

English	Pronunciation	Greek	Definition
Unit 1 Colour matters			
Page 10			
good luck (n)	/gʊd lʌk/	καλή τύχη	Luck is a force that some people believe causes things to happen. When you have good luck , good things happen.
wedding (n)	/'wedɪŋ/	γάμος	A wedding is an event in which two people get married to each other.
danger (n)	/'deɪndʒə(r)/	κίνδυνος	When there is danger , there is a chance that something harmful or bad will happen.
emergency (n)	/'ɜːmɜː(r)dʒ(ə)nsɪ/	επείγον περιστατικό	In an emergency , something serious or bad has happened, and people must act right away.
colour-blind (adj)	/'kʌlə(r) blaɪnd/	αχρωματοψία	Some colours which are different look the same to a colour-blind person.
safety (n)	/'seɪfti/	ασφάλεια	Safety is the situation of being secure and free from danger.
represent (v)	/,reprɪˈzent/	εκπροσωπώ	When one thing represents another, the first thing shows the meaning of the other.
trust (v)	/'trʌst/	εμπιστεύομαι	When you trust someone or something, you believe that they are good, honest and able to help or protect you.

Example Sentence

*Some people believe that black cats bring **good luck** .*
*My aunt wore a beautiful white dress at her **wedding** .*
*A dog barks when it senses **danger** .*
Fire engines and ambulances are emergency vehicles.
*A **colour-blind** person cannot see the difference between red and green.*
*We often think of **safety** when we see the colour green.*
*For many people, black **represents** sadness.*
*My parents **trust** that I will come home straight after school.*

Page 11			
bright (adj)	/braɪt/	λαμπρός	A bright colour is one that is easy to see and that stands out from other colours.
visible (adj)	/'vɪzəb(ə)l/	ορατός	When something is visible , you can see it.
warn (v)	/'wɔː(r)n/	προειδοσιώ	When you warn someone, you show or tell them that something bad might happen.
dye (n)	/'daɪ/	βαφή	Dye is a substance that changes the colour of cloth or hair.
light (adj)	/'laɪt/	φως	A light colour is not deep or dark.
death (n)	/'deθ/	θάνατος	Death is when life ends for a person, animal or plant.

*Orange is a very **bright** colour.*
*Wear orange when biking at night to be **visible** to drivers.*
*Some animals use the colour red to **warn** others of danger.*
*Indigo **dye** used to be very expensive.*
*On a clear day, the sky is a **light** blue colour.*
*Violet symbolises **death** in certain parts of the world.*

Page 12			
common (adj)	/'kɒmən/	κοινός	When something is common , it is easy to find or see.
flag (n)	/'flæɡ/	σημαία	A flag is a piece of cloth with colours and designs that represents a state or a country. .
luxury (n)	/'lʌkjəri/	πολυτέλεια	Luxury products or items are expensive and of very good quality.
signal (v)	/'sɪɡn(ə)l/	σήμα	When you signal something, you indicate it or give a sign of it.

*In the forest, green is the most **common** colour.*
*The **flag** of Mexico is red, white and green.*
*A **luxury** car costs a lot of money.*
*The colour red can **signal** danger.*

Page 15			
connection (n)	/'kəˈnekʃ(ə)n/	σύνδεση	When people, things or ideas come together, they make a connection .
relaxed (adj)	/'rɪˈlæksd/	Χαλαρός	When you are relaxed , you are calm and enjoying yourself.
nervous (adj)	/'nɜː(r)vəs/	νευρικός	If you are nervous , you are worried that something bad might happen.
depressed (adj)	/'diːprest/	μελαγχολικός	Someone who is depressed is very sad and feels bad about things.

*We can make a **connection** between colours and feelings.*
*I feel very **relaxed** when I am lying in the green grass.*
*I always get **nervous** before an exam.*
*Some films make me feel **depressed** .*

Page 16			
company (n)	/'kʌmp(ə)ni/	Εταιρία	A company is an organisation that sells a product or a service.
notice (v)	/'nəʊtɪs/	ειδοποίηση	When you notice something, it gets your attention or interest.
ordinary (adj)	/'ɔː(r)d(ə)n(ə)ri/	συνήθης	Something is ordinary if it is normal to find or experience.
royalty (n)	/'rɔɪəlti/	βασιλεία	People who have titles like king, queen, prince and princess are royalty .

*This **company** makes beautiful clothes in many different colours.*
*The first thing you **notice** about her is her bright blue eyes.*
*He is a very **ordinary** person. He is just like you or me.*
*Kings and queens are members of **royalty** .*

Unit 2 Feeling Good?

