessons.*
- 9.44 stroke** (n) /strəʊk/  
a movement of a brush • *The painter used short brush strokes to produce this effect.*
- 9.45 tint** (n) /tɪnt/  
a small amount of a colour • *She added a red tint to her hair.* ➤ tint (v), tinted (adj)
- 9.46 doodle** (n) /'du:dl/  
a drawing you do when you are thinking about sth else • *I drew doodles on my textbook during the boring lesson.* ➤ doodle (v)
- 9.47 carving** (n) /'kɑ:vɪŋ/  
a decorative object made by cutting into wood or stone • *There were carvings of flowers on the wooden bowls.* ➤ carve (v)
- 9.48 clay** (n) /kleɪ/  
a substance used to make pots • *Shape the clay into a pot and then we can put it in the kiln to harden.*
- 9.49 easel** (n) /'i:zl/  
a frame for resting a painting on while you paint • *The artist put a fresh canvas on an easel and started to paint.*
- 9.50 palette** (n) /'pælaɪt/  
a flat surface for mixing paints on • *She mixed blue and red on the palette to make a shade of purple.*
- 9.51 ink** (n) /ɪŋk/  
coloured liquid used for writing • *In the past we wrote with feathers dipped in ink.*
- 9.52 oil** (n) /ɔɪl/  
thick paint that contains oil • *The artists used oils to paint the portrait.*
- 9.53 plaster** (n) /'plɑ:stə/  
a white powder mixed with water that becomes hard when it dries • *She made a plaster copy of the statue.*
- 9.54 water colour** (n) /'wɔ:tə 'kɒlə/  
a mixture of paint and water • *He used water colours to paint a picture of the sea.*
- 9.55 reproduction** (n) /ri:prə'dʌkʃn/  
a copy of a work of art • *I bought a cheap reproduction of the Mona Lisa by da Vinci.*  
➤ reproduce (v)
- 9.56 landscape** (n) /'lændskeɪp/  
a picture of the countryside • *The landscapes she paints of the English countryside are beautiful.*

- 9.57 fresco** (n) /'freskəʊ/  
a painting on wet plaster on a wall  
• *Michelangelo painted beautiful frescoes on the ceiling of the Sistine Chapel.*
- 9.58 still life** (n) /stɪl laɪf/  
a painting of objects like fruit or flowers  
• *I think the fruit in this still life is very well executed.*
- 9.59 commission** (n) /kə'mɪʃn/  
a request for an artist to create a piece of art for which they will be paid • *The artist received a commission to paint the king's portrait.*  
➢ commission (v)
- 9.60 concept** (n) /'kɒnsept/  
an idea • *The concept of graffiti as art is not accepted by everyone.*
- 9.61 movement** (n) /'mu:vmənt/  
a group of people who share the same ideas  
• *The feminist movement took off in the 1970s.*
- 9.62 subject** (n) /'sʌbdʒɪkt/  
a thing or person that you paint a picture of  
• *Children are a difficult subject to draw as they won't sit still.*
- 9.63 pop art** (n) /pɒp ɑ:t/  
modern art that uses bright colours and takes themes from everyday life • *I love the famous pop art picture of Marilyn Monroe by Andy Warhol.*
- 9.64 socialite** (n) /'səʊʃəlaɪt/  
sb who goes to a lot of fashionable parties  
• *The socialite was photographed at the party wearing lots of jewellery.*
- 9.65 silkscreen** (n) /'sɪlk,skrɪn/  
silk printed with paint to make a picture • *The silkscreen painting had to be handled carefully.*
- 9.66 backing singer** (n) /'bækɪŋ 'sɪŋə/  
a singer who provides extra vocals for the main singer • *Pink Floyd have great backing singers to accompany them at their concerts.*
- 9.67 lead vocalist** (n) /li:d 'vəʊkəlɪst/  
the main singer in a group • *Mick Jagger is still the lead vocalist for the Rolling Stones.*
- 9.68 microphone stand** (n) /'maɪkrəfəʊn stænd/  
equipment used to hold a microphone • *The tall singer had to raise the microphone stand.*
- 9.69 performing arts** (n) /pə'fɔ:mɪŋ ɑ:ts/  
acting, dancing and playing music • *She is studying performing arts at drama school.*
- 9.70 cover version** (n) /'kʌvə 'vɜ:ʒn/  
a new recording of a song originally sung by sb else • *Jessica Simpson sung a cover version of Nancy Sinatra's 1966 song These Boots Are Made For Walking in 2005.*
- 9.71 opening act** (n) /'əʊpənɪŋ ækt/  
a band that plays before the main band at a concert • *Marina and the Diamonds were the opening act for Coldplay on their Mylo Xyloto tour.*
- 9.72 mainstream** (adj) /'meɪnstri:m/  
generally accepted by most people  
• *Mainstream music is generally what you hear on daytime radio.*
- 9.73 middling** (adj) /'mɪdlɪŋ/  
average • *The actor gave a middling performance which did not impress the critics.*
- 9.74 debut** (n) /'deɪbjʊ:/  
a performer's first public appearance in a play, film, show, etc. • *The actor made his debut in the new play.*
- 9.75 play by ear** (expr) /pleɪ baɪ iə/  
play music you have heard without having to read written music • *He plays by ear, so he listens to pieces to learn them.*
- 9.76 under contract** (expr) /'ʌndə 'kɒntrækt/  
required to do sth because you have signed an official agreement • *The band is under contract to produce one more album with this record label.*
- 9.77 in harmony** (expr) /ɪn 'hɑ:məni/  
using musical notes combined together in a pleasant way • *The choir sang beautifully in harmony.*
- 9.78 on display** (expr) /ɒn dɪs'pleɪ/  
on show • *Many new paintings were on display at the art gallery.*
- 9.79 wing** (n) /wɪŋ/  
a part of a building that sticks out at an angle to the main part • *They are building a new wing at the hospital.*
- 9.80 under new management** (expr)  
/'ʌndə nju: 'mænɪdʒmənt/  
being controlled by a new boss or company  
• *The restaurant is under new management so we have a new menu.*
- 9.81 by heart** (expr) /baɪ hɑ:t/  
If you know sth by heart, you remember all of it.  
• *I had to learn the poem by heart for the recital.*
- 9.82 change one's tune** (expr)  
/tʃeɪndʒ wʌnz tju:n/  
start to express a different opinion after sth has happened • *Will the politician change his tune if he wins the election?*
- 9.83 face the music** (expr) /feɪs ðə 'mju:zɪk/  
accept the consequences of bad actions  
• *I failed the exam and now I must face the music.*
- 9.84 sell sth for a song** (expr)  
/sel 'sʌmθɪŋ fɔ:r ə sɒŋ/  
sell sth very cheaply • *The shop is selling everything for a song in its closing down sale.*
- 9.85 music to one's ears** (expr)  
/'mju:zɪk tu wʌnz iəz/  
If sb's words are music to your ears, they make you very happy. • *It was music to our ears when we heard you hadn't been hurt in the train crash.*



- 9.86 blow one's own trumpet** (expr) /bləʊ wʌnz əʊn 'trʌmpɪt/  
boast about your achievements • *You should be more modest and not blow your own trumpet.*
- 9.87 boast** (v) /bəʊst/  
talk proudly about yourself in an annoying way  
• *The actor boasted about all the awards he had won.*
- 9.88 sing like a canary** (expr) /sɪŋ laɪk ə kə'neəri/  
confess everything (to the police) • *The thief sang like a canary when the police questioned him.*
- 9.89 sing sb's praises** (expr) /sɪŋ 'sʌmbədɪz 'preɪzɪz/  
express admiration for sb • *The cast admired the director and sang his praises.*
- 9.90 make a song and dance about sth** (expr) /meɪk ə sɒŋ ænd dɑːns ə'baʊt 'sʌmθɪŋ/  
make a big deal about sth that is not important  
• *He made a song and dance about the water on the carpet.*
- 9.91 make a big deal out of sth** (expr) /meɪk ə bɪɡ diːl aʊt əv 'sʌmθɪŋ/  
make sth seem more important than it really is • *It was a minor accident. Don't make a big deal out of it.*

### Art

easel	palette
landscape	still life
oil	water colour

### Music

backing singer	on tour
beat	pianist
chart	record label
cover version	single
leading vocalist	solo artist
lyrics	verse

## Grammar

pages 114-115

- 9.92 subjective** (adj) /sʌb'dʒektɪv/  
based on personal feelings • *Everyone's opinion is subjective so it is unfair to say a work of art is rubbish.* > subjectivity (n)  
📖 Opp: objective
- 9.93 brand** (n) /brænd/  
a product made by a particular company • *My favourite brand of jeans is Levi's.*
- 9.94 pricey** (adj) /'praɪsi/  
expensive • *The dress I bought for the party was quite pricey.* > price (n)

- 9.95 scale** (n) /skeɪl/  
the extent or size of sth compared with sth else • *They entertain on a grand scale, and have dozens of guests at their parties.*
- 9.96 phenomenally** (adv) /fə'nɒmənəli/  
incredibly • *The phenomenally successful tour attracted large audiences at every venue.*  
> phenomenon (n), phenomenal (adj)
- 9.97 line up** (n) /laɪn ʌp/  
a group of performers who are involved in an event • *The line up for the event includes Dalaras and Parios.*
- 9.98 lines** (pl n) /laɪns/  
the words an actor must learn for a role  
• *I had to learn my lines for the main part in this play.*
- 9.99 put sb off** (phr v) /pʊt 'sʌmbədi ɒf/  
discourage • *The bad weather put us off going to the beach.*
- 9.100 bomb** (v) /bɒm/  
fail badly • *The film bombed because the acting was bad and the special effects unimpressive.*

## Listening

page 116

- 9.101 carpenter** (n) /'kɑːpɪntə/  
sb who makes things out of wood • *The carpenter made a wooden table and four chairs.*
- 9.102 chest of drawers** (n) /tʃest əv drɔːz/  
a piece of furniture with drawers where you can keep your clothes • *He puts his T-shirts and underwear in this chest of drawers.*
- 9.103 scrutiny** (n) /'skruːtəni/  
careful study • *The company's accounts came under scrutiny by the tax office when fraud was suspected.* > scrutinise (v)
- 9.104 authority** (n) /ɔː'thɒrəti/  
sb with special knowledge of a subject  
• *She is an authority on paintings and says this one is a forgery.*
- 9.105 authenticity** (n) /ɔːθən'tɪsəti/  
being genuine • *Experts were brought in to check the authenticity of the painting.*  
> authentic (adj)

