NATIONAL GEOGRAPHIC LEARNING PERSPECTIVES

Upper Intermediate Word lists

Greek

Συντομογραφίες στο μάθημα λέξεων:
Οι ακόλουθες συντομογραφίες χρησιμοποιούνται στον κατάλογο λέξεων: n = noun (ουσιαστικό), v = verb (ρήμα), adj = adjective (επίθετο), adv = adverb (επίρρημα), phr = phrase (φράση), phr v = phrasal verb (ρήμα με πρόθεση ή/και επίρρημα)

Word	Pronunciation	Definition	Example(s)	Translation
Unit 10				
p112				
award (v)	/əˈwɔːd/	to give a somebody prize for an achievement	*He was awarded first prize for his story.*	βραβεύω
p116				
procedure (n)	/prəˈsiːdʒə(r)/	the way something is done	*Heart surgery can be a difficult and dangerous procedure.*	διαδικασία
p117				
allergic (adj)	/əˈlɜːdʒɪk/	having a negative reaction to certain medicines, food, chemicals, etc.	*I'm allergic to fish and chocolate, both of which make me terribly ill.*	αλλεργικός, -ή, -ό
antibiotic (n)	/ˌæntibaɪˈɒtɪk/	a type of medicine taken to treat infections	*There are no antibiotics that cure the common cold virus.*	αντιβίωση
chest (n)	/tʃest/	the top part in front of the body under the neck	*Helen has a terrible chest cold.*	στήθος

clear up (phr v)	/ˌklɪə(r) ˈʌp/	to stop having a particular symptom; to stop being present	*Her blocked nose cleared up after a few days.*	υποχωρώ
infection (n)	/ɪnˈfekʃn/	an illness caused by bacteria that makes part of the body ill	*He had a nail infection that was very painful.*	μόλυνση
intensive (adj)	/ɪnˈtensɪv/	extremely careful	*Joan needed intensive medical care after her accident.*	εντατικός, -ή, -ό
keep down (phr v)	/ˌkiːp ˈdaʊn/	to stop from coming up	*I couldn't keep my food down as the bus drove along the winding road through the mountains.*	συγκρατώ
lead (v)	/liːd/	to have a particular kind of lifestyle	*Danny leads a very healthy life.*	ζω
life-threatening (adj)	/ˈlaɪf θretənɪŋ/	which can cause death	Cancer is a life-threatening illness.	απειλητικός, -ή, -ό (για τη ζωή)
lung (n)	/lʌŋ/	the part of the body that you use to breathe	*He had a lung infection which stopped him from breathing easily.*	πνεύμονας
prescribe (v)	/prɪˈskraɪb/	to write a list of medicines or specify a course of treatment to take for an illness	*The doctor prescribed a course of new medication for my asthma.*	συνταγογραφώ
stroke (n)	/strəʊk/	a sudden illness caused when a bool vessel in your brain is blocked or bursts, causing a part of your body to stop working	*Grandma couldn't move her left arm after suffering a stroke.*	εγκεφαλικό
symptom (n)	/ˈsɪmptəm/	a change in your body that shows you aren't well or are getting ill	*The doctor checked my symptoms and told me I had bronchitis.*	σύμπτωμα
thankfully (adv)	/ˈθæŋkfəli/	used to show you are pleased that something good has happened or something bad hasn't happened	*Thankfully, they managed to escape the fire unharmed.*	ευτυχώς
therapy (n)	/ˈθerəpi/	the treatment of a physical problem or an illness	*Margaret had to go through speech therapy for six months before she could talk again.*	θεραπεία
waist (n)	/weɪst/	the middle part of your body just above your legs	*After the car accident, he couldn't move his body from the waist down.*	μέση

