1 People

Pages 10-11

country of birth /ˈkʌntri əv ˌbɜːθ/ Noun

your country of birth is the country where you were

country of birth: Nigeria | she left her country of birth at the age of 18

elephant /'elɪfənt/ Noun

an **elephant** is a large grey animal with a very long nose called a trunk, that lives in India and Africa. Elephants in Africa have very large ears and elephants in India have much smaller ears

circuses used to have performing elephants many years ago | elephants are used to pull tree trunks out of forests | African elephants are the heaviest land animals of all | baby elephants weigh about 90 kilos

explorer /ik'splorra/ Noun

an **explorer** is someone who goes to places in order to find out about them, especially places that no one has been to before

Columbus, the explorer who discovered America, was Italian | the first European explorer came to New Zealand in 1642 | the island was named by explorer James Cook | Spanish explorers arrived here in 1536

Verb: explore | Noun: exploration

Henry Hudson explored the islands in 1607 | the exploration of space

filmmaker /ˈfɪlm,meɪkə/ Noun

a filmmaker is someone who makes films for TV or the cinema

a well-known Hollywood filmmaker \ a brilliant filmmaker | one of the best filmmakers in Britain

first name /fasst neim/ Noun

your first name is the name your parents gave you, which comes before your family name

What's your first name? | my dad's first name is Jeff her surname is Williams but I don't know what her first name is

job /dzpb/ Noun

your **job** is the work that you do to get money Have you got a job? | Do you enjoy your job? | it's a very boring job | I don't want an office job | she found a job as soon as she left school

journalist /ˈdʒɜːnəlɪst/ Noun

a journalist is someone who writes for a newspaper or magazine, or who reports the news on television or radio

journalists waited outside the building | a television journalist | she's a journalist who reports for the Times newspaper | my daughter wants to be a journalist | a sports journalist

married /mærid/ Adjective

if you are married, you have a husband or wife

he's married and has three children | Are you married? | he's 35 and he's still not married | we got married last May

Verb: marry | Noun: marriage

Will you marry me?

occupation /ˌpkjʊˈpeɪʃ(ə)n/ Noun

your occupation is the work that you do to get monev

What's his occupation? | please write your name, address and occupation here | his passport says his occupation is schoolteacher

photographer / fəˈtɒqrəfə/ Noun

a photographer is someone who takes photographs, especially when it is their job

a photographer for Time magazine | a professional photographer (someone whose job is to take photographs) | a wedding photographer (someone who takes photographs of people's weddings) journalists and photographers waited at the airport for the president's plane to land

Noun: photograph | Verb: photograph

take a photograph

there were lots of photographs on the wall | she took a photograph of the bridge | I like to photograph birds

relationship /rɪˈleɪʃ(ə)nʃɪp/ Noun

your relationship to someone is the fact of being their mother, father, brother, sister, etc.

What's your relationship to him? Is he your brother? there's no relationship between us. He's just someone I was at school with

Noun: relation

I've got lots of relations in Germany

single /'sɪŋg(ə)l/ Adjective

if you are single, you are not married

I don't want to be single | both my brothers are still single but my sister is married | Are you happy being single?

surname /'sax,neim/ Noun

your surname is your family name, which everyone else in your family has

my surname is Jones | Smith is the most common surname in England | What's your surname?

wife /waɪf/ Noun

your wife is the woman you are married to this is my wife, Wendy | he has a wife and three children | my wife works in a bank

Pages 12-13

aunt /aint/ Noun

your aunt is the sister of your father or mother one of my aunts lives in Germany | my aunt Jenny is my dad's sister | all my aunts are coming to the wedding | Do you have any aunts or uncles? | my aunt gave me an iPad for Christmas | my mum has gone to stay with my aunt for a week

cousin /ˈkʌz(ə)n/ Noun

your cousin is the son or daughter of your aunt and uncle

I've got three cousins | I'm going to stay with one of my cousins | she's a cousin on my mother's side (the daughter of my mother's brother or sister) | Alex and I are cousins (he's my cousin and I'm his cousin) | I've got five cousins but they all live in America

father /ˈfaːðə/ Noun

your father is the man who is your parent my father is 48 | her father is a photographer | his father works in a factory | please don't tell my father you saw me here

grandmother /'græn(d),mʌðə/ Noun

your grandmother is the mother of your mother or father

How old is your grandmother? | my grandmother is coming to live with us | her grandmother is a famous

grandparent /'græn(d),peərənt/ Noun

your grandparents are the mother and father of your own mother or father

all my grandparents are dead | we're going to stay with my grandparents for Christmas

half-brother /ˈhɑːfˌbrʌðə/ Noun

your half-brother is the son of only one of your parents

my half-brother is two years older than me | I live with my mother, stepfather and my half-brother | I have two sisters and one half-brother

mother / mʌðə/ Noun

your mother is the woman who is your parent his mother is English | my mother is 48 | her mother is a photographer | his mother works in a factory | please don't tell my mother you saw me here

mother-in-law /'mʌðəɪnˌlɔː/ Noun

your mother-in-law is the mother of your husband or

her mother-in-law is a doctor | he gets on very well with his mother-in-law | her mother-in-law died last

nephew /'nefjuː/ Noun

your **nephew** is the son of your sister or brother I have a nephew in Paris | it's my nephew's birthday next week | she has three nephews and four nieces

niece /nixs/ Noun

your niece is the daughter of your sister or brother

her niece is at university in Norwich | I took my niece to the zoo for a birthday present | my nephew and niece are coming to stay for a week

parent / pearant/ Noun

your parents are your father and mother

Are your parents still alive? I my parents met when they were at university | both his parents are French | will your parents let you come to my party?

stepbrother /'step,br,\delta \delta / Noun

your stepbrother is the son of your mother's or father's new partner

I don't like my stepbrother | he plays guitar in a band with his three stepbrothers | when my dad remarried I suddenly had a stepsister and two stepbrothers

stepmother /'step,mʌðə/ Noun

your stepmother is the new wife of your father my stepmother is very nice | his stepmother died two years ago | Dan gets on well with his stepmother

uncle /'\nk(\(\alpha\))/ Noun

your uncle is the brother of your father or mother my uncle gave me £100 for my birthday | my uncle Stan lives in Bristol | her three uncles came to the wedding

Pages 14-15

agriculture /ˈægrɪˌkʌltʃə/ Noun uncount

agriculture is the work of growing plants and keeping animals for food

it's a rural area with a lot of farms and agriculture | now, less than 5% of the population work in agriculture | the use of a lot of chemicals in modern agriculture can damage the soil

city /'sɪti/ Noun

a city is a big town where a lot of people live and

the city is in the east of the country | I didn't like living in a city | London is the biggest city in England | Paris is a very old city | St Petersburg is a beautiful city | Beijing is the capital city of China (it is the most important city, where the government is) the city centre (where there are a lot of shops and businesses)

country /ˈkʌntri/ Noun

a country is an area of land that has its own government, like France, China, or Brazil Russia is the biggest country in the world | there are students from 23 countries at my university | Which part of the country are you from? | we live in the north of the country

fact /fækt/ Noun

a fact is a piece of information which is true some of these facts were really interesting | the article was full of facts about Walt Disney | the fact is that he's been in prison for the last year \ I had to learn 10 facts about the Second World War for homework

have /hæv/ Verb

if you have something, it is yours

5.5 billion people have a mobile phone | I have two brothers and a sister | Do you have a car? | I wish I had warm coat with me

industry /'ɪndəstri/ Noun

industry is the activity of making things in factories he works in industry | the steel industry used to be based around Sheffield | the automotive industry (making cars and lorries)

Adjective: industrial

a small industrial town near Glasgow | the north of the country is very industrial

internet /'ɪntəˌnet/ Noun singular

the internet is the system that allows computers all over the world to share information, pictures, etc. I use the internet all the time for my homework look it up on the internet | an internet search | Do you have access to the internet? (Can you connect to

live /lɪv/ Verb

the internet?)

the place where you live is the town or country where your home is and where you spend most of

20% of the world's population live in China | Where do you live? | I lived in Madrid for two years | my parents still live in Manchester | she lives on her own | Do you live in a house or a flat? | he lives close to the university

mobile phone /ˈməʊbaɪl ˌfəʊn/ Noun

a mobile phone is a telephone that you can carry around with you

I got my first mobile phone when I was 11 | you can't take your mobile phone into the exam room | please turn your mobile phones to silent (so they will not make a noise) during the concert

opinion /əˈpɪnjən/ Noun

your **opinion** is what you think or believe about something

What's your opinion of the new boss? | Do you have any opinion on the matter? | in my opinion, we should buy a new car

percentage /pəˈsentɪdʒ/ Noun

a percentage is an amount of something which is described as if it is part of a total of 100. A high or large percentage of something is a large amount or quantity of it

a percentage of people get these side effects from the medicine | a high percentage of our graduates find work in the banking industry | the percentage of Welsh speakers in the school rose to 24% | we were offered a percentage of the profits

population /ˌpɒpjʊˈleɪʃ(ə)n/ Noun

the **population** of a country is the number of people who live there

What's the population of China? | the population of India is 1.3 billion | 20% of the population speak three languages

region /ˈriːdʒ(ə)n/ Noun

a region is a large area of a country

people have lived in the region for thousands of years | it can get very cold in the northern regions of Russia | beyond this region lie the great nations of Asia | coastal regions (near the sea) have a lower temperature | he wrote a book about German regions and cities

Adjective: regional a regional government

speak /spixk/ Verb

when you speak, you say words that people can hear and understand. If you can speak a language, you know enough of its words and grammar to be able to talk to other people who know that language a billion people speak English as their second language | How many languages can you speak? | he speaks English with a German accent | she speaks very good Italian | Can you speak more slowly please?

use /iuxz/ Verb

if you use something, you do something with it nearly half the people on the planet use the Internet | Can I use your phone? | use this towel to dry your hair | use your dictionary to find out what the words mean | I used the money to buy a bike

work /waxk/ Verb

if you work, you have a job and get money for it his mother works in a bank | she works in New York over 20 people work in my office | Where do you work? | he worked in a restaurant every evening | Do you have to work on Sundays? | he works hard at the factory all week

Pages 16-17

introduce /ˌɪntrəˈdjuːs/ Verb

if you introduce people, you tell each of them the other's name when they meet for the first time. If you introduce yourself, you tell people your name when you meet them for the first time

I'll introduce you to everyone in a minute | John, Alastair - have you been introduced? | let me introduce you to my mother | I just wanted to introduce myself: my name's Jennie Bond

repeat /rɪˈpiːt/ Verb

if you repeat something, you say it again I can't hear you, can you repeat that, please? parrots can repeat sounds (they can copy them) | I didn't believe him at first so I asked him to repeat it

spell /spel/ Verb

if you can spell a word, you can write it with all the letters in the right order

Can you spell your surname for me please? Americans spell colour without the letter 'u' | Does anybody in the class know how to spell 'embarrassed'?

PAGES 18-19

female /'fixmexl/ Adjective

girls and women are female people

male workers used to get paid more than female workers | a female colleague | over half the students were female | two of our teachers are male and the other three are female

Noun: female

a young, Mexican female

male /meɪl/ Adjective

boys and men are male people

male workers used to get paid more than female workers | a male colleague | a male nurse | two of our teachers are male and the other three are female

Noun: male

a young, German male

stand /stænd/ Verb

if you are standing, you are upright on your feet with your body straight

he stood by the door waiting for his taxi | I had to stand on the bus all the way home | don't stand there - come and sit down

star /sta:/ Noun

a star is a large object in space that shines very brightly like our sun. We can see stars at night in the

sky

it was too cloudy to see any stars | I like to look at the stars through a telescope (a thing that makes objects look bigger) | Do you know the names of any of the stars?

step /step/ Noun

a **step** is one movement of your foot when you are walking

take a step

she took a step forward | some people like to count how many steps they take in a day | she crossed the room in just four steps

Verb: step

the young man stepped forward | I stepped inside the room to say hello

2 Posessions

PAGE 21

roller blade /ˈrəʊlə ˌbleɪd/ Noun

roller blades are shoes that have a line of wheels

a pair of roller blades | Can I try your roller blades? | roller blades are not allowed in school

Verb: roller blade | Noun: roller blader

she roller bladed down the hill | the park is popular with cyclists and roller bladers

shelf /[elf/ Noun

a shelf is a flat surface attached to a wall or in a cupboard, which you can put things on

a shelf of something | the top shelf | the bottom shelf the batteries are on the bottom shelf I the shelves were full of tins of food | there are some towels on the top shelf in the bathroom | I need more shelves for my books | the shelves in the supermarket were nearly empty at the end of the day

PAGES 22-23

armchair /ˈaːmˌtʃeə/ Noun

an armchair is a big comfortable chair with sides that you can rest your arms on

she's sitting in the armchair | a big leather armchair | a comfortable armchair | a blue armchair

blinds /blaindz/ Noun

blinds are things you use to cover a window and stop the light coming in or going out

the blinds are green | open the blinds and look outside | the blinds are stuck (they won't move and can't be opened)

carpet /'ka:pit/ Noun

a carpet is a large piece of material that covers a floor there's a blue carpet on the floor | don't spill your coffee on the carpet! | my dad bought this carpet in India

chair /tseə/ Noun

a chair is a piece of furniture that you sit on a table and chairs | this chair is broken | an uncomfortable chair | we need another chair in here

computer /kəmˈpjuːtə/ Noun

a computer is a machine that stores information, videos, music, pictures etc., and that you use at school or at work

I've got over 2000 songs on my computer | How old is your computer? | a laptop computer | I watch TV programmes on my computer

cupboard /'knbəd/ Noun

a cupboard is a piece of furniture that you keep things in

a kitchen cupboard | put it back in the cupboard | a cupboard under the sink | the plates are in the cupboard | I found my shirt at the back of a cupboard she found some old photos in a cupboard

curtains /ˈkɜːt(ə)nz/ Noun

curtains are large pieces of cloth that hang across a window to stop light coming in or going out

draw the curtains

the curtains are open | it was getting dark so I drew the curtains | she got out of bed and opened the curtains

desk /desk/ Noun

a desk is a table that you use to do work on in your office or classroom or at home

there's a computer and a phone on my desk | a wooden desk | an untidy desk | I put the magazine on your desk

drawer /'drɔːə/ Noun

a drawer is a part that you can push in and pull out of a piece of furniture, and that you use to keep things in

the top drawer | the bottom drawer

the knives and forks are in the top drawer | I keep my passport in the top drawer of my desk | have a look in the bottom drawer. It might be there

lamp /læmp/ Noun

a lamp is an object on a desk or table that gives out

there's a lamp next to the computer | It's dark in here, can you turn on the lamp? | the lamp was broken

picture /ˈpɪktʃə/ Noun

a picture is a drawing, painting or photo that you put on the wall because it looks nice

there are two pictures on the wall behind my desk | the room will look nice once we put some pictures up | it's a picture of the mountains above Zakopane

plant /pla:nt/ Noun

a plant is a living thing such as a tree or a vegetable there's a plant next to the television | the garden is full of plants | house plants (plants that you grow in pots inside your home) | edible wild plants (that you can safely eat) | this very popular plant grows well indoors

rug /rʌg/ Noun

a **rug** is a small carpet

there's a rug in front of the window | a beautiful Turkish rug | it has the soft feel of a wool rug | a blue rug with blue cushions

sofa /ˈsəʊfə/ Noun

a sofa is a long, soft chair that two or more people can sit on at the same time

there's a big sofa in the living room | they sat down on the sofa | we need to buy a new sofa | she lay on the sofa for a few minutes | a comfortable sofa | we sat on the sofa watching TV

television /'telɪ.vɪʒ(ə)n/ Noun

a television is a box that shows moving pictures

What's on television tonight? | I like watching television | a television set | a television programme | watching sport on television | we've got three televisions in the house

Pages 24-25

boot /buxt/ Noun

boots are big heavy shoes

a pair of boots | take your boots off before you come in I my boots are very muddy (covered in mud) I I need some new boots for the winter

bottle /bpt(a)l/ Noun

a bottle is a container for liquids

a bottle of water | there's a bottle of milk in the fridge | an empty bottle | a glass bottle

camera /ˈkæm(ə)rə/ Noun

a camera is an object that you use to take photographs

I always take my camera when I go for a walk | an expensive camera | it's a very simple camera that's easy to use

climbing /klaɪmɪŋ/ Noun uncount

climbing is the activity of climbing rocks or mountains for pleasure

we're going climbing in France next month | Do you enjoy climbing? | a climbing holiday | climbing is great fun

Verb: climb | Noun: climber

Edmund Hillary was the first person to climb Mount Everest | a group of mountain climbers

diving /'daɪvɪŋ/ Noun uncount

diving is the activity of swimming deep below the surface of the sea, usually wearing special equipment so that you can breathe while you are under the water for a long time

I tried diving on holiday last year, but I didn't like it we spent most of the afternoon diving near the coral reef | diving equipment is very expensive

Verb: dive | Noun: diver

the deepest I've ever dived is 200 feet | two of the divers needed help to get back onto the boat

first-aid kit /fa:steid kit/ Noun

a first-aid kit is things like plasters and medicines that you keep in case someone has an accident and gets hurt or feels ill

take a first-aid kit if you're going up the mountain there's a first-aid kit in the cupboard | Have you got a first-aid kit? | always keep a first-aid kit in your car

glove /qlnv/ Noun

gloves are pieces of material that you wear on your hands to keep them warm when it is cold outside a pair of gloves | he took his gloves off and put them in his pocket I don't forget your gloves – it's cold outside | leather gloves | she was wearing gardening gloves (to protect her hands and stop them getting dirty)

hat /hæt/ Noun

a hat is a piece of clothing that you wear on your head

take your hat off | I don't like wearing hats | a fur hat

kayaking /ˈkaɪækɪŋ/ Noun uncount

kayaking is the activity or sport of using a kayak (a boat like a canoe that you use with a single paddle) we'd never been kayaking before, and it was great fun | kavaking is easy to do even if you have no experience | kayaking is very good exercise

knife /naɪf/ Noun

a knife is a sharp tool that you use to cut things cut the string with a knife | a pocket knife (that you can carry around with you) | be careful with that knife! It's sharp

laptop /ˈlæpˌtɒp/ Noun

a laptop is a computer that you can carry around with you. Laptops can fold when you are not using them so the screen covers the keyboard to make them easy to carry

I dropped my laptop and broke it | I bought a new laptop last week | he shut down his laptop and put it in the desk drawer

map /mæp/ Noun

a map is an image of an area that shows you where roads, hills, mountains, etc. are

a map of Scotland | Can you show me your street on the map? | I'll never find it without a map | a street map of London (giving the names of all the streets) a tourist map | Can you read a map? | the map shows how high the hills are

pen /pen/ Noun

a pen is something that has ink in it and that you use to write with

write your answers with a pen | Can I borrow your pen? | don't forget to take a pen for your exam | I lost my pen in school today

torch /tɔxt[/ Noun

a torch is an object you can carry with you and that gives out light

my torch isn't working any more | a powerful torch | Kerstin shone the torch straight into his eyes | it's a useful app that turns your phone into a torch