## Speaking

page 117

- 9.106 graphic artist** (n) /'græfɪk 'ɑːtɪst/  
an artist who designs images for the publishing industry • *The graphic artist designed the cover of the book.*
- 9.107 handicrafts** (pl n) /'hændɪ,kraːfts/  
sth made skilfully by sb using their hands  
• *This shop sells local handicrafts to tourists.*

- 9.108 objects of art** (expr) /'ɒbdʒekts ɒv ɑ:t/  
objects with some value as art, which are used for decoration • *The collector has many objects of art at his home.*
- 9.109 street artist** (n) /stri:t 'ɑ:tɪst/  
sb who performs in the street to entertain passers-by • *A crowd watched the street artist juggle balls in the main square.*
- 9.110 performing artist** (n) /pə'fɔ:mɪŋ 'ɑ:tɪst/  
sb who performs music or a dramatic work for an audience • *Most performing artists do not make much money.*
- 9.111 wall mural** (n) /wɔ:l 'mjuərəl/  
artwork on a wall • *There is a striking wall mural of a ball of string near the Neos Kosmos tram stop.*
- 9.112 sculpted wall** (n) /'skʌlptɪd wɔ:l/  
a wall which has a pattern carved onto it • *He commissioned an artist to create a sculpted wall in his garden.*
- 9.113 representative** (adj) /reprɪ'zentətɪv/  
typical of a particular group of people or things • *This painting is representative of the artist's mature work.* > representative (n), represent (v)
- 9.114 stand out** (phr v) /stænd aʊt/  
be noticeable • *The painting that stands out from the rest is this one of a young child.*

#### Phrasal verbs

cater for	put sb off
check out	stand out

## Writing: a report

pages 118-119

- 9.115 edgy** (adj) /'edʒi/  
intense; new and exciting • *Jimi Hendrix performed edgy music that inspired a generation of musicians.*

- 9.116 turn back the clock** (expr)  
/tʒ:n bæk ðə klɒk/  
go back to an earlier time or situation • *You can't turn back the clock. You have to get used to the present situation.*
- 9.117 deafening** (adj) /'defənɪŋ/  
extremely loud • *The music was deafening because we were right next to the speakers.* > deafen (v), deaf (adj)
- 9.118 ease** (v) /i:z/  
reduce • *The ring road around town should ease traffic in the centre.*
- 9.119 the down side** (expr) /ðə daʊn saɪd/  
the negative aspect of sth • *Not everything turned out well. There's also a down side.*
- 9.120 traffic congestion** (n) /'træfɪk kən'dʒestʃn/  
full of traffic • *Traffic congestion is terrible during the rush hour and it takes me ages to drive to work.*

## Video 9:

### Eye Trick Town

page 120

- 9.121 trompe l'oeil** (n) /trɒmp 'lɔɪ/  
art that creates the illusion of sth real  
• *We could not believe the doors and windows on the wall were trompe l'oeil art because they looked so real.*
- 9.122 façade** (n) /fə'saɪd/  
the front wall of a building • *The façade of the hotel was covered in bougainvillea flowers.*
- 9.123 terrace** (n) /'terɪs/  
a paved or grass area next to a building where people can sit • *Let's drink our sparkling water on the terrace outside.*

# 10 Modern Living

## Word Focus

page 122

- 10.1 galley** (n) /'gæli/  
a ship's kitchen • *The ship's cook prepared lunch for the crew in the galley.*
- 10.2 tagged** (adj) /tægd/  
labelled • *Make sure your luggage is tagged with your name and phone number.* > tag (v, n)
- 10.3 realm** (n) /reɪl/  
an area of activity • *New discoveries in the realm of astronomy are very exciting.*
- 10.4 hippodrome** (n) /'hɪpədrəm/  
a place where horse races took place in ancient Greece and Rome • *Spectators would cheer the horses on at the hippodrome.*
- 10.5 fortification** (n) /fɔːtɪfɪ'keɪʃn/  
a tower or wall built to protect an area from enemy attacks • *The thick castle walls were a strong fortification which the enemy could not breach.* > fortify (v)

- 10.14 gather** (v) /'gæðə/  
collect • *I gathered together my hiking boots, bag and map for the walk in the hills.*
- 10.15 in good shape** (expr) /ɪn gʊd ʃeɪp/  
fit and healthy • *He's in good shape because he works out at the gym three times a week.*
- 10.16 make for** (phr v) /meɪk fə/  
go towards a place • *After a busy day at work, Dad made for home.*
- 10.17 a bite to eat** (expr) /ə baɪt tu iːt/  
a snack; a meal • *I had a bite to eat in the canteen at lunch time.*
- 10.18 head (for)** (v) /hed (fə)/  
go in a particular direction • *It's a sunny day and they're heading for the beach.*
- 10.19 anchor** (v) /'æŋkə/  
drop an anchor in the sea to keep a boat in one place • *We anchored the yacht in a pretty cove for the afternoon.* > anchor (n)
- 10.20 brief** (v) /brɪf/  
give sb information about sth • *The principal briefed the staff about the changes to the timetable.* > brief (n)
- 10.21 on board** (expr) /ɒn bɔːd/  
on a plane, ship or train • *When all the passengers were on board, the ship was able to leave port.*
- 10.22 gear** (n) /ɡɪə/  
equipment • *The camping gear he bought included a tent, a torch and a sleeping bag.*
- 10.23 aboard** (adv) /ə'bɔːd/  
on or onto a plane, ship, bus or train • *There are three hundred passengers aboard this ship.*
- 10.24 carry out** (phr v) /'kæri aʊt/  
do a task • *The scientist carried out an experiment in the lab.*
- 10.25 excavation** (n) /ekska'veɪʃn/  
digging to find ancient objects, bones, etc. • *In 2013, an excavation in Leicester successfully revealed the skeleton of King Richard III of England.* > excavate (v)
- 10.26 field notes** (pl n) /fiːld nəʊtɪz/  
notes taken by a scientist to record their work in progress • *The marine biologist went through her field notes and prepared her report.*
- 10.27 safekeeping** (n) /'seɪf'kiːpɪŋ/  
being in a safe place where it will not be damaged or lost • *I locked my jewellery in a drawer for safekeeping.*

## Reading

pages 122-123

- 10.6 juggle** (v) /'dʒʌɡl/  
give your attention to many things • *Susan juggles a full-time job and voluntary work at a charity shop.*
- 10.7 born and bred** (expr) /bɔːn ænd bred/  
born and having grown up in a particular place • *You can tell he was born and bred in Texas from his accent.*
- 10.8 chop and change** (expr) /tʃɒp ænd tʃeɪndʒ/  
change your mind many times • *He chopped and changed about which course to do before finally deciding on biochemistry.*
- 10.9 marine** (adj) /mæ'riːn/  
of the sea • *He studies marine life in the Pacific Ocean.*
- 10.10 arrowhead** (n) /'ærəʊhed/  
the sharp end of an arrow • *Early humans made arrowheads out of stone which they used to hunt with.*
- 10.11 submarine** (n) /sʌbmæ'riːn/  
a ship that can travel underwater • *The submarine dived deep into the sea.*
- 10.12 formative years** (n) /fɔːmətɪv jɪəz/  
years which influence the way sb develops • *He was taught to love the sea during the formative years of his childhood.*
- 10.13 field work** (n) /fiːld wɜːk/  
research done in the real world and not in a laboratory • *The geologist collected soil from the mountain as part of his field work.*

- 10.28 undergo** (v) /ʌndə'gəʊ/  
If sb/sth undergoes a test, an experience, etc., it happens to them. • *The skeleton must undergo DNA tests to see if it really is King Richard III.*
- 10.29 rigorous** (adj) /'rɪɡərəs/  
thorough • *The athletes followed a rigorous training routine.* > rigour (n), rigorously (adv)
- 10.30 dedicated** (adj) /'dedɪkeɪtɪd/  
devoted • *She is dedicated to her job and always works hard.* > dedicate (v), dedication (n)
- 10.31 lend a hand** (expr) /lend ə hænd/  
help • *Can you lend me a hand with my heavy suitcase?*
- 10.32 snail** (n) /'sneɪl/  
a small soft animal with a shell that moves slowly • *A snail crawled along the wet path.*
- 10.33 rinse** (v) /rɪns/  
wash with clean water • *He rinsed the washing powder out of his shirt and then hung it up to dry.* > rinse (n)
- 10.34 eager** (adj) /'iːɡə/  
keen; willing • *Eager to help, I offered to wash the dishes.* > eagerness (n), eagerly (adv)
- 10.35 day-care** (n) /deɪ-keə/  
when young children are looked after during the day because their parents are at work • *When Shirley goes back to work, she'll take her toddler to day-care.*
- 10.36 commute** (v) /kə'mjuːt/  
travel to work • *He commutes to work because he lives in the suburbs but works in the city centre.* > commuter (n)
- 10.37 crusader** (n) /kruː'seɪdə/  
a European Christian who fought against the Muslims in one of the wars in Palestine in the Middle Ages • *The crusaders were finally driven out of the Holy Land.* > crusade (n, v)
- 10.38 fragile** (adj) /'frædʒaɪl/  
delicate; easily damaged • *The fragile ecosystem of the coral reef was damaged by pollution.* > fragility (n)
- 10.39 make up one's mind** (expr)  
/meɪk ʌp wʌnz maɪnd/  
decide • *He made up his mind about what to study at university in his last year at school.*
- 10.40 occupation** (n) /ɒkju'peɪʃn/  
a job • *People in professional occupations have to dress very smartly.*
- 10.41 reflect** (v) /rɪ'flekt/  
think about sth • *I need some time to reflect on the problem.* > reflection (n)
- 10.42 uneventful** (adj) /ʌnɪ'ventfəl/  
with nothing interesting or unusual happening • *It was an uneventful day and nothing unusual happened.*

- 10.43 sheltered** (adj) /'ʃeltəd/  
protected • *He had a sheltered childhood because his family never socialised with anyone outside the neighbourhood.* > shelter (v, n)
- 10.44 tie up loose ends** (expr) /taɪ ʌp luːs endz/  
complete unfinished tasks • *Before starting her new job, Liz had to tie up some loose ends.*
- 10.45 in working order** (expr) /ɪn 'wɜːkɪŋ 'ɔːdə/  
working well • *The lift isn't in working order, so you'll have to use the stairs.*  
🔑 Opp: out of order
- 10.46 trawler** (n) /'trɔːlə/  
a fishing boat that drags nets behind it to catch fish • *The trawler got caught in a storm at sea.* > trawl (v)
- 10.47 devastation** (n) /,devə'steɪʃn/  
great damage • *The earthquake caused utter devastation in the area.* > devastate (v)