p118				
category (n)	/ˈkætəgəri/	a group of things or people that have one or more things in common	*The results were divided into five different categories.*	κατηγορία
gripping (adj)	/ˈgrɪpɪŋ/	exciting and interesting	*The new book by JK Rowling is quite gripping. I couldn't stop reading it!*	συναρπαστικός, -ή, -ό
inability (n)	/ˌɪnəˈbɪləti/	a lack of ability (to do something)	*James can't go to many places because of his inability to walk.*	αδυναμία
make the most of (phr)	/ˌmeɪk ðə ˈməʊst ɒv/	to use the advantages or best parts of something	*They made the most of their holiday even though it rained a lot.*	αξιοποιώ στο έπακρο
misery (n)	/ˈmɪzəri/	a state of intense suffering	*After years of misery in the orphanage, Oliver finally found a happy home.*	δυστυχία
weaken (v)	/ˈwiːkən/	to make less strong	*People's bodies weaken as they get older.*	εξασθενώ
p119				
bestseller (n)	/ˌbest ˈselə(r)/	a book that large numbers of people buy	*Each book in the Harry Potter series has been a best seller.*	μπεστ σέλερ
blink (v)	/blɪŋk/	to close and open your eyes quickly	*We blink our eyes about 15 to 20 times in one minute.*	βλεφαρίζω
clarify (v)	/ˈklærəfaɪ/	to make something easy and clearer to understand	*The government needs to clarify the new laws to specify exactly who they affect.*	ξεκαθαρίζω
dictate (v)	/dɪkˈteɪt/	to say words for someone else to write down	*The boss dictated a letter for the secretary to write down.*	υπαγορεύω
editor (n)	/ˈedɪtə(r)/	a person who decides what to put in a newspaper, magazine, etc.	*Mary is the editor of a fashion magazine.*	συντάκτης
therapist (n)	/ˈθerəpɪst/	a specialist who can treat an illness or problem	*Her therapist was able to help her walk again.*	θεραπευτής
p120				

aim (v)	/eɪm/	to intend to do something	*I aim to be a dermatologist when I finish medical school.*	στοχεύω
apocalypse (n)	/əˈpɒkəˌlɪps/	a situation that causes serious damage and destruction	*We have to do everything we can to stop an environmental apocalypse.*	αποκάλυψη
chance (n)	/tʃɑːns/	a possibility of something happening	*He has a good chance of winning the competition.*	πιθανότητα
close down (phr v)	/ˌkləʊz ˈdaʊn/	to stop doing business	*The shop closed down because it didn't attract enough customers.*	κλείνω
contribute (v)	/kənˈtrɪbjuːt/	to be a cause of something	*Happiness contributes positively to your health.*	συμβάλλω
deadly (adj)	/ˈdedli/	which can kill	*The spider's bite was deadly.*	θανάσιμος, -η, -ο
dependent (adj)	/dɪˈpendənt/	needing somebody or something in order to be successful or exist	*Charlotte works hard to support her dependent relatives.*	εξαρτώμενος, -η, -ο
devote (v)	/dɪˈvəʊt/	to give time, energy or attention to somebody/something	*He devotes a great deal of his time to helping others.*	αφιερώνω
diagnose (v)	/ˈdaɪəgnəʊz/	to say what an illness or cause of a problem is	*The doctor diagnosed illness as diabetes.*	κάνω διάγνωση
drug (n)	/drʌg/	a strong form of medication	*Some drugs can stop the pain, but they can also have some unwanted side effects.*	φάρμακο
health care (n)	/ˈhelθ ˌkeə(r)/	the provision of medical care as a service	*Health care should be a free right for everybody.*	φροντίδα υγείας
optimistic (adj)	/ˌɒptɪˈmɪstɪk/	to look on the positive side of things	*Freda is very optimistic about her new job.*	αισιόδοξος, -η, -ο
prescription (n)	/prɪˈskrɪpʃn/	what a doctor writes to show what medicine you should get from a chemist to get better	*The doctor gave me a prescription for a strong antibiotic to help me get over pneumonia.*	συνταγή
resistant (adj)	/rɪˈzɪstənt/	not wanting to do or accept something	*Grandad was resistant to the idea of taking new medication for his heart.*	δυστακτικός, -ή, -ό