Page 26			
sore (adj)	/'sɔː(r)/	πληγή	When a part of your body is sore , you feel pain there.
symptom (n)	/'sɪmptəm/	σύμπτωμα	A symptom of a disease is any sign that you have that disease.
disease (n)	/'diːziːz/	ασθένεια	When you have a disease , you are ill.
immune system (n)	/'ɪmjʊːn 'sɪstəm/	ανοσοποιητικό σύστημα	Your immune system is the system in your body that protects you from getting ill.
bacteria (n)	/'bæktəriə/	βακτήρια	Bacteria are very small living things that can affect the body in both good and bad ways.
virus (n)	/'vaɪrəs/	ιός	A virus is a tiny organism that can copy itself to spread; if a virus enters your body, you can get ill.
cell (n)	/'sel/	κύτταρο	Cells are the tiny units which make up all living things.
digest (v)	/'daɪˈdʒest/	χωνεύω	When your stomach digests food, it changes the food into the things that your body needs.
protect (v)	/'prəˈtekt/	προστατεύω	When you protect something, you make sure that nothing harms or destroys it.
infection (n)	/'ɪnˈfekʃ(ə)n/	μόλυνση	An infection is what happens when a part of your body is attacked by germs.
antibiotic (n)	/,æntɪˈbaɪˈɒtɪk/	αντιβιοτικό	An antibiotic is a kind of drug that kills bacteria.

*I can't speak much today, I've got a **sore** throat.*
*A high temperature can be a **symptom** of flu.*
*The child caught the **disease** from her mother.*
*She had to stay in hospital because of her weakened **immune system** .*
*Some **bacteria** can make people very ill.*
*The common cold is a type of **virus** .*
*A **cell** is the smallest living thing that can exist independently.*
*It takes the body over 30 hours to **digest** food.*
*The human body can **protect** itself against many illnesses.*
*Harmful bacteria can cause an **infection** .*
*People take **antibiotics** to fight some infections.*

Page 27			
invade (v)	/'ɪnˈveɪd/	εισβάλλει	When something invades your body, it enters your body and causes harm.
vaccination (n)	/'væksɪˈneɪʃ(ə)n/	εμβολιασμός	Vaccination is the process of getting protection from diseases, usually by injection.

*A virus **invades** its host and begins to make more viruses.*
*Babies are given **vaccinations** to protect them as they grow.*

Page 28			
emotion (n)	/'ɪˌməʊʃ(ə)n/	συναίσθημα	An emotion is a feeling you have.

*Sadness and happiness are examples of human **emotions** .*

illness (n)	/ˈɪlnəs/	ασθένεια
positive (adj)	/ˈpɒzətɪv/	θετικός
survive (v)	/saʊ(r)ˈvaɪv/	επιζώ

Illness is another word for disease or sickness.
When something is **positive**, it is good.
When something **survives** it continues to live, even in difficult conditions.

Scientists try to find new ways to treat different **illnesses** .
I feel very **positive** about the results of this new research.
Some viruses can **survive** for thousands of years.

Page 31

researcher (n)	/rɪˈsɜː(r)tʃə(r)/	ερευνητής
brain (n)	/breɪn/	εγκέφαλος
theory (n)	/ˈθɪəri/	θεωρία
rest (n)	/rest/	ξεκούραση
comfortable (adj)	/ˈkʌmfɪtəb(ə)/	άνετος
select (v)	/sɪˈlekt/	επιλέγω

A **researcher** is someone who studies or does experiments to answer important questions.
Your **brain** is the large organ inside your head responsible for thought, memory and control of the body.
A **theory** is an explanation for something that has not been proven yet.
A **rest** is a break from work, exercise or any other activity.
When something is **comfortable**, it feels good to wear or use.
To **select** something is to choose it when more than one thing is available.

Researchers want to learn about how sleep affects intelligence.
Your **brain** works better when you have a good night’s sleep.
A recent **theory** connects intelligence with sleep quality.
If you feel tired, you should sit down and have a **rest** .
A soft pillow can make your bed more **comfortable** .
Chimpanzees **select** strong trees for building beds.

Page 32

adolescent (n)	/ˌædəˈles(ə)nt/	έφηβος
experience (n)	/ɪkˈspɪəriəns/	εμπειρία
process (n)	/ˈprəʊses/	επεξεργάζομαι, διαδικασία
structure (n)	/ˈstrʌktʃə(r)/	δομή

An **adolescent** is a person who is between a child and an adult in age and development.
An **experience** is anything you do or anything that happens to you.
A **process** is an action that happens over time in order to produce or change something.
A **structure** is the way something is put together or held together.

