

# 3 Fit as a fiddle

## Glossary

### Page 29

- 3.1 **fit as a fiddle** (expr) /fɪt əz ə 'fɪdl/  
very fit and healthy • *Grandma walks five miles every day, so she's as fit as a fiddle.*  
❖ \_\_\_\_\_

### Reading Pages 30–31

- 3.2 **set a goal** (expr) /set ə ɡəʊl/  
to decide on an aim • *Kate set herself a goal of learning Chinese in two years so she could go to China.* ❖ \_\_\_\_\_
- 3.3 **social networking** (n) /'səʊʃl 'netwɜ:kɪŋ/  
the act of socialising with different groups of people • *The internet is the most popular way of social networking between people with common interests.* ❖ \_\_\_\_\_
- 3.4 **centenarian** (n) /,sentɪ'neəriən/  
sb who is 100 years old or more • *My great-grandma was born in 1918, so she became a centenarian in 2018.* ❖ \_\_\_\_\_
- 3.5 **elderly** (adj) /'eldəli/  
old (polite term) • *His great-grandfather is an elderly man but he still lives alone.*  
> elders (n pl) ❖ \_\_\_\_\_
- 3.6 **well** (adv) /wel/  
very much; used to emphasise some prepositions • *My mum was well into her twenties when she met my dad.*  
❖ \_\_\_\_\_
- 3.7 **life expectancy** (n) /laɪf ɪks'pektənsɪ/  
the length of time that a person is likely to live • *In the West, women have a longer life expectancy than men.* ❖ \_\_\_\_\_
- 3.8 **elsewhere** (adv) /,els'weə(r)/  
somewhere else; in another place • *Anais couldn't afford a flat near the university, so she had to rent one elsewhere.* ❖ \_\_\_\_\_
- 3.9 **unlike** (prep) /,ʌn'laɪk/  
in contrast to • *Unlike Anna, Ben doesn't play any musical instruments.* ❖ \_\_\_\_\_  
📖 Opp: like
- 3.10 **in moderation** (phr) /ɪn mɒdə'reɪʃn/  
If you do sth in moderation, you do not do it too much. • *Drinking coffee in moderation won't do you any harm.* ❖ \_\_\_\_\_

- 3.11 **saying** (n) /seɪɪŋ/  
a sentence that many people use, which expresses sth a lot of people believe is true  
• *'Money makes the world go round' is an old saying.* ❖ \_\_\_\_\_
- 3.12 **factor** (n) /'fæktə(r)/  
sth that affects sth else • *One factor in the collapse of the Minoan civilisation is thought to have been a tsunami.* ❖ \_\_\_\_\_
- 3.13 **culture** (n) /'kʌltʃə(r)/  
the beliefs, art and way of life of a civilisation  
• *When I went to Milan, I learnt a lot about Italian art and culture.* > cultural (adj)  
❖ \_\_\_\_\_
- 3.14 **throughout** (prep) /θru:'aʊt/  
during the whole of • *It rained heavily throughout the day.* ❖ \_\_\_\_\_
- 3.15 **(be) worth** (phr) /'(bi:) wɜ:θ/  
be enjoyable or useful to have • *Life is worth living when you are healthy and happy.*  
❖ \_\_\_\_\_
- 3.16 **peninsula** (n) /pə'nɪnsjələ/  
a piece of land that is mostly surrounded by water but is joined to a larger area of land  
• *The Scandinavian peninsula is the largest in Europe.* ❖ \_\_\_\_\_
- 3.17 **purpose** (n) /'pɜ:pəs/  
aim • *His purpose in doing the course is to get a good job in teaching.* ❖ \_\_\_\_\_
- 3.18 **generation** (n) /,dʒenə'reɪʃn/  
all the people that were born at about the same time • *The younger generation don't seem to be interested in the country's history.*  
❖ \_\_\_\_\_
- 3.19 **provide** (v) /prə'vaɪd/  
to give • *The sun could provide us with a lot more energy.* > provision, provider (n)  
❖ \_\_\_\_\_
- 3.20 **agriculture** (n) /'ægrɪkʌltʃə(r)/  
farming • *Our country depends on income from agriculture and tourism.* > agricultural (adj) ❖ \_\_\_\_\_
- 3.21 **squash** (n) /skwɒʃ/  
a type of vegetable with solid yellow flesh and a hard skin • *Fried squash is a delicious dish.*  
❖ \_\_\_\_\_
- 3.22 **crop** (n) /krɒp/  
a plant grown as food • *There was no rain, so the crops in the field died.* ❖ \_\_\_\_\_