risk (n)	/rɪsk/	a situation that can be dangerous or have a bad result	*You will run the risk of getting very ill if you sit in the cold for too long.*	ρίσκο
slow (v)	/sləʊ/	to make something/somebody to stop moving so fast or being so active	*Regular exercise will slow the effects of ageing.*	επιβραδύνω
think through (phr v)	/ˌθɪŋk ˈθruː/	to think carefully about	*You should always think through your options before making a decision.*	σκέφτομαι, λαμβάνω υπόψιν
treat (v)	/triːt/	to give medical care to help stop an illness	*They treated her illness in hospital.*	θεραπεύω
p121				
actively (adv)	/ˈæktɪvli/	in a way that has a result	*Joanne is actively looking for a new job in a bank.*	ενεργά
address (v)	/əˈdres/	to pay attention to something	*The government is addressing the problems of hospital staff shortages next month.*	απευθύνω
concentration (n)	/ˌkɒnsənˈtreɪʃn/	a great number or amount of something in one group	*There is a large concentration of sugar in this water.*	συγκέντρωση
considerable (adj)	/kənˈsɪdərəbl/	significant	*Health plays a considerable role in the quality of our lives.*	σημαντικός, -ή, -ό
design (v)	/dɪˈzaɪn/	to draw plans to decide how something will work or look	*The chair is designed to help people with back pains.*	σχεδιάζω
disturbing (adj)	/dɪˈstɜːbɪŋ/	making you feel anxious, upset or shocked	*I find his violent behaviour very disturbing.*	ανησυχητικός, -ή, -ό
efficiently (adv)	/ɪˈfɪʃntli/	in a way that doesn't waste time, money or energy	*All our employees work efficiently and take pride in their jobs.*	αποδοτικά
expose (v)	/ɪkˈspəʊz/	to show what is hidden	*The newspaper exposed the amount of money Sarah had in the bank.*	εκθέτω
express (v)	/ɪkˈspres/	to show or make a feeling or an opinion known	*The students expressed their fears of global warming to the president.*	εκφράζω
inevitable (adj)	/ɪnˈevɪtəbl/	which cannot be stopped from happening	*Working long hours is an inevitable part of this job.*	αναπόφευκτος, -η, -ο

insufficient (adj)	/ˌɪnsəˈfɪʃnt/	not enough	*We have an insufficient number of staff to help with the emergency.*	ανεπαρκής
portion (n)	/ˈpɔːʃn/	a small part of	*You should eat smaller portion if you want to lose weight.*	ποσότητα
precisely (adv)	/prɪˈsaɪsli/	exact, accurate, careful	*Both dolls look precisely the same to me.*	ακριβώς
rapid (adj)	/ˈræpɪd/	very quick	*Rapid weight loss is not good for the body.*	απότομος, -η, -ο, ραγδαίος, -η, -ο
turn to (phr v)	/ˈtɜːn tuː/	to go to someone for help or advice	*I always turn to my best friend for advice when I'm worried about something.*	στρέφομαι σε
wipe (v)	/waɪp/	to use a cloth or sponge to take away liquid or clean something	*Wipe the mud off your boots before you come into the house.*	σκουπίζω
p122				
blindness (n)	/ˈblaɪndnəs/	the state of being physically unable to see	*Her child's blindness saddened her deeply.*	τύφλωση
cell (n)	/sel/	a tiny part of living matter that makes a whole and can exist on its own	*Plants, animals and humans are made up of tiny cells.*	κύτταρο
consciousness (n)	/ˈkɒnʃəsnəs/	the state of being aware and awake	*Joe lost all consciousness after he fell off the ladder.*	επίγνωση
convert (v)	/kənˈvɜːt/	to change from one form to another	*The hotel is going to be converted into a hospital.*	μετατρέπω
device (n)	/dɪˈvaɪs/	something designed to do a certain job	*This device helps people see in the dark.*	συσκευή
dose (n)	/dəʊs/	an amount of medicine to be taken at a particular time	*You should never take more doses of a medicine than the doctor says.*	δόση
honour (n)	/ˈɒnə(r)/	an official award for doing something great	*The Pulitzer Prize is one of the highest honours a journalist can receive*	τιμή
partial (adj)	/ˈpɑːʃl/	not complete	*Doctors cannot treat Abdul's partial deafness, so he wears a hearing aid.*	μερικώς