## Vocabulary

pages 124-125

- 10.48 hectic** (adj) /'hektɪk/  
very busy • *The teacher had a hectic Saturday morning cleaning, shopping, cooking and marking.*
- 10.49 provincial** (adj) /prə'vɪnʃl/  
in/of the country • *The couple moved to a provincial town far from the busy capital.* > province (n)
- 10.50 sedentary** (adj) /'sedəntri/  
spending a lot of time sitting down and not moving very much • *Sitting all day on the sofa or in front of a laptop is too sedentary a lifestyle for me.*
- 10.51 solitary** (adj) /'sɒlətri/  
alone • *She leads a solitary existence living on her own on an island.*
- 10.52 unsophisticated** (adj) /ʌnsə'fɪstɪkeɪtɪd/  
simple • *An unsophisticated lifestyle keeps costs down as you only need basic things.* > sophistication (n) 🔑 Opp: sophisticated
- 10.53 cosmopolitan** (adj) /kɒzmə'pɒlɪtən/  
with many people from different places and of different cultures • *London is a cosmopolitan city with people of many nationalities living there.*
- 10.54 reasonable** (adj) /'riːzənəbl/  
fairly priced; not expensive • *Five pounds is a reasonable price for a pizza in London.* > reason (n) 🔑 Opp: unreasonable
- 10.55 metropolitan** (adj) /metrə'pɒlɪtən/  
of the city • *Living in a metropolitan area, I can enjoy everything a city offers.*
- 10.56 sociable** (adj) /'səʊfəbl/  
enjoying spending time with other people • *Being sociable, he got to know many people at the party.* > socialise (v) 🔑 Opp: unsociable



- 10.57 devoid (of)** (adj) /dɪ'vɔɪd (əv)/  
lacking; without • *Living in the middle of nowhere, she feels her life is devoid of excitement.*
- 10.58 newcomer** (n) /'njuːkləmə/  
sb who has just come to a place to live or work  
• *Friendly neighbours welcomed the newcomers to the street with an apple pie.*
- 10.59 pedestrianise** (v) /pə'destrɪənaɪz/  
make a street into an area that is used only by people who are walking • *They pedestrianised the high street and it's a pleasure to walk there now.* > pedestrianisation (n), pedestrian (n)
- 10.60 graduate** (v) /'grædʒueɪt/  
get a university degree • *Bob graduated from Harvard with a law degree.* > graduate (n), graduation (n)
- 10.61 live out of a suitcase** (expr)  
/lɪv aʊt əv ə 'su:tkeɪs/  
stay somewhere temporarily with only a few of your belongings in your suitcase because you are travelling • *I travel as part of my job, but I hate living out of a suitcase.*
- 10.62 crime rate** (n) /kraɪm reɪt/  
the amount of crime in an area • *Crime rates increased during the financial crisis.*
- 10.63 recovery** (n) /rɪ'kʌvəri/  
becoming well after an illness or injury  
• *We were happy to hear of your quick recovery from the flu.* > recover (v)
- 10.64 hit the road** (expr) /hɪt ðə rəʊd/  
start out on a journey • *We should hit the road early tomorrow before the rush hour.*
- 10.65 income** (n) /'ɪŋkʌm/  
the money you earn from work • *The family struggle to survive on a low income.*
- 10.66 hardship** (n) /'hɑːdʃɪp/  
difficulties • *They are facing hardship in the cold winter because they cannot afford heating.*
- 10.67 get by** (phr v) /get baɪ/  
have just enough money to live on  
• *The elderly couple try to get by on 500 euros a month.*
- 10.68 excel** (v) /ɪk'sel/  
do very well • *He excels at maths and won an award in the school maths competition.* > excellence (n), excellent (adj)
- 10.69 outdo** (v) /,aʊt'duː/  
perform better than sb • *He tried to outdo his classmates by getting the highest mark.*
- 10.70 climb the corporate ladder** (expr)  
/klaɪm ðə 'kɔːpərət 'lædə/  
get promotion within a company  
• *The young employee climbed the corporate ladder and was promoted to personal assistant to the boss.*
- 10.71 colleague** (n) /'kɒliːg/  
sb you work with • *My colleagues organised an office party for Christmas.*
- 10.72 ruin** (v) /'ruːɪn/  
destroy • *The injury ruined the athlete's chances of competing at the Olympics.*  
> ruin (n)
- 10.73 spoil** (v) /spɔɪl/  
give a child everything it wants • *Charlie is difficult and rude because his mother spoils him.* > spoilt (adj)
- 10.74 fledgling** (adj) /'fledʒlɪŋ/  
new and inexperienced • *The fledgling online store gradually started to receive orders.*  
📌 NB a fledgling is a baby bird
- 10.75 susceptible** (adj) /sʌ'septɪbl/  
easily influenced or harmed • *I'm susceptible to colds so I stay indoors when it's snowing.* > susceptibility (n)
- 10.76 siren's call** (expr) /'saɪrənz kɔːl/  
the temptation to do sth that seems attractive but that will have bad consequences • *You must turn your back on the siren's call of an easy life.*
- 10.77 culprit** (n) /'kʌlpɪt/  
sb/sth blamed for sth • *I returned to the car park to find that my car had been damaged and the culprit had fled.*
- 10.78 to a lesser extent** (expr) /tu ə 'lesə ɪk'stent/  
to a smaller degree • *They were eager to visit Paris and, to a lesser extent, London.*
- 10.79 couch-bound** (adj) /'kaʊtʃ-baʊnd/  
sitting on a sofa for a long time • *We were couch-bound in front of the TV all day as it was too wet to go out.*
- 10.80 obsess** (v) /əb'ses/  
think about only one thing • *The model obsessed so much about her weight that she became anorexic.* > obsession (n), obsessive (adj)
- 10.81 browse** (v) /braʊz/  
search for information on the Internet  
• *Browsing online can be fun as you surf from one website to another.* > browser (n)
- 10.82 irritable** (adj) /'ɪrɪtəbl/  
bad-tempered • *The irritable teacher shouted at the pupils.* > irritability (n)
- 10.83 mood-altering** (adj) /muːd-ɔːltərɪŋ/  
a drug capable of causing changes of mood  
• *This is a highly-addictive, mood-altering drug.*
- 10.84 bounce back** (phr v) /baʊns bæk/  
recover from a bad situation • *The company bounced back in the second quarter and made a profit.*
- 10.85 do without** (phr v) /duː wɪð'aʊt/  
cope well despite not having sth • *We must learn to do without a car since we can't afford to run it.*

- 10.86 pull together** (phr v) /pʊl tə'geðə/  
work as a team to achieve sth  
• *The employees pulled together to make the company more successful.*
- 10.87 wear sb down** (phr v) /weə 'sʌmbədi daʊn/  
make sb weaker • *The long commute to work every day really wears me down.*
- 10.88 strain** (n) /streɪn/  
pressure • *The stress and strain of the new job is too much for him to cope with.*
- 10.89 burn the candle at both ends** (expr)  
/bɜːn də 'kændl æt bəʊθ endz/  
live a hectic life • *Diana is burning the candle at both ends by going out every night after work.*
- 10.90 hit rock bottom** (expr) /hɪt rɒk 'bɒtəm/  
become as unsuccessful or unhappy as it is possible to be • *He hit rock bottom when he ended up homeless.*
- 10.91 keep your head above water** (expr)  
/kiːp jɒː hed ə'boʊv 'wɔːtə/  
survive financially • *She got a second job to keep her head above water.*
- 10.92 run yourself into the ground** (expr)  
/rʌn jə'self 'ɪntʊ ðə graʊnd/  
become extremely tired because you work too hard • *Geena ran herself into the ground working day and night on her project.*
- 10.93 throw in the towel** (expr) /θrəʊ ɪn ðə 'taʊəl/  
realise you must give up • *The athlete threw in the towel when he came last in the semi-final.*
- 10.94 pace** (n) /peɪs/  
speed • *You must work at a faster pace to finish the task.* > pace (v)
- 10.95 admit defeat** (expr) /əd'mɪt dɪ'fɪːt/  
realise you cannot win or do sth • *The football team admitted defeat when they were down 5-0.*

## Grammar

pages 126-127

- 10.96 promotion** (n) /prə'məʊʃn/  
a move to a more important job in a company or organisation • *His promotion from assistant manager to manager was expected.*  
> promote (v)
- 10.97 shopping district** (n) /'ʃɒpɪŋ 'dɪstrɪkt/  
a part of a city or town where there are lots of shops • *The main shopping district in Athens is around Ermou Street.*
- 10.98 hard to come by** (expr) /hɑːd tə kʌm baɪ/  
difficult to find • *Well-paid jobs are hard to come by these days.*
- 10.99 think outside the box** (expr)  
/θɪŋk aʊt'saɪd ðə bɒks/  
think of different or unusual ways of doing sth  
• *In order to innovate, you need to think outside the box.*

- 10.100 initiative** (n) /ɪ'nɪʃətɪv/  
the ability to act without being told what to do  
• *The student showed initiative when he did some research alone in the library.*
- 10.101 assess** (v) /ə'ses/  
make a judgement • *The teacher assessed the students' progress by setting a test.*  
> assessment (n)
- 10.102 pursue** (v) /pə'sjuː/  
follow • *The employer decided to pursue two candidates and called them in for a second interview.* > pursuit (n)
- 10.103 brand new** (adj) /brænd njuː/  
completely new • *These shoes are brand new, so don't dirty them.*
- 10.104 tonsils** (pl n) /'tɒnsəlz/  
glands at the back of the throat • *The doctor says I've got swollen tonsils.* > tonsillitis (n)
- 10.105 satellite dish** (n) /'sætələɪt dɪʃ/  
equipment that receives signals from a satellite and enables people to watch satellite television • *We have just installed a satellite dish on our roof.*
- 10.106 rail** (n) /reɪl/  
metal bar that is part of a fence  
• *I chained my bicycle to the rails at the front of the station.*

### Work-related words

Verbs	Nouns	Adjectives
brief	colleague	dedicated
commute	occupation	eager
juggle	promotion	hectic
retire		