PAGES 26-27

Belgian /beldz(ə)n/ Adjective

someone or something that is **Belgian** comes from

Brussels is the Belgian capital | Belgian beer | Simenon was a Belgian writer | a box of Belgian chocolates

Brazilian /brəˈzɪliən/ Adjective

someone or something that is Brazilian comes from Brazil

I like Brazilian coffee | the Brazilian football team | the Brazilian government | her mother is Brazilian

British /britis/ Adjective

someone or something that is **British** comes from **Britain**

a British car | the British government | a British citizen | the British Embassy in Paris

Dutch /dʌtʃ/ Adjective

someone or something that is **Dutch** comes from the Netherlands

the Dutch hockey team | Rembrandt is probably the most famous Dutch painter | the Dutch government | they sell Dutch cheese in my local shop

English /'ɪŋglɪʃ/ Adjective

someone or something that is English comes from **England**

the English football team \ his mother is English but his father is French | Shakespeare is the most famous English writer | English literature

French /frent[/ Adjective

someone or something that is French comes from France

French food is very good | Paris is the French capital | a shop selling French cheese | the French flag

PAGES 28-29

advert /'ædv3xt/ Noun

an advert is a short piece of text, often with a picture, or a short film on TV that tries to make people want to buy a particular product

I saw an advert for it on TV | there are too many adverts on TV | the great thing about the BBC is that there are no adverts | a front page advert in a national newspaper | an advert for a new smartphone

bad /bæd/ Adjective

something that is bad is not good

that's a bad idea | this bike is very bad at cycling through mud | burning coal is bad for the environment

expensive /ɪk'spensɪv/ Adjective

something that is expensive costs a lot of money an expensive watch | I like expensive clothes | it's a good restaurant, but too expensive for us | an expensive meal | that's a nice dress - was it expensive? | it was very expensive to take a taxi to the airport

Opposite: Adjective: cheap

a cheap hotel | tickets for the concert were quite

cheap

large /laːdʒ/ Adjective

something that is large is quite big

he lives in a large flat in Hampstead | I need a pullover, a large one | London is a very large city | What's the largest size of shoes you sell?

medium /'mixdiəm/ Adjective

something that is medium is not large and not small but between the two in size

What size coat do you want? Medium or large? the shirts are available in medium or large size | a medium-sized cup of coffee

modern /mpdən/ Adjective

something that is modern is new and fashionable her house is very modern | they have a lot of modern furniture | modern computers are very powerful | people are living longer thanks to modern medicine

old /əʊld/ Adjective

something that is old is not new. Someone who is old is not young

an old car | the cathedral is very old | they're going to build a modern laboratory to replace the old one my grandfather is a very old man

one /wʌn/ Pronoun

you use one when you referring to something you have already named

I'd like one of those envelopes, please. A green one those are the ones I was telling you about | I tried to buy a new jacket but I couldn't find one that I liked

rucksack /'rʌkˌsæk/ Noun

a rucksack is a large bag that you carry on your back, for example when you are on a walking holiday leave your rucksack in the tent | my rucksack was absolutely full | I could see her brightly-coloured rucksack from a long way away | a waterproof rucksack

slow /sləʊ/ Adjective

something that is slow does not move or work fast my computer is very slow | my car is very slow at getting up hills | we're making very slow progress at the moment

Adverb: slowly || Opposite: Adjective: fast the bus came slowly round the corner | she likes driving fast cars

small /smɔːl/ Adjective

something that is small is not big

a small sofa for two people | Cambridge is quite a small city | his feet are very small | a small café | she was carrying a small dog | the hotel was nice but the rooms were rather small

useful /ˈjuːsf(ə)l/ Adjective

something that is useful is good and can do things you want it to do

these shelves are very useful | there's plenty of useful information on the Internet | these pockets are useful for keeping money in | she gave me some very useful advice

useless /ˈjuːsləs/ Adjective

something that is useless does not work properly my computer is very slow - it's completely useless | our tent was useless. It let in water every time it rained \ the camera is useless at taking photos in the dark

Pages 30-31

apartment /əˈpaːtmənt/ Noun

an apartment is a group of rooms on one floor of a building, where someone lives. The usual British word is flat

we shared an apartment in Gas Street | a twobedroom apartment in Paris | a city-centre apartment | there's an apartment for sale in the next building

forward /fɔːwəd/ Verb

if you **forward** a letter or parcel to someone, you send it to them after it has been delivered to an address where they no longer live

Can you forward this to the people who lived here before you? | the envelope arrived here, but it said "Please forward" at the top | I don't know his new address, but I'm sure they'll forward his letter

good luck /'god ,lnk/ Phrase

you say "Good luck" to someone to tell them you hope they will be successful in something they are about to try and do

Good luck with your exam | we all said good luck to her when she left to take her driving test | are you starting your new job tomorrow? Good luck

letterbox /'letə.bpks/ Noun

a letterbox is a hole in the door of a house or flat where letters can be delivered

my new passport just came through the letterbox the envelope was too big to fit through the letterbox

miss /mis/ Verb

if you miss someone or something, you are sad because you are away from them and you will not see them for a long time

Did you miss me? | I really missed my dog when I went on holiday | You'll miss me when I'm gone! | one thing I didn't miss when I left school was maths lessons

package /'pækɪdʒ/ Noun

a package is a box or large letter that is sent by mail and delivered to someone's house

a large package arrived for me| I was expecting another package this morning | I'll send the package to your home address | What's in the package? | she opened the package and found a new phone

REVIEW PAGE 32

currency /'kʌrənsi/ Noun

a country's currency is the money that is used there. For example, the currency of the USA is the dollar the single European currency, the euro | banks were selling sterling (the currency of the UK) and buying foreign currency

dollar /'dplə/ Noun

the dollar is the unit of currency used in the USA and some other countries. The symbol for it is \$

a ten dollar bill (a bank note worth \$10) | a pound is worth about one dollar thirty five cents | it cost me \$40 to get a taxi here

euro /ˈiʊərəʊ/ Noun

the euro is the unit of currency used in 19 European countries. The symbol for it is €

the concert tickets were one hundred euros each | £1 is about €1.13 | they use the euro in Germany

money /mʌni/ Noun uncount

money is the coins and bank notes that you can use to buy things

I forgot to bring any money with me | Have you got enough money for the train ticket? | How much money have you got? | it costs a lot of money to fly to Australia | my old car isn't worth much money

pound /paund/ Noun

the pound is the unit of currency in the UK. The symbol for it is £

a pound is worth about \$1.35 | I paid ten pounds for the book | a one pound coin | a ten pound note

3 Places

PAGES 34-35

art gallery /ˈaːt ˌgæləri/ Noun

an art gallery is a place where you can go and look

she works in an art gallery in Mayfair | the city has over 30 art galleries | a new art gallery is opening today | an exhibition in a famous art gallery

beautiful /'bjuxtəf(ə)l/ Adjective

something or someone that is beautiful is very nice to look at

Florence is a beautiful city | a beautiful old church | Elizabeth Taylor was a very beautiful woman | a beautiful painting

Noun: beauty || Opposite -- Adjective: ugly an area of great beauty (a beautiful area) | a rather ugly building

big /big/ Adjective

something that is big is large

London is a very big city | she works in a big shop | his feet are very big | they live in a big house by the river | I'm afraid of big dogs

Opposite - Adjective: small

Norwich is a small city | their house is much smaller than ours

cheap /tʃiːp/ Adjective

something that is cheap does not cost very much money

a shop selling cheap clothes | a cheap hotel | tickets for the concert were quite cheap | I only bought it because it was cheap | I bought a cheap watch which broke after a week

Opposite -- Adjective: expensive

an expensive watch | it's a good restaurant, but too expensive for us

clean /kliːn/ Adjective

if a place is clean, or if the air there is clean, there is no pollution there and it is healthy

at last the air in the city is clean | these are the cleanest beaches in England | if the rivers are clean, there will be lots of fish in them

Opposite -- Adjective: polluted

the lake is badly polluted so no one swims in it

crowded /'kravdid/ Adjective

if a place is **crowded**, there are so many people there that it is difficult to move around easily

I got onto a crowded train | the crowded streets of Shanghai | it gets crowded here in the summer | we went into a crowded bar | the streets were crowded with shoppers | the bomb went off in a crowded shopping area

Noun: crowd

there was a huge crowd waiting to get into the stadium | a small crowd stood outside the theatre

dirty /'d3xti/ Adjective

something that is dirty has dirt or dust on it and is not clean

his car is very dirty | leave your dirty shoes by the door | his shirt was dirty | wash the dirty plates | a dirty towel | don't get your clothes dirty

Noun: dirt | Opposite - Adjective: clean

his jacket was covered in dirt | a clean towel | clean clothes | are your hands clean?

free /friː/ Adjective

if something is free, you can have it and do not have to pay for it

for free

there was a free concert in the park | tickets are free | children are allowed into the exhibition free | the museum is free on Sundays | he gave it to us for free | you get a free drink if you buy a meal here

noisy /'nɔɪzi/ Adjective

if it is noisy somewhere, there is a lot of loud, unpleasant noise there. If people are noisy, they make a lot of loud, unpleasant noise

it was very noisy in the café | we've got noisy neighbours | it's too noisy in here, let's go outside | a group of noisy children ran into the park

Noun: noise | Adverb: noisily || Opposite -- Adjective: quiet

there was a lot of noise in the classroom | did you hear a noise just now? | it's hard to concentrate with all that noise | the engine started up noisily | it was quiet in the classroom

old /əʊld/ Adjective

something that is old has existed for a long time

I live in an old house | an old pair of shoes | the church is the oldest building in the village | an old film starring John Wayne

Opposite -- Adjective: new

I blought a new pair of shoes | a new book by J K Rowling

polluted /pəˈluːtɪd/ Adjective

a place that is **polluted** is dirty because of smoke from factories or cars

a polluted city | the lake is very badly polluted | he got ill by drinking polluted water | the city is crowded and the air is polluted

Verb: pollute | Noun: pollution

there's a lot of pollution in Beijing | air pollution is a big problem in London | for years, the factory has polluted the river

popular /ˈpɒpjʊlə/ Adjective

if someone or something is popular, a lot of people like them

he's very popular with his classmates | a popular TV programme | her music is very popular all over the world | Miss Jenkins is a very popular teacher | football is the most popular sport in this country the Harry Potter books are very popular

Noun: popularity || Opposite - Adjective: unpopular the government is losing popularity | the president's popularity has grown | the popularity of Internet shopping | it was an unpopular decision | the new president quickly became very unpopular

quiet /'kwaɪət/ Adjective

if a place is quiet, there are not many people there and not much is happening

a quiet village in the country | we spent a quiet evening at home | I go shopping on Tuesday mornings when it's quiet | the town centre is always quiet on Sundays

Adverb: quietly || Opposite -- Adverb: noisy

please leave the restaurant quietly | he went quietly up the stairs trying not to wake anyone | it was very noisy in the restaurant

theatre /'OIətə/ Noun

a theatre is a building where people can go to see a

we're going to the theatre tomorrow | the theatre is on Drury Lane | I enjoy going to the theatre | we had the best seats in the theatre

tourist /ˈtʊərɪst/ Noun

a tourist is someone who is visiting somewhere on holiday or for pleasure

Trafalgar Square was full of foreign tourists | a queue of tourists at the Eiffel Tower | a tourist bus | tourists spend a lot of money here | a coach stopped outside the cathedral and 50 tourists got off

Noun: tourism

tourism has increased a lot in the south of the country | we want to have more tourism on the island

ugly /'Agli/ Adjective

something that is ugly does not look very nice at all a big and ugly car | the town hall is the ugliest building in my town | "I just hate ugly people," he said | the dog had an extremely ugly face

Opposite -- Adjective: beautiful Florence is a very beautiful city

PAGES 36-37

accountant /əˈkaʊntənt/ Noun

an accountant is someone whose job is to check how much money a person or company receives and

she's an accountant for a big law firm | I need to talk to my accountant | my accountant sorts out all my finances | a qualified accountant

Noun: accounts | Noun: accountancy

do the accounts

she helped me do my accounts | I work in the accounts department | he wants to study accountancy

archaeologist /.aːkiˈplədʒɪst/ Noun

an archaeologist is someone who studies very old objects to learn about how people lived hundreds or thousands of years ago

archaeologists found pots and cooking tools that were 1,500 years old | the village was discovered by archaeologists three years ago | according to archaeologists, the wagon had three wheels

Noun: archaeology

she's studying archaeology at university

boat /bəʊt/ Noun

a boat is a vehicle that sails on water

we have a boat on the river | the boat was ten feet long | a boat with ten passengers on board | I'm thinking of buying a boat

classroom /'klass,rusm/ Noun

a classroom is a room in a school where lessons

a big classroom with lots of desks | your new classroom will be in the other building | there are pictures on the walls of the classroom | the classroom was big enough for 30 pupils

doctor /'dpktə/ Noun

a doctor is someone whose job is to look at people who are ill and tell them what medicine they need a hospital doctor \ I'm going to the doctor's for a check-up | she's studying to be a doctor | both my parents are doctors | the doctor told me to do more exercise | Is there a doctor on the plane?

hospital /hospit(ə)l/ Noun

a hospital is a place where doctors help people who are ill or hurt

he's visiting his uncle in hospital | she was in hospital for a week after the accident | I'm going into hospital for an operation | they took him to hospital in an ambulance

office /'pfis/ Noun

an office is a building or a room where people work, usually sitting at desks

my office is on the second floor | an open plan office (where there are lots of people working in the same big room) | a big office block (a building full of offices) | I don't want to work in an office | Would you come into my office, please?

pilot /'paɪlət/ Noun

a pilot is someone who flies planes, usually as a job my brother wants to be a pilot | my father's a pilot, so he's away from home a lot | an airline pilot | she was the first pilot to fly Concorde | a qualified pilot (someone who has passed the exams to become a pilot)

plane /pleɪn/ Noun

a plane is a vehicle that flies in the air and carries passengers

the plane can carry 260 passengers | about 650 planes fly into Heathrow Airport every day | planes aren't allowed to land here during the night because of the noise | a 10-hour plane journey | a plane flew over the farm

restaurant /'rest(ə)ront/ Noun

a restaurant is a place where you can go and pay to eat a meal

the restaurant is full | an expensive restaurant in Belgravia | she worked long hours in a restaurant | a Chinese restaurant (serving Chinese food)

sailor /'seɪlə/ Noun

a sailor is someone who works on a ship

he's a sailor in the Navy | she joined the navy when she was 18 | the US Navy sent a ship to the region | How big is the Swiss navy?

Adjective: naval

an American naval base (a place where the US army keeps ships)

sales assistant /'seɪlz əˌsɪst(ə)nt/ Noun

a sales assistant is a person who works in a shop and helps the customers

he's a sales assistant in the supermarket | I had to wait five minutes before a sales assistant came to help to me | I worked for three years as a sales assistant | a helpful sales assistant | luckily the sales assistant spoke English

ship /[ɪp/ Noun

a ship is a big boat that sails on the sea

I can see three ships on the water | to go by ship to Australia | the ship hit some rocks and sank | it took the ship just over a week to get to New York

shop /fpp/ Noun

a shop is a place where you go to buy things a shop that sells clothes | the shop sells books and computer games | the shops shut at eight | What time do the shops open? | a toy shop (that sells toys)

teacher /ˈtiːtʃə/ Noun

a teacher is someone who works in a school and gives students information

my teacher is really nice | Miss Jenkins is a very popular teacher | an English teacher | you should always show respect to your teacher

Verb: teach

she teaches maths in the local school

waiter /'weɪtə/ Noun

a waiter is a man who works in a cafe or restaurant and brings food and drinks to the customers ask the waiter for the bill \ I worked as a waiter while I was a student | the waiter dropped a plate of food the waiter asked us what we wanted to eat our waiter brought the food but forgot to give us knives and forks

PAGES 38-39

first language /fssst ,længwidz/ Noun

your first language is the language you learned as a child and that you spoke at home

she speaks good French, but Flemish is her first language | a lot of children at my school do not have English as their first language | English is obviously not his first language | French is the first language of about 50% of the people here

native language /'neɪtɪv ˌlæŋgwɪdʒ/ Noun

a native language is a language spoken by people in a particular country

there are lots of native languages in Nigeria, but English is the official language | she speaks her native language, and also English | as well as Spanish, ten native languages are spoken in Ecuador

official language /əˈfɪʃ(ə)l ˌlængwɪdʒ/ Noun

the **official language** of a country is the language that is used in official government documents and business

Belgium has three official languages: Dutch, French and German | Turkish is the official language of Turkey | Portuguese is the official language of Brazil

second language /'sekənd ˌlængwɪdʒ/ Noun

a second language is a language that someone learns, for example at school, which is not the language they spoke at home when they were growing up

it's hard work learning a second language | she speaks English as a second language | I learned Spanish, my second language, by living in Spain for a year

away /əˈweɪ/ Adverb

if somewhere is ten minutes away, half an hour away, two hours away, etc, it will take you that long to get there

the restaurant is only ten minutes away | my parents live about an hour away | Kansas City is less than an hour away from here

book /bʊk/ Noun

a book is a lot of pieces of paper with writing printed on them that are held together in a cover so that you can read them one page after another

I always take a book to read on a long train journey the house was full of books he hasn't read a book since leaving school | she wrote a book about the Beatles

car /kaː/ Noun

a car is a machine that has an engine and four wheels and carries people on the roads

I'm learning to drive a car | my car is outside | you can park your car in my garage | I have to sell my car | I never learned to drive a car | there's something wrong with the car | she wouldn't lend him her car

client /'klaɪənt/ Noun

a client is a person who pays someone such as a lawyer or accountant for their professional service her clients include a number of famous actors | I have a meeting with some important clients | Diane's out visiting a client | she had an appointment with a client at three o'clock | she advises clients on business opportunities in China

colleague /ˈkɒliːq/ Noun

a colleague is someone you work with

I like most of my colleagues I he was always bringing colleagues home to play chess | we're colleagues now, but we knew each other at school | I get on with most of my colleagues, but I wouldn't say we're friends

history /hɪst(ə)ri/ Noun uncount

history is all the things that have happened in the past Are you interested in history? | if we don't study history we won't be able to understand the present | she knew a lot about the history of the island | at school, I thought history was boring | the same mistakes have been made many times throughout history | the history of the Roman Empire | she teaches ancient history (the history of the world

learn /laɪn/ Verb

if you learn something, you find out about it so that you know about it

learn to do something

2,000 or more years ago)

I want to learn more about the city | I want to learn to drive | I'm learning French | I spent a year in the art class, but I didn't learn very much | I learned a lot about science by watching television

Noun: learner

a language learner | she's a fast learner

look /lok/ Verb

when you look, you use your eyes to see something look at something or someone | look for something or someone

look at this picture | he looked in the mirror to make sure his hair was tidy | he looked at the picture on the wall | Who were you looking at? | she was looking for her keys | Can you help me look for my shoes?

meet /mixt/ Verb

when you meet someone, you go to a place where you have arranged to see them

let's meet in the hotel at ten o'clock | Can we meet on Saturday? | she came to meet me at the airport | Where shall we meet?

park /paːk/ Verb

when you park a car, you stop it somewhere such as the side of the road or in a car park so that you can get out and leave it for a while

please do not park in front of these gates | we parked the car in a car park | you can park here for one hour | Where did you park your car? | she parked outside the library

Noun: parking

parking is a big problem in Brighton | a sign saying "No Parking"

read /rixd/ Verb

if you read something, you look at words on paper or on a computer screen and understand them I read three books a week I read the instructions

carefully | she's in the sitting room reading the newspaper | What are you reading?