An **adolescent** is a person between the ages of 11 and 19.
Your **experiences** affect your brain’s development.
Many important mental **processes** happen when we are asleep.
Looking at a diagram will help you to understand the **structure** of the brain.

Unit 3 Your Virtual Self

Page 44

machine (n)	/məˈʃiːn/	μηχανή
digital (adj)	/ˈdɪdʒɪt(ə)l/	ψηφιακό
technology (n)	/tekˈnɒlədʒi/	τεχνολογία
tool (n)	/tuːl/	εργαλείο
ability (n)	/əˈbɪləti/	ικανότητα
improve (v)	/ɪmˈpruːv/	βελτιώσει

A **machine** is a device with moving parts that does some type of work.
Digital means connected with modern computers, electronics and communication.
Technology is anything that is created using knowledge of science or engineering.
A **tool** is any object that you use to perform a task.
An **ability** is ability that you are able to do.
To **improve** something is to make it better.

We use many **machines** like cars and dishwashers in our daily life.
In today’s **digital** world, we can do many things much faster than we could before.
Smartphones, cameras and computers are examples of modern **technology** .
We use our phones as **tools** to communicate with others.
We all have the **ability** to learn new skills.
I want to **improve** my technical skills.

Page 45

communicate (v)	/kəˈmjuːnɪkeɪt/	επικοινωνώ
information (n)	/ˌɪnfə(r)ˈmeɪʃ(ə)n/	πληροφορίες
location (n)	/ləʊˈkeɪʃ(ə)n/	τοποθεσία
instant (n)	/ˈɪnstənt/	στιγμή
social media (n)	/ˌsəʊʃəlˈmiːdiə/	μεσα ΚΟΙΝΩΝΙΚΗΣ ΔΙΚΤΥΩΣΗΣ
constant (adj)	/ˈkɒnstənt/	συνεχής
access (n)	/ˈækses/	πρόσβαση

When you **communicate** with someone, you share ideas by talking, writing or signalling with your body.
Information is knowledge that you have about a subject.
A **location** is a place where something is.
An **instant** is a very short period of time.
Social media are websites on which users share information, messages, photos and videos.
Something is **constant** if it happens all of the time.
When you have **access** to something, you can get to it in order to use or have it.

I **communicate** with my family by email or text message.
Computers allow us to find **information** quickly.
A smartphone has a map that shows your **location** .
We can find the answers to many questions in an **instant** .
You can meet people with similar interests through **social media** .
With smartphones, we can have **constant** communication with our friends.
The Internet gives us **access** to information about many different subjects.

Page 46

extend (v)	/ɪkˈstend/	επεκτείνω
interfere (v)	/ˌɪntə(r)ˈfɪə(r)/	επιεμβαίνω
rely on (v)	/rɪˈlaɪ ɒn/	βασίζομαι σε
take over (v)	/teɪk ˈəʊvə(r)/	αναλαμβάνω

To **extend** something is to make it go further.
Someone or something **interferes** when they get in the way of an activity, causing it to slow down or stop.
When you **rely on** something, you need it or depend on it to be there.
To **take over** something is to get control of it from someone else.

We can use technology to **extend** our understanding of the world.
Sometimes online friendships can **interfere** with real-life friendships.
I **rely on** my smartphone to check information.
Computers are **taking over** some people’s jobs.

Page 50

demand (v)	/dɪˈmɑːnd/	ζητώ
edge (n)	/edʒ/	άκρη
focus (v)	/ˈfəʊkəs/	εστιάζω
interrupt (v)	/ˌɪntəˈrʌpt/	διακόπτω

To **demand** something is to say that you must have it.
An **edge** is the outer part of something.
To **focus** on something is to give all of your attention to that thing.
When you **interrupt** someone, you stop them doing what they are doing.

Modern technology **demands** our attention.
The image is near the **edge** of the screen, not in the middle.
I cannot **focus** on this information because I am thinking about something else.
Please do not **interrupt** me while I am trying to work.

Unit 4 Underwater Mysteries

Page 60

expedition (n)	/ˌekspeɪˈdɪʃ(ə)n/	εκστρατεία
attempt (n)	/əˈtempt/	προσπαθώ
journey (n)	/ˈdʒɜː(r)ni/	ταξίδι
vehicle (n)	/ˈviːɪk(ə)l/	όχημα
look for (v)	/lʊk fɔː(r)/	ψάχνω

An **expedition** is a trip that has a particular purpose, such as finding or studying something.
When you make an **attempt** to do something, you try to do it.
A **journey** is a trip or a voyage.
A **vehicle** is a machine people use to get around, such as a car, bus or train.
To **look for** something is to try to find something when you don’t know where it is.