- 3.23 make up** (phr v) /meɪk ʌp/  
to form • *The research team was made up of students from the biology course.*  
❖ \_\_\_\_\_
- 3.24 well-balanced** (adj) /wel 'bælənst/  
a diet that has all the different kinds of food you need to be healthy • *She has a well-balanced diet with plenty of fish, chicken, fruit and vegetables.* ❖ \_\_\_\_\_
- 3.25 calcium** (n) /'kælsiəm/  
a soft white metal which is a chemical element in bones and teeth • *Nuts and green vegetables, as well as dairy products, are a good source of calcium.* ❖ \_\_\_\_\_
- 3.26 strengthen** (v) /'streŋkən/  
to make sth stronger • *Doing exercise like walking and weightlifting can strengthen your bones.* > strength (n), strong (adj)  
❖ \_\_\_\_\_
- 3.27 contribute (to)** (v) /kən'trɪbjʊ:t (tu:)/  
be one of the causes of an event or situation • *Eating well and exercising contribute to a long life.* > contribution (n) ❖ \_\_\_\_\_
- 3.28 disease** (n) /dɪz'i:z/  
an illness • *Many diseases which were deadly in the past can now be cured.* ❖ \_\_\_\_\_
- 3.29 lie** (v) /laɪ/  
be located in a particular place • *The small fishing village lies on the south coast of the island.* ❖ \_\_\_\_\_
- 3.30 homegrown** (adj) /,həʊm'grəʊn/  
grown in your own garden or on your own land • *I prefer eating small tasty homegrown strawberries to the huge tasteless ones from the supermarket.* ❖ \_\_\_\_\_
- 3.31 leafy** (adj) /'li:fi/  
with a lot of leaves • *The meal included a salad of leafy green vegetables.* > leaf (n)  
❖ \_\_\_\_\_
- 3.32 herb** (n) /hɜ:b/  
a plant used to make tea or in cooking to add flavour • *The chef's favourite herb is oregano and he uses it in many dishes.* > herbal (adj)  
❖ \_\_\_\_\_
- 3.33 prevent** (v) /prɪ'vent/  
stop from happening • *Many paintings are kept in dark rooms to prevent the colours from being destroyed.* > prevention (n), preventable (adj) ❖ \_\_\_\_\_
- 3.34 staple** (n) /'steɪpl/  
basic food • *Everyday staples, such as bread, are an important part of European diets.*  
❖ \_\_\_\_\_
- 3.35 go a long way** (expr) /gəʊ ə lɒŋ weɪ/  
to help a lot (to achieve sth) • *Even half an hour of daily exercise will go a long way to keep you in shape.* ❖ \_\_\_\_\_

- 3.36 mentally** (adv) /'mentəli/  
to do with the mind • *Studying for so many hours is mentally exhausting.* > mental (adj)  
❖ \_\_\_\_\_
- 3.37 physically** (adv) /'fɪzɪkli/  
to do with the body • *If you take up a sport, you will feel better physically.* > physical (adj)  
❖ \_\_\_\_\_
- 3.38 element** (n) /'elɪmənt/  
substance that consists of atoms of only one type • *Oxygen is an element in the air that is essential for our survival.* ❖ \_\_\_\_\_
- 3.39 resource** (n) /rɪ'zɔ:s/  
sth such as land, water, oil or coal that exists in a country and can be used to increase its wealth • *What will humans do when the Earth's resources run out?* ❖ \_\_\_\_\_