Noun: reader

I'm a very slow reader

relax /rɪˈlæks/ Verb

if you relax, you do not work or do anything difficult, but do things you enjoy that do not need much effort

I relax by listening to music | I walk in the park to relax | you must be tired - sit down and relax | I've got so much to do I can't relax | try to relax

Noun: relaxation | Adjective: relaxing

I play chess for relaxation | the weekend is for relaxation | a nice relaxing bath | we had a relaxing weekend by the sea

sea life /'six .laɪf/ Noun uncount

sea life is all the animals that live in the sea she's very interested in the sea life here | the coast is rich in sea life | global warming is a threat to sea life | Is there sea life in the Arctic Ocean?

see /six/ Verb

if you see a play or a film, you watch it in a theatre, a cinema, or on television

I'm going to see a film tomorrow | Did you see the news on TV last night? | we saw a really good film at the cinema | Do you want to see a film with me at the weekend?

stay /steɪ/ Verb

if you stay somewhere, you live there for a short

I'm going to stay the night in Winchester | we stayed in a hotel in Paris for a week \ I'm staying with my brother for a few days | Where did you stay in New York? | they can't stay here - we haven't got enough room | How long did you stay there?

Noun: stay

we hope you enjoy your stay in Ditchling

tourist information /ˈtʊərɪst ˌɪnfəmeɪʃ(ə)n/ Noun uncount tourist information is information about museums, bars, hotels, etc that tourists want to know about a tourist information centre | you can get a lot of tourist information on the internet | a useful booklet full of tourist information

PAGES 42-43

community /kəˈmjuːnəti/ Noun

a community is all the people who live and work together in a particular area

we are a small village community here | the new road will affect everyone in the community | community leaders held a meeting with the police | a community centre (a building which local people can go to and

hold events in) | the town is organised into four local communities

ingredient /ɪnˈgriːdiənt/ Noun

the ingredients of something that you are cooking are all the different things that go into it

Have you got all the ingredients for the birthday cake? | get the ingredients ready before you start | we don't have enough ingredients to make the pie

medical centre /'medɪk(ə)l ,sentə/ Noun

a medical centre is a building where several doctors work and where you can go and see a doctor if you feel ill

she works at the medical centre in Dorchester | they're building a new medical centre | Can you take me to the medical centre? | there are seven doctors at our local medical centre

post office /'pəʊst ˌɒfɪs/ Noun

a post office is a shop where you can buy stamps and send letters

there's a post office round the corner | Excuse me, is there a post office near here? | the post office closes at five o'clock | I need to go to the post office to send a parcel

pre-schooler /ˈprixˌskuxlə/ Noun

a pre-schooler is a child who is not yet old enough to go to school

a mother of two pre-schoolers | he organises activities for pre-schoolers | a toy that any preschooler would love | a play-centre for pre-schoolers

traffic light /'træfik ,lait/ Noun

traffic lights are coloured lights next to a road, which control traffic. When they are red, cars have to stop. When they are green, cars can go

walk past an old church until you come to some traffic lights | the traffic lights turned red as we approached | turn left at the next set of traffic lights

4 Free time

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fishing /fɪ[ɪŋ/ Noun uncount

fishing is the activity of trying to catch fish in a river, a lake, or the sea

go fishing | a fishing rod

we're going fishing at the weekend | I never enjoyed fishing | a fishing rod (the long stick with a line attached to it, used to catch fish) | fishing is very popular in Scotland

Verb: fish

my dad taught me how to fish when I was very young

on your own /pn jox 'aon/ Phrase

if you do something on your own, you do it alone and not with anyone else

I like to go to the gym on my own | she's 12 and goes to school on her own now | he spent the evening on his own | can you manage to lift that box on your own?

Pages 46-47

collocation /ˌkɒləˈkeɪʃ(ə)n/ Noun

a collocation is two words that are often used together

you don't "do" a crime: the collocation is "commit a crime" | if you get the collocations right, your English will sound very natural

computer game /ˈkəmpjuɪtə ˌgeɪm/ Noun

a computer game is a game that you play on a computer

play computer games

Do you like playing computer games? | computer games are expensive to buy | an online computer game (one that you play with other people over the Internet) | don't spend too long on your computer game tonight

film /fɪlm/ Noun

a film is a story that is told using moving pictures. You can watch films on television, in a cinema, or over the Internet

watch a film

What time does the film start? | I like watching films on TV | my favourite film is Mad Max | I fell asleep during the film | it was a really boring film | we're making a film about the history of our school

friend /frend/ Noun

a **friend** is someone you like and who you see often to spend time with them

meet a friend | a close friend | a best friend

I'm going to meet some friends after work | Charles became a close friend while we were in Switzerland | I was so sad when my best friend moved to Hull | I still have lots of friends from my schooldays

golf /qplf/ Noun uncount

golf is an outdoor sport in which you use a club (long thin stick) to hit a small ball into holes in the ground

we're going to play golf at the weekend | it was too wet to play golf | golf is my favourite sport

Noun: golfer

her dad is a keen golfer

gym /dʒɪm/ Noun

a gym is a room or a building with lots of equipment for people to do exercise

go to the gym

I always go to the gym on Thursdays | it costs more to go to the gym at weekends | I joined a gym this year | I prefer walking in the park to going to the gym

identical /ar'dentik(ə)l/ Adjective

if two people or things are identical, they look exactly the same

identical twins | the second picture looked identical to the first | both were nearly identical in size | I can make you an identical copy | the two cars looked identical

musical instrument /'mjuːzɪk(ə)l ˌɪnstrʊmənt/ Noun

a musical instrument is an object that you can play music on, for example a guitar, a violin, or a trumpet play a musical instrument

Can you play any musical instruments? | I wish I could play a musical instrument | she learned to play several musical instruments | a shop selling musical instruments

swimming /'swimin/ Noun uncount

swimming is a sport in which you swim in the water go swimming | swimming pool | swimming costume Shall we go swimming? | I love swimming | we go swimming every Saturday | a swimming pool (a big hole in the ground full of water which people can swim in) | a swimming costume (what people wear when they go swimming)

Verb: swim | Noun: swimmer

Can you swim? | she swam across the pool | a strong swimmer

Taekwondo /taɪkwɒnˈdəʊ/ Noun uncount

Taekwondo is a sport that started in Korea. It involves two people fighting each other, kicking and spinning very fast

do Taekwondo

she has a black belt in Taekwondo (has reached a high level of skill) | I do Taekwondo after school on Tuesdays he teaches Taekwondo a the local sports centre

Pages 48-49

browse the internet /brauz ðix .intənet/ Phrase

if you browse the internet, you look at different

she's in her bedroom browsing the internet | I found this site when I was browsing the internet | you can browse the internet from your phone, tablet, or PC | she was browsing the internet, listening to music and doing her homework all at the same time

coffee /'kpfi/ Noun

if you have a coffee, you drink a cup of coffee have a coffee

Do you want to have a coffee? | come round tomorrow morning for a coffee | we stopped for a coffee in Starbucks | let's have a coffee before we go shopping

online game /'pnlain ,geim/ Noun

if you play online games, you play a computer game against someone over the internet

play an online game

I play online games after school every day | online games are very popular | have fun with our free online games! | I've found a really good new online game

online shopping /'pnlain 'sppin/ Noun uncount online shopping is when you buy things on the Internet

I love online shopping | online shopping is very easy | an online shopping website

phone call /ˈfəʊn ˌkɔːl/ Noun

if you make a phone call, you start to talk to someone using your phone

make a phone call

she's making a phone call to her brother | he stepped outside to make a phone call | I just need to make a quick phone call before we leave

social media / ุรอบโอl 'miːdiə/ Noun uncount social media is apps like Facebook and Twitter

I'm on social media all the time | we chat on social media every day | my dad doesn't do social media (doesn't use it) | social media is very useful for keeping in touch | more and more companies are using social media for advertising

text /tekst/ Verb

if you text someone, you send them a message by typing it into your phone

text me when you arrive at the airport | I always have to text my son as he never answers the phone | he texted me to invite me to a party | I tried to text you but my battery was dead

Noun: text

send (someone) a text | get a text

send me a text when you get to the airport | I got a text from Sam this morning

video /ˈvɪdiəʊ/ Noun

if you watch videos, you look at them on your phone, tablet, or computer

watch a video

let's watch some videos | we spent the evening watching videos on YouTube | a video showing how to cook fish | a funny video

walk /wɔːk/ Noun

if you go for a walk, you walk somewhere outdoors for pleasure

go for a walk

let's go for a walk this afternoon | I went on a fourmile walk before breakfast | it's too wet to go for a walk | Did you enjoy your walk?

Pages 50-51

ball /bɔːl/ Noun

a ball is a round object used in lots of games like tennis, football, baseball, etc.

a tennis ball | try and catch the ball | he kicked the ball as far as he could | throw the ball to me

baseball /'bers,boxl/ Noun uncount

baseball is a game played outdoors, especially in North America and Japan. Players try to hit a ball and run round a field

a baseball game | a professional baseball player | baseball is one of the most popular sports in Canada | Do you enjoy playing baseball?

basketball /ˈbɑːskɪtˌbɔːl/ Noun uncount

basketball is a game played indoors. Players try to throw the ball through a metal frame at each end of the court (area where they are playing the game)

Do you like playing basketball? | a basketball game | a basketball court | most basketball players are very tall

boxing /boksɪŋ/ Noun uncount

boxing is a sport in which two people hit each other as hard as they can wearing soft gloves

a boxing match | many people think boxing is too violent to be a sport | a boxing ring (a square area with ropes round it where people box)

Verb: box | Noun: boxer

I go to a gym to box once a week | she wanted to learn to box properly | her brother is a professional boxer

cricket /'krɪkɪt/ Noun uncount

cricket is a game played outdoors. Players try to hit a ball and run up and down a long pitch (strip about 20 metres long)

he plays cricket every Saturday | a cricket match | cricket is very popular in India | some people think cricket is boring

Noun: cricketer

a professional cricketer

cycling /'saɪk(ə)lɪŋ/ Noun uncount

cycling is a sport in which riders go as fast as they can in order to be the first one to reach the end his brother is very good at cycling | the Tour de France is the most famous cycling race | she goes cycling three times a week

exciting /ik'saitin/ Adjective

if something is **exciting**, it makes you feel happy and interested

an exciting ride at the theme park | Moscow is a very exciting city | the football match was really exciting | my first week at university was very exciting | it was an exciting match to watch

Adjective: excited

excited about (doing) something | excited by something

I'm really excited about starting my new job | some people looked excited, but a few were afraid | she was excited by the idea of working for the BBC

football /fot,boxl/ Noun uncount

football is a game played outdoors. Players try to kick the ball into a net at each end of the pitch (area where they are playing)

a football match | she plays football for her school team | football fans (people who go to watch football matches) | a football pitch (the area of grass where the match happens)

ice hockey /'aɪs ˌhɒki/ Noun uncount

ice hockey is a game played on ice. Players have sticks and try to hit a puck (round flat object) into a net at each end of the rink (area of ice where they are playing)

they play ice hockey in Canada | ice hockey is a very dangerous sport | I was too scared to try playing ice hockey

running /ˈrʌnɪŋ/ Noun uncount

running is a sport in which you try to run faster than all the other competitors

a running race | she's very good at running | I don't like running - I prefer playing chess

sailing /'seɪlɪŋ/ Noun uncount

sailing is a sport in which you try to sail a boat faster than all the other competitors

I can't swim so I don't like sailing | I went sailing on a big lake near my house | I like sailing, but I prefer football | his hobbies include sailing, golf and tennis

skiing /ˈskiːɪn/ Noun uncount

skiing is a sport in which you slide down mountains covered in snow wearing skis (long, thin, flat boards attached to your feet)

we go skiing every January | a skiing holiday | he broke his leg skiing

snow /snอช/ Noun uncount

snow is cold and white, falls from the sky like rain and lies on the ground

heavy snow

the garden is covered in snow | there was heavy snow last night | it's unusual to have snow in April | the airport was closed because of snow | we walked through the deep snow | 20 centimetres of snow fell in the night

Verb: snow | Adjective: snowy

it started to snow before we got home | Do you think it's going to snow? | it's very snowy outside

surfing /ˈsɜːfɪŋ/ Noun uncount

surfing is a sport in which you ride on a flat board on waves in the sea

I'm going to Cornwall to do some surfing | it was too cold to go surfing | I did a lot of surfing in California last summer | this beach is good for surfing

team /tixm/ Noun

a **team** is a group of people who are doing a sport my favourite football team is Aston Villa | Who's your favourite football team? | I'm captain of the school basketball team | there are 11 players in a cricket team | my team came third in the championship

tennis /'tenɪs/ Noun uncount

tennis is a sport in which players hit a ball over a net at each other

a tennis match | my favourite tennis player is Roger Federer | I play tennis every weekend | a game of tennis | we watched some tennis on TV | Do you like tennis?

PAGES 54-55

allotment /əˈlɒtmənt/ Noun

an **allotment** is a place where people can rent a small area of land for growing vegetables and fruit

there are 60 plots (individual areas) on the allotment here | they're building a new fence round the allotment | please keep the allotment gates locked | we ate vegetables from the allotment all through the summer

concert /'kpnsət/ Noun

a **concert** is an event in which people play music for an audience to listen to

my mum took me to a concert for my birthday | a lot of people are travelling to Wembley for the big concert | I'm going to a concert on Saturday | the band are giving a concert in London | a rock concert | I've got tickets for a pop concert

frisbee /ˈfrɪzbi/ Noun

a **frisbee** is a round, flat, plastic object that people throw to each other as a game

let's play frisbee | she jumped up and caught the frisbee | I threw the frisbee to Tom | the frisbee went over my head and I had to jump to catch it

snowboarding /'snəʊˌbɔːdɪŋ/ Noun uncount

snowboarding is the sport of travelling downhill over snow on a wide board

snowboarding is a popular sport in Colorado | snowboarding is great fun | snowboarding is harder than skiing | I always wear a helmet when I'm snowboarding

Noun: snowboarder | Noun: snowboard she's a very keen snowboarder | I bought a new snowboard

ukulele /ˌjuːkəˈleɪli/ Noun

a **ukulele** is a musical instrument that looks like a very small guitar

I'm learning to play the ukulele | she bought a ukulele on eBay | his hobby is playing the ukulele

5 Food

PAGE 57

serve /saxv/ Verb

when you serve food, you give it to someone ready for them to eat. When food is served in a restaurant, someone brings it to you

it's usually served with chips and peas | salad is served as a side dish | I'm going to serve the soup with home-made bread | we were served by a very polite waiter

smell /smel/ Verb

if something smells sweet, bad, delicious, etc., you think that is what it is like because of the smell that

the meat smells bad | those flowers smell lovely | the food smells delicious | the kitchen smells fishy (has a strong smell of fish)

Noun: smell

the sweet smell of oranges | What's that horrible smell?

taste /teist/ Verb

if you taste what food is like, you notice what sort of flavour it has

this chocolate tastes delicious | he added herbs to make it taste nicer | this tastes like fish | I can't taste the cheese in this | What does it taste like? | it tastes of apple

Noun: taste

Do you like the taste of carrots? | it's got a lovely taste | a really nice taste

PAGES 58-59

ceviche /se'vixt(eɪ/ Noun uncount

ceviche is raw fish in a sauce served cold, usually in a salad at the start of a meal

I ordered ceviche | they serve a delicious ceviche here | freshly prepared ceviche

cheese /tsiz/ Noun

cheese is a food made from milk

bread and cheese | Do you want some cheese? | a strong cheese (which has a strong flavour) | a hard cheese (that is difficult to cut) | a soft cheese | a piece of cheese | they sell a lot of different cheeses | I really like French cheese

chicken /'t[ɪkɪn/ Noun uncount

chicken is the meat from a hen that you eat as food a chicken sandwich | roast chicken | a bowl of chicken soup | chicken with fried rice | a cold chicken salad

chips /tsips/ Noun

chips are thin slices of potato that are fried in hot oil fish and chips | steak and chips | a portion of chips (enough for one person) | Do you want chips or rice with your chicken? | my chips are cold!

curry /'kʌri/ Noun

curry is an Indian dish made with a lot of spices a beef curry | a chicken curry | a curry house (a restaurant that serves curries) | a hot curry (made with very strong spices) | I prefer a mild curry (with not very strong spices) | curry and rice

egg /eg/ Noun

eggs are small, almost round objects with a thin shell produced by birds. People eat eggs as food a box of eggs | a boiled egg | fried eggs | half a dozen eggs (six eggs) | crack the egg into the water

fish /fɪ[/ Noun

a fish is an animal that lives in water. Fish can be eaten as food

I don't like eating fish | Do you like fish? | fish and chips | I don't eat meat but I eat fish | fresh fish | I bought some fish for dinner | the kitchen smells of fish

juice /dʒuːs/ Noun

juice is the liquid you get by squeezing a fruit, such as an orange or an apple

a glass of orange juice | Would you like some apple juice? | add some lemon juice to the salad | a bottle of fruit juice

kabsa /ˈkæbsaː/ Noun

kabsa is a spicy rice dish

a traditional lunch of kabsa | kabsa originally came from Yemen | kabsa is a very popular dish here

lamb /læm/ Noun

a lamb is a young sheep, and lamb is the meat you get from young sheep

Would you like lamb for dinner? | a shoulder of lamb | roast leg of lamb | Would you prefer lamb or beef? | garlic goes well with lamb

lemon /'lemən/ Noun

a lemon is a yellow fruit with a very strong, sharp taste a kilo of lemons | the juice of a lemon | these lemons are ripe | a glass of lemon juice

lentil /'lentil/ Noun

lentils are the seeds of some plants that you cook

a bowl of lentils | a dish of lentils and sausages | a kilo of lentils

nut /nʌt/ Noun

a nut is the hard seed of some plants, which you can

a bag of nuts | Do these chocolates have nuts in them? | I bought a packet of nuts to eat on the journey | these nuts are very salty | I've eaten too many nuts

onion /'ʌnjən/ Noun

an **onion** is a vegetable with a thin brown or red skin that you use in cooking

slice the onion and add it to the pan | fry the onions in butter | a kilo of onions | use red onions in the salad | I hate cutting onions | you need a cup of chopped onions (cut into very small pieces) | thin slices of onion

orange /brindz/ Noun

an **orange** is a fruit with a sweet, sharp flavour a glass of orange juice | a kilo of oranges | you should eat an orange every day | oranges have vitamin C in them

pasta /'pæstə/ Noun uncount

pasta is a food made from flour and water that you cook and eat

Do you want more pasta? | a pasta sauce | a bowl of pasta | boil the pasta for five minutes

pepper /'pepə/ Noun uncount

pepper is a spice that you crush into a powder and add to food

salt and pepper | we've run out of pepper (there's none left) | black pepper | grey pepper

pepper /'pepə/ Noun

a pepper is a vegetable with a slightly sweet flavour red and green peppers | slice the peppers thinly | add the peppers 10 minutes before the end of the cooking time | roasted peppers

pierogi /pɪəˈrəʊgi/ Noun

pierogi are traditional small pies from Poland made with meat or cheese and vegetables

we eat pierogi on Christmas Eve | pierogi is actually the plural - if you have just one it's a pierog | fry pierogi in a little butter just before serving

potato /pəˈteɪtəʊ/ Noun

potatoes are vegetables that grow under the soil we eat a lot of potatoes in our house | a baked potato | I grow potatoes in the garden | two kilos of potatoes | boiled potatoes | mashed potatoes (cooked and then smashed until they become smooth) | potato crisps (crisps made from potatoes)

prawn /proin/ Noun

a prawn is a small creature that lives in the sea and that you can cook and eat

Are there any prawns in the fridge? | a kilo of fresh prawns | Do you like prawns?