Researchers made an **expedition** to the Caspian Sea.
We made an **attempt** to explore the coral reef.
The **journey** to the bottom of the sea can be dangerous.
A robotic **vehicle** does not need a driver.
Special robots can **look for** items lost underwater.

Page 61

online (adj)	/ˈɒnlaɪn/	Σε απευθείας σύνδεση
website (n)	/ˈwebˌsaɪt/	δικτυακός τόπος
virtual (adj)	/ˈvɜː(r)tʃʊəl/	εικονικός
follow (v)	/ˈfɒləʊ/	ακολουθησθε
blog (n)	/blɒɡ/	Blog
message (n)	/ˈmesɪdʒ/	μήνυμα
opportunity (n)	/ˌɒpə(r)ˈtjuːnəti/	ευκαιρία
expert (n)	/ˈekspeɪ(r)t/	ειδικός
accurate (adj)	/ˈækjʊrət/	ακριβής

When you are **online**, you are connected to the Internet.
A **website** is a place on the Internet that represents a person, organisation or company.
A **virtual** experience is one that happens using computers or the Internet.
When you **follow** a person or a story, you pay attention to it to find out new information.
A **blog** is a web page where a person or group adds new information regularly for others to read.
A **message** is information that you send or give to someone.
An **opportunity** is a chance to do something or go somewhere.
An **expert** is someone with a lot of skills and experience in a particular area.
Accurate means correct and complete, without any mistakes.

We use smartphones and computers to go **online** .
You can find more information about the ship on its **website** .
Children can learn about the sea in a **virtual** classroom.
Many people **follow** the news reports from the ship.
The team adds new information to their **blog** every day.
To learn more about the trip, send a **message** to the explorers.
It is an amazing **opportunity** to explore the oceans.
Katy Croff Bell is an **expert** in underwater exploration.
I checked the information and I know it is **accurate** .

Page 62

find out (v)	/faɪnd aʊt/	βρίσκω
make sure (v)	/meɪk ʃʊə(r)/	συγυρεύομαι
preparation (n)	/,preɪə' reɪʃ(ə)n/	παρασκευή
transmit (v)	/trænz' mɪt/	διαβιβάζω

Page 65

set off (ph v)	/set ɒf/	φεύγω
succeed (v)	/sək' si:d/	πετυχαίνω
distance (n)	/'dɪstəns/	απόσταση
reach (v)	/ri:tʃ/	φθάνω

Page 66

angle (n)	/'æŋɡ(ə)l/	γωνία
carving (n)	/'kɑ:(r)vɪŋ/	σκάλισμα
examine (v)	/ɪɡ' zæmɪn/	εξετάζω
identify (v)	/aɪ'dentɪfaɪ/	αναγνωρίζω
remains (n)	/'riːmeɪnz/	απομεινάρια

Unit 5 Life in the Extreme

Page 78

handle (v)	/'hænd(ə)l/	χειρίζομαι
typical (adj)	/'tɪpɪk(ə)l/	τυπικός
adapt (v)	/ə'dæpt/	προσαρμόζω
harsh (adj)	/hɑ:(r)ʃ/	δριμύς
environment (n)	/ɪn' vaɪrənmənt/	περιβάλλον
mammal (n)	/'mæm(ə)l/	θηλαστικό ζώο
condition (n)	/'kən'dɪʃ(ə)n/	κατάσταση
lack of (n)	/læk əv/	έλλειψη
oxygen (n)	/'ɒksɪdʒ(ə)n/	οξυγόνο
variety (n)	/və' raɪəti/	ποικιλία
level (n)	/'lev(ə)l/	επίπεδο

Page 79

thrive (v)	/θraɪv/	ευημερώ
life (n)	/laɪf/	ΖΩΗ

Page 80

creature (n)	/'kri:tʃə(r)/	πλάσμα
exist (v)	/ɪg' zɪst/	υπάρχει
remarkable (adj)	/'riːmɑ:(r)kəb(ə)l/	αξιοσημείωτος
tolerate (v)	/'tɒləreɪt/	ανέχομαι

Page 83

die (v)	/daɪ/	πεθαίνει
kill (v)	/kɪl/	σκοτώνω
normal (adj)	/'nɔ:(r)m(ə)l/	κανονικός
pressure (n)	/'preʃə(r)/	πίεση

Page 84

bizarre (adj)	/bɪ' zɑ:(r)/	παράξενος
parasite (n)	/'pærəsəɪt/	παράσιτο
rare (adj)	/reə(r)/	σπάνιος
tongue (n)	/tʌŋ/	γλώσσα

Unit 6 Are You Going to Eat That?