## Vocabulary Page 32

- 3.40 fitness** (n) /'fɪtnɪs/  
the condition of being strong and healthy • *People can achieve fitness if they exercise and eat the right food.* > fit (adj)  
❖ \_\_\_\_\_
- 3.41 operation** (n) /ɒpə'reɪʃn/  
the process of cutting into sb's body to repair it or remove a part that is damaged • *Nick had a heart operation and he stayed in hospital for two weeks.* > operate (v) ❖ \_\_\_\_\_
- 3.42 recover** (v) /rɪ'kʌvə(r)/  
to get better from an illness • *Grandpa has recovered from his bad cold and now he feels as fit as a fiddle.* > recovery (n)  
❖ \_\_\_\_\_
- 3.43 injury** (n) /ɪndʒəri/  
damage to part of a person's or an animal's body caused by an accident or attack • *She fell off her motorbike, but luckily her injuries weren't serious.* > injure (v) ❖ \_\_\_\_\_
- 3.44 treat** (v) /tri:t/  
try to make a sick person better by using medicine, hospital care, etc. • *Don't worry. The doctor will treat that burn.* > treatment (n)  
❖ \_\_\_\_\_
- 3.45 symptom** (n) /'sɪmptəm/  
a sign of an illness • *Apart from a high temperature, she had no other flu symptoms.*  
❖ \_\_\_\_\_
- 3.46 patient** (n) /'peɪʃnt/  
sb who is ill and receiving medical care (in hospital) • *The doctor gave the patient some medicine.* ❖ \_\_\_\_\_
- 3.47 emergency** (n) /ɪ'mɜ:dʒənsi/  
a situation where someone needs taking to hospital; a serious situation that sb must deal with immediately • *When he broke his leg, he went to hospital as a medical emergency.*  
> emergency (adj) ❖ \_\_\_\_\_

- 3.48 judge** (n) /dʒʌdʒ/  
sb who decides a punishment in court  
● *The judge listened carefully to the arguments before making a decision.* > judge (v), judgement (n) ❖ \_\_\_\_\_
- 3.49 ache** (n) /eɪk/  
a pain that lasts a long time ● *After falling off her horse, she had aches and pains for days, but no broken bones.* > ache (v)  
❖ \_\_\_\_\_
- 3.50 instructor** (n) /ɪn'strʌktə(r)/  
a trainer, sb who teaches you a sport ● *Laura wants to take driving lessons, so she's looking for a good instructor.* > instruct (v), instruction (n) ❖ \_\_\_\_\_
- 3.51 pose** (n) /pəʊz/  
a position of the body ● *Yoga poses that involve standing on one leg help develop a good sense of balance.* > pose (v)  
❖ \_\_\_\_\_
- 3.52 toxin** (n) /'tɒksɪn/  
a poisonous substance ● *The city air is full of toxins produced by fossil fuels.* > toxic (adj)  
❖ \_\_\_\_\_
- 3.53 criminal** (n) /'krɪmɪnəl/  
sb who breaks the law ● *The police are looking for two criminals who have robbed five banks in the area.* > crime (n) ❖ \_\_\_\_\_
- 3.54 prison** (n) /'prɪzn/  
a building where criminals are sent to live as a punishment ● *The bank robbers were caught and sent to prison.* > prisoner, imprisonment (n), imprison (v) ❖ \_\_\_\_\_  
📖 Syn: jail
- 3.55 lifestyle** (n) /'laɪfstɑɪl/  
the way that you choose to live ● *People in central Africa have a different lifestyle from those in the south because the weather is much hotter.* ❖ \_\_\_\_\_
- 3.56 unwell** (adj) /ʌn'wel/  
ill; not well ● *He was feeling unwell, so he stayed in bed.* ❖ \_\_\_\_\_
- 3.57 pill** (n) /pɪl/  
a small round piece of medicine which you swallow ● *If you have a headache, try taking a pill.* ❖ \_\_\_\_\_ 📖 Syn: tablet
- 3.58 flu** (n) /fluː/  
an illness that makes you feel tired and weak, makes you cough and gives you a sore throat  
● *If you've got the flu, you should stay in bed.*  
❖ \_\_\_\_\_ 📖 NB: flu is an abbreviation of influenza