raisin /ˈreɪz(ə)n/ Noun

raisins are small, dried grapes that taste sweet a bowl of raisins | chocolate and raisin flavour ice cream | there are lots of raisins in the cake

rice /rais/ Noun uncount

rice is the white or brown seeds that grow on a type of grass, which you can eat

Do you want rice or chips? | they eat a lot of fruit and rice here | we have rice nearly every day | boiled rice | fried rice | pour the sauce over the rice | you need 50 grams of rice per person (for each person)

salt /sɔːlt/ Noun uncount

salt is white stuff found in the sea and in the ground. You add salt to food when you are cooking it to make it taste nicer

salt and pepper | a teaspoon of salt | there's too much salt in the soup | you should reduce the amount of salt in your food

satay /'sateɪ/ Noun

satay is a dish of meat or fish cooked on long thin sticks and served with a spicy peanut sauce chicken satay | I always have satay when we come to this restaurant | they make the best satay in Indonesia

Pages 60-61

bag /bæg/ Noun

a bag is a container made of cloth, paper or plastic that usually holds food

a bag of rice | the bag broke and the tomatoes fell out | put the empty bag in the cupboard

chocolate /'t[pklət/ Noun

chocolate is a sweet brown food made from cocoa a chocolate sauce | a bar of chocolate | chocolate cake | a box of chocolates

flour /flaʊə/ Noun uncount

flour is a powder made by crushing wheat that is used to make bread, cakes, etc.

a bag of white flour | I use brown flour to make bread | a kilo of flour

glass /glass/ Noun

a glass is a container for liquids that you drink out of a glass of water | she filled up her glass with milk | I dropped a glass and broke it | a set of six wine glasses

kilo /ˈkiːləʊ/ Noun

a kilo is a measure of weight. The word kilo is short for kilogramme. There are 1000 grams in one kilo a kilo of bananas | I weigh 72 kilos | half a kilo of tomatoes | the oranges are £3 a kilo | a kilo and a half of potatoes

packet /'pækɪt/ Noun

a packet is a small box that holds something such as food or cigarettes

a packet of tea | the packet weighs 1.5 kilos | a packet of cigarettes

piece /pixs/ Noun

a piece of something is an amount of it that has been broken away from a larger amount a piece of chocolate | a large piece of bread | Does anyone want another piece of cake?

pizza /ˈpixtsə/ Noun

pizza is a dish made with a sort of bread that has meat and vegetables on top, usually with tomatoes and cheese, and that is cooked in a very hot oven a mushroom pizza | two slices of pizza | cook the pizza in a hot oven for 10 minutes | Would you like some salad with your pizza?

sauce /saxs/ Noun

sauce is a liquid that you serve with food to give it a nice taste

tomato sauce | brown sauce | cheese sauce

he spilt some sauce on the carpet | do you want sauce with your chips? | a bottle of tomato sauce | stir the sauce until it boils | pour the sauce over the rice | I don't like brown sauce (a kind of sauce with lots of spices in it)

slice /slats/ Noun

a slice of food is a piece of it that has been cut with a knife a slice of bread | put the slices on a plate | Would you like a slice of pizza?

Adjective: sliced | Verb: slice

a packet of sliced bread | add the sliced onion just before it goes in the oven | slice the ham thinly | I had to use the bread knife to slice the tomatoes

tin /tɪn/ Noun

a tin is a metal container, especially for drinks or food. A tin is also the amount of drink or food inside it a tin of tomatoes | she drank two tins of Coke | can vou buy a tin of beans for lunch? I a tin opener (a special tool to cut the top of a tin and open it) | I had a tin of soup for lunch

Adjective: tinned

I use a lot of tinned tomatoes when I'm cooking

tuna /ˈtjuːnə/ Noun

tuna is a kind of fish that you can eat. It is often sold in tins

a tuna sandwich | a tin of tuna | fried tuna steak |a tuna salad

water /ˈwɔːtə/ Noun uncount

water is the liquid that falls as rain and that makes up the sea and rivers and lakes. People, animals, and plants need water in order to be able to live

a glass of water | the water's too cold to swim in the sea today | the water in the kettle started to boil (reach a temperature of 100° centigrade) | a bottle of water | when it reaches 0° centigrade, the water will freeze and ice will form

Pages 62-63

best before /,best bif5z/ Phrase

the date on a **best before** label is the date after which the food is going to start going bad

best before date

it's nearly a week after the best before date | don't buy that one, the best before date is tomorrow

cost /kpst/ Verb

if something costs an amount of money, that is how much you have to pay to buy it

cost someone something

How much did it cost? | our apartment cost £250,000 when we bought it | the whole holiday cost over £1,000 | it didn't cost much | these shoes cost me £90

Noun: cost

we share the cost of the rent | the cost of petrol has gone up again

fat /fæt/ Noun

fat is a substance found in some foods such as meat or vegetable oil

there's a lot of fat in butter | try to eat less fat | it's better to grill bacon than cook it in fat | a diet with too much fat in it

healthy /helθi/ Adjective

something that is **healthy** is good for you and helps keep you fit and well

a healthy diet (food that will help you stay well) fast food is not very healthy | she walks to work as part of her new healthy lifestyle | daily exercise and healthy eating are essential for children

Noun: health | Adverb: healthily | Opposite -

Adjective: unhealthy

you're lucky you still have your health (that you are still well and fit) | she was in very good health | you should try and eat healthily and avoid sugar | he has a very unhealthy lifestyle

label /ˈleɪb(ə)l/ Noun

the **label** on something you buy is the part that has the name of the brand and other information on it the label said there was no added sugar | the list of ingredients on the label includes honey and lemon juice | the writing on the label is too small for me to read without my glasses

low-fat /ˈləʊˌfæt/ Adjective

low-fat food contains less fat than other similar

I only eat low-fat yoghurt | low-fat foods often have extra sugar in them | I refuse to eat low-fat sausages

natural /'nætſ(ə)rəl/ Adjective

something that is natural has not been made or changed by people but exists like that in nature

a jar of natural yoghurt (with nothing added to it) | all our dishes are made from natural ingredients | the chairs are made from natural wood | the paint looks red in natural light (the light from the sun, not from electric light bulbs)

Opposite - Adjective: artificial

there are no artificial ingredients in this orange juice | artificial grass

superfood /'suːpəˌfuːd/ Noun

some people refer to food that has a lot of vitamins or other essential things in it as a superfood

eggs are one of nature's superfoods | Which superfoods do you think I should eat? | a list of ten recommended superfoods | another superfood you should eat is berries

traffic light /'træfik ,lait/ Noun

on food labels, traffic lights are a system of colours that give you information about how much fat, salt, sugar etc are contained in the food. Red means a lot, yellow means a medium amount, and green means

not very much

the traffic light labels on food are very helpful \ a leaflet explaining the traffic light system of food labelling

Pages 64-65

anything else /ˌeniθɪŋ 'els/ Phrase

anything else is something that you have not already asked for or mentioned and that you would like to ask for or mention

Can I get you anything else? | if there's anything else you need, let me know | no, I can't think of anything

bill /bɪl/ Noun

a bill is a list that shows how much you have to pay for something

pay a bill | a bill for something

I asked the waiter for the bill | I paid the electricity bill yesterday | they've just sent us a bill for £200 | here's the bill for the work we did for you | Can I have the bill please? (what you say in a restaurant when you have finished your meal)

chop /t[pp/ Verb

if you **chop** food when you are preparing to cook it, you cut it into very small pieces

chop the onion very finely Can you chop the carrots while I do the cabbage? | wash the herbs before you chop them

Adjective: chopped

a tin of chopped tomatoes

colon /ˈkəʊlɒn/ Noun

a colon is the punctuation mark ":" that you use at the start of a list

use a colon here rather than a full stop | Where's the colon on this keyboard?

comma /ˈkɒmə/ Noun

a comma is the punctuation mark "," that you use to separate different parts of a sentence, or between

you need a full stop here, not a comma | if you don't put a comma there, the meaning changes slightly

delicious /dɪˈlɪʃəs/ Adjective

food that is delicious tastes very nice

it tastes delicious | a delicious cake | this apple pie is delicious | the food there was delicious | that was a delicious meal | thank you - that was delicious | a delicious smell of chocolate was coming from the kitchen

dessert /dɪˈzɜːt/ Noun

in a meal, the courses are the separate dishes that you eat, one after the other. Dessert is usually the last course, or part, of a meal and is something sweet dessert is my favourite course | he never eats desserts the desserts here are very expensive | I'll have cheese instead of a dessert

drink /drɪnk/ Noun

a drink is a liquid that you swallow as a food I put my drink down on the table | let's take our drinks into the garden | Would you like another drink? | I'll just have a drink of water

Verb: drink

What would you like to drink with your meal?

full stop /ˈfʊl ˌstɒp/ Noun

a full stop is the punctuation mark "." that shows the end of a sentence

you forgot the full stop at the end of your first sentence | use a capital letter for the first word after a full stop

main course /,mein 'kois/ Noun

in a meal, the courses are the separate dishes that you eat, one after the other. The main course is the biggest one, usually between the first course and the dessert

What are we having for the main course? | I had so much as a starter that I couldn't eat all my main course | we had to wait 20 minutes for the main course

menu /'menjuz/ Noun

in a restaurant, the menu is the list of dishes that you can have

the waiter brought us our menus | Can you see anything you like on the menu? | it wasn't a long menu, but everything looked delicious | she picked the first dish on the menu

mix /mɪks/ Verb

if you mix things, you put them together so that they are all together in one place

mix the flour and water together, then add some salt If you mix these two tins of paint, you should get a deep green colour | heat the ingredients until they are melted and mixed into a sauce

Noun: mixture

leave the mixture in the fridge for ten minutes

order /'ɔxdə/ Verb

when you order in a restaurant, you tell the waiter what you want to eat and drink

Are you ready to order? | I can't decide what to order | Pete ordered another bottle of water | I ordered fish for my main course

Noun: order

we waited over half an hour for our order to arrive

pour /poː/ Verb

if you **pour** a liquid, you make it flow out of its container pour someone something

Shall I pour you a drink? | pour the sauce over the meat | she poured the milk into the bowl

punctuation /ˌpʌŋktʃuˈeɪʃ(ə)n/ Noun

punctuation is the system of marks that you use in writing to show the end of a sentence, a pause, etc punctuation mark

good punctuation helps make your writing easier to read | not all languages have the same rules of punctuation | nobody uses punctuation in emails these days | my keyboard has a separate row for punctuation marks

Verb: punctuate

for homework, we had to punctuate three paragraphs from our coursebook

spread /spred/ Verb

if you spread food, you press down on it so that it covers the top of something, such as a slice of bread spread the jam evenly on each slice | the butter was too hard to spread easily

starter /'staxtə/ Noun

in a meal, the courses are the separate dishes that you eat, one after the other. The starter is the first

I'm having prawns for my starter | I won't have a starter, but I'll have a dessert later | Does everyone know what they want for a starter?

Pages 66-67

cereal /'sɪəriəl/ Noun

a **cereal** is a plant that produces grain that is used as food

around 40% of cereals grown in the world go to feed animals | a farm growing cereal crops | we have to import most of our cereals

eggplant /eg,pla:nt/ Noun

an eggplant is a shiny, usually purple vegetable with a cream-coloured inside

cut the eggplant in half | wash and dry the eggplant before cooking it | fry the eggplant in hot oil for ten minutes

final score /'faɪn(ə)l ,skɔː/ Noun

the **final score** in a sports match is the score when the match ends

we were winning two-nil at half time, but the final score was three-two to the other side | What was the final score? | the final score was four-one to Wales

leaf /lixf/ Noun

the leaves of a plant are the flat, usually green parts that grow on the branches. On some trees, leaves change colour and fall off in autumn

the leaves are long and thin | the symbol of Canada is the maple leaf | the leaves started to fall in October this year

nuoN \tnıcq\ tnioq

in a test or exam, you get points when you get an answer right. In sports competitions, a point is a unit of scoring. Usually, the player or team with the most points wins the match

you get one point for each correct answer | in tennis, you don't need to win every point to win the match | we lost by four points (the other team got four more points than we did) | you get two points for getting the basketball into the basket

root /rust/ Noun

the roots of a plant are the parts under the ground that send food up to the plant above the ground the roots are very dry | the plant has put down strong roots | a tree with a deep root system | the roots grew sideways and damaged the wall

seaweed /'six,wixd/ Noun uncount

seaweed is a kind of plant that grows in the sea the beach was covered in seaweed | the seaweed is dried before being used as food | seaweed goes very crisp when you fry it

stem /stem/ Noun

a stem is the long thin part of a plant that a flower grows on

hold the flower by its stem | cut the stems before you put the flowers in the vase | the stems can grow up to 60 cm | it has tough, woody stems | roses with long stems

wheat /wixt/ Noun

wheat is a very common cereal plant. Its grain is turned into powder (flour) and is used to make bread, cakes, etc

we had a good wheat harvest this year | a field of wheat | Canadian wheat is good for making bread flour

6 Past lives

PAGE 69

-ties /iz/ Suffix

when you are talking about periods of time of about ten years, you can refer to them, for example, as the fifties, sixties, seventies, etc. The fifties are the ten years starting with 1950; the sixties are the ten years starting with 1960, and so on

he started his career as a photographer in the fifties Thatcher was prime minister throughout the eighties | my dad was born in the seventies

Pages 70-71

artist /ˈaːtɪst/ Noun

an artist is someone who draws or paints pictures or who makes sculptures

Picasso was a famous artist of the 20th century she had always wanted to be an artist | the cafe was popular with artists, writers and other creative people | Leo is a very gifted artist (he has a lot of skill)

Noun: art | Adjective: artistic

a book about 20th century art | her artistic style developed over the years | I'm not very artistic and I've never been able to draw

king /kɪŋ/ Noun

a king is a man who rules a country, and whose son or daughter will rule after he dies. A woman who rules a country in this way is a queen. In Britain, the king or queen is the head of the country, but has a parliamentary government that makes the laws the king was killed in 1649 | Henry VIII is probably

the most famous English king | a list of all the English kings and queens since 1066

musician /mjʊˈzɪʃ(ə)n/ Noun

a musician is someone who plays a musical instrument

a jazz musician | the musicians walked onto the stage | the musicians played beautifully | the band was five musicians who'd started playing together at school

Noun: music

What sort of music do you listen to? | pop music

painting /ˈpeɪntɪŋ/ Noun

a painting is a picture that someone has made using paint

an oil painting | a watercolour painting

it's a lovely painting but it isn't worth much | an exhibition of paintings by Picasso | she did a lot of paintings of the river | I'm going to hang this painting in the bedroom | his works include a number of oil paintings (using paint that is made from oil) | a fine watercolour painting (using paint that is mixed with water)

Noun: painter | Verb: paint

a portrait painter | he mostly paints landscapes

president /'prezident/ Noun

a president is the most senior politician and the leader of the government of some countries the president of the US | President Macron of France | the president lives in the White House

queen /kwiːn/ Noun

a queen is a woman who rules a country, and whose son or daughter will rule after she dies. A man who rules a country in this way is a king. In Britain, the king or queen is the head of the country, but has a parliamentary government that makes the laws Elizabeth became queen in 1952 | the queen's head is on the coins and banknotes | Have you ever met the queen?

scientist /saɪəntɪst/ Noun

a scientist is someone whose job involves studying subjects such as physics, chemistry, or biology scientists are worried about global warming | two Russian scientists discovered a new material called "graphene" | scientists still don't understand exactly how the brain works

Noun: science

she studied science at university | science made a lot of progress in the twentieth century

writer /'raɪtə/ Noun

an writer is someone who writes books as a job, or someone who has written a particular book

a famous writer | my favourite writer is Henning Mankell | not many writers earn a lot of money | a writers' festival (where lots of writers talk to the public about their work)

Verb: write

Who wrote War and Peace? | she gave up her job so that she could write a book

Pages 74-75

comment /'kpment/ Noun

a comment is something you write on the internet, underneath an article, photo, Facebook post etc., saying what you think about it

you must be registered to post comments here | click here to submit your comment | Have you read all the comments here?