Page 94

supermarket (n)	/'su:pə(r), mɑ:(r)kɪt/	σούπερμάρκετ
size (n)	/saɪz/	μέγεθος
standard (n)	/'stændə(r)d/	πρότυπο
appearance (n)	/ə' piərəns/	εμφάνιση
consumer (n)	/'kɒn'sju:mə(r)/	καταναλωτής
field (n)	/fi:ld/	πεδίο
landfill (n)	/'lænd(d), fɪl/	Υγειονομική ταφή
shocking (adj)	/'ʃɒkɪŋ/	συγκλονιστικός

To **find out** something is to discover it.

To **make sure** is to check carefully in order to be certain about something.

Preparation is all the work you do beforehand so that you are ready for something.

To **transmit** information is to send it from one place to another.

When you **set off** from a place, you begin your journey.

To **succeed** is to be successful in doing something.

Distance is how far it is from one place to another.

When you **reach** a place, you arrive there after you have been travelling.

An **angle** is the space between two straight lines that connect at some point.

A **carving** is a design made in wood or stone using a sharp tool.

To **examine** something is to look at it and test it in order to learn about it.

When you **identify** something, you find out or say exactly what it is.

The **remains** of something are the part that's left after it is been destroyed or used.

You say that someone can **handle** something when they can deal with it without problems.

Something is **typical** if it is common, usual and not surprising in the place where you find it.

To **adapt** is to make changes that help you deal with a new situation.

When something is **harsh**, it is difficult and unpleasant.

Your **environment** is made up of the forces around you that affect your life, such as the weather or the type of location you are in.

A **mammal** is any animal in which the females have babies and feed them with their own milk.

Conditions are all the things around you that have an effect on your life.

When there is a **lack of** something, there is very little of or none of that thing.

Oxygen is a gas in the air that all animals need in order to live.

When there's a **variety** of something, there are many different examples of it.

The **level** of something is the amount of it that exists within another thing.

To **thrive** is to live very successfully without much effort.

Life is the condition of being alive that humans, animals and plants have.

A **creature** is another name for an animal.

When something **exists**, it is really there.

Something is **remarkable** when it has an interesting quality that is worth talking about.

You can **tolerate** something if you can experience it without a problem.

When a plant, animal or person **dies**, it stops living.

To **kill** a plant, animal or person is to harm it in a way that ends its life.

When something is **normal**, it is what you expect to find or experience.

Pressure is a force that presses in on something equally from all directions.

If something is **bizarre**, it is unusual and strange.

A **parasite** is a plant or animal that survives by living on another plant or animal.

When something is **rare**, you don't see it very often because there is not much of it.

Your **tongue** is the organ in your mouth that you use for tasting food and speaking.

Scientists **found out** that the aeroplane they saw was from World War II.

It is important to **make sure** an area is safe before exploring.

An underwater expedition takes a lot of **preparation**.

The crew is able to **transmit** messages electronically.

We **set off** from New York at six o'clock in the morning.

We **succeeded** in finding the shipwreck.

The **distance** between Baltimore and New York is 273 kilometres.

We hope to **reach** our destination tonight.

A square has four right **angles**.

There are beautiful **carvings** on the stones.

Geologists **examined** the rocks carefully.

They **identified** many different buildings in the area.

You can still see the **remains** of the ancient city.

Camels can **handle** the extreme heat of the desert.

Camels, lizards and snakes are **typical** animals of the desert.

Animals survive if they change and **adapt** to changes in their environment.

The desert is a **harsh** place to live with very little water.

Polar bears live in the cold **environment** of the Arctic.

Whales, polar bears and humans are all **mammals**.

Many small animals can live in extreme **conditions**.

Few animals can survive a **lack of** water, food or oxygen.

Humans need **oxygen** to breathe.

There is a huge **variety** of animal life in the sea.

The **level** of salt in the Dead Sea is extremely high.

Some organisms **thrive** in extreme environments.

Scientists are looking for signs of **life** on other planets.

The blue whale is one of the largest **creatures** on Earth.

Humans cannot **exist** without oxygen.

Extremophiles are **remarkable** organisms that thrive in extreme conditions.

The polar bear's thick fur allows it to **tolerate** the extreme cold.