## People

centenarian	judge	patient
criminal	instructor	

## Grammar Page 33

- 3.59 decade** (n) /'dekeɪd/  
a period of ten years ● *He lived there for a decade from 2010 to 2020.* ❖ \_\_\_\_\_
- 3.60 pot** (n) /pɒt/  
a container that you make tea in ● *Is there any more tea in the pot?* ❖ \_\_\_\_\_ 📖 Syn: teapot
- 3.61 session** (n) /'seʃn/  
a period of time set for a particular activity  
● *He signed up for weekly yoga sessions at the gym.* ❖ \_\_\_\_\_
- 3.62 lately** (adv) /'leɪtli/  
recently ● *I haven't seen George lately. The last time we spoke was a year ago.*  
❖ \_\_\_\_\_
- 3.63 under the weather** (expr) /'ʌndə ðə 'weðə(r)/  
ill; not feeling very well ● *Ever since he caught a cold, he's been feeling under the weather.*  
❖ \_\_\_\_\_
- 3.64 weight** (n) /weɪt/  
the measure of how heavy sb/sth is ● *I've put on some weight since I stopped jogging every day.* > weigh (v) ❖ \_\_\_\_\_

## Listening Page 34

- 3.65 overweight** (adj) /,əʊvə'weɪt/  
too heavy ● *The man is over 100 kg. He's overweight.* ❖ \_\_\_\_\_ 📖 Opp: underweight
- 3.66 break a (bad) habit** (phr) /breɪk ə (bəd) 'hæbɪt/  
to stop doing sth which is bad for you ● *I want to stop biting my nails, but I can't break this bad habit.* ❖ \_\_\_\_\_
- 3.67 burn calories** (phr) /bɜːn 'kælərɪz/  
to use energy by exercising ● *Let's run another kilometre and burn some more calories.*  
❖ \_\_\_\_\_
- 3.68 calorie** (n) /'kæləri/  
a unit for measuring the amount of energy we get from food ● *An apple has fewer calories than a bar of chocolate.* ❖ \_\_\_\_\_
- 3.69 average** (adj) /'ævərɪdʒ/  
calculated by adding several amounts together and then dividing the total by the number of amounts ● *The average amount of calories a man should consume is 2,500 a day.*  
> average (n) ❖ \_\_\_\_\_
- 3.70 nowadays** (adv) /'naʊədeɪz/  
today, these days ● *Nowadays, we can keep in touch with family all over the world on our computers.* ❖ \_\_\_\_\_

- 3.71 sick building syndrome** (n) /ˌsɪk ˈbɪldɪŋ sɪndrəʊm/  
a set of symptoms, like headaches and sore eyes, that affect people working in a building where the conditions make them feel tired  
• *People working in huge factories or stores with no windows often suffer from sick building syndrome due to lack of fresh air.*  
❖ \_\_\_\_\_
- 3.72 cough** (n) /kɒf/  
the act of forcing air from your lungs in a way that makes a sound • *I've had an annoying cough all day, but no other cold symptoms.*  
> cough (v) ❖ \_\_\_\_\_
- 3.73 tiredness** (n) /ˈtaɪədneɪs/  
the feeling of being tired • *He was studying for hours until his tiredness prevented him from doing any more.* > tired (adj) ❖ \_\_\_\_\_
- 3.74 damp** (adj) /dæmp/  
slightly wet • *She's just washed her hair, so it's still a bit damp.* > dampen (v), dampness (n)  
❖ \_\_\_\_\_
- 3.75 polluted** (adj) /pəˈluːtɪd/  
dirty and not safe to use • *The lake is too polluted to swim in.* > pollute (v), pollution (n)  
❖ \_\_\_\_\_
- 3.76 awareness** (n) /əˈweənəs/  
interest in and understanding of the importance of sth • *The article was written to raise people's awareness about the dangers of sharing personal information online.* > aware (adj) ❖ \_\_\_\_\_
- 3.77 quality** (n) /ˈkwɒləti/  
how good or bad sth is • *The quality of homegrown vegetables is much better than the ones from the supermarket.* ❖ \_\_\_\_\_
- 3.78 lighting** (n) /ˈlaɪtɪŋ/  
lights that light a room, a building or a street  
• *The lighting in the shopping centre was very bright.* > light (v, n) ❖ \_\_\_\_\_
- 3.79 poor** (adj) /pɔː(r)/  
bad • *Mr Davies has been in poor health for years.* ❖ \_\_\_\_\_