vision (n)	/ˈvɪʒn/	the sense of seeing	*I have to wear glasses because my vision isn't very good.*	όραση
visual (adj)	/ˈvɪʒʊəl/	presented in a form that be watched	*We studied the visual presentation about the water pollution in our area.*	οπτικός, -ή, -ό
p124				
cast (n)	/kɑːst/	a support made of hard plaster put around a part of your body to correct the position of a broken bone	*She had to have her broken arm in a cast for six weeks.*	γύψος
helmet (n)	/ˈhelmɪt/	a hard hat worn to protect the head	*Wearing a helmet can prevent serious head injuries.*	κράνος
ward (n)	/wɔːd/	a room in a hospital where patients stay in beds	*Jenny was in the maternity ward for three days after she had her baby.*	πτέρυγα
combine (v)	/kəmˈbaɪn/	to put two or more things together to form one thing	*Her intelligence combined with hard work helped her become a good doctor.*	συνδιάζω
p125				
comfort zone (n)	/ˈkʌmfət ˌzəʊn /	a familiar place or situation that makes you feel safe or comfortable	*Trying new things outside your comfort zone can be exciting.*	ζώνη άνεσης
get out (phr v)	/ˌgetˈaʊt/	to leave	*We got out of the hotel just as the earthquake started.*	βγαίνω έξω
nickname (n)	/ˈnɪkˌneɪm/	a funny name for a person that connects to their real name, appearance or character	*He got the nickname Donald because he loves watching Donald Duck cartoons.*	παρατσούκλι
slide (v)	/slaɪd/	to move slowly or smoothly	*They slid down the slippery grass.*	γλιστρώ
p126				
bench (n)	/bentʃ/	a long seat in a park, bus stop, etc.	*I couldn't sit on the bench because it had just been painted and was still wet.*	παγκάκι

disgust (v)	/dɪsˈgʌst/	to feel a strong dislike or disapproval for someone	*Catherine was disgusted at the woman's horrible lies.*	αηδιάζω
fascinated (adj)	/ˈfæsɪneɪtɪd/	very interested in something	*I'm very fascinated in how the body works.*	γοητευμένος, -η, -ο
in a flash (phr)	/flæʃ/	suddenly and very fast	*The dog was in and out of the garden in a flash.*	στο πι και φι, πολύ γρήγορα
punishment (n)	/ˈpʌnɪʃmənt/	an act of doing something to somebody to make them pay for doing something wrong	*Gary's punishment for not doing his homework is a week without video games.*	τιμωρία
respond (v)	/rɪˈspɒnd/	to answer in writing or by speaking	*George didn't respond to any of my emails or phone calls.*	απαντώ, ανταποκρίνομαι
run away (phr v)	/ˌrʌn əˈweɪ/	to get away; to escape	*The little boy tried to run away from the doctor when he saw the needles.*	το σκάω
sweat (n)	/swet/	the liquid that appears on the skin to cool your body when its temperature rises	*You could see Mike had been working out because his T-shirt was full of sweat.*	ιδρώτας
whisper (v)	/ˈwɪspə(r)/	to speak very softly and quietly so only the person you are talking to can hear you	*Jane whispered her secret to Tom.*	ψιθυρίζω
p127				
amazement (n)	/əˈmeɪzmənt/	a feeling of great surprise	*To my amazement, I passed all my exams.*	έκπληξη
cheer (v)	/tʃɪə(r)/	to shout with joy, happiness or praise	*The crowd cheered when their team won the game.*	ζητωκραυγάζω
darkness (n)	/ˈdɑːknəs/	the state of having no light	*We tried to follow the path through the woods, but we couldn't see anything in the darkness.*	σκοτάδι
peer (v)	/pɪə(r)/	to look carefully or with difficulty	*He peered out of the window from behind the curtains to see what was going on.*	περιεργάζομαι

slam (v)	/slæm/	to shut with great force	*Frank slammed the door shut as he left in a terrible mood.*	χτυπώ δυνατά
watch out (phr v)	/ˌwɒʧˈaʊt/	be careful	*Watch out! That dog might attack you when you enter the garden.*	Πρόσεχε!