Mammals **die** without oxygen, water and food.

The extremely hot water around hydrothermal vents can **kill** many organisms.

A **normal** environment for humans is not habitable for many extremophiles.

Some animals live deep below the sea where the **pressure** is very high.

The blobfish's unusual shape gives it a **bizarre** appearance.

Parasites live on other animals and use their bodies for food.

The pig-nosed frog is a **rare** animal that isn't often seen in the wild.

The ice cream tastes good, but it feels cold on my **tongue**.

We always shop for food at the **supermarket**.

These carrots are all different **sizes** – some are big and others are small.

Supermarkets set very high **standards** for the food they sell.

Think about more than **appearance** when choosing your food.

Consumers buy goods and use services.

Farmers grow many types of vegetables in their **fields**.

We should not send unwanted food to the **landfill**.

The amount of food we waste is **shocking**.

waste (n) /weɪst/
campaign (n) /kæmˈpeɪn/

απόβλητα
καμπάνια

Waste is anything thrown away, even though there might be a use for it.
A **campaign** is a plan in which people work together to get something done.

*There is too much food **waste** in the world.*
*Tristram Stuart started a **campaign** to reduce food waste.*

Page 95
nutritious (adj) /njuːˈtrɪʃəs/
produce (n) /prəˈdjuːs/
supply (v) /səˈplʌɪ/
edible (adj) /ˈedɪb(ə)/
challenge (n) /ˈtʃælɪndʒ/

θρεπτικός
παράγω
Προμηθεύω
εδώδιμος
πρόκληση

Food is **nutritious** when it has what your body needs to be healthy.
Produce is fresh fruits and vegetables.
To **supply** something is to give or sell it to whomever needs it.
If something is **edible**, you can eat it.
A **challenge** is a task that requires a lot of effort in order to be successful.

*Fruits and vegetables are tasty and **nutritious**.*
*The **produce** in my local supermarket looks beautiful, but it is very expensive.*
*Farmers **supply** fruits and vegetables to shops.*
*These bananas are a little brown, but they are still **edible**.*
*It is a **challenge** to get people to waste less food.*

Page 96
fresh (adj) /frefʃ/
reject (v) /rɪˈdʒekt/
rotten (adj) /ˈrɒt(ə)n/
throw away (v) /θrəʊ əˈweɪ/

φρέσκο
απορρίπτω
σάπιος
πετάω

When food is **fresh**, it has just been picked or prepared.
When you **reject** something, you say no to it or do not accept it.
When food is **rotten**, it is too old to be eaten.
When you **throw** something **away**, you put it in the rubbish bin.

*These are **fresh** strawberries that I picked this morning.*
*We **rejected** the food because it looked strange.*
*These apples have been in the bowl for three weeks and now they are **rotten**!*
*People **throw away** too much food.*

Page 99
chop (v) /tʃɒp/
fry (v) /fraɪ/
boil (v) /bɔɪl/
mash (v) /mæʃ/
bake (v) /beɪk/

κόβω
τηγανίζω
βράζω
πολτοποιώ
ψήνω

To **chop** something is to use a knife to cut it into small pieces.
To **fry** food is to cook it in hot oil.
To **boil** a liquid is to heat it until it begins to form bubbles.
To **mash** food is to crush it until there are not any separate pieces.
To **bake** something is to cook it in an oven.

***Chop** the onion and add it to the pan.*
*She **fried** the meat in some oil.*
*Let's put a pot of water on to **boil** for some tea.*
***Mash** the potatoes with butter and milk.*
*My sister **baked** me a cake for my birthday.*

Page 100
decision (n) /dɪˈsɪʒ(ə)n/
decrease (v) /diːˈkriːs/
increase (v) /ɪnˈkriːs/
involve (v) /ɪnˈvɒlv/
rush (v) /rʌʃ/

απόφαση
μείωση
αύξηση
εμπλέκω
βιάζομαι

When you make a **decision**, you make a choice about something.
To **decrease** is to go down in value or quantity.
To **increase** is to go up in value or quantity.
To **involve** someone is to make sure that they take part.
When you **rush**, you do something very fast.