## Speaking Page 35

- 3.80 benefit** (n) /ˈbenɪfɪt/  
an advantage • *There are many benefits to healthy living, longevity being one of them.*  
> benefit (v), beneficial (adj) ❖ \_\_\_\_\_
- 3.81 comparison** (n) /kəmˈpærɪsn/  
the act of saying or showing the differences or similarities between two or more people or things • *Chips are lot less healthy in comparison to baked potatoes.* > compare (v), comparative (adj) ❖ \_\_\_\_\_

- 3.82 whereas** (conj) /ˌweərˈæz/  
but; in contrast • *Most of my friends hate garlic, whereas I really like the taste of it.*  
❖ \_\_\_\_\_
- 3.83 in contrast** (phr) /ɪn ˈkɒntrɑːst/  
used to show the difference between two or more people or things • *Erica enjoys water sports and hiking. In contrast, her sister prefers indoor sports.* ❖ \_\_\_\_\_
- 3.84 on the other hand** (phr) /ɒn ðiː ˈʌdə(r) hænd/  
from the opposite point of view (used to introduce a contrasting idea) • *Eating out can be enjoyable sometimes. On the other hand, home-cooked food is usually cheaper and healthier.* ❖ \_\_\_\_\_
- 3.85 laughter** (n) /ˈlɑːftə(r)/  
the act of laughing • *The sound of children's laughter came from the playground.*  
> laugh (n, v) ❖ \_\_\_\_\_

### Comparing

comparison	on the other hand
in contrast	whereas

## Grammar Page 36

- 3.86 skip** (v) /skɪp/  
move with little jumps, like a happy child • *The children skipped along the street on their way home from school.* > skip (n) ❖ \_\_\_\_\_
- 3.87 sneeze** (v) /sniːz/  
If you sneeze, air suddenly comes from your nose, making a noise, for example when you have a cold. • *Every spring, she sneezes because she is allergic to flowers.* > sneeze (n) ❖ \_\_\_\_\_
- 3.88 tissue** (n) /ˈtɪʃuː/  
a soft kind of paper, often used as a handkerchief • *He took out a tissue and wiped the tears from his face.* ❖ \_\_\_\_\_
- 3.89 climate change** (n) /ˈklaɪmət tʃeɪndʒ/  
changes in the Earth's weather caused by the increase of gases like carbon dioxide in the atmosphere • *Because of climate change, sea levels are rising.* ❖ \_\_\_\_\_
- 3.90 fairly** (adv) /ˈfeəli/  
quite • *He recovered fairly quickly from his illness.* > fair (adj) ❖ \_\_\_\_\_
- 3.91 major** (adj) /ˈmeɪdʒə(r)/  
important • *The football World Cup is a major championship that all countries want to win.*  
> majority (n) ❖ \_\_\_\_\_ 📖 Opp: minor