Verb: comment

lots of people commented on the photos | anyone can comment on my blog posts | you have to register for the site before you are allowed to comment

diary /'daɪəri/ Noun

a diary is a book which has a space for every day

of the year. You use it to record the date and time of things you need to do, or to write down the interesting things that happen to you every day keep a diary | write a diary

I wrote the date for our meeting in my diary | during her year in France, she kept a diary (wrote down what happened every day) | let's have lunch next Fridav. Don't forget to put it in your diary | she wrote her diary before going to bed

fitness tracker /fɪtnəs ˌtrækə/ Noun

a fitness tracker is a device some people wear that records information about what they do, for example how many steps they take in a day, or how fast their heart beats, etc.

my fitness tracker connects to my phone | a wearable fitness tracker (that you can wear on your wrist or arm) | I'm going to buy a fitness tracker in January | most people in my class have a fitness tracker

share /[eə/ Verb

if you share photos, articles, links etc, you put them on a social media page so that your friends can see them too

he's shared a lot of photos of his holiday | it was a really interesting article – thanks for sharing | I thought I'd share this with you all

write down /rait 'daun/ Phrasal verb

if you write something down, you write it on a piece of paper or in a book with a pen or pencil

I wrote down his phone number on the back of an envelope | I forgot to write it down - I'll have to ask her again | write this down on a piece of paper

Pages 76-77

attach /əˈtætʃ/ Verb

to attach something to something else means to fix it there so that the two things stay together. To attach something to an email means to send a separate document along with the message you have written, or in the same envelope as the letter

I've attached a few photos | I forgot to attach the map with directions to our house | my mail software won't let me attach files bigger than 2MB | my electronic business card is attached | please find attached details of the course

Noun: attachment

please print the attachment and sign it before posting it back to us I've sent three photos in the attachments

attend /əˈtend/ Verb

if you attend an event, you go to it and are present

attend a meeting/conference | attend college/school/ university

all employees have to attend the training session | all students are welcome to attend | the ceremony was attended by nearly 200 people | he's been attending church regularly for many years

boring /bɔːrɪn/ Adjective

something that is boring is not interesting

a really boring book | my job is really boring | the film was so boring we left before the end | he's the most boring teacher in the whole school

Adjective: bored | Opposite - Adjective: interesting |

Adjective: interested

I got bored after waiting for an hour | If you're bored, why don't you go and do your homework? | the Harry Potter books are really interesting | I watched a really interesting programme on TV last night | he said he wasn't interested in cars | tell me more – I'm really interested

fantastic /fæn'tæstɪk/ Adjective

something that is fantastic is very good

this food is fantastic | we had a fantastic holiday | the view from the hotel window was fantastic | a fantastic guitar player

fine /faɪn/ Adjective

something that is fine is quite good

everything at school is fine at the moment | "How was your evening?" -- "It was fine, thanks" | a rather fine painting

fun /fʌn/ Adjective

if something is fun, you enjoy it

have fun | great fun

we had a lot of fun at the weekend | swimming in the sea is great fun | Why don't you come with us it'll be fun?

funny /ˈfʌni/ Adjective

something that is funny makes you laugh

a really funny joke | Mr Platt is funny sometimes | we watched funny YouTube videos all evening | it's the funniest book I've ever read | a funny story in a magazine

great /greit/ Adjective

something that is great is very good

the trip to New York was great | Birmingham is a great place to live | there are some great shops here | we saw a great film last night | you look great in that jacket | Athens is a great city

hope /həʊp/ Verb

if you hope something will happen, you want it to happen but you are not sure if it actually will

I hope you pass your driving test | we're hoping to go on holiday to Spain next year | "Is Tim coming home for Christmas?" – "I hope so." | I hope we can still be friends | I hope they won't be upset when they find out what's happened

Noun: hope

there isn't a hope of getting there on time (it's not possible to get there on time) | it's not impossible, so there's still some hope

look forward to /ˈlʊk ˌfɔːwəd tuː/ Phrasal verb

if you are looking forward to something, you think you will enjoy it or be pleased when it happens

look forward to doing something

I'm looking forward to going to France for a week

we're all looking forward to seeing you next month | she was looking forward to her birthday \ I'm looking forward to Christmas already | Are you looking forward to the end of term?

nice /nais/ Adjective

something that is nice is pleasant and enjoyable Did you have a nice time on your holiday? I there's a nice café near here | she's a nice person | we had a nice meal at a restaurant | this is a nice place to live | he always wears nice clothes | the soup tastes nice

not bad /not 'bæd/ Phrase

something that is not bad is good, but not very good the film was not bad | she's not bad as a singer | the first course wasn't bad, but the main course was terrible

not very good /,npt veri 'god/ Phrase

something that is not very good is quite bad my cooking is not very good | the film wasn't very good | I'm not very good at singing

OK /ˌəʊˈkeɪ/ Adjective

something that is OK is not good, but also not bad the film was OK | the food in the restaurant was OK | we had an OK evening at the cinema

terrible /'terəb(ə)l/ Adjective

something that is terrible is very bad

the food in the school canteen is terrible | he made a terrible mess in the kitchen | a terrible crime | they worked in terrible conditions | I've got a terrible pain in my leg | What a terrible film that was! | I made a terrible mistake

yours sincerely /jɔːz 'sɪnsɪəli/ Phrase

at the end of the letter, before your name, you write Yours sincerely if you started the letter using the other person's name, or Yours faithfully if you started the letter Dear Sir or Dear Madam

Yours sincerely, Michael Mishkin

Pages 78-79

belong /bɪˈlɒŋ/ Verb

if something belongs to you, it is yours and you own

belong to someone

Who does this coat belong to? I the house has belonged to our family for a hundred years | it's not my computer; it belongs to the school | Does this book belong to you?

Noun: belongings

the fire destroyed most of their belongings (the things that belonged to them)

incredible /ɪnˈkredəb(ə)l/ Adjective

something that is incredible is very impressive New York is an incredible city | an incredible film | her incredible kindness | the food here is incredible

remind /rɪˈmaɪnd/ Verb

if something reminds you of someone or something, it makes you think about them

remind someone about something | remind someone of someone or something | remind someone to do something

Does this story remind you of anything? | he reminds me of my brother (he looks like my brother) | that song reminds me of my wedding (it makes me think about my wedding)

scared /skead/ Adjective

if someone is scared, they are afraid because they think something bad is going to happen to them scared of something | scared that

I'm scared of spiders | there's no need to be scared | I thought I heard someone downstairs and got really scared | she was scared that she'd fall into the water

the noise scared everyone in the station

scary /'skeəri/ Adjective

someone or something that is scary makes you feel afraid

a bit scary | really scary

it was a bit scary until the doctor arrived | she can be very scary when she's angry | it was really scary when he started shouting at me | it was really scary walking across the field in the dark | those spiders look scarv

wardrobe /ˈwɔːdrəʊb/ Noun

a wardrobe is a large cupboard where you can hang vour clothes

a fitted/built-in wardrobe

we had to hire a van to get the wardrobe home | the wardrobe got stuck as we tried to get it upstairs there were two wardrobes in the bedroom | a builtin wardrobe (which is part of the house and cannot be moved)

wow /waʊ/ Interjection

you say "Wow" when you have just seen or heard something very impressive or amazing

Wow! Is that your new car? | "I'm going to California for a month." - "Wow!"

7 Journeys

PAGE 81

dangerous /'deɪndʒərəs/ Adjective

something that is dangerous might cause damage or harm to someone

Formula 1 motor racing is a dangerous sport texting while you're driving is really dangerous | riding a motorbike can be dangerous if you're not careful | the zoo has a number of dangerous animals | working underground is both difficult and dangerous

Adverb: dangerously | Noun: danger

be in danger

she stood dangerously close to the edge of the cliff | the temperature was dangerously high | the warning sign said "Danger of death!" | if they're still on the mountain in this storm, then they're in danger | he was in danger of falling off the bridge

difficult /'dɪfɪk(ə)lt/ Adjective

something that is difficult is not easy to do or to understand

difficult to do something

a long and difficult journey | maths is a really difficult subject | that's a difficult question | it was very difficult to find a job | the exam was more difficult than I expected | it was difficult to get up at five in the morning

Noun: difficulty | Opposite - Adjective: easy with difficulty | have difficulty

I have difficulty with English spelling | she overcame the difficulties (she succeeded even though it was difficult) | English is an easy subject | I found the exam really easy

huge /hiuxdz/ Adjective

something that is huge is extremely big

the truck was carrying a huge load | they're putting up a huge building near the park | most of the rooms are huge but the kitchen is tiny \ I've never seen such a huge dog

safe /seɪf/ Adjective

something that is safe is not dangerous and will not hurt people or do any damage

safe to do something

the roads were much safer when there were fewer cars | it's a safe area - I walk everywhere, even at night | Is it safe to ride a bike on the streets here? | I didn't feel safe on my own in a foreign city | they said it was safe to swim in the sea here

Adverb: safely | Noun: safety

drive safely | we swam across the river safely | we need to improve safety in the factory | road safety

tiny /'taɪni/ Adjective

something that is tiny is extremely small

it's a tiny village in the centre of the country | each fruit contains thousands of tiny seeds | he took a tiny piece of chocolate | the boats look so tiny in the distance | the room was tiny, but luckily it was very warm

Pages 84-85

drive /drazv/ Verb

if you drive a car or other vehicle, you control it while it is moving

I sometimes drive my dad's car \ I want to learn to drive a car | he drives a taxi | he's 50 and he still can't drive | it will take an hour to drive to Brighton | drive carefully | we drove into town

Noun: driver | Noun: drive

she's a very careful driver | a taxi driver | we went for a drive into the countryside | it's a two hour drive to get home

fly /flaɪ/ Verb

if you fly somewhere, you go there in a plane I'd rather go by train than fly | you can fly direct from London to Seattle (without stopping on the way) we flew to Moscow last year | we flew economy to Berlin (we had the cheapest possible tickets) | I've only flown business class once (in more comfortable and more expensive seats) | British Airways flies to over 300 different airports in the world

Noun: flight

it's a ten hour flight (journey in a plane) \ our flight time this afternoon will be two hours and 20 minutes | we hope you enjoyed the flight | you can get really cheap flights to Prague

go /gəʊ/ Verb

if you want to say how you **go** somewhere, you can say you **go by** train, **go by** bus, **go by** car, etc.

I go to school by bike | it was too far to cycle so we went by train | thy went to Norfolk by car | she goes to school by bus every day

take /teik/ Verb

when you use public transport, you can say that you take the bus, take a train, etc

there were no buses so we took a taxi | it was raining, so I took a taxi to the cinema | let's take the bus to Hampstead | Shall we take the train to Manchester, or would you prefer to drive?

travel by /'træv(ə)l baɪ/ Verb

if you travel, you go from one place to another. If you want to say how you travel, you can say you travel by train, travel by plane, etc

we always travel by plane when we go to France | we travelled by train to Brindisi, and then by boat to Kefalonia | I'd rather travel buy ship than fly in a plane

Pages 86-87

ancient /'eɪnʃ(ə)nt/ Adjective

something that is ancient is very old

an ancient legend | an ancient burial site (where people were buried a long time ago) | we cannot accurately estimate the population of ancient Rome

cable car /ˈkeɪb(ə)l ˌkɑː/ Noun

a cable car is a small box that hangs from wires and that carries people over and across a city or up mountains, for example when they want to go skiing it takes ten minutes to get to the top in a cable car | there's been a cable car here since the 1950s | we had to wait 20 minutes for a cable car

celebration /ˌseləˈbreɪʃ(ə)n/ Noun

if you celebrate, you do something enjoyable to show that a particular day or event or occasion is special. The activity you do is a celebration

a birthday/anniversary celebration | a big/small celebration

a birthday celebration | the celebrations lasted all day and all night | we all joined in the celebrations | we organised a big celebration for the opening of the new school | the news caused celebrations across the city

Verb: celebrate

we always celebrate Christmas with my grandparents | they went to a restaurant to celebrate his birthday

event /r'vent/ Noun

an event is something that happens, usually because it has been arranged, like a concert or a sports match we have a lot of social events next week | tonight's event will start at 7:30 | the event was attended by over 3,000 people | there will be eight teams in the weekend's sporting event | the last day of the school term is always an exciting event

festival /'festɪv(ə)l/ Noun

a **festival** is a period of time during which a lot of events take place somewhere, such as concerts, theatre performances, films etc.

a music/jazz/rock/theatre festival

we went to a three-day rock festival | the festival is held every year in August | Glastonbury Festival takes place on a farm in Somerset | a festival of classical music | Did you get tickets for the festival? | 20,000 people came to the festival

jungle /ˈdʒʌηg(ə)l/ Noun

a jungle is an area in a hot country where there are lots of trees

we spent three days walking through the jungle | it's easy to get lost in the jungle | the plane crashed in thick jungle

nightclub /'naɪtˌklʌb/ Noun

a nightclub is a place where people go late in the evening to drink, dance and have fun

she met her husband in a nightclub | let's go to a nightclub | there are lots of nightclubs in Soho | he worked in a Paris nightclub

port /port/ Noun

a port is a place by the edge of the sea where boats arrive and leave from

Murmansk is an important port in the north-west of Russia | all around the port you can hear the sounds of boat building | a small fishing port | Dover has a busy commercial port

sculptor /'skʌlptə/ Noun

a sculpture is an object that is a work of art made from wood, stone, plastic, etc. The art of making these works is also called sculpture. A person who makes these things is a sculptor

he painted portraits to earn money, but he really wanted to be a sculptor | the sculptor Barbara Hepworth had a studio in St Ives | a famous sculptor

Noun: sculpture

an exhibition of sculptures by Henry Moore | she studied sculpture at art school | I prefer paintings to sculpture | in the hall was a sculpture of a lion

square /skweə/ Noun

a square is an open area in a town or city, usually with buildings around it

Trafalgar Square in London | there's a large square in front of the cathedral | it's an old town with an attractive market square | let's meet in the main square at eight o'clock | cars aren't allowed on the square in front of the station

step /step/ Noun

steps are the flat narrow surfaces that make up a staircase and that you tread on as you go up or down Shall we meet on the steps outside the theatre? | I fell down the steps and broke my leg | there 1,710 steps to the top of the Eiffel Tower

time /taɪm/ Noun

when you are taking about time and what happens, there are various expressions you can use

I like to spend time with my friends at the weekends (be with the for a while) | I didn't have time for breakfast (I could not have breakfast as well as everything else I needed to do) | buying things online can help you save time (not spend too long on a single activity so you have more time for other things) | I'm sure you'll have a good time at Disneyland (you'll enjoy yourself while you are there)

view /vjuː/ Noun

the view is everything you can see from a particular place

a view over something

there were great views as we went up the mountain | the hotel has a view over the Mediterranean | I love the view from my bedroom window | a room with a sea view (a view over the sea) | what a lovely view

PAGES 88-89

borrow /'bɒrəʊ/ Verb

if you borrow something from someone, they let you use it for a time and then you give it back Can I borrow your bike? | he borrowed my

PlayStation and still hasn't given it back | I had to borrow some money from my father to buy the car | Do you mind if I borrow your pen?

buy /bai/ Verb

if you buy something, someone gives it to you in exchange for money

I need to buy a train ticket | Did you buy any flowers? I I've got enough money to buy a new shirt | I bought a newspaper and a book at the station | you can buy all sorts of things on the internet

cash /kæ[/ Noun uncount

cash is money in the form of coins and notes pay (by) cash

Can I use my credit card? I don't have any cash with me | are you paying by cash or credit card? | I paid £10 cash for it | a cash machine (that gives out bank notes) | I've got to go to a bank to get some cash

change /t[eɪndz/ Verb

if you change money, you give someone one sort of money and they give you a different sort

I want to change some American dollars to British pounds | don't change your money at the airport | change your money before you set off

coin /kɔɪn/ Noun

a coin is small piece of metal that is money a pocket full of coins | a shiny one pound coin | several coins fell out of his pocket | some of these old coins are worth a lot of money | I collect old French coins

credit card /'kredit ˌkaːd/ Noun

a credit card is a piece of plastic that you use instead of cash

she paid for the computer with her credit card | I left my credit card in the shop | Is your credit card Visa or Mastercard? | she has three different credit cards

lend /lend/ Verb

if you lend someone something, you let them use it for a while and then they give it back to you lend someone something | lend something to

she lent me her bike for the evening | Could you lend me a phone charger? | Can you lend me some money? I left my wallet at home | I lent it to him last week | he wanted me to lend him my car | I'll lend you some money if I can borrow your PlayStation for a week

pay /pei/ Verb

if you pay for something, you give someone money for it when you buy it

pay for something

let me pay for lunch | I had to gueue to pay for my coffee | she paid £200 for a new coat | I can't afford to pay that much | I'll pay for the taxi | How much did you pay for those shoes? | Can I pay by cheque?

Noun: payment make a payment

I borrowed £1,200 and will make 12 monthly payments of £105

spend /spend/ Verb

if you spend money, you buy things spend something on something

I spent a hundred pounds on clothes | How much did you spend yesterday? | don't spend all your pocket money | I didn't spend any money at all

take out /'teɪk ˌaʊt/ Phrasal verb

if you take out money, you get it from a cash machine

I need to take out £50 | the maximum you can take out is £300 | he took out £50 before going to the restaurant

ticket /'tɪkɪt/ Noun

a ticket is something that shows you have paid and can go on a train, into a cinema, etc

a ticket for the football match between Chelsea and Arsenal | I go to the cinema on Wednesdays when the tickets are cheap | don't lose the tickets! | you can buy tickets online | the tickets have all sold out (there are none left) | Do you have any spare tickets (that you do not need)?

PAGES 90-91

decay /dɪˈkeɪ/ Verb

when a living thing decays, it starts to rot and smell bad after it has died

the body started to decay very quickly in the heat | as it decays it starts to smell | a decaying body

Noun: decay

the process of decay started almost immediately | the smell of decay

lay /leɪ/ Verb

if a female bird or insect lays an egg, the egg comes out of her body

each chicken lays one egg a day | happy hens lay nicer eggs | later in spring, the females lay eggs | the queen bee's main purpose is to lay eggs

shallow /ˈʃæləʊ/ Adjective

if something such as a hole or a lake is shallow, there is only a small distance from the top or the surface of it to the bottom

the water was very shallow | the shallow end of the swimming pool | put the flour in a shallow bowl

Opposite – Adjective: deep

the deep end of the swimming pool | the river was very deep

skin /skin/ Noun uncount

your skin is the outer covering of your body

if you've got dry skin, don't use this sort of soap | my skin is darker than my brother's | his skin was smooth and cold

smooth /smuːð/ Adjective

a surface that is smooth does not have any lumps or bumps on it but is very flat

the baby's skin was very smooth | a smooth road surface | a smooth plastic surface | make sure the floor is smooth before you paint it

turn /t3xn/ Verb

you use turn to describe how something changes from one state and starts being in a different state turn from something to something

my skin turns red in the sun | the weather turned wet (it started raining) | it was so cold my lips turned blue | the leaves will turn from green to brown in the autumn

8 Appearance

PAGE 93

colourful /'kʌləf(ə)l/ Adjective

something that is colourful includes a lot of bright

the women all wore very colourful dresses | the wall was covered in colourful paintings | those curtains are nice and colourful

Noun: colour

I prefer to have very bright colours in the living room

Pages 94-95

bag /bæg/ Noun

a bag is something that you carry things in my bag is full | a plastic bag | a school bag | a shopping bag | Can you carry my bag for me?

a belt is something you wear round your waist to stop your trousers or skirt from falling down this belt is too short for me | a leather belt | I need a belt with this skirt

coat /kəʊt/ Noun

a coat is a piece of clothing that you wear when you are outdoors to keep warm

a winter coat | a warm coat

take a coat - it's cold outside | I bought a winter coat | you need a coat in this cold weather | a woman in a blue coat | I got this coat in the sales | hang your coat up | take your coat off and come in | I wish I had a warm coat

dress /dres/ Noun

a dress is a piece of clothing for girls and women that has a top and a skirt joined together

a blue dress | she's wearing an old dress | an expensive dress | I bought two new dresses in the sales | my mother's old wedding dress (that she wore when she got married)

jacket /ˈdʒækɪt/ Noun

a jacket is a piece of clothing like a light coat he's wearing black trousers and a grey jacket | I usually wear a jacket to work | take your jacket off if you're hot | a warm jacket | an expensive jacket | a leather jacket | Can I try this jacket on (put it on to see if I like it)?