## Listening

page 128

- 10.107 slog it out** (expr) /slɒg ɪt aʊt/  
work hard • *He slogged it out all week preparing the sales figures.*
- 10.108 land a part** (expr) /lənd ə pɑːt/  
get a role • *The actress was very pleased to land a part in a BBC series.*
- 10.109 climb up the career ladder** (expr)  
/klaɪm ʌp ðə kə'ɪrɪə 'lædə/  
get promoted • *You'll be climbing up the career ladder if you get the post of department supervisor.*
- 10.110 agricultural** (adj) /ægrɪ'kʌltʃərəl/  
connected with farming • *Greece is an agricultural country and produces olives, grapes and lot of other crops.* > agriculture (n)
- 10.111 fulfil** (v) /fʊl'fɪl/  
manage to do sth you hoped for • *I fulfilled the ambition of a lifetime when I visited New York.*  
> fulfilment (n)

- 10.112 disinterest** (n) /dɪs'ɪntərəst/  
lack of interest • *Fred showed complete disinterest in music, even though his dad was a musician.* > disinterested (adj)
- 10.113 prospect** (n) /'prɒspekt/  
the possibility that sth will happen • *The prospect of another war is frightening.* > prospective (adj)
- 10.114 rat race** (expr) /ræt reɪs/  
the stressful way of life in a large city, competing to be successful, earn money, etc. • *The pressure of the rat race exhausted him so he quit his job.*
- 10.115 live in the fast lane** (expr) /lɪv ɪn ðə fɑːst leɪn/  
have a hectic and pressured lifestyle • *She lives in the fast lane and is always travelling abroad for business meetings.*
- 10.116 rural** (adj) /'rʊərəl/  
of or in the countryside • *We stayed in an old farmhouse on our holiday in rural France.*

## Speaking

page 129

- 10.117 strict** (adj) /strikt/  
demanding that rules concerning behaviour are obeyed • *The strict teacher demanded that all assignments be handed in on time*
- 10.118 mother tongue** (n) /'mʌðə tʌŋ/  
language you learn from your parents • *My mother tongue is English but I also speak German because I learnt it at school.*
- 10.119 interactive whiteboard** (n)  
/ɪntər'æktɪv 'waɪtbɔːd/  
a classroom board which is connected to a computer • *The teacher displayed some photos from his computer on the interactive whiteboard.*
- 10.120 retire** (v) /rɪ'taɪə/  
stop working and become a pensioner • *John retired at 65 but feels bored staying at home instead of working.* > retirement (n), retired (adj)
- 10.121 MA** (abbr) /,em 'eɪ/  
a second university degree in an arts subject • *She has an MA in French from the University of Newcastle.* 📖 MA = Master of Arts
- 10.122 incorporate** (v) /ɪn'kɔːpəreɪt/  
include more than one thing • *This course incorporates lectures and field work.* > incorporation (n)
- 10.123 discipline** (n) /'dɪsəplɪn/  
obeying rules and being punished if you do not • *My school has a reputation for strict discipline.* > discipline (v), disciplined (adj), disciplinary (adj)
- 10.124 high-powered** (adj) /haɪ-'paʊəd/  
important and having a lot of responsibility • *The president of the USA has a high-powered position.*

## Writing: an article (2)

pages 130-131

- 10.125 convenience** (n) /kən'viːniəns/  
sth useful and suitable • *The convenience of being able to phone somebody wherever you are is what a mobile phone provides.* > convenient (adj) 📖 Opp: inconvenience
- 10.126 impact** (n) /'ɪmpækt/  
an effect; a result • *Being fired had a terrible impact on her life.*
- 10.127 privilege** (n) /'prɪvɪlɪdʒ/  
a special advantage • *In the past, education was a privilege for the rich only.* > privileged (adj)
- 10.128 walk of life** (expr) /wɔːk əv laɪf/  
sb's job or position in society • *People from all walks of life attended the meeting.*
- 10.129 slash** (v) /slæʃ/  
cut violently • *As we slash away at the rainforests, do we realise how the loss of the trees will affect our planet?*
- 10.130 bleak** (adj) /bliːk/  
without anything to make you feel hopeful • *The future looks bleak for a whole generation of unemployed graduates.*

### Phrasal verbs

carry out	make for
do without	pull together
get by	wear sb down

### -ible or -able?

inevitable	sociable
irritable	susceptible
reasonable	

## Video 10: Zoo Dentists

page 132

- 10.131 filling** (n) /'fɪlɪŋ/  
metal that a dentist puts into a tooth to cover a hole • *The dentist gave him a filling in a tooth that had decayed.* > fill (v)
- 10.132 molar** (n) /'məʊlə/  
a large tooth at the back of the mouth • *The molar at the back of my mouth was painful, so I went to the dentist.*
- 10.133 anaesthetise** (v) /ə'niːsθətaɪz/  
give someone a drug so that they do not feel pain • *The surgery began as soon as the patient was anaesthetised.* > anaesthetic (n)

- 10.134 tusk** (n) /tʌsk/  
one of the two pointed teeth that come out of the mouth of some animals like an elephant  
● *The elephant's large tusks were what the hunters were after.*
- 10.135 life expectancy** (n) /laɪf ɪks'pektənsi/  
the length of time that a person is likely to live  
● *The life expectancy of Cretans is higher than average.*
- 10.136 sea lion** (n) /siː 'laɪən/  
a large seal (sea animal) ● *The sea lion moved awkwardly on land, but swam effortlessly once it was in the water.*
- 10.137 root canal** (n) /ruːt kə'næl/  
removal of the nerve of a tooth ● *Your tooth has decayed badly and I'm afraid you need a root canal.*



# 11 Sports Crazy!

## Word Focus

pages 136

- 11.1 stuntman** (n) /'stʌntmæn/  
sb whose job is to do dangerous things instead of an actor • *The stuntman jumped from the building and landed safely on a mattress.*
- 11.2 don** (v) /dɒn/  
put on • *He donned his coat and hat and went out.*
- 11.3 make-up** (n) /'meɪk-ʌp/  
the qualities that form sb's personality  
• *Honesty and reliability are part of her make-up.*
- 11.4 adrenaline** (n) /ə'drenəlɪn/  
a hormone that is released into your body when you are scared or excited • *Her adrenaline flowed when she parachuted out of the plane.*
- 11.5 rush** (n) /rʌʃ/  
a sudden strong feeling • *Doing a bungee jump gave him an adrenaline rush.*
- 11.6 specification** (n) /spesɪfɪ'keɪʃn/  
a detailed instruction about how sth should be made • *The specifications say this bike has five gears.* > specify (v)
- 11.7 rung** (n) /rʌŋ/  
a step on a ladder • *I climbed to the top rung of the ladder to clean the top of the cupboard.*
- 11.8 rim** (n) /rɪm/  
the outside edge of sth circular • *The rim of the wheel got damaged when I rode over a stone.*
- 11.9 intact** (adj) /ɪn'tækt/  
undamaged • *Luckily, the stuntman's helmet remained intact when he fell.*

- 11.14 touch down** (phr v) /tʌtʃ daʊn/  
land • *The parachutist jumped out of the plane and touched down on the ground five minutes later.*
- 11.15 give the go-ahead** (expr) /gɪv ðə ɡəʊ ə'hed/  
give sb permission to do sth • *The pilot waited for the control tower to give the go-ahead before he took off.*
- 11.16 bear in mind** (expr) /beər ɪn maɪnd/  
consider • *Please bear in mind that the museums are closed on Mondays.*
- 11.17 bend** (v) /bend/  
move sth so it is not straight • *She bent her arm to scratch her shoulder.* > bend (n)
- 11.18 upright** (adv) /'ʌpraɪt/  
vertically • *The teacher got out of the chair and stood upright in front of the board.*
- 11.19 footboard** (n) /'fʊtbɔ:d/  
a board where you can rest your feet • *You can rest your feet on the footboard in front of your seat in most coaches.*
- 11.20 inner** (adj) /'ɪnə/  
on the inside • *The inner part of the wheel spins round more slowly.*
- 11.21 handle** (n) /'hændl/  
part of an object that you use to hold it  
• *The handle of the cup broke and the hot coffee burnt me.*
- 11.22 outer** (adj) /'aʊtə/  
on the outside • *The outer side of the door got covered in ice in the cold weather.*
- 11.23 stride** (n) /straɪd/  
a step • *It was three strides from the bedroom to the bathroom in the tiny hotel room.*
- 11.24 buckle** (n) /'bʌkl/  
a piece of metal or plastic you use to do up a belt • *The buckle on my belt broke so I can't do it up.* > buckle (v)
- 11.25 binding** (n) /'baɪndɪŋ/  
sth you use to tie sth else with • *I cut the binding off the box and unpacked the things inside.* > bind (v)
- 11.26 screw** (n) /skru:/  
a thin pointed piece of metal that you push and turn in order to fasten sth together  
• *Use two screws to attach the leg to the seat of the chair.*
- 11.27 bolt** (n) /bəʊlt/  
a small piece of metal that is used to join two things • *He attached the shelf to the wall with a strong bolt.*

## Reading

pages 136-137

- 11.10 spinning** (n) /'spɪnɪŋ/  
indoor cycling • *She keeps fit by doing spinning on the cycles at the gym.* > spin (v)
- 11.11 game** (adj) /geɪm/  
willing to try sth dangerous, new or difficult  
• *If you're game for a challenge, let's play tennis.*
- 11.12 wingsuit** (n) /'wɪŋsuɪt/  
a parachuting suit with flaps like wings  
• *The skydiver spread his arms wide and his wingsuit made him soar like a bird.*
- 11.13 have what it takes** (expr) /hæv wɒt ɪt teɪks/  
have the necessary skills, power, intelligence, etc. to do sth • *Do you have what it takes to do a bungee jump or are you too scared?*