- 3.92 malaria** (n) /mə'leəriə/  
a serious disease caused by the bite of a mosquito • *If you travel to certain countries, you should take pills so you don't get malaria.*  
❖ \_\_\_\_\_
- 3.93 mosquito** (n) /mə'ski:təʊ/  
a flying insect that bites • *She got bitten by mosquitoes while she was sleeping in the tent.*  
❖ \_\_\_\_\_
- 3.94 consume** (v) /kən'sju:m/  
to eat or use • *If you consume plenty of vegetables, your health will improve.*  
➢ consumer, consumption (n) ❖ \_\_\_\_\_
- 3.95 tooth decay** (n) /tu:θ di'keɪ/  
when your teeth become damaged and have cavities • *He has terrible tooth decay because he eats sweets and doesn't brush his teeth.*  
❖ \_\_\_\_\_
- 3.96 focus on** (v) /'fəʊkəs ɒn/  
concentrate on • *'In the lesson today we will focus on colour in nature,' said the biology teacher.* ➢ focus (n) ❖ \_\_\_\_\_
- 3.97 weights** (n pl) /weɪts/  
heavy objects used as part of an exercise routine • *Andy lifts weights twice a week at the gym and he has become very strong.*  
❖ \_\_\_\_\_
- 3.98 on the mend** (expr) /ɒn ðə mend/  
starting to feel better • *Anna had the flu last week. Fortunately, she's on the mend now.*  
❖ \_\_\_\_\_
- 3.99 a new lease of life** (expr) /ə nju: li:s əv laɪf/  
a chance of better health • *His heart operation gave him a new lease of life.* ❖ \_\_\_\_\_
- 3.100 on your last legs** (expr) /ɒn jɔ: læst legz/  
feeling very weak; dying • *The lost climbers were on their last legs by the time the rescue team found them.* ❖ \_\_\_\_\_
- 3.101 take time out** (expr) /teɪk taɪm aʊt/  
to have a break or a rest • *She's been studying so much that she needs to take some time out to rest.* ❖ \_\_\_\_\_
- 3.102 recharge your batteries** (expr) /rɪ'tʃɑ:dʒ jɔ: 'bætəri:z/  
to get your energy back • *I'm tired. I'll take a break to recharge my batteries.* ❖ \_\_\_\_\_
- 3.103 regain** (v) /rɪ'geɪn/  
to get back • *Have you regained your health after the illness you had last year?*  
❖ \_\_\_\_\_
- 3.104 exhausted** (adj) /ɪg'zɔ:stɪd/  
very tired • *The explorers walked through the jungle all day and were exhausted by the evening.* ➢ exhausting (adj), exhaust (v), exhaustion (n) ❖ \_\_\_\_\_

## Health

ache	malaria	sneeze
cough	operation	symptom
disease	overweight	tiredness
fitness	pill	tooth decay
flu	recover	unfit
illness	sick building	unwell
life expectancy	syndrome	weight

## Writing Pages 38–39

- 3.105 light-hearted** (adj) /laɪt 'hɑ:tɪd/  
not too serious • *She wrote a light-hearted email to her friend with all her good news.*  
❖ \_\_\_\_\_
- 3.106 realistic** (adj) /rɪə'lɪstɪk/  
based on facts • *He asked for a realistic salary that was appropriate for an employee with his qualifications.* ➢ reality (n) ❖ \_\_\_\_\_  
📧 Opp: unrealistic
- 3.107 add up** (phr v) /æd ʌp/  
to slowly increase until sth becomes a large amount or number • *If you buy takeaway coffee every day, it will soon add up.*  
❖ \_\_\_\_\_
- 3.108 otherwise** (adv) /'ʌðəwaɪz/  
differently; apart from that • *You should start exercising. Otherwise, your health will suffer.*  
❖ \_\_\_\_\_
- 3.109 publish** (v) /'pʌblɪʃ/  
to prepare and print a book, magazine, etc. in order to sell it • *His first book was published in 1998.* ➢ publisher, publication (n)  
❖ \_\_\_\_\_
- 3.110 announcement** (n) /ə'naʊnsmənt/  
an important statement that is made to give people information about sth • *We arrived at the airport in time to hear the announcement that our flight was cancelled.* ➢ announce (v), announcer (n) ❖ \_\_\_\_\_
- 3.111 remedy** (n) /'remədi/  
a medicine to cure an illness or pain • *Hot tea with lemon and honey is my mum's remedy for a cold.* ❖ \_\_\_\_\_
- 3.112 prevention is better than cure** (expr) /prɪ'venʃn ɪz 'betə ðən kjʊə/  
it is better to avoid getting ill than to try and get better after you have become ill • *Wash your hands before you eat or you might get ill. Prevention is better than cure.* ❖ \_\_\_\_\_
- 3.113 increase** (v) /ɪn'kri:z/  
make bigger, greater • *If you wear a colour you like, it could increase your confidence at the interview.* ➢ increase (n) ❖ \_\_\_\_\_