*The students can make **decisions** about the food in their cafeteria.*
*The amount of food wasted at our school has **decreased** by 15 per cent.*
*You need to **increase** the amount of fresh fruits and vegetables in your diet.*
*We want to **involve** everybody in choosing the new school menu.*
*If students have to **rush**, they're more likely to waste their food.*

Unit 7 Art in the Open

Page 112
statue (n) /ˈstætʃuː/
view (v) /vjuː/
free (adj) /friː/
public space (n) /ˈpʌblɪk speɪs/
surround (v) /səˈraʊnd/

άγαλμα
θέα
Ελεύθερος
δημόσιος χώρος
περιβάλλω

A **statue** is a model of a person or animal that is made of wood, stone or metal.
To **view** something is to look at it.
When an item or an experience is **free**, you don't have to pay any money for it.
A **public space** is a place that everyone can use for free.
When something **surrounds** you, it is everywhere around you.

*The **Statue** of Liberty in New York City is a popular tourist attraction.*
*You can **view** art in public spaces all around the world.*
*You do not have to pay to see this exhibit — it is **free**.*
*Parks, streets and town squares are examples of **public spaces**.*
*I like to stand in the middle of a gallery so that art **surrounds** me.*

Page 113
deal with (ph v) /diːl wɪð/
social (adj) /ˈsəʊʃ(ə)/
topic (n) /ˈtɒpɪk/
temporary (adj) /ˈtemp(ə)rəri/
remember (v) /rɪˈmembə(r)/
take down (v) /teɪk daʊn/
aware (adj) /əˈweə(r)/
show (v) /ʃəʊ/
pleasure (n) /ˈpleʒə(r)/

ασχολούμαι με
κοινωνικός
θέμα
προσωρινός
θυμάμαι
γκρεμίζω
ενήμερος
δείχνω
ευχαρίστηση

To be **deal with** something is to take action to do something, especially to solve a problem.
Something is **social** if it relates to people on the whole.
A **topic** is a subject that you study, read about or talk about.
If something is **temporary**, it only exists for a short period of time.
To **remember** something from the past is to think of it again.
When you **take** something **down**, you remove it from wherever it was hanging.
To be **aware** is to notice what is happening around you.
When you **show** someone something, you let them see it.
Pleasure is the good feeling you have when you're doing something that you enjoy.

*This article **deals with** the different purposes of public art.*
*We can use art to focus on **social** issues, such as education.*
*Art can make people think about difficult **topics**.*
*This is a **temporary** exhibit that ends next week.*
*Sometimes a piece of art helps us to **remember** an important event.*
*We are going to **take down** these pictures in a few days.*
*Art can make people **aware** of important issues.*
*Art can **show** us the world in a new way.*
*It gives people **pleasure** to see beautiful art.*

Page 114
joy (n) /dʒɔɪ/
mural (n) /ˈmjuərəl/
political (adj) /pəˈlɪtɪk(ə)/
society (n) /səˈsaɪəti/

Χαρά
τοιχογραφία
πολιτικός
κοινωνία

Joy is a feeling of great happiness.
A **mural** is a painting on a wall.
Political means related to the government and politics.
Society is people living together with the same laws, values and customs.

*I am filled with **joy** when I see this beautiful picture.*
*There is a large **mural** on the wall in my school.*
*There is a **political** meaning to this piece of art.*
*Public art can sometimes change **society**.*

Page 117
simple (adj) /ˈsɪmp(ə)/
express oneself (phr) /ɪkˈspres wʌnˈself/
fun (adj) /fʌn/
serious (adj) /ˈsɪəriəs/

απλός
εκφράζομαι
διασκεδάση
σοβαρός

If something is **simple**, it is easy and does not need much effort to do or understand.
To **express yourself** is to say, create, or do something that shows who you are and how you feel.
When something is **fun**, people enjoy it.
Something is **serious** if it has an important meaning that people should pay attention to.

*People around the world can copy this **simple** idea.*
*You can **express yourself** by writing a message on a Before I Die wall.*
*Some people have written **fun** responses on the wall.*
*Some people want to say something **serious** about politics or society.*

Page 118
graffiti (n) /grəˈfiːti/
illegal (adj) /ɪˈliːg(ə)/
permission (n) /pəˈmɪʃ(ə)n/
respect (v) /rɪˈspekt/

Γκράφιτιαφίτι - σχέδια σε τοίχο
παράνομος
άδεια
Σέβωμαι

Graffiti is pictures or writing on places such as walls, buildings and trains.
When something is **illegal**, it is against the law and you could be punished for doing or having it.
When you have **permission**, someone has told you that you may do something.
When you **respect** someone or something, you think that they are important or valuable.

*The wall outside of the school is covered in **graffiti**.*
*Street art is **illegal** in some public spaces.*
*You have to ask **permission** before you can paint this wall.*
*Street artists must **respect** other people's property.*

Unit 8 Don't Panic!