- 11.28 utmost** (adj) /'ʌtməʊst/  
greatest • *I took the utmost care not to break anything when I cleaned Grandma's glassware.* ➤ utmost (n)
- 11.29 adhere (to)** (v) /əd'hɪə (tʊ)/  
follow • *You must adhere to the instructions in order to assemble the table correctly.*
- 11.30 ensure** (v) /ɪn'ʃʊː/  
make sure • *Ensure that you have all the bolts and screws before you try to assemble the furniture.*
- 11.31 reverse** (v) /rɪ'vɜːs/  
position sth backwards • *If you reverse the cushions on the sofa, they won't fit properly.* ➤ reverse (n)
- 11.32 incur** (v) /ɪn'kʊː/  
If you incur sth unpleasant, it happens because of sth you have done. • *The footballer incurred a serious knee injury when he was kicked.*
- 11.33 firmly** (adv) /'fɜːmli/  
tightly; strongly • *Hold the screwdriver firmly so you can turn the screws more easily.* ➤ firm (adj)
- 11.34 tighten** (v) /'taɪtən/  
make tight • *She tightened her belt so her jeans would stay up.* ➤ tight (adj)  
🔗 Opp: loosen
- 11.35 fasten** (v) /'fɑːsn/  
attach • *Please fasten your seat belt for take-off.* ➤ fastener (n)
- 11.36 at regular intervals** (expr) /ət 'regjələ  
'ɪntəvlz/  
regularly • *Inspectors come to the school at regular intervals.*
- 11.37 maintenance** (n) /'meɪntənəns/  
keeping sth in good condition • *Your old car needs regular maintenance to keep it running well.* ➤ maintain (v)
- 11.38 perception** (n) /pə'sepʃn/  
the way you think about what sth is like • *Her perception of danger increased after she had an accident.* ➤ perceive (v), perceptive (adj)
- 11.39 embrace** (v) /ɪm'breɪs/  
accept sth with enthusiasm • *To embrace risks you need to be unafraid of danger.* ➤ embrace (n)
- 11.40 safety-conscious** (adj) /'seɪfti-ˌkənʃəs/  
careful not to put yourself in danger • *The safety-conscious skydiver checked his parachute carefully before the jump.*
- 11.41 longtime** (adj) /'lɒŋtaɪm/  
for a long time • *A longtime fitness instructor, Rob has helped many people to get in shape.*
- 11.42 pursuit** (n) /pə'sjuːt/  
an activity • *His favourite pursuit is mountain climbing.* ➤ pursue (v)
- 11.43 natural ceiling** (expr) /'nætʃərəl 'siːlɪŋ/  
the natural limit of what is possible • *There is a natural ceiling that will limit how fast humans can run.*
- 11.44 hold sb back** (phr v) /həʊld 'sʌmbədi bæk/  
stop sb doing sth • *Her fear of heights held her back from climbing to the top of the tower.*
- 11.45 tolerance** (n) /'tɒlərəns/  
ability to bear sth • *He has a low tolerance for pain so he really complains if he gets hurt.* ➤ tolerate (v), tolerant (adj)  
🔗 Opp: intolerance
- 11.46 crave** (v) /kreɪv/  
desire sth greatly • *Sometimes I crave chocolate; I just have to have some.* ➤ craving (n)
- 11.47 perceive** (v) /pə'siːv/  
think of sb/sth in a particular way • *I don't understand why some people perceive maths to be a difficult subject.* ➤ perception (n)
- 11.48 thrill-seeking** (adj) /'θrɪl-ˌsiːkɪŋ/  
looking for excitement • *The thrill-seeking couple went on an extreme sports weekend.*
- 11.49 minimise** (v) /'mɪnɪmaɪz/  
make as small as possible • *Wear your seatbelt to minimise the risk of injury if we have an accident.*
- 11.50 precaution** (n) /prɪ'kɔːʃn/  
an action to stop sth dangerous happening • *We took all the necessary safety precautions before doing the parachute jump.* ➤ precautionary (adj)
- 11.51 feasible** (adj) /'fiːzəbl/  
possible • *It wasn't feasible to continue climbing in the snow so we abandoned the attempt.* ➤ feasibility (n) 🔗 Opp: unfeasible
- 11.52 reassure** (v) /rɪə'ʃʊː/  
say sth to stop sb worrying • *The guide reassured us the museums were open, even though we had heard there was a strike.* ➤ reassurance (n)
- 11.53 be cut out** (phr v) /biː kʌt aʊt/  
be suited to • *Bobby is not cut out for sport because he is not the athletic type.*
- 11.54 burning desire** (expr) /'bɜːnɪŋ dɪ'zaɪə/  
a very strong desire • *Her burning desire was to take part in the Olympics, so she trained hard every day.*
- 11.55 be entitled** (expr) /bɪ ɪn'taɪtəld/  
have the right to have sth • *Pensioners are entitled to half-price tickets on public transport.*

### Excitement

adrenaline	thrill-seeking
burning desire	ultimate
rush	

# Vocabulary

pages 138-139

- 11.56 broadcast** (n) /'brɔːdkɑːst/  
a TV or radio programme or transmission  
• *I watch the news broadcast every evening.*  
➤ broadcast (v), broadcaster (n)
- 11.57 wits** (pl n) /wɪts/  
the ability to think quickly and decide correctly  
• *Thanks to his quick wits, he swerved the car away from the dog just in time.*
- 11.58 come in handy** (expr) /kʌm ɪn 'hændi/  
be useful • *A torch will come in handy in case there is a blackout.*
- 11.59 with a view to** (expr) /wɪð ə vjuː tə/  
with the intention of doing sth • *I saved all year with a view to going on holiday.*
- 11.60 internship** (n) /'ɪntɜːnʃɪp/  
a job that a student does to gain experience  
• *The medical student did his internship at the local hospital.*
- 11.61 commentator** (n) /'kɒmentetɪtə/  
sb who describes a sport on the radio or TV  
• *The commentator explained which players were in each team.* ➤ commentate (v), commentary (n)
- 11.62 interpreter** (n) /ɪn'tɜːprɪtə/  
sb who translates what people are saying  
• *An interpreter translated what the Spanish coach said to the English reporters.*  
➤ interpret (v)
- 11.63 observer** (n) /əb'zɜːvə/  
sb who regularly pays attention to certain events, situations, etc. • *International observers went to Iran to report on its nuclear programme.* ➤ observe (v)
- 11.64 cover** (v) /'kʌvə/  
report an event for the media • *The football match is being covered by Channel 1 tonight at 9pm.* ➤ cover (n)
- 11.65 steer** (v) /stiə/  
direct a car • *I steered the car left into a side road.*
- 11.66 figure** (n) /'fɪɡə/  
a famous person • *Messi is an admired figure in the world of football.*
- 11.67 captivating** (adj) /'kæptɪveɪtɪŋ/  
fascinating • *The football final was a captivating match well worth watching.* ➤ captivate (v)
- 11.68 charming** (adj) /'tʃɑːmɪŋ/  
attractive • *The charming ballet was beautifully performed.* ➤ charm (v, n)
- 11.69 dazzling** (adj) /'dæzlɪŋ/  
very impressive • *The fireworks display was a dazzling end to the evening.* ➤ dazzle (v)
- 11.70 pleasing** (adj) /'pliːzɪŋ/  
giving pleasure or satisfaction • *The warm climate in the Mediterranean is very pleasing in spring.* ➤ please (v)
- 11.71 admirer** (n) /əd'maɪərə/  
sb who is impressed by sb/sth • *Admirers of the celebrity asked for his autograph.*  
➤ admire (v)
- 11.72 relay race** (n) /'riːleɪ reɪs/  
a running competition that includes four runners on each team who have to pass a baton to each other as their part of the race  
• *Each athlete ran 100m in the relay race and the team went once around the track.*
- 11.73 serve** (v) /sɜːv/  
start a tennis game by throwing a ball into the air and hitting it • *The tennis player served and his opponent hit the ball back.*
- 11.74 ace** (n) /eɪs/  
a perfect serve that the other player cannot return • *The serve was an ace that the other tennis player could not reach.*
- 11.75 round** (n) /raʊnd/  
a series of games in a competition • *In round two of the cup, Italy will play France.*
- 11.76 set** (n) /set/  
a section of a tennis match • *The tennis player won the second set 6-4.*
- 11.77 club** (n) /klʌb/  
a long thin metal stick you use to hit the ball in golf • *The golf player chose a club and expertly hit the ball onto the green.*
- 11.78 bat** (n) /bæt/  
a long wooden stick that you use to hit a ball in some sports • *The baseball player hit the ball hard with the bat.* ➤ bat (v)
- 11.79 drive** (n) /draɪv/  
the act of hitting a ball hard • *The excellent drive sent the ball 300 metres.* ➤ drive (v)
- 11.80 steady** (v) /'stedi/  
become calmer • *John steadied, aimed and then threw the ball into the basket.* ➤ steady (adj)
- 11.81 shoot** (v) /ʃuːt/  
aim and throw or kick • *Messi shot the ball right into the net.* ➤ shot (n)
- 11.82 toss** (v) /tɒs/  
throw • *The rugby player tossed the ball to his teammate.* ➤ toss (n)
- 11.83 buzzer** (n) /'bʌzə/  
an electrical device that makes a buzzing noise and is used to mark the end of periods of play in some sports • *It was a one-sided game and at the buzzer, the score was 110-36.* ➤ buzz (v)
- 11.84 lead** (n) /liːd/  
the first position in a race or competition  
• *Smith is in the lead... he is going faster and he crosses the line first.*
- 11.85 baton** (n) /'bætən/  
a stick that is passed from one person to another in a relay race • *The runners in the relay race passed the baton smoothly and won the race.*