jeans /dʒiːnz/ Noun plural

jeans are blue trousers made of strong material called denim

a pair of jeans

an old pair of jeans | he was wearing a T-shirt and jeans | my jeans need washing | Where did you get your jeans? | my sister's always borrowing my jeans | we're not allowed to wear jeans to work

leggings /'legɪnz/ Noun plural

leggings are trousers that fit tightly against your legs a pair of leggings

a pair of black leggings | I mostly wear jeans, trousers and leggings, not skirts | colourful leggings | I bought three pairs of leggings

scarf /skaxf/ Noun

a scarf is a piece of material you wear round your neck to keep warm

she's wearing a hat and scarf | don't forget your scarf | wear a scarf - it's cold today | a woollen scarf (one made of wool)

shirt /(3xt/ Noun

a shirt is a piece of clothing you wear on the top half of your body

I need a clean shirt for my interview | I bought a new shirt yesterday | I usually wear a white shirt to work | I need to change my shirt | he took off his shirt | put your shirt on | he was wearing a shirt and tie

shoe /ʃuː/ Noun

shoes are what you wear on your feet

a pair of shoes

a pair of brown shoes | I need some new shoes | he cleaned his shoes before he went out | my shoes are dirty | she was wearing red shoes | he took his shoes off | I sat down to put my shoes on

shorts /soxts/ Noun plural

shorts are trousers that do not go all the way down to your feet

a pair of shorts

you can't wear shorts to work | a pair of black shorts | I wear shorts to go running | it's too cold to wear shorts today

skirt /sk3xt/ Noun

a skirt is a piece of clothing for women and girls which hangs down from the middle of the body over the legs

a short skirt | I bought a new skirt in the sales | What's this skirt made of? | the zip on my skirt is broken | you look nice in that skirt | my skirt is too long

sock /spk/ Noun

socks are pieces of clothing that you wear on your feet inside your shoes

a pair of socks

a pair of green socks | there's a hole in my sock | thick woolly socks | long socks (that reach your knees) | cotton socks

suit /suxt/ Noun

a suit is a jacket and trousers or skirt made from the same material

I have to wear a suit to work | you look very smart in that suit | you should wear a suit for your interview | this suit cost over £200

sunglasses /'sʌnˌglaːsɪz/ Noun plural

sunglasses are glasses that have dark glass in them to protect your eyes from strong sunlight

a pair of sunglasses

I bought a new pair of sunglasses | Why don't you get some sunglasses for the summer? \ I left my sunglasses on the beach | I always keep a pair of sunglasses in the car | a pair of designer sunglasses (expensive sunglasses made by a famous designer)

tie /taɪ/ Noun

a tie is a strip of materia, usually worn by men around the neck, that hangs down towards their waist we have to wear a tie to school | a red tie | he was doing up his tie | a school tie

top /top/ Noun

a top is a piece of clothing that you wear on the top half of your body

I like your new top | a woman with a blue top | that top matches your skirt nicely | I need a new top

trainer /'treɪnə/ Noun

trainers are soft shoes like sports shoes, but that a lot of people wear every day

a pair of trainers

a pair of black trainers | my trainers got wet | put your trainers on | I like Nike trainers

trousers /'traʊzəz/ Noun plural

trousers are a piece of clothing which cover the lower half of your body, with a separate covering for each leg

a pair of trousers

I need some new trousers | a pair of clean trousers | these trousers don't fit me any more | Are you going to change your trousers before you go out (put on a different pair of trousers)?

t-shirt /'tix[3xt/ Noun

a t-shirt is a shirt with short sleeves and no buttons down the front

wearing a t-shirt and jeans | a black t-shirt | Do you ever wear t-shirts?

uniform /ˈjuːnɪfɔːm/ Noun

a uniform is a set of clothes that is worn by all the people in a particular group, for example by the police, soldiers in the army, or pupils in some schools a school uniform | pupils have to wear uniform | my school uniform was bright green in colour | some

of them were wearing military uniforms | all four

Adjective: uniformed

officers were dressed in uniform

a uniformed police officer (wearing a police uniform)

PAGES 96-97

appearance /əˈpɪərəns/ Noun

someone's appearance is what they look like

he spends a lot of time on his appearance | I didn't like his appearance much | she had the appearance of an old schoolteacher

arm /aːm/ Noun

your arms are the two long parts of your body that start from your shoulders, and have your hands at

my left arm hurts | I fell off my bike and broke my arm | she grabbed my arm | my arm aches | he carried the books under his arm (held between his arm and his body) | he burnt his arm on the oven door

beard /bɪəd/ Noun

a beard is the hair growing on the lower part of a man's face, on his chin and up the side of his cheeks a tall man with black beard | beards have become fashionable again | his beard is a different colour from the hair on his head | a tall man with black beard | I think I'll shave my beard off for the summer Adjective: bearded

both men were tall, bearded, and looked very strong

ear /1ə/ Noun

your ears are the two things on each side of your head that you use to hear

my ears are cold | he has very large ears | he scratched his ear | it was so loud I put my fingers in my eras

eve /aɪ/ Noun

your eyes are the two round things on your face that you see with

she has brown hair and blue eyes | I closed my eyes and fell asleep | she looked me in the eye (looked directly at me) and laughed | you have very attractive eyes

foot /fot/ Noun

the plural of foot is feet. Your feet are the two things at the end of your legs, which have five toes each

he's got very big feet | she cut her foot on a piece of glass | I walked 30 kilometres and now my feet are aching | he's got very big feet | he got to his feet (he stood up) | he came to the door in bare feet (not wearing shoes or socks)

hair /heə/ Noun uncount

your hair grows out of the top and sides of your

I need to wash my hair | brush your hair | get your hair cut | have long hair | have short hair |she's got brown hair | blonde hair (very light coloured hair) | a girl with long dark hair

hand /hænd/ Noun

your **hands** are the two things on the end of each arm, with five fingers, that you use for holding things and writing with

hold hands | shake hands

wash your hands before lunch | he put his hands in his pockets | I write with my left hand | my hands are really cold | she had a book in her hand | they held hands (because they liked each other) | we shook hands (held each other's hand and moved them up and down as a way of saying hello or goodbye)

head /hed/ Noun

your head is the top part of your body, where your eyes, nose, brain, mouth etc. are

he banged his head on the door | she shook her head (moved it from side to side, to mean 'no') | a cut on the side of my head | I felt a pain in the back of my head | a head injury

height /haɪt/ Noun

your height is how tall you are. The height of a building or mountain is how far it measures from the bottom to the top

What's the height of Mount Everest? | please write down your age, height, and weight

leg /leg/ Noun

your legs are the two long parts of your body which have your feet at the end and your knees in the middle

he fell and hurt his leg | my left leg is longer than my right leg | she broke her leg in the accident | he had very short legs

mouth /maυθ/ Noun

your mouth is the hole in your face where you put food in order to eat it

he opened his mouth | don't talk when your mouth is full of food | he put the pill in his mouth and swallowed it

neck /nek/ Noun

your neck is the part of your body that joins your head to the rest of your body

he had a very long neck | she hurt a muscle in her neck | I've got a pain in my neck | his neck was very stiff

possession /pəˈzeʃ(ə)n/ Noun

your possessions are all the things that you own when the house burned down, we lost nearly all our possessions | until she was eight, the doll was her most precious possession | he disappeared last month, taking only a few personal possessions Verb: possess

we lost everything we possesssed in the fire

shoulder /ˈʃəʊldə/ Noun

your shoulders are the two parts of your body that start at the bottom of your neck and go out on either side

he put his arm round her shoulder | the coat is a bit tight round my shoulders | I hurt my shoulder when I fell off the bike | his hair went down to his shoulders

PAGES 98-99

advertisement /ədˈvɜːtɪsmənt/ Noun

an advertisement is a short piece of text, often with a picture, or a short film on TV that tries to make people want to buy a particular product

I saw an advertisement for it on TV | there are too many advertisements on TV | the great thing about the BBC is that there are no advertisements | a front page advertisement in a national newspaper | an advertisement for a new smartphone

Verb: advertise

it's very expensive to advertise on television | we need to advertise the new car on the internet as well as on TV

dinosaur /'daɪnə.sɔː/ Noun

a dinosaur is very large creature that used to live on earth. Dinosaurs disappeared about 65 million years ago

some dinosaurs could fly | it looked like the footprint of a dinosaur | dinosaurs had very strong teeth

doll /dpl/ Noun

a doll is a toy that looks like a baby or a small person Dad used to find bits of wood and turn them into toy boats and dolls | a wooden doll (one made of wood) | a set of eight Russian dolls, one inside the other | by the age of nine she was too old to play with dolls

jewellery /ˈdʒuːəlri/ Noun uncount

jewellery is things like rings, earrings, and necklaces, often made from metal, that people wear because they look nice

my friend makes silver jewellery | burglars stole £20,000 worth of jewellery | he likes to wear gold jewellery | a jewellery box (for keeping jewellery in) | police found a bag full of stolen jewellery and watches

like /laɪk/ Preposition

if you refer to things like other things, you mean that the other things are part of the same set as the first things you mentioned

I prefer sports like football and rugby | we used to go on holiday to seaside towns like Blackpool and Brighton | bands like Oasis and Coldplay used to be very popular

Synonym - Preposition: such as

citrus fruit such as oranges and lemons have a lot of vitamin C | we never talked about serious subjects such as politics or religion

like /laɪk/ Preposition

if you say someone or something is like someone or something else, you mean they are similar you look like your dad | he sounds just like his brother | this is like the bike I had when I was younger

make-up /ˈmeɪkʌp/ Noun uncount

make-up is different coloured stuff such as lipstick or powder that some people put on their faces to make themselves more attractive

wear make-up

I need to buy some more lipstick and other make-up don't forget to take your make-up off before you go to bed | my mother hated wearing make-up

superhero /ˈsuːpəˌhɪərəʊ/ Noun

a superhero is a character from comic books or films who has special powers and who protects everyone from bad people

Who's your favourite superhero? | a t-shirt with superheroes on the front | the first superhero film I saw was Spiderman

toy /toɪ/ Noun

a toy is an object that children play with

a wooden toy | the toy section of a department store | children have so many toys these days | a toy cupboard (where children's toys are kept) | the children were playing with their toys | you have to learn to share your toys | a toy car | a toy shop (a shop that sells toys)

unusual /ภท'iuxรชอl/ Adjective

something that is unusual is not what happens normally or regularly

it's very unusual to see him in church (he normally doesn't go) | she was wearing an unusual coat | Did you notice anything unusual about the restaurant? | it's unusual to have snow in March | cabbage and chocolate is an unusual combination

Opposite - Adjective: usual

as usual

she got up at 7 as usual | let's meet in the usual place (the same place where we always meet)

Pages 100-101

auxiliary verb /ɔːgˈzɪliəri ˌvɜːb/ Noun

an auxiliary verb is a word like 'do' or 'have' that you use to make different tenses, ask questions, or make negatives with English verbs. For example, in the question 'Do you like tennis?', 'do' is an auxiliary

don't forget to use auxiliary verbs when asking questions

conjunction /kənˈdʒʌηkʃ(ə)n/ Noun

a conjunction is a word like 'and' or 'but' that connects two parts of a sentence

make these two sentences into one using a conjunction | 'however' is a conjunction

formal /'fɔːm(ə)l/ Adjective

language that is **formal** is very careful and correct and used in official situations rather than in relaxed social situations

a formal letter | writing 'receive' is much more formal that writing 'get' | it's a good letter, but the language is not formal enough

Opposite – Adjective: informal

her letter was quite informal and very funny

nervous /'nazvas/ Adjective

if you are nervous, you are very worried and slightly scared that you will do something badly

nervous about something

I was very nervous because I'd never made a speech in public before \ I usually get really nervous before an exam | he was so nervous his hands were shaking I could tell he was nervous because he didn't eat anything at lunch | he was nervous about the interview

Adverb: nervously

he waited nervously for his turn to go onto the stage

pronoun / prəʊnaʊn/ Noun

a pronoun is a word like 'he' or 'it' that is used to refer to someone or something that has already been mentioned without saying their name again instead of writing 'John stood up. Then John left he room' use a pronoun: 'John stood up and then he left the room' | the English pronoun 'we' corresponds to the French 'nous'

Pages 102-103

carnival /ˈkɑːnɪv(ə)l/ Noun

a carnival is a big public event in a city when people march through the streets, often singing and dancing, wearing special costumes

the children wore carnival masks and costumes | the city is full of people for the carnival | carnival is next weekend, the most important weekend of the year for us | there's a carnival atmosphere out there today

clarinet /ˌklærəˈnet/ Noun

a clarinet is a long thin musical instrument that you play by blowing at one end and using your fingers to operate metal things that close and open holes

she plays clarinet in the school orchestra | the clarinet makes a beautiful sound | a new clarinet is very expensive

Noun: clarinettist

she's a brilliant clarinettist

clown /klaʊn/ Noun

a clown is a performer in a circus who tries to make people laugh by behaving in a silly way and wearing silly clothes and a lot of makeup

the clowns pretended to throw a bucket of water over us | two of the clowns kept falling over the whole time | a clown with red hair and long, pointed shoes

costume /ˈkɒstjuːm/ Noun

a **costume** is a special set of clothes that people wear for a particular occasion or event, such as a parade or street festival

we all dressed up in a costume for the parade | a national costume | she was wearing a very colourful costume

drum /dr/m/ Noun

a drum is a musical instrument that is round and that you play by hitting with a stick

first the drums, then the trumpets started playing we could hear the beat of the drums from a long way away | Can you play the drums?

Noun: drummer

he's the drummer in a rock band

firework /ˈfaɪə.wɜːk/ Noun

fireworks are things that explode and make colourful moving shapes and patterns in the sky, often making a loud noise

a firework display/show

the fireworks started going off at seven o'clock | a spectacular fireworks display | at midnight there was a big fireworks show | the fireworks exploded and nearly destroyed the building | you should never throw fireworks into a bonfire

mask /massk/ Noun

a mask is something that covers part or all of someone's face. People sometimes wear colourful masks at a party or celebration

she wore a gold mask with a white nose and red lips I the children wore carnival masks and costumes | I'm making a mask for tomorrow's party

parade /pəˈreɪd/ Noun

a parade is a big event when a lot of people or vehicles go through the streets of a town as part of a big celebration

the parade will set off from the Town Hall | a military parade | the parade took over an hour to pass by the front of our shop | there were street parades, followed by fireworks in the evening

rodeo /ˈrəʊdiəʊ/ Noun

a rodeo is an event where people show their skills at riding wild horses, catching cattle with ropes, etc we went to a rodeo when we were in Arizona | they have a rodeo there every Friday in August | hundreds of people bought tickets for the rodeo

trumpet /'trʌmpɪt/ Noun

a trumpet is a brass (metal) musical instrument that you play by blowing into one ned

I'm learning to play the trumpet | I don't like the sound of a trumpet much | the concert began with a piece of music for trumpet and drum

Noun: trumpeter

a trumpeter in a jazz band

9 Entertainment

PAGE 105

stadium /'steɪdiəm/ Noun

a stadium is a large open building around a sports field where lots of people can sit or stand to watch sports events or other entertainment

the new stadium opened in 2015 | the stadium holds 60,000 people | the Olympic stadium (where the Olympic Games took place) | the stadium cost over £20m to build | a football stadium | the old stadium was knocked down in 2011

Pages 106-107

animation /ˌænɪˈmeɪʃ(ə)n/ Noun

an animation is a film that does not have actors but that uses drawings that seem to move

a Japanese animation | the children watched animations on the TV | it takes a long time to make an animation

comedy /'kpmədi/ Noun

a comedy is a funny film that is meant to make you laugh

my favourite kind of film is comedy | he starred in over 30 comedies during his acting career | it was a very silly comedy, but it made me laugh

documentary /ˌdɒkjʊˈment(ə)ri/ Noun

a documentary is a film that gives information about a particular subject

a TV documentary | you can learn a lot from documentaries | I watched a documentary about Swiss banks | an interesting documentary | a documentary film maker

fantasy /ˈfæntəsi/ Noun

a fantasy film is not based on this world, but involves magic or imaginary people or places

Lord of the Rings is a famous fantasy | a director of fantasy films | I don't like fantasies

horror film /hpra ,fIlm/ Noun

a horror film is a film with a story that tries to frighten you or shock you

I don't like watching horror films | there's a horror film on TV at 10 o'clock | horror films always scare me

romantic comedy /rəʊˈmæntɪk ˌkɒmədi/ Noun

a romantic comedy is a funny film about people who fall in love

Love Actually' is a really good romantic comedy | Hugh Grant is in a new romantic comedy | they always show a romantic comedy over Christmas

science-fiction film /saɪəns ˈfɪkʃn/ Noun

a science-fiction film involves a story about the future and often takes place on other planets

he likes acting in science-fiction films | 2001: A Space Odyssey is probably the most famous science-fiction film

thriller /ˈ0rɪlə/ Noun

a thriller is an exciting film that always makes you want to know what is going to happen next

we watched a thriller on TV last night | I was watching a thriller till after midnight | he's acted in two thrillers | a crime thriller set in Los Angeles in

Pages 108-109

comedy show /'kpmadi ,[av/ Noun

a comedy show is a funny TV programme

Do you like watching comedy shows? | a TV channel that has only comedy shows | a 1950s comedy show

drama series /ˈdraːmə ˌsɪəriːz/ Noun

a drama series is a story told in several TV shows, usually every week for a while

a six-part drama series | the latest drama series on Netflix | she was in that drama series about the queen

episode /'episəʊd/ Noun

an episode is one of the several programmes in a TV

What happened in the last episode? | the first episode in a six-part series | the last episode was really exciting

quiz show /ˈkwɪz ˌʃəʊ/ Noun

a quiz show is a TV programme in which people have to answer questions about various subjects you can win money if you go on a quiz show | quiz shows are very popular | Shall we watch the quiz show tonight?

sports programme /'sports prougræm/ Noun

a **sports programme** is a TV programme that shows sports events such as football matches, athletics, etc.

there's a sports programme on at nine o'clock tonight | Dan is always watching sports programmes instead of doing his homework | a nightly (every night) sports programme

violent /'vaɪələnt/ Adjective

something that is violent involves the use of force or weapons to hurt people

a violent film | I can't understand his violent behaviour | a violent attack in the street | this country has less violent crime than many other countries | the movie was very violent

Adverb: violently | Noun: violence

he was violently attacked outside the station | the argument ended violently as William threw a plate at his brother | I thought there was too much violence in the film

wildlife documentary /ˈwaɪldlaɪf dɒkjʊˌment(ə)ri/ Noun a wildlife documentary is a TV programme that gives information about animals, plants, etc.