Page 128

wildfire (n)	/ˈwaɪldˌfaɪə(r)/	φωτιά	A wildfire is a fire in a forest or other large area that burns out of control.
breathe (v)	/briːð/	αναπνέω	To breathe is to bring air into and out of your body using your nose or mouth.
escape (v)	/ɪˈskeɪp/	δραπετεύω	To escape is to get away from a difficult or dangerous place.
flame (n)	/fleɪm/	φλόγα	A flame is the blue or orange part of fire.
carefully (adv)	/ˈkeə(r)f(ə)li/	προσεκτικά	When you do something carefully , you pay attention and try to avoid mistakes.
disaster (n)	/dɪˈzɑːstə(r)/	καταστροφή	A disaster is situation in which many people are hurt and there is damage to property.
cyclone (n)	/ˈsaɪˌkləʊn/	κυκλώνας	A cyclone is a storm with winds that move in a big circle.
strike (v)	/straɪk/	χτυπώ	When an event strikes , it happens quickly and causes damage or harm.
warning (n)	/ˈwɔː(r)nɪŋ/	προειδοποίηση	A warning is information that something bad is going to happen.

Page 129

earthquake (n)	/ˈɜː(r)θˌkweɪk/	σεισμός	In an earthquake , there is movement below the ground that can harm or destroy buildings and roads.
shake (v)	/ʃeɪk/	κουνιέμαι	When something shakes , it moves quickly and strongly from side to side or up and down.
terrible (adj)	/ˈterəb(ə)l/	τρομερόσ	Terrible means very bad.
collapse (v)	/kəˈlæps/	κατάρρευση	To collapse is to fall down suddenly.
survivor (n)	/sə(r)ˈvaɪvə(r)/	επιζών	A survivor is someone who is still alive after being in a dangerous or difficult situation.

Page 130

pay attention to (v)	/peɪ əˈtenʃ(ə)n tu/	δώσε προσοχή στο	To pay attention to someone or something is to listen or watch them carefully.
predict (v)	/prɪˈdɪkt/	προλέγω	To predict something is to say that it will happen in the future.
prevent (v)	/prɪˈvent/	αποτρέπει	To prevent something is to stop it from happening.
unexpected (adj)	/ˌʌnɪkˈspektɪd/	απροσδόκητος	Something is unexpected when you didn't think it was going to happen.

Page 133

be in trouble (vp)	/bi ɪn ˈtrʌb(ə)l/	Να αντιμετωπίζετε προβλήματα	If you are in trouble , there is danger nearby.
brave (adj)	/breɪv/	γενναίος	When someone is brave , they do not show fear, even if they feel it.
chase (v)	/tʃeɪs/	κυνηγητό	To chase someone is to go after them quickly to try to catch them.
happen (v)	/ˈhæpən/	συμβεί	When something happens , it takes place.

Page 134

eventually (adv)	/ɪˈventʃuəli/	τελικά	When something happens eventually , it happens after some time.
scream (v)	/skriːm/	κραυγάζω	To scream is to make a very loud, high sound with your mouth.
sense (v)	/sens/	νοιώθω	When you sense something, you know it is happening even if you cannot hear or see it.
terrified (adj)	/ˈterəfaɪd/	τρομοκρατημένος	If someone is terrified , they are very afraid.

Wildfires are more likely to happen in hot, dry weather.

It is difficult to **breathe** when there is a fire.

When the storm came, many people tried to **escape**.

A campfire's **flames** give light and warmth to campers.

You should store fuel **carefully** to make sure it is safe.

Hurricanes, floods and droughts are examples of natural **disasters**.

A **cyclone** is the same type of storm as a hurricane or a typhoon.

When a hurricane **strikes**, it can destroy cars, roads and buildings.

Weather forecasters give **warnings** before a hurricane.

Earthquakes make the ground move.

During an earthquake, the ground and the buildings **shake**.

It was a **terrible** fire that destroyed hundreds of homes.

Many buildings **collapsed** in the earthquake.

There were very few **survivors** after the earthquake.

Please **pay attention** to this advice about the weather conditions.

Scientists can **predict** where and when storms will strike.

It is important to learn how to **prevent** wildfires.

The earthquake was completely **unexpected**.

When we saw the shark, we knew we **were in trouble**.

Some **brave** animals will try to help people in dangerous situations.

The shark was **chasing** the swimmers and they were lucky to escape.

This amazing animal rescue **happened** three weeks ago.

Eventually the avalanche was over, and everyone was safe.

He **screamed** to warn me of the falling rock.

We could **sense** that the weather was changing.

When they saw the snow moving toward them, they were **terrified**.