- 11.86 lane** (n) /leɪn/  
one of the parallel strips of track or water for runners, rowers or swimmers in a race  
• *Harvey is in lane 2 of the track.*
- 11.87 lap** (n) /læp/  
one circuit of a running track or one stage in a swim • *The 200m freestyle is four laps of the pool.* > lap (v)
- 11.88 writhe in agony** (expr) /raɪð ɪn 'ægəni/  
twist your body because you are in a lot of pain • *The player is writhing in agony and it seems the injury is serious.*
- 11.89 umpire** (n) /'ʌmpaɪə/  
sb who watches a game of cricket or tennis and makes sure rules are not broken  
• *The umpire said the batsman was out.*
- 11.90 diving** (n) /'daɪvɪŋ/  
falling over on purpose (in football) • *The attacker was shown a yellow card for diving in the penalty box.* > dive (v)
- 11.91 dribbling** (n) /'drɪblɪŋ/  
(in football) moving the ball with a number of short kicks • *Messi's amazing dribbling enabled him to get past three players and score a goal.* > dribble (v)
- 11.92 conquer** (v) /'kɒŋkə/  
beat • *The king conquered his enemy and took control of the castle.* > conqueror (n)
- 11.93 contend** (v) /kən'tend/  
compete • *Two athletes are contending for a new world record.* > contender (n)
- 11.94 bolt** (v) /bəʊlt/  
run fast • *The runner bolted across the line as fast as he could go.* > bolt (n)
- 11.95 dash** (v) /dæʃ/  
run fast • *He dashed down the track to finish the race in just 20 seconds.* > dash (n)
- 11.96 sprint** (v) /sprɪnt/  
run fast • *100m runners can sprint faster than any other athletes.* > sprint (n)
- 11.97 bounce** (v) /baʊns/  
move up and down after hitting a surface  
• *The football bounced against the goalpost and rolled off the pitch.* > bounce (n)
- 11.98 bowl** (v) /bəʊl/  
throw a ball for the batsman to hit in cricket  
• *The cricket player bowled and the batsman hit the ball perfectly.* > bowler (n)
- 11.99 pitch** (v) /pɪtʃ/  
throw a ball for a batsman to hit in baseball • *The baseball player pitched well and his opponent missed the ball.* > pitcher (n)
- 11.100 row** (v) /rəʊ/  
use oars to move a boat • *I rowed the canoe down the river.*
- 11.101 hinder** (v) /'hɪndə/  
make sth difficult for sb to do • *A leg injury hindered the player from playing well.*  
> hindrance (n)
- 11.102 overpower** (v) /əʊvə'paʊə/  
be stronger than; beat • *Sweden were easily overpowered by the German team, who won 4-0.*
- 11.103 thrash** (v) /θræʃ/  
beat completely • *Real Madrid thrashed Chelsea 6-1.* > thrashing (n)
- 11.104 aspire** (v) /ə'spaɪə/  
aim for • *The young boy aspires to greater things and dreams of being a football star.*  
> aspiration (n)
- 11.105 hone** (v) /həʊn/  
improve • *You can hone your talent with more practice.* > honing (n)
- 11.106 sharpen** (v) /'ʃɑ:pən/  
improve • *You must sharpen your reactions so you can always hit the ball back to your tennis opponent.* > sharp (adj)
- 11.107 commit** (v) /kə'mɪt/  
give your time or effort to sth • *The coach committed himself to training the team every day.* > commitment (n)
- 11.108 dedicate** (v) /'dedɪkeɪt/  
give your time to sth • *When you dedicate yourself to a sport you must train hard.*  
> dedication (n), dedicated (adj)
- 11.109 devote** (v) /dɪ'vəʊt/  
give your time or effort to sth • *The fans devoted every Saturday to supporting their team.* > devotion (n), devoted (adj)
- 11.110 disqualify** (v) /dɪs'kwɒlɪfaɪ/  
declare sb ineligible for competition because of an offence • *He was disqualified from the race when he made two false starts.*  
> disqualification (n)
- 11.111 obstruct** (v) /əb'strʌkt/  
stand in the way • *The basketball player gets three free shots because a player from the other team obstructed her.*  
> obstruction (n)
- 11.112 suspend** (v) /sʌs'pend/  
ban for a short period • *The athlete was suspended for three months for making racist remarks during a match.* > suspension (n)
- 11.113 applaud** (v) /ə'plɔ:d/  
clap to show appreciation or enjoyment of sth • *The spectators applauded as the athletes took their places for the race.*  
> applause (n)
- 11.114 revive** (v) /rɪ'vaɪv/  
bring sb back to consciousness • *The player who got hit on the head was revived with some cold water.* > revival (n)



- 11.115 root for sb** (phr v) /ru:t fə 'sʌmbədi/  
want sb to win • *The fans are rooting for their team and hope for a win.*
- 11.116 in a matter of** (expr) /ɪn ə 'mætər əv/  
in only a few (years, hours, minutes, etc.) / little (time) • *They're leaving on a cruise in a matter of a few days.*
- 11.117 remount** (v) /ri:'maʊnt/  
get back on a bike or horse after falling off  
• *The cyclist who fell remounted quickly and continued the race.*
- 11.118 catch up** (phr v) /kætʃ ʌp/  
reach sb in front of you by going faster • *The child ran to catch up with his friends in front of him.*
- 11.119 pull out** (phr v) /pʊl aʊt/  
stop taking part • *He had to pull out of the race because of an injury.*
- 11.120 drop back** (phr v) /drɒp bæk/  
fall behind the others • *The runner was clearly tired as he dropped back behind the others.*
- 11.121 miss out on sth** (phr v) /mɪs aʊt ɒn 'sʌmθɪŋ/  
not have the chance to do sth pleasant or good • *If you don't go to university, you'll miss out on a great opportunity in life.*
- 11.122 knock out** (phr v) /nɒk aʊt/  
defeat sb in a competition so that they can no longer take part • *Italy knocked out Spain and will go on to play in the next match.*
- 11.123 warm up** (phr v) /wɔ:m ʌp/  
exercise to prepare your body for a race • *Warm up by stretching before the race.* > warm-up (n)
- 11.124 heat** (n) /hi:t/  
a part of a competition whose winners then compete against each other in the next part  
• *He came last in the first heat so he is out of the competition.*
- 11.125 quarter final** (n) /'kwɔ:tə 'faɪnəl/  
one of the four games near the end of a competition, whose winners play in the two semi-finals • *In the quarter finals the teams playing are Germany against Spain, England against Italy, Greece against Sweden and Brazil against Paraguay.*
- 11.126 semi** (n) /'semi/  
one of two matches whose winners then play against each other in the final • *Greece won the semi and went on to play Portugal in the final.*
- 11.127 hamstring** (n) /'hæmstriŋ/  
a tendon behind your knee • *He has hurt his hamstring, so cannot put weight on his knee.*
- 11.128 snap** (v) /snæp/  
break suddenly • *He snapped a tendon, which is a serious injury.* > snap (n)
- 11.129 come to a halt** (expr) /kʌm tu ə hɔ:lt/  
stop • *The Formula One car came to a halt after only two laps because of engine failure.*
- 11.130 stretcher** (n) /'stretʃə/  
sth used for carrying a sick or injured person who cannot walk • *They carried the injured player off the field on a stretcher.*
- 11.131 lean on sb** (expr) /li:n ɒn 'sʌmbədi/  
rest on sb who helps you support your weight  
• *After I sprained my ankle in the park, I had to lean on my friend all the way back to my house.*
- 11.132 spirit** (n) /'spɪrɪt/  
the set of ideas and beliefs that are typical of a particular group of people • *He showed Olympic spirit when he congratulated the winner wholeheartedly.*
- 11.133 the ball's in sb's court** (expr) /ðə bɔ:lz ɪn 'sʌmbədɪz kɔ:t/  
it is up to sb to make the next move • *He has agreed to their terms, so the ball is now in their court.*
- 11.134 be first out of the gate** (expr) /bɪ fɜ:st aʊt ɒv ðə geɪt/  
be first to do sth • *John's company was the first out of the gate when it launched its new product.*
- 11.135 have sb in one's corner** (expr) /hæv 'sʌmbədi ɪn wʌnz kɔ:nə/  
have sb supporting you • *I hope I have the boss in my corner at the meeting because I need his support.*
- 11.136 drop the ball** (expr) /drɒp ðə bɔ:l/  
make a mistake • *I'm sorry; I really dropped the ball on this one.*
- 11.137 fall at the first hurdle** (expr) /fɔ:l æt ðə fɜ:st 'hɜ:dəl/  
fail as soon as one encounters the first obstacle • *He fell at the first hurdle and left college after failing his first term exams.*
- 11.138 backer** (n) /'bækə/  
sb who supports sb/sth financially • *If you want to set up a business, you'll need a financial backer.* > back (v)
- 11.139 hit the bull's-eye** (expr) /hɪt ðə bulz-aɪ/  
be perfectly correct • *You hit the bull's eye when you guessed that she won the lottery.*

### Talking about different sports

#### tennis

ace  
serve  
set  
umpire

#### golf

club  
drive

#### baseball

bat  
pitch

#### football

diving  
dribbling  
shoot

#### track and field

baton  
lane  
lap  
relay race  
sprint

# Grammar

pages 140-141

- 11.140** **dime** (n) /daɪm/  
a ten cent coin • *This old tennis racket isn't worth a dime, so you should throw it out.*
- 11.141** **compliment** (v) /'kɒmplɪment/  
say sth nice to sb to praise them • *He complimented the chef on the delicious meal.*

## Listening

page 142

- 11.142** **bargain for sth** (expr) /'bɑːɡɪn fɔː 'sʌmθɪŋ/  
expect sth to happen • *We bargained on good weather for the cricket match and were not disappointed.*
- 11.143** **get a kick out of sth** (expr)  
/get ə kɪk aʊt ɒv 'sʌmθɪŋ/  
enjoy sth • *He gets a kick out of teasing me when my team loses.*
- 11.144** **be on the other side of the fence** (expr)  
/bɪ ɒn ðə 'ʌðə saɪd ɒv ðə fens/  
be opposed to sb/sth • *I'm on the other side of the fence because I support West Ham, not Tottenham like you.*
- 11.145** **rival** (n) /'raɪvəl/  
an opponent • *The tennis rivals played an exciting match in the final.* > rival (v), rivalry (n)
- 11.146** **stray from the path** (expr) /streɪ frəm ðə pɑːθ/  
not do what you should • *She strayed from the path and got into trouble with the police.*
- 11.147** **wriggle one's way out of sth** (expr)  
/'rɪɡl wʌnz weɪ aʊt ɒv 'sʌmθɪŋ/  
try to avoid doing sth • *Kevin tried to wriggle his way out of tidying his room, but his mum insisted.*
- 11.148** **have sb's best interests at heart** (expr)  
/hæv 'sʌmbədɪz best 'ɪntrests æt hɑːt/  
care about sb's well-being • *Teachers say they have their students' best interests at heart when they set them tests.*
- 11.149** **be in good hands** (expr) /bɪ ɪn ɡʊd hændz/  
be looked after by sb you can trust • *Dave is an excellent tutor so you are in good hands.*
- 11.150** **give sth up** (phr v) /ɡɪv 'sʌmθɪŋ ʌp/  
stop doing sth you do regularly • *You should give up eating sweets to lose weight.*
- 11.151** **contestant** (n) /kən'testənt/  
sb who takes part in a competition • *Only ten contestants in this competition will continue to the next round.* > contest (n)

## Speaking

page 143

- 11.152** **spectator** (n) /spek'tetə/  
sb who watches a sports event • *The spectators cheered when Ronaldo scored the winning goal.* > spectacle (n)

- 11.153** **not one's cup of tea** (expr) /nɒt wʌnz kʌp ɒv tiː/  
not sth one likes • *Tennis isn't my cup of tea but I love golf.*