**3.114 warm up** (v) /wɔːm ʌp/  
to do gentle exercise to prepare your body for more intensive exercise • *The football players warmed up before the match started.*  
➤ warm-up (n) ❖ \_\_\_\_\_

**3.115 organic food** (n) /ɔː'gæni:k fu:d/  
food grown without the use of chemicals  
• *Organic food is good for you because it doesn't have dangerous chemicals in it.*  
❖ \_\_\_\_\_

### Food and food production

crop	squash
herb	staples
organic food	

## Live well, study well

### Page 40

**3.116 limiting** (adj) /'lɪmɪtɪŋ/  
holding sb/sth back from developing • *If you don't speak the language at all, it will be a limiting factor when you move to Germany.*  
➤ limit (n, v) ❖ \_\_\_\_\_

**3.117 get back on track** (expr) /bæk ɒn træk/  
to go the way you want again after facing a problem • *Jerry needed a few weeks to get back on track at work after his heart operation.*  
❖ \_\_\_\_\_

**3.118 master** (v) /'mɑːstə(r)/  
to learn how to do sth well • *Young people can quickly master new computer games.*  
➤ master (n) ❖ \_\_\_\_\_

**3.119 gradually** (adv) /'grædʒuəli/  
slowly • *I'm gradually getting used to my new school.* ➤ gradual (adj) ❖ \_\_\_\_\_

**3.120 expand** (v) /ɪks'pænd/  
to become bigger • *Metals expand when they are heated.* ➤ expansion (n) ❖ \_\_\_\_\_  
📎 Opp: contract

**3.121 setback** (n) /'setbæk/  
sth that stops or slows down progress  
• *You will face all kinds of setbacks when you try to start a business.* ➤ set back (phr v)  
❖ \_\_\_\_\_

**3.122 acknowledge** (v) /ə'k'nɒlɪdʒ/  
to accept sth as true • *He was given a medal to acknowledge his bravery.*  
➤ acknowledgement (n) ❖ \_\_\_\_\_

**3.123 manageable** (adj) /'mænɪdʒəbl/  
that you can control or do • *The project will be more manageable if we share the work as a team.* ➤ manage (v), manager, management (n) ❖ \_\_\_\_\_  
📎 Opp: unmanageable

**3.124 reward** (v) /rɪ'wɔːd/  
to give sth to sb because they have done sth good or worked hard • *I rewarded myself with a relaxing bath after the long tiring walk.*  
➤ reward (n), rewarding (adj) ❖ \_\_\_\_\_

**3.125 successfully** (adv) /sək'sesfəli/  
with success • *She successfully sailed the boat back into the harbour.* ➤ successful (adj), success (n), succeed (v) ❖ \_\_\_\_\_

**3.126 succeed** (v) /sək'siːd/  
to manage to do sth you have been trying to do • *Ben wants to succeed in his university exams.* ➤ success (n), successful (adj), successfully (adv) ❖ \_\_\_\_\_

**3.127 respond** (v) /rɪ'spɒnd/  
to answer sb; to reply to sb • *My friend sent me an email, but I haven't responded to her yet.* ➤ response (n) ❖ \_\_\_\_\_

**3.128 repetition** (n) /rɪpə'tɪʃn/  
doing or saying the same thing many times  
• *The repetition of the same lyrics again and again in this song makes it a bit annoying.*  
➤ repeat (v), repetitive (adj) ❖ \_\_\_\_\_

**3.129 limit** (v) /'lɪmɪt/  
to stop sb from doing what they want • *He limited himself to two small meals a day while he was on a diet.* ➤ limit (n), limiting, limited (adj) ❖ \_\_\_\_\_

**3.130 apply to** (v) /ə'plai tuː/  
to concern; to be about sb/sth • *The new law only applies to students over the age of sixteen.* ❖ \_\_\_\_\_

**3.131 stage** (n) /steɪdʒ/  
a part of a process • *The next stage in communications is hand-held tablets that have a phone, a camera and internet connection.*  
❖ \_\_\_\_\_

### Expressions

a new lease of life	on the mend
break a (bad) habit	on track
go a long way	recharge your batteries
in moderation	take time out
on your last legs	under the weather