David Attenborough started making wildlife documentaries in 1952 | I always watch wildlife documentaries when they're on

Pages 110-111

bird /b3xd/ Noun

a bird is an animal that can fly

there are birds singing in the trees | the birds start singing at five in the morning | the birds flew away | it's cruel to keep a bird in a cage | we put food out for the birds

flower /ˈflaʊə/ Noun

flowers are the coloured parts of a plant or tree that appear once a year for a while. People use flowers to make a room look nice

a bunch of flowers

put the flowers in a vase | he gave her a bunch of flowers on her birthday | pick some flowers (take them off the plant) | those flowers smell lovely | I grow vegetables and flowers in the garden

fruit /fruxt/ Noun

fruit are things like apples and oranges that have seeds inside them, and that you can eat. The plural of fruit is fruit or fruits

a bowl of fruit | they eat lots of fruit in Italy | a piece of fruit | fresh fruit | you should eat fruit and vegetables every day | fruit is good for you | fruit juice | the tree produced fruits after three years

grass /grass/ Noun uncount

grass is a low green plant that grows all over the ground. It is made up of thin pointed green leaves the grass is very long | he's cutting the grass in the back garden | it had rained in the night and the grass was still wet | all cows eat grass

kangaroo /ˌkæηgəˈruː/ Noun

a kangaroo is an animal that lives in Australia. It jumps on very strong back legs

we saw kangaroos at the zoo | kangaroos can run very fast | a family of kangaroos sat by the side of the road

like /laɪk/ Verb

if you like something, you think it is good and it gives you pleasure

he doesn't like his job \ I like playing computer games | I don't like carrots | Do you like swimming? | nobody likes it when it rains | I like his paintings very much

Opposite -- Verb: hate

I hate shopping

mountain / mauntin/ Noun

a mountain is a very high hill

we reached the top of the mountain | the hotel had

a great view of the mountains | he liked climbing mountains | we have a family house in the mountains | we got a long way up the mountain | Everest is the highest mountain in the world

prefer /prɪˈfɜː/ Verb

the person or thing you prefer is the one you want or like the most out of a group of them prefer something to something

Do you prefer driving or cycling? | Do you want some tea, or would you prefer coffee? | at school I preferred history to maths | Shall we go to the theatre or the cinema – which would you prefer?

rock /rok/ Noun

a rock is a large, heavy stone

she handed me a rock from the beach | we climbed over the rocks to get to the sea | a huge piece of rock the boat hit some rocks and sank

sea /six/ Noun

the sea is the large area of water that covers a lot of the earth

a house near the sea | swimming in the sea | the sea between England and France is called the English Channel | the Mediterranean Sea | we went out on the sea in a boat

sky /skaɪ/ Noun

the **sky** is everything above you when you are outside. On a nice day, the sky is blue. You can see the sun and the moon in the sky

there are lots of clouds in the sky today | there wasn't a cloud in the sky | the sky was blue | in the morning there was a clear sky | a cloudy sky | Sunday will bring sunny skies and warmer temperatures

tree /triː/ Noun

a tree is a big, tall plant with lots of branches and

I like climbing trees | Do you know the name of that tree? | it's an oak tree | we'll have to cut the tree down

Pages 112-113

art exhibition /ˈaːt eksɪˌbɪʃ(ə)n/ Noun

an art exhibition is an event where people can go and look at paintings and other works of art. Some art exhibitions last a day and others go on for

the students organised an art exhibition at the end of term | there's an art exhibition in the school hall on Saturday | our annual art exhibition | the museum is putting on a big new art exhibition

perfume /ˈpɜːfjuːm/ Noun

perfume is a liquid with a strong sweet smell that people put on parts of their body to make themselves smell nice

a bottle of perfume | I bought some perfume at the airport | good perfume is very expensive | I could smell her perfume before I saw her

Pages 114-115

camera trap /ˌkæmrə 'træp/ Noun

a camera trap is a device that is used to take photographs of wild animals automatically. It uses special technology to notice when an animal is nearby and then takes the photograph

the documentary used photos from a camera trap | this simple device can turn your own camera into a camera trap | a magazine with lots of adverts for camera traps

rainforest /'reɪnˌfɒrɪst/ Noun

a rainforest is a large forest of trees and other plants in a hot area of the world where there is a lot of rain the rainforests of central America | they're cutting down a lot of the rainforest | we're raising money to protect the rainforests | a trip to a rainforest

species /'spiːʃiːz/ Noun

a species is a type of animal or plant. The plural is also species

they identified the species of spider | a rare species of butterfly | nobody knows how many species of insect there are on the earth | tigers are now an endangered species (in danger of dying until none are left)

team /tixm/ Noun

a team is a group of people who are all working together on the same project or task

Adrian has a large team of people helping him | our team has been together for over a year | a new member of the team | my team is working on a new kind of electric car

10 Learning

PAGE 117

biology /bar'plədzi/ Noun uncount

biology is the study of plants, animals, and other living things

a biology exam | he's studying biology at Cardiff University | she's doing research in biology

Noun: biologist

biologists still cannot explain why this happens

chemical /'kemik(ə)l/ Noun

a chemical is a substance that is made of a number of different substances mixed together, usually made in a factory and for a particular purpose

a lorry carrying dangerous chemicals crashed on the M1 last night | keep the chemicals in a safe container | a chemicals factory

chemistry /'kemistri/ Noun uncount

chemistry is the study of things like gas, liquid, metal, etc. and how they behave

a chemistry lesson | a chemistry laboratory | if you have a chemistry degree you could get a job with a drugs company

Noun: chemist

an industrial chemist (someone who uses knowledge of chemistry to help improve the way things are made in factories)

energy /'enədʒi/ Noun uncount

energy is force or power that you get from things like electricity or gas, or from the food that you eat physics is the study of energy | when you split the atom a lot of energy is released | we can get clean energy from wind farms

geography /dʒiːˈɒgrəfi/ Noun uncount

geography is the study of different countries and areas in the world

my geography isn't very good (I don't know where places are) | she's studying geography at Oxford | I always fall asleep during geography lessons | Who knows the most about geography?

IT /aɪˈtiː/ Noun uncount

IT is information technology, the use of computers to store information and analyse it in a useful way an expert in IT | our company has a large IT department | children need to start learning IT at an early age

literature /ˈlɪtrətʃə/ Noun uncount

literature is things you can read, such as novels, short stories poems, plays, etc.

she's studying Russian literature | 19th century French literature | the literature of Chile is usually written in Spanish | Ishiguro won the Nobel Prize for literature

mathematics /,mæθə'mætɪks/ Noun uncount

mathematics is the science of numbers, shapes, etc. People usually say 'maths' instead of mathematics

he has a degree in mathematics | a maths book | mathematics is not an easy subject | a maths problem

Noun: mathematician

he used to be a mathematician, but now he's got a job in advertising

physics /'fiziks/ Noun uncount

physics is the study of the laws of movement, heat, liaht etc.

a physics teacher | she's studying physics at university | a physics laboratory | I've got a physics exam this afternoon

Noun: physicist

Hawking is one of the most famous physicists in the world

Pages 118-119

discover /dɪˈskʌvə/ Verb

if you discover something, you find something that people did not know about before

they discovered the island in 1795 | they recently discovered some Roman ruins near here | they discovered gold in the mountains

Noun: discovery

scientists have made an exciting discovery | an important new discovery

fail /feil/ Verb

if you fail a test or exam, you do badly and do not succeed

fail a test/exam

I only failed one exam last year | I was ill for two weeks before the exam, so I expected to fail | my brother failed all his exams and my dad was really angry with him | over half my class failed their French test

forget /fə'get/ Verb

if you forget something, you do not remember it. If you forget to do something, you do not do it because you did not remember it at the time forget to do something | forget about something Did you forget my birthday again? | don't forget to lock the door | I forgot to buy milk | I've forgotten her name | she's always forgetting her scarf | I completely forgot about lunch

invent /In'vent/ Verb

if you invent something, you have the idea for it before anyone else and you make the first one of its Alexander Graham Bell invented the telephone | Who invented this musical instrument? | the jet engine was invented by Frank Whittle

Noun: inventor | Noun: invention

Dan wanted to become an inventor when he left school | the Internet is the greatest invention in my lifetime (while I have been alive)

know /nอช/ Verb

if you know something, a fact or some information is in your head

Do you know who is the president of France? | Do you know when the film starts? | nobody knows where they went | I know how to make bread | Does anyone know the way to the restaurant?

Noun: knowledge

she has a detailed knowledge of modern Russian literature | my knowledge of physics is very basic

learn /laxn/ Verb

if you learn something, you find out about it so that you know and understand it

I'm learning French at school | we learned how to put up a tent | I'm learning to drive | Did you learn anything new at school today?

Noun: learner

a class of intermediate language learners

pass /pass/ Verb

if you pass a test or exam, you succeed in it pass a test/exam

she passed all her exams | I just hope I pass my exams next week | she passed her driving test first time | if you don't pass this time, you'll have to take the exam again in January

practise /'præktɪs/ Verb

if you practise something, you do it again and again so that you become good at it

I practise the piano for an hour every evening | you'll never be able to play the guitar well if you don't practise | I practised my dance moves every day

professional /prəˈfeʃ(ə)nəl/ Adjective

someone who is professional gets money for doing a particular activity as a job

a professional musician | she wants to become a professional photographer | a professional baseball player

Noun: professional

a young medical professional (someone who works as a doctor)

remember /rɪˈmembə/ Verb

if you remember something, it is still in your head and you can repeat it or talk about it

he can remember the whole poem | What do you remember from the history lesson? | Can you remember the address? | I know him, but I can't remember his name | she told me where she lives, but I can't remember now

study /'stʌdi/ Verb

if you study something, you read about it so that you know about it

I need to study for my history exam | I usually study for two hours in the evening | she studied chemistry at university | I'm studying for my music exams | if you don't study enough, you won't pass your exam

Noun: student

there are over 1000 students in my school

teach /tixt[/ Verb

if you teach someone something, you tell them about it so that they know and understand it

Can you teach me to draw? | she teaches chemistry at the local school | he taught me how to play chess

Noun: teacher

my English teacher is Australian

understand /ˌʌndəˈstænd/ Verb

if you understand something, you know what it means or how it works

I don't understand this word | Can you understand Italian? | I still don't understand how mobile phones work | once I explained it to him, he understood

Pages 120-121

win /wɪn/ Verb

if you win a game or competition, you beat the other players. If you win a bet, you get money because you said what was going to happen correctly we won the match against Arsenal | Tottenham won the match 4-0 | I won £500 on the lottery

Noun: winner

this week's lottery has three winners | the winner received £5,000

Pages 122-123

bite your fingernails /,baɪt jə 'fɪŋqəneɪlz/ Phrase if you bite your fingernails, you use your teeth to bite the hard parts at the ends of your fingers don't bite your fingernails | I used to bite my fingernails when I was worried about something

brush your teeth /ˌbrʌʃ jə ˈtiːθ/ Phrase

if you brush your teeth, you clean them

don't forget to brush your teeth before you go to bed | brush your teeth twice a day | I'm just going to brush my teeth, then I'll be ready to go out

cigarette /ˌsɪgəˈret/ Noun

a cigarette is a thin tube of paper with tobacco inside it, which people smoke

a packet of cigarettes | cigarettes are very expensive now | she offered me a cigarette

dress up /dres 'Ap/ Phrasal verb

if you dress up, you put on your best clothes because you want to look good for a special occasion I had to dress up for the interview | we like to dress

get up /get 'Ap/ Phrasal verb

when you get up, you get out of bed after you have finished sleeping

What time do you get up? | I got up late this morning | she got up at 6:30 | I hate getting up in the dark in winter | we get up late at weekends | I've got to get up early tomorrow

give up /gɪv 'ʌp/ Phrasal verb

if you give up something that you do regularly, you stop doing it

give up doing something

It's really hard to give up smoking | I used to collect stamps, but I gave it up when I went to university my parents gave up their restaurant business and went back to Scotland

go up /gəʊ 'ʌp/ Phrasal verb

if something goes up, it increases

train fares have just gone up again | unemployment went up by 2% last year | petrol prices have been going up since the winter | the temperature went up to 35 degrees in the south of the country

habit /hæbɪt/ Noun

a habit is something someone does regularly as part of their daily life

smoking is a very bad habit | my sleeping habits have changed since I came back to Europe | he's got some very annoying habits | children need to learn healthy eating habits | he has a habit of singing in the bath

shower /ˈʃaʊə/ Noun

if you have a **shower**, you stand under running water to wash yourself. A shower is also the place where you do this

I always have a shower in the morning | Is there enough hot water for a shower? | I got up, had a shower, then went to work

Verb: shower

he showered and got dressed before six this morning

smoke /smauk/ Verb

if you smoke, you breathe in the smoke of burning tobacco

I don't smoke any more | Do you smoke? | if you want to smoke you'll have to go outside | you can't smoke in the hotel

Noun: smoker

a group of smokers stood outside the café

wake up /weik 'np/ Phrasal verb

if you wake up, you stop being asleep and become awake. If you wake someone up, you make them stop sleeping and become awake

the baby often wakes up during the night | she woke up at six in the morning | I usually wake up before the alarm clock goes off | I woke up early and went for a walk | Can you wake me up at seven? | don't make a noise - I don't want the baby to wake up

Pages 124-125

email address /'ixmeɪl ə.dres/ Noun

an email address is the series of letters and/ or numbers you need to use to send an email to someone, for example 'john.brown99@garglemail.

What's your email address? | I've had the same email address since 1992 | I'll send you my new email address

tone /təʊn/ Noun

a tone is a sound made by a piece of electrical equipment as a signal that something is about to happen or that you should start to do something please leave your message after the tone | a ring tone (the sound a phone makes to announce that a call is coming in) | I can't get a dialling tone (the sound a phone makes that lets you know you can dial a number)

urgent /'3ːdʒ(ə)nt/ Adjective

something that is urgent is very important and needs to be dealt with very soon

if it's urgent, I'll get her to ring you as soon as she comes back | I need to talk to Arthur – it's very urgent | he was in need of urgent medical attention that afternoon, Adkin got an urgent call from the hospital

Adverb: urgently | Noun: urgency

we need your help urgently | unless we act urgently climate change will get out of control | there is great urgency to complete the building work before winter arrives

voicemail /'voismeil/ Noun uncount

voicemail is a system that allows you to leave a message for someone who does not answer their phone when you ring them

a voicemail message | if I'm not there, leave a message on my voicemail | I left you a voicemail - did you listen to it?

website /'web.sait/ Noun

a website is a set of pages on the internet where you can get information about a particular subject or organisation

they have a very simple website | this is a useful website for information about Australia | our website gets 2,000 visits a day | Which websites do you look at most often? | a website that helps you find old schoolfriends | can you send the URL for your website (the address, so I can find it) | Who designed your website?

11 Tourism

PAGE 129

backpacking /ˈbækˌpækɪŋ/ Noun uncount

backpacking is the activity of travelling to different places, with all your luggage in a single bag that you carry on your back

she spent a year on a backpacking trip in Asia after she left school | backpacking is great fun, but can sometimes be dangerous | we met in Bali when we were both backpacking

Noun: backpacker | Noun: backpack

a busy cafe, popular with backpackers | a group of backpackers got off the bus outside the hotel | I managed to get everything into my backpack | a heavy backpack

camping /ˈkæmpɪŋ/ Noun uncount

camping is the activity of going somewhere on a holiday and sleeping in tents while you are there go camping

we used to go camping every weekend in the summer | he packed up the camping equipment and put it in the car | I enjoy outdoor activities like fishing and camping

Verb: camp | Noun: camp

the farmer let us camp in his field | they camped by the side of the river | they spent a pleasant evening around the camp fire | at nine o'clock we pitched camp (put up tents and made the camp ready) | our camp was a long way from the road

desert /'dezət/ Noun

a **desert** is a large area of land where there is not much rain and not many plants can grow

he's on an army base out in the middle of the desert | the Sahara Desert | we didn't have enough petrol to get across the desert | to the south is an arid desert (very dry) | the desert sand felt hot on my bare feet

hiking /haɪkɪŋ/ Noun uncount

hiking is the activity of walking a long way for pleasure

he was tired from hiking through the jungle | a hiking holiday in Scotland | my hobbies are cycling and hiking

Verb: hike | Noun: hike | Noun: hiker

we hiked across the Lake District from one youth hostel to the next | they hiked twenty miles to the coast | it's a ten-mile hike from here | we're going on a hike tomorrow | she could see two hikers coming down the side of the hill

package holiday /'pækɪdʒ ˌhɒlɪdeɪ/ Noun

a package holiday is a holiday that you buy from a company who arrange everything for you, including travel and hotels, and sometimes food and activities while you are there

the hotel was full of people on a package holiday | I don't like package holidays, and prefer to make all my own arrangements | a cheap package holiday to Turkey

sightseeing /saɪtˌsiɪɪŋ/ Noun uncount

if you go **sightseeing**, you go around somewhere looking at the interesting buildings and places that tourists like to see

go sightseeing | a sightseeing tour

on Saturday you can choose between going sightseeing or going shopping | we went on a sightseeing tour down the river | we went sightseeing every day in Lisbon | they spent the day sightseeing

Noun: sightseer

Trafalgar Square was full of sightseers

Pages 130-131

climate /'klaɪmət/ Noun

the **climate** of an area is the sort of weather it typically has over a year

a wet/dry climate | a hot/warm/cold/cool climate | climate change

the climate is very cold in winter with warm summers | What's the climate like in Bulgaria? | the climate in this part of Italy is lovely | a place on the coast with a warm climate | the island has a mild climate (quite warm) | climate change will have an effect on everyone in the next 50 years

licence /ˈlaɪs(ə)ns/ Noun

a **licence** is a document showing you have the right to do something. For example, a driving **licence** means you are allowed to drive a car on the road

I keep my driving licence in my wallet | Do you need a licence to ride a motorbike? | you must have a full driving licence to hire a car | he was found guilty of dangerous driving and lost his licence for two years (he wasn't allowed to drive as a punishment)

multicultural /,mʌltiˈkʌltʃərəl/ Adjective

a multicultural place has lots of people from different countries

Rio is a multicultural city | London is so much more multicultural than it was in the 1930s | a multicultural classroom with kids of eight nationalities studying together | an exciting multicultural city like San Francisco

right-hand side /'raɪt hænd ˌsaɪd/ Noun

the **right-hand side** is one of two sides. When you write in English, you start on the left-hand side and your writing goes towards the **right-hand** side of the page

in France they drive on the right-hand side of the road | the restaurant is on your right-hand side after

the cinema | there's a lake on the right-hand side of the painting

temperature /'temprit(ə/ Noun

the temperature is how hot something is

the temperature at night is about three degrees |What's the temperature outside? | the temperature will drop to just two degrees during the night | the temperature might reach 36 degrees tomorrow | What temperature is the air-conditioning on? | I think I've got a temperature (my body is too hot because I am ill)

visa /ˈviːzə/ Noun

a visa is a document that you need as well as a passport in order to be able to enter some countries you need a visa if you're going to Russia | she went to the Indian consulate to collect her visa | Did you have to pay for your visa?