## Writing: an informal letter

pages 144-145

- 11.154** **input** (n) /'ɪnpʊt/  
advice; ideas • *This group project needs input from all of us, not just me.*
- 11.155** **changing room** (n) /'tʃeɪndʒɪŋ ruːm/  
a room where you change clothes for sport • *The players changed into their gear in the changing room.*
- 11.156** **cramped** (adj) /kræmpt/  
a cramped room does not have enough room for the people in it • *The room is only six square metres, so it's rather cramped.*

### Phrasal verbs

be cut out	miss out on sth
catch up	pull out
drop back	take out
give sth up	touch down
hold sb back	warm up
knock out	

## Video 11: Flying Pumpkins

page 146

- 11.157** **pumpkin** (n) /'pʌmpkɪn/  
a large orange coloured vegetable • *We cut the pumpkin into a scary face for Halloween.*
- 11.158** **contraption** (n) /kən'træpʃn/  
a strange machine • *Your old bicycle is a strange contraption.*
- 11.159** **spring** (n) /sprɪŋ/  
a spiral that bounces back to shape when pulled or pressed • *The door closes automatically as it is attached to a spring.*
- 11.160** **wire** (n) /'waɪə/  
a long thin piece of metal • *Don't touch the wires in this electric cable because they are live.*
- 11.161** **bucket** (n) /'bʌkɪt/  
a cylindrical container with a handle in which you can carry water • *The old woman drew water from the well using a bucket.*
- 11.162** **take out** (phr v) /teɪk aʊt/  
destroy sth • *The explosives took out several buildings.*

# 12 Fast Forward

## page 147

- 12.1 fast forward** (expr) /fɑːst 'fɔːwəd/  
moving ahead at a faster pace than usual  
• *Press fast forward on the DVD remote to go more quickly to the next scene.*

## Word Focus

## page 148

- 12.2 recoup** (v) /riː'kuːp/  
get back money you have given or spent  
• *He recouped the money he spent on the company when profits increased dramatically.*
- 12.3 light year** (n) /laɪt jɪə/  
a very long time • *Manned space travel to distant planets seems light years away.*
- 12.4 title deed** (n) /'taɪtl diːd/  
a legal document proving your ownership of property • *Frank is the owner of this property so he has the title deed.*
- 12.5 helium** (n) /'hiːliəm/  
a light gas that doesn't burn, often used to fill balloons • *The child's balloon was filled with helium.*
- 12.6 trespass** (v) /'trespɑːs/  
enter land or building without permission  
• *The walkers trespassed on the farmer's land by crossing the field that was marked Private.*  
➤ trespasser (n), trespassing (n)
- 12.7 fuel-laden** (adj) /'fjuəl-,leɪdən/  
heavily loaded with fuel • *The fuel-laden plane took off for its eight-hour flight to New York.*
- 12.8 money-spinner** (n) /'mʌni 'spɪnə/  
a project that makes money • *His latest money-spinner is selling tickets for flights to the Moon.*
- 12.9 plot** (n) /plɒt/  
a piece of land • *He bought a small plot of land in the countryside.*
- 12.10 footprint** (n) /'fʊtprɪnt/  
a mark in the ground left by a foot or shoe  
• *I made footprints in the mud as I walked across the field.*

- 12.13 astronomical** (adj) /ɑːstrə'nɒmɪkl/  
enormous • *The banker received an astronomical bonus of three years' salary.*
- 12.14 frontier** (n) /'frʌntɪə/  
an area where people have never lived before  
• *Space is the last frontier, but one day people will establish colonies there.*
- 12.15 foundation** (n) /faʊn'deɪʃn/  
an organisation that gives money to be used for a special purpose • *The Arts Foundation needs more funds to support young artists.*  
➤ found (v)
- 12.16 settlement** (n) /'setlmənt/  
a place where people come to live and build their homes • *This village is on the site of an ancient settlement.* ➤ settle (v), settler (n)
- 12.17 commerce** (n) /'kɒmɜːs/  
business • *He works in commerce as a sales representative.* ➤ commercial (adj)
- 12.18 critical** (adj) /'krɪtɪkl/  
very important • *Funds are critical for the expensive project.*
- 12.19 concrete example** (expr) /'kɒŋkri:t ɪks'ɑːmpl/  
a specific example • *A concrete example of space exploration is the Moon landing.*
- 12.20 promising** (adj) /'prɒmɪʃɪŋ/  
likely to succeed • *The promising business venture is bound to be a success.* ➤ promise (v, n)
- 12.21 manufacture** (v) /mænʃʊ'fæktʃə/  
produce; make • *This factory is where they manufacture steel bars for buildings.*  
➤ manufacturer (n)
- 12.22 lunar colony** (n) /'luːnə 'kɒləni/  
a settlement on the Moon • *Would you ever agree to live in a lunar colony?*
- 12.23 acre** (n) /'eɪkə/  
a unit for measuring area (4,047 square metres)  
• *This small plot is one acre in size.*
- 12.24 ounce** (n) /aʊns/  
a unit for measuring weight (about 28 grams)  
• *You need four ounces of butter to make the cake.*
- 12.25 back down** (phr v) /bæk daʊn/  
admit you are wrong • *He knows he's in the wrong, but he refuses to back down.*
- 12.26 license** (n) /'laɪsəns/  
an official document giving permission for sth  
• *The restaurant doesn't have a license to sell alcohol.* ☞ Also: licence (BrE)
- 12.27 space agency** (n) /speɪs 'eɪdʒənsi/  
an organisation that studies and sends people to space • *NASA, the American space agency, has sent a spacecraft to Mars.*

## Reading

## pages 148-149

- 12.11 state secret** (n) /steɪt 'siːkrɪt/  
sth only the government knows about • *It's no state secret that NASA have sent a robot to Mars.*
- 12.12 allocate** (v) /'æləkeɪt/  
give for a particular purpose • *The Ministry of Education has allocated money to schools to buy essential equipment.* ➤ allocation (n)



- 12.28 treaty** (n) /'tri:ti/  
an agreement between countries • *The two countries signed a trade agreement.*
- 12.29 stick to one's guns** (expr) /stɪk tʊ wʌnz ɡʌnz/  
refuse to change your opinion • *Dad didn't want me to study drama but I stuck to my guns and applied to drama school.*
- 12.30 file** (v) /faɪl/  
give a document to an organisation so it can be officially recorded • *He filed a complaint against his neighbours for being noisy every night.*
- 12.31 ownership** (n) /'əʊnəʃɪp/  
when sth belongs to you • *Gun ownership in America is legal, but many people disagree with it.* > own (v), owner (n)
- 12.32 individual** (n) /ɪndɪ'vɪdʒuəl/  
a person • *Each individual in this firm has something to offer.* > individual (adj)
- 12.33 venture** (n) /'ventʃə/  
a business that involves risks • *Her business venture succeeded and she made a lot of money.*
- 12.34 part with one's cash** (expr) /pɑ:t wɪð wʌnz kæʃ/  
spend or give away money • *He didn't buy the laptop because he couldn't part with his cash.*
- 12.35 slice** (n) /slaɪs/  
a thin piece cut from a larger piece • *I put two slices of cheese in my sandwich.*
- 12.36 pay for sth out of one's own pocket** (expr) /peɪ fɔ: 'sʌmθɪŋ aʊt ɒn wʌnz əʊn 'pɒkɪt/  
pay for sth using personal funds • *I have to pay for a new phone out of my own pocket because mum hasn't got the money at the moment.*
- 12.42 hunch** (n) /hʌntʃ/  
an idea based on a feeling • *I have a hunch that Fred will call today, but I could be wrong.*
- 12.43 educated guess** (expr) /æn 'edʒukeɪtɪd ɡes/  
a guess based on some information you already have • *The scientist made an educated guess about what the terrain on Mars would be like.*
- 12.44 see sth coming** (expr) /si: 'sʌmθɪŋ 'kʌmɪŋ/  
predict • *'David has decided to drop out of university and become a fisherman.'* 'Wow! I didn't see that coming!'
- 12.45 omen** (n) /'əʊmən/  
a sign of what will happen in the future • *Let's hope a rise in the stock markets today is a good omen for the end of the recession.* > ominous (adj)
- 12.46 mimic** (v) /'mɪmɪk/  
copy what sb does • *The child mimicked his mother and learned by copying her every move.* > mimic (n)
- 12.47 artificial intelligence** (n) /ɑ:tɪ'fɪʃl ɪn'telɪdʒəns/  
computer technology where computers work in a similar way to human brains • *Artificial intelligence is used to build computers that learn as they function.*
- 12.48 humankind** (n) /'hju:mən,kɑɪnd/  
people • *Humankind is thought to be the only species with a sense of its own demise.*
- 12.49 genetic engineering** (n) /dʒə'netɪk endʒɪ'nɪərɪŋ/  
the science of changing the genetic structure of organisms • *Genetic engineering could find a way of creating humans that live longer.*
- 12.50 wireless telecommunications** (pl n) /'waɪələs telɪkəmju:nɪ'keɪʃnz/  
the transfer of information between two or more points that are not connected by an electrical conductor • *Wireless telecommunications have made mobile phones a reality.*

## Vocabulary pages 150-151

- 12.37 pattern** (v) /'pætən/  
decorate • *He patterned the wall with a floral design wallpaper.* > pattern (n)
- 12.38 shape one's future** (expr) /ʃeɪp wʌnz 'fju:tʃə/  
determine what will happen to you • *What you decide to study after school will shape your future.*
- 12.39 know what the future holds** (expr) /nəʊ wɒt ðə 'fju:tʃə həʊldz/  
know what will happen in the future • *Nobody can know what the future holds.*
- 12.40 outcome** (n) /'aʊtkʌm/  
a result • *It is hoped the outcome of the Mars mission will be a success.*
- 12.41 upshot** (n) /'ʌpʃɒt/  
the result of a series of events • *The upshot of the team's successes is that they are first in the league.*
- 12.51 speech recognition** (n) /spi:tʃ rekəg'nɪʃn/  
the ability of a computer to recognise what sb is saying • *This computer carries out my spoken commands thanks to a speech recognition program.*
- 12.52 eternity** (n) /ɪ'tɜ:nɪti/  
a very long time; the whole of time without any end • *It seemed like an eternity while I was waiting for the bus in the rain.* > eternal (adj)
- 12.53 infinity** (n) /ɪn'fɪnɪti/  
endless space and time • *Numbers never end so you could go on counting to infinity.* > infinite (adj)
- 12.54 posterity** (n) /pɒ'sterəti/  
people who will live in the future • *We must save the environment for ourselves and for posterity.*



- 12.55 immortal** (adj) /ɪ'mɔːtəl/  
living for ever • *The Greek gods were immortal.* > immortality (n)  Opp: mortal
- 12.56 intended** (adj) /ɪn'tendɪd/  
meant • *The intended result was to make a lovely cake but this mess looks like something else.* > intend (v)
- 12.57 perpetual** (adj) /pə'petʃuəl/  
continuing forever in the same way • *The robber lived in perpetual fear of being caught by the police.*
- 12.58 timeless** (adj) /'taɪmləs/  
not changing as the years go by; not becoming old-fashioned • *The most stylish clothes are timeless and have nothing to do with fashion.* > time (v, n)
- 12.59 pioneering** (adj) /pɪə'niːərɪŋ/  
introducing new ideas for the first time  
• *Bill Gates is a pioneering businessman who helped create the technology we know today.* > pioneer (v, n)
- 12.60 preceding** (adj) /pri'siːdɪŋ/  
happening before sth else • *The programme preceding this one finished five minutes ago.* > precede (v)
- 12.61 visionary** (adj) /'vɪʒənəri/  
having new ideas for the future • *Visionary people see a future where living on other planets is possible.* > vision (n)
- 12.62 looming** (adj) /'luːmɪŋ/  
having a threatening appearance • *Bad weather was looming and the sky was as black as night.* > loom (v)
- 12.63 menacing** (adj) /'menəsɪŋ/  
threatening • *They were scared of his menacing manner and knew he meant to do them harm.* > menace (v, n)
- 12.64 anticipated** (adj) /æn'tɪsɪpeɪtɪd/  
expected • *The anticipated storm hit the area as predicted in the night.* > anticipate (v), anticipation (n)
- 12.65 fated** (adj) /'feɪtɪd/  
bound to happen • *He was fated to meet his death on that long journey.* > fate (n)
- 12.66 rational** (adj) /'ræʃənəl/  
based on reason • *She is a rational person so she will definitely accept a reasonable explanation.* > rationale (n)  
 Opp: irrational
- 12.67 unexpected** (adj) /ʌnɪks'pektɪd/  
not predicted • *We had an unexpected visit from Kay who dropped by to surprise us.* > expect (v)
- 12.68 unforeseen** (adj) /ʌnfɔː'siːn/  
not predicted • *The unforeseen market crash was a shock to all investors.* > foresee (v)
- 12.69 disposable** (adj) /dɪs'pəʊzəbl/  
which can be thrown away • *We used disposable plates at the picnic and threw them away in the bin.* > dispose (v), disposal (n)
- 12.70 inescapable** (adj) /ɪnɪs'keɪpəbl/  
impossible to escape; bound to happen  
• *It's an inescapable fact they we will all die one day.* > escape (v, n)
- 12.71 inevitable** (adj) /ɪn'evɪtəbl/  
impossible to avoid • *He drove so carelessly that the accident was inevitable.* > inevitability (n)
- 12.72 showpiece** (n) /'ʃəʊpiːs/  
a very good example of sth that a government or organisation wants people to see • *The museum will be the new showpiece of the city when it opens next year.*
- 12.73 infrastructure** (n) /'ɪnfə'strʌktʃə/  
facilities that make a place function • *Funding for the infrastructure of the city should lead to more building and road systems.*
- 12.74 ongoing** (adj) /ɒn'ɡɔɪŋ/  
continuing • *Ongoing space exploration has sent a rocket to Mars, where information is being gathered.*
- 12.75 boast** (v) /bəʊst/  
have sth that you are proud of • *Greece boasts some of the most beautiful islands in the world.*
- 12.76 initial** (adj) /ɪ'nɪʃl/  
first • *The initial plan was to go to Italy but we changed our minds and went to France.* > initially (adv)
- 12.77 set the pace** (expr) /set ðə peɪs/  
create an example for others to copy  
• *The athlete in the lead set the pace for the 1500m heat.*
- 12.78 geneticist** (n) /dʒə'netɪsɪst/  
sb who is an expert in genetics • *She is a geneticist and she studies rare human genes.*
- 12.79 trend** (n) /trend/  
a tendency • *The trend for humans to be taller may be due to better nutrition.* > trendy (adj)
- 12.80 upper** (adj) /'ʌpə/  
in a higher position than sth else • *The upper limit for buildings in this area is six storeys, no higher.*
- 12.81 far-fetched** (adj) /fɑː-fetʃt/  
very unlikely to be true • *His story about breaking the world record is far-fetched, and I don't believe him.*

### Time

eternity  
immortal  
infinity

light year  
perpetual  
timeless

- 12.82 investment** (n) /ɪnˈvestmənt/  
when you spend a large amount of time or energy on sth • *Becoming a doctor means a huge investment of your time and energy for many years.* > invest (v), investor (n)
- 12.83 privacy** (n) /ˈprɪvəsi/  
being alone; freedom from public attention • *I have six brothers and sisters, so I don't get much privacy at home.* > private (adj)
- 12.84 rover** (n) /ˈrəʊvə/  
a remotely operated vehicle used to explore Mars • *The data from the soil sample collected by the rover on Mars was studied by NASA scientists.*
- 12.85 outdo** (v) /ˌaʊtˈduː/  
do better or more than sb/sth else • *She outdid everyone else in the competition and won first prize.*
- 12.86 set one's sights on sth** (expr)  
/set wʌnz saɪts ɒn ˈsʌmθɪŋ/  
decide you want sth and try to get it • *He has set his sights on becoming a doctor.*
- 12.87 prestige** (n) /preˈstɪʒ/  
respect and admiration given to sb, usually because of high quality or success • *The opera singer has gained international prestige.* > prestigious (adj)
- 12.88 at stake** (expr) /a:t steɪk/  
at risk • *The scientist's reputation would be at stake if the experiment failed.*
- 12.89 beam** (v) /bi:m/  
send (radio or television) signals over a long distance • *The images were beamed to Earth from space.* > beam (n)
- 12.90 humanity** (n) /hjuːˈmænɪti/  
people • *Caring for the environment is something all of humanity should be involved with.*
- 12.91 solar system** (n) /ˈsəʊlə ˈsɪstəm/  
the planets around a sun • *Earth is the only inhabited planet in our solar system.*
- 12.92 requisite** (adj) /ˈrekwɪzɪt/  
necessary • *He had the requisite training to be an astronaut so he was accepted on the space mission.*
- 12.93 equation** (n) /ɪˈkweɪʒn/  
a mathematical statement showing that two amounts are equal • *One of the most famous equations in the world is  $E = mc^2$ .*
- 12.94 particle physics** (n) /ˈpɑːtɪkl ˈfɪzɪks/  
the study of the very small parts that make up an atom • *He is studying particle physics at university.*
- 12.95 lose one's temper** (expr) /luːz wʌnz ˈtempə/  
get angry • *Sharon lost her temper and shouted angrily at Jack when he broke her new phone.*

- 12.96 not break the bank** (expr)  
/nɒt breɪk ðə bæŋk/  
not cost a lot of money • *That dress is lovely, and it won't break the bank either!*
- 12.97 omission** (n) /əˈmɪʃən/  
not including sb/sth when they should have been included • *There are some very serious omissions in the book so I don't think you should use it as a source.*
- 12.98 biodiesel** (n) /ˈbaɪəʊdɪːzəl/  
fuel made from agricultural products • *It is feasible that in the future cars will run on biodiesel rather than petrol.*
- 12.99 demonstration** (n) /demənˈstreɪʃn/  
showing how to do sth or how sth works • *The lecturer gave the chemistry students a demonstration of the experiment to show them how to do it.* > demonstrate (v)

## Writing:

## an essay (2) pages 156-157

- 12.100 primitive** (adj) /ˈprɪmətɪv/  
belonging to a very simple society • *They live in a primitive house with no electricity or running water.* ☞ Opp: advanced; sophisticated
- 12.101 pessimistic** (adj) /pesɪˈmɪstɪk/  
believing that bad things will happen in the future • *He is pessimistic and thinks he has failed his exams.* > pessimism (n) ☞ Opp: optimistic
- 12.102 optimistic** (adj) /ɒptɪˈmɪstɪk/  
believing that good things will happen in the future • *She feels optimistic that she will do well in all of her exams.* > optimism (n), optimistically (adv) ☞ Opp: pessimistic
- 12.103 doom** (v) /du:m/  
be sure to fail, die, etc. • *Unfortunately, their efforts were doomed to failure.* > doom (n, v)
- 12.104 seek to do sth** (expr) /sɪk tə du ˈsʌmθɪŋ/  
try to do sth • *The teenager is seeking to become more independent.*
- 12.105 defining feature** (expr) /dɪˈfaɪnɪŋ ˈfi:tʃə/  
aspect that describes what sth is • *A defining feature of humans is their curiosity about the world around them.*
- 12.106 materialise** (v) /məˈtɪəriəlaɪz/  
happen in the way you expect • *Her hopes of becoming an astronaut never materialised.*
- 12.107 greed** (n) /ɡri:d/  
desire to have more than you need • *Because of greed he would not share his good fortune with his poor neighbours.* > greedy (adj)

**12.108 altruism** (n) /'æltrʊɪzəm/  
caring about others, even when this is at a cost to yourself • *The doctor showed true altruism when he left his job to work with war refugees.*

## Video 12:

### Space Walk

page 158

**12.109 pressurised** (adj) /'preʃərəɪzd/  
If a container is pressurised, the air inside it is kept at a controlled pressure. • *The marine biologists were safe inside the pressurised submarine as they dived to the depths of the ocean.* ➤ pressure (n)

**12.110 vacuum** (n) /'vækju:m/  
a space with no gas inside it • *Astronauts would never survive in the vacuum of space without a special suit.*

**12.111 shuttle** (n) /'ʃʌtl/  
a spacecraft which goes beyond the Earth's atmosphere and returns like a plane • *The shuttle was the first craft to leave the earth's atmosphere and return.*

**12.112 radiation** (n) /reɪdɪ'eɪʃn/  
dangerous energy sent out from some substances • *The radiation in the earth was being measured with a Geiger counter.* ➤ radioactive (adj)

**12.113 tough** (adj) /tʌf/  
strong • *Jeans are made of tough material that doesn't rip easily.* ➤ toughness (n)

**12.114 orbit** (n) /'ɔ:bɪt/  
the path travelled by an object moving around another, larger object • *The space station is in orbit around the Earth and is actually visible from the ground.* ➤ orbit (v)