Pages 132-133

book /bok/ Verb

if you book a hotel, you arrange for them to have a room for you ready for when you arrive there

Did you book the hotel? | we booked the room online | I tried to book but the hotel didn't have any rooms free

break /breik/ Noun

when you are at work, a break is a time when you stop working and relax for a short while before starting to work again

a lunch/tea/coffee break | a short/long break

I usually take a break at about 11 | I worked from eight till four without a break | that was a long break | I had to go to the bank during my lunch break

carry-on /'kæri pn/ Adjective

a carry-on bag is a bag that you take with you onto a plane

it's too big to be a carry-on bag | you can't bring liquids in your carry-on luggage | I bought a carry-on suitcase at the airport

check in /'t[ek ɪn/ Phrasal verb

if you check in your bags at an airport, you give them to an employee of the airline who will put them on the plane so that you do not have to keep them with you on the plane

I want to check in my suitcase, please | you must check in at least an hour before your plane is due to take off | we had to wait half an hour to check in

Adjective: check-in

there was no one at the check-in desk when we got there

guide /gaɪd/ Noun

a guide is someone who knows a place very well and who shows people around it and tells them about it we had a very good tour guide in Paris | our guide spoke very good English | we had three different guides when we went round the Kremlin in Moscow

in advance /ˌɪn ədˈvɑːns/ Adverb

if you do something in advance, you do it some time before you need to

we booked the hotel in advance | you're supposed to make the arrangement a month in advance | I had to pay a month's rent in advance | boat trips must be booked in advance | I bought my plane ticket three months in advance to get a cheap fare

rent /rent/ Verb

if you rent something such as a car, you pay someone to borrow it for a while

we rented a car at the airport | we rented a boat on the lake | she rented a car for a week | let's rent some bikes for the afternoon

return ticket /rɪˈtɜːn ˌtɪkɪt/ Noun

a return or a return ticket is a ticket to go somewhere and come back again

a return ticket to Stoke, please | it's cheaper to get a return than two singles | I bought a return ticket to Paris

Opposite -- Noun: single a single to Wimbledon

souvenir /ˌsuːvəˈnɪə/ Noun

a souvenir is something you buy and take home from holiday to help you remember it

Did you bring back many souvenirs? | cheap, plastic souvenirs | the bowl was a souvenir from Barcelona

sun cream /'sʌnkriːm/ Noun uncount

sun cream is a thick liquid that you put on your skin to protect yourself when the sun is very hot and to stop your skin getting burnt

don't forget to put on some sun cream | make sure the children put the sun cream on | a bottle of sun

tourism /ˈtʊərɪz(ə)m/ Noun uncount

tourism is the activity of visiting places for pleasure, and the businesses that exist to provide services for these visitors

we're keen to encourage tourism on the island tourism has increased a lot in the south of the country | the local economy depends on tourism

Noun: tourist

there has been a huge rise in the number of tourists recently | a coach stopped outside the cathedral and 50 tourists got off

travel /'trævl/ Verb

if you travel, you go from one place to another. If you go travelling, you spend a long period of time going to lots of different places

I want to travel around the world | we've been travelling for six hours and we still haven't got home | I try to travel light (not carrying lots of bags) | we travelled to Thailand last year | he has to travel a lot for his job | I went travelling for a year when I left university

Noun: travels | Noun: traveller

she met a lot of interesting people on her travels

through China | bad weather meant travellers could not leave London's main airport | business travellers (people who are travelling somewhere for their job)

umbrella /\www.brela/ Noun

an umbrella is a piece of plastic or cloth attached to a stick that opens out to provide protection from the rain I wish I had an umbrella | she lent me her umbrella when I went out to do some shopping \ I left my umbrella on the train

visit /'vɪzɪt/ Verb

if you visit a place, you go there and spend some time there. If you visit a person, you go to where they live or work and spend some time with them a lot of people visit Stratford in the summer | we

visited the cathedral in the afternoon | we're going to visit friends in New York | my grandparents come to visit every Christmas

Noun: visit | Noun: visitor

we went on a short visit to see my aunt | I hope you'll come for a longer visit next time | the city gets lots of visitors | the last visitors left at about eight

Pages 134-135

destination /,destr'nerf(ə)n/ Noun

a destination is the place you are going to at the end of a journey

we'll reach our destination in another three hours a holiday destination (where you spend a holiday) | a major tourist destination | the ship left Southampton on Friday, its destination was New York

Pages 136-137

advantage /əd'va:ntidz/ Noun

an advantage is something that helps you succeed or do something you want to do

be at an advantage | have an advantage | an unfair advantage

I had the advantage of being able to speak French which helped me get the job | | my height gave me an advantage when I played basketball | if you have a driving licence, you'll be at an advantage | there are lots of advantages to having an Irish passport

Opposite - Noun: disadvantage

be at a disadvantage

both cars have advantages and disadvantages | we were at a disadvantage because we arrived late | the main disadvantage of buying an old house is the cost of maintenance (repairing it) | there were several disadvantages to living so far from the shops

appreciate /əˈpriːʃiˌeɪt/ Verb

if you appreciate something, you are grateful for it we appreciate your feedback | any help you can give us will be greatly appreciated | thank you for your patience - I appreciate that

Noun: appreciation show your appreciation please show your appreciation with a big round of applause (clapping your hands) | it was a lot of work, so it was nice to see their appreciation

brochure /ˈbrəʊʃə/ Noun

a brochure is a kind of magazine that gives you information about things or services you can buy from a company

a tourist brochure | a travel brochure | they send me a brochure every year | a pile of brochures by the exit from the shop

comfortable /'knmftəb(ə)l/ Adjective

something that is comfortable makes you feel relaxed and happy and is pleasant to be in or sit in a comfortable armchair | our new sofa's really comfortable | Are you comfortable sitting there? | the bed was old and I couldn't get comfortable in it Noun: comfort | Opposite - Adjective: uncomfortable seats on the plane have been widened to improve passenger comfort | we were able to lie back and relax in comfort | these shoes are really uncomfortable

cruise /kruz/ Noun

a cruise is a holiday you take on a ship, often stopping at some interesting places. The ships that take people on these holidays are cruise ships

we went on a cruise around the Mediterranean | a large cruise ship can carry up to 6,000 people | a threeweek cruise in the Caribbean | she went on her first cruise at the age of 76 | we booked a winter cruise

Verb: cruise

cruising the Mediterranean is an expensive way to relax

facility /fəˈsɪləti/ Noun

the facilities in a place are all the buildings, services, and equipment that are available for people to use there weren't many facilities but we still had a good time | there are some good sports facilities at my school | a hotel with a large leisure facility attached to it | there's a lack of facilities in this area | there are a lot of facilities for young people | the hospital had excellent facilities and equipment

feedback /'fixdbæk/ Noun

if someone gives you **feedback**, they tell you how well or badly you did a piece of work, and tell you useful things about how you can improve

give someone feedback

our tutors were very encouraging and gave us lots of feedback | your positive feedback was very important for me | we received great feedback from the people who attended the conference | her feedback really helped me before the exams

Phrasal verb: feed back feed back to someone

I'll feed back to you after I've read your other essay

helpful /helpf(ə)l/ Adjective

someone or something that is helpful helps you with somethina

he was very helpful when I was planning my holiday l a mobile phone can be helpful when you need directions to a new place | I revised a lot, which was helpful in the exam

Adverb: helpfully | Verb: help || Opposite - Adjective: unhelpful | Adverb: unhelpfully

very helpfully, he lent me £20 for the train | she helpfully wrote down the address for me | the staff were always ready to help | he was being deliberately unhelpful | unhelpfully, he left without telling me when he was coming back

leisure /ˈleʒə/ Noun uncount

if you do something in your leisure time, you do it when you are not working and can do activities that you enjoy

leisure time | leisure pursuits/activities | for leisure we'll have to spend less on leisure and travel | my leisure time was spent reading crime novels | What do you do in the evenings for leisure? | leisure pursuits such as golf or tennis | leisure facilities here include a gym and a swimming pool

recommend /,rekə'mend/ Verb

if you recommend something, you tell someone that it is good and that they should get one or do it

recommend doing something

our waiter recommended the fish | I can recommend the restaurant in Bridge Street | I need to buy a new car – what model would you recommend? | a friend of mine recommended a new online shop \ I can strongly recommend swimming in the sea | I can recommend the ice cream here. It's delicious

Noun: recommendation

on someone's recommendation

we booked the Bristol Hotel on my brother's recommendation (because he recommended it) | Can you give us any recommendations for a restaurant in the city centre?

suggestion /səˈdʒestʃ(ə)n/ Noun

if you make a suggestion, you describe a plan or possibility for someone to consider

make a suggestion

Can I make a suggestion? | I agree with Malcolm's suggestion, that we should go to the museum | Does anyone have any suggestions for a good hotel in Brighton? | as always, your suggestions are welcome encourage your students to offer suggestions for solving the problems

Verb: suggest

I suggest we go home | Can anyone suggest an answer to our problem?

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average /ˈæv(ə)rɪdz/ Adjective

average things are calculated by adding up all the numbers in a list, and then dividing the result by the number of items in the list. For example, if there are three children, and they are 2 years old, 7 years old, and 9 years old, their average age is 6.

the average temperature here in March is 12 degrees the average salary is about \$35,000 a year | the average age in my class is 14 years and 7 months | average house prices rose again last year | she was above average height

Noun: average

use a calculator to work out the average

equator /ɪˈkweɪtə/ Noun singular

the equator is an imaginary (not real) line that runs around the middle of the world from east to west most rain forests are near the equator | Quito is the closest capital city to the equator I the climate around the equator is both hot and wet

hemisphere /hemi,sfiə/ Noun

a hemisphere is one half of the planet Earth, especially above or below the Equator. Above the Equator is the **northern hemisphere** and below the Equator is the southern hemisphere

it's spring now in the northern hemisphere | the two charts show average rainfall in the southern and northern hemispheres

Pages 142-143

amount /əˈmaʊnt/ Noun

an amount of something is how much of it there is I need a large amount of money to buy a new computer | we buy the same amount of shopping

every week | the amount of rice you need will depend on how many people will be eating | she gets paid the same amount as I do

area /'eəriə/ Noun

the area of a place or piece of land is how much space it takes up

the lake covers an area of two square kilometres | Russia is the country with the biggest area in the world | What's the area of Lake Michigan?

degree /dɪˈgriː/ Noun

a degree is a unit on a scale for measuring temperature. At 100 degrees Celsius, water boils, and at zero degrees Celsius water freezes. On the Fahrenheit scale used in the US, water freezes at 32 degrees and boils at 212 degrees

temperatures reached 36 degrees Celsius during

the day | it's two degrees below freezing outside Americans usually describe the temperature in degrees Fahrenheit

distance /'dɪstəns/ Noun

the distance between two things is the amount of space between them

distance from somewhere to somewhere | distance hetween

the distance from here to Bristol is about 150 kilometres | it's just a short distance from my home to school | the distance between New York and San Francisco is nearly 3,000 miles

kilogram /kɪlə,græm/ Noun

a kilogram is a measure of weight. There are 1000 grammes in one kilogram. Kilogram is often shortened to kilo

I weigh 72 kilograms | a kilogram of bananas | half a kilogram of tomatoes

Synonym -- Noun: kilo

the oranges are £3 a kilo | a kilo and a half of potatoes

kilometre /ˈkɪləˌmiːtə/ Noun

a kilometre is a measure of distance. There are 1,000 metres in a kilometre

it's over 100 kilometres from here to Manchester I walked eight kilometres before breakfast this morning | the last two kilometres of the race were very difficult

liquid /ˈlɪkwɪd/ Noun

liquid is any substance that is not solid and not gas above zero degrees, ice becomes liquid | the bottle held some sort of liquid | a very thick liquid

Adjective: liquid

a bottle of liquid soap

litre /ˈlixtə/ Noun

a litre is a measure of liquid

a litre of milk | put 40 litres of petrol in the car | this jug holds two litres | your body has about five litres of blood in it

metre / mixtə/ Noun

a metre is a measure of length. There are 100 centimetres in a metre, and 1,000 metres in a

the ceiling is three metres high | a 100 metres race | the road is 15 metres wide | a 50-metre swimming

quantity / kwontəti/ Noun

the quantity of something is how much of it there is he ate a huge quantity of rice | a small quantity of sugar | farming today uses large quantities of chemicals

rainfall /'reɪnˌfɔːl/ Noun uncount

rainfall is the amount of rain that falls somewhere over a period of time

average rainfall here is approximately 14 inches | heavy rainfall is expected tonight | after three days of rainfall the river started to flood | there was light rainfall this morning, but the sun shone for our picnic in the afternoon

square metre /'skweə ˌmixtə/ Noun

a square metre is the amount of space in an area that measures one metre by one metre

the room is 20 square metres | our garden is about 300 square metres | the campsite covered an area of about 25,000 square metres

weight /weɪt/ Noun

the weight of someone or something is how heavy they are

their average weight is 69 kilograms | the bridge was not strong enough to carry the weight of the lorry | I always put on weight over Christmas (I get heavier) I want to lose weight | I try to watch my weight (eat carefully so that I don't get heavier)

Verb: weigh

How much do you weigh? I these suitcases weigh a lot | the boxes weigh 12 kilos each

Pages 144-145

forest /'forist/ Noun

a forest is a large area of land that is covered with

we went for a walk in the forest | they are clearing some of the forest in order to build a road | a forest fire (when the trees catch fire in very hot weather) a dense forest (where the trees are all very close together) | Sherwood Forest is near Nottingham | our journey went through forests and fields and over mountains

island /'aɪlənd/ Noun

an island is an area of land that has a sea or lake all the way round it

an island in the Pacific Ocean | Anglesey is an island off the coast of Wales | you can drive round the island in less than two hours

lake /leɪk/ Noun

a lake is a large area of water, like a sea, but with land all around it

the lake is very deep | we rented a boat and went on the lake | she swam in the lake | we stayed in a hotel by the lake | Lake Baikal is the deepest lake in the world

land /lænd/ Noun uncount

land is an area of ground, especially when it is used for building or farming

he bought a piece of land where they built their first house | there are firm controls on land use around the village | they own over 1000 hectares of land in Scotland

ocean /ˈəʊʃ(ə)n/ Noun

an ocean is a large area of water, bigger than a sea the ocean between Europe and America is the Atlantic | the Pacific Ocean | we sailed for two weeks across the ocean

river /'rɪvə/ Noun

a river is a long stream of water that runs through a country and goes into the sea

the river goes through the city from east to west | I like swimming in the river | we have a boat on the river | we need to cross the river | a bridge over the river

Pages 146-147

air /eə/ Noun uncount

air is the gas that is all around us and that we breathe

two things we need are water and air | the temperature of the air outside was -3 Centigrade I fresh air (the air outside that is clean and nice to breathe)

astronomer /əˈstrɒnəmə/ Noun

an astronomer is someone who studies objects in space such as the planets and stars

astronomers are looking for other planets | astronomers have discovered the largest gas cloud in the universe | astronomers spend some of their time looking through telescopes | you need to study science to become an astronomer

Noun: astronomy | Adjective: astronomical

I've been reading several books about astronomy Strugatski studied astronomy at Leningrad university these astronomical observations were made using a powerful telescope

orbit /ˈɔːbɪt/ Noun

if something orbits the earth, it is in space and travels all the way round the Earth

the two stars orbit each other every 505 days | the first astronaut to orbit the Earth | it takes just 92 minutes for the International Space Station to orbit the Earth

Noun: orbit

in orbit | into orbit

astronomers were able to work out the planet's orbit the satellite left Earth orbit (stopped travelling around the Earth) in June 2003 | India currently has 10 satellites in orbit around the Earth | they launched another satellite into orbit last week

planet /'plænɪt/ Noun

a planet is one of the objects in space, like the Earth, that goes round a sun

Do you think there is life on other planets? | scientists say they have discovered a new planet | How many planets can you name? | I'd like to travel to another planet | a distant planet

rock /rpk/ Noun

rock is a very hard, solid substance that forms most of the surface of the Earth and other planets

the mountain was one huge lump of rock | the ground was bare rock, so no plants could grow on it astronomers are looking for rocks on the surface of the planet

star /Noun

stars are large objects out in space like our sun. We can see them because they burn very fiercely and give out a lot of light, although they look very small in the night sky

there were no clouds and we could see the stars clearly | How many stars can you name? | our sun is the closest star to the Earth

Pages 148-149

announcement /əˈnaʊnsmənt/ Noun

an announcement is a public statement about something, to let people know about an event or about something important

make an announcement

they're going to make an announcement about the festival programme | they decided not to make an official announcement | government officials later issued a formal announcement

Verb: announce

the government announced a rise in income tax | she publicly announced that she was having a baby

charity /ˈtʃærəti/ Noun

a charity is an organisation which collects money to help people or to provide information, but which does not try to make a profit

he set up a charity to help poor children | we're raising money for charity I the company donates a lot of money to charity | the college is a registered charity | a charity event (a social event which gives the money people spend there to a charity)

Adjective: charitable a charitable organisation

exercise class /'eksəsaiz ˌklaːs/ Noun

exercise is physical activity that helps to keep you fit and healthy. Some people go to exercise classes, where they do activities together and have someone to help them organise what activities they do

What time is your exercise class tonight? | I lost a lot of weight by going to exercise class | the gym has two exercise classes in the afternoon

invitation /invitei((a)n/ Noun

an invitation is when someone asks you if you would like to go to a social occasion that they are organising

an invitation to something

we received an invitation to Alice's wedding | a party invitation | we sent 300 invitations | a printed invitation

Verb: invite

invite someone to something

let's invite Paul and Elizabeth to dinner | we've been invited to a party at our neighbour's house

notice /'nəʊtɪs/ Noun

a notice is information about something that is put in a public place for people to see

a notice on the door said the shop was closed until two o'clock | we put a notice about the concert in the shop window | there were notices all over the town about the election

pick up /pik 'np/ Phrasal verb

if you pick something up, you lift it up from the place where it is with your hands

Can you pick up that rubbish before you leave? he picked up a carton from my shopping basket | I bent down to pick the money up from the floor | she picked up her suitcase and climbed onto the coach | be careful how you pick up heavy objects

politician /ˌpɒləˈtɪʃ(ə)n/ Noun

politics is the work of getting power and running a country. People who do this are politicians

people don't always trust politicians | Barack Obama is one of the most famous politicians in the world politicians from all parties agreed that the war should end

Noun: politics | Adjective: political | Adverb: politically

he entered politics because he wanted to improve people's lives | we spent the evening arguing about politics | the country has political and social problems our political system needs to change | a politically powerful organisation

rubbish /ˈrʌbɪʃ/ Noun uncount

rubbish is stuff that people throw away

put your rubbish in the bin in the corner | the streets were full of rubbish | please do not leave rubbish here | our rubbish is collected every Monday (someone comes to take it away) | a rubbish tip (a place where people can take big pieces of rubbish) a rubbish bin

Pages 150-151

environmentally-friendly /ɪnˌvaɪrənmentəli 'frendli/ Adjective

something that is environmentally-friendly does not cause damage to the environment

he wanted the new house to be environmentallyfriendly | please use environmentally-friendly soap and shampoo | Which is the most environmentallyfriendly form of energy?

protect /prə'tekt/ Verb

if you protect yourself from something that might hurt you or cause damage, you do something that stops it hurting you or causing damage

protect (someone) from something | protect (someone) against something

I need a hat to protect me from the sun | eating fruit

can help protect against disease | some cyclists wear helmets to protect their heads | substances that can protect you against cancer

Noun: protection offer protection

sun cream that gives you four-hour protection | my thin gloves didn't offer much protection against the

respectful /rɪˈspektf(ə)l/ Adjective

if you are respectful, you behave in a way that shows you believe someone or something is important and should be treated with great respect

be respectful of/towards someone or something he was respectful towards all religions | she became more respectful of the environment as she got older the funeral was a very respectful occasion

Noun: respect | Adverb: respectfully | Verb: respect show respect

she never had any respect for her father | you should show more respect to the environment | the audience listened respectfully to all the speeches | he answered my questions honestly and respectfully we were taught to respect nature

scholarship /ˈskpləʃɪp/ Noun

a **scholarship** is money that is given to someone by an organisation so that they can afford to go to school or university

win a scholarship

he won a scholarship to study physics at Cambridge she was awarded a scholarship to help her complete her degree | I'm here on a scholarship