

# 4 Eat it up

## Glossary

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- 4.1 eat up** (phr v) /i:t ʌp/  
to eat all your food • *Eat your breakfast up. The school bus is coming!* ❖ zjadać
- 4.2 prepare** (v) /prɪ'peə(r)/  
to make sth ready to use/eat • *Ken is preparing the salad for dinner.* > preparation (n)  
❖ przyrządzać, przygotowywać
- 4.3 eat out** (phr v) /i:t aʊt/  
to have a meal at a restaurant • *I like eating out with my family at weekends. We often go to a fish restaurant near the sea.* ❖ jeść na mieście, jeść poza domem

### Reading Pages 42–43

- 4.4 supermarket** (n) /'su:pəmə:kɪt/  
a big shop where you can buy food and other things • *I'm going to the supermarket to buy some cat food.* ❖ supermarket
- 4.5 recipe** (n) /'resəpi/  
instructions for making food • *Jeanne uses her grandma's recipe to make pizza.*  
❖ przepis
- 4.6 cookbook** (n) /'kʊkbʊk/  
a book with recipes for making food • *Olivia wrote a cookbook with recipes for traditional Mexican dishes.* ❖ książka kucharska
- 4.7 decide** (v) /dɪ'saɪd/  
to think about things, and then make a choice • *Greta decided to order a pizza and watch a film.* > decision (n), decisive (adj)  
❖ decydować
- 4.8 match** (n) /mætʃ/  
sth that goes well together with sth else and has similar qualities • *Fried chicken goes well with rice. They're the perfect match.*  
> match (v) ❖ zestawienie, dopasowanie
- 4.9 mainly** (adv) /,meɪnli/  
mostly • *The island's restaurants serve mainly fish.* > main (adj) ❖ głównie
- 4.10 smart** (adj) /smɑ:t/  
controlled by a computer so that it responds and acts by itself • *The smart lights outside our building switch on if you walk by at night.*  
❖ smart

- 4.11 meal** (n) /mi:l/  
the food you eat at one time, e.g. lunch, dinner • *We have a big meal in the evening when my parents come home from work.* ❖ posiłek
- 4.12 ingredient** (n) /ɪn'grɪdiənt/  
sth that is included to make or bake different food • *The main ingredients you need to make a cake are flour, eggs, sugar and butter or oil.*  
❖ składnik
- 4.13 trolley** (n) /'trɒli/  
a shopping cart for carrying things in a shop • *The children put some more cereal into the shopping trolley.* ❖ wózek na zakupy
- 4.14 credit card** (n) /'kredɪt kɑ:d/  
a card from a bank which you can use to buy sth and pay for it later • *Can I pay for my tickets by credit card?* ❖ karta kredytowa
- 4.15 add up** (phr v) /æd 'ʌp/  
to calculate the total of two or more numbers, prices, etc. • *If you add up the numbers in this line, you'll get 100.* ❖ dodawać
- 4.16 save money** (phr) /seɪv 'mʌni/  
to keep money that you don't need to spend right now • *It's difficult to save money when you don't have a good job.* ❖ oszczędzać pieniądze
- 4.17 conclude** (v) /kən'klu:d/  
to end a piece of writing or a speech • *I concluded my email with 'See you soon!'. > conclusion (n), conclusive (adj)  
❖ kończyć*
- 4.18 diet** (n) /'daɪət/  
what you usually eat • *It's important to include the right kind of food in your daily diet.*  
> dietician (n), dietary (adj) ❖ dieta
- 4.19 habit** (n) /'hæbɪt/  
sth you do regularly • *Alan is trying to improve his sleeping habits by not using the internet at night.* ❖ nawyk
- 4.20 still** (adv) /stɪl/  
not stopping up to a certain time • *Dad's aunt is 90 and she still goes for long walks every day.* ❖ nadal
- 4.21 once** (adv) /wʌns/  
one time • *Sally played golf once, but she didn't enjoy it.* ❖ raz
- 4.22 shopping list** (n) /'ʃɒpɪŋ lɪst/  
a note that you write with all the things you need to buy • *I'll write a shopping list for the party food.* ❖ lista z zakupami

- 4.23 cupboard** (n) /'kʌpbəd/  
a piece of furniture that has space to store things in and has doors on the front  
• *Put away your coat in the hall cupboard.*  
❖ szafka
- 4.24 fridge** (n) /frɪdʒ/  
an electronic device that keeps food and drinks cold • *Katrina put the milk and cheese into the fridge.* ❖ lodówka
- 4.25 onion** (n) /'ʌnjən/  
a hard round vegetable that has many layers inside and a purple or brown skin outside  
• *Cutting up onions always makes my eyes hurt.* ❖ cebula
- 4.26 delicious** (adj) /dɪ'lɪʃəs/  
having a very nice taste • *This cake is delicious. May I have another piece?*  
❖ pyszny
- 4.27 omelette** (n) /'ɒmlət/  
a dish made from mixing eggs together and frying them with other foods • *For breakfast, we sometimes have a cheese omelette with toast.* ❖ omlet
- 4.28 butter** (n) /'bʌtə(r)/  
a soft yellow kind of fat made from cream  
• *Do you like butter on your toast or just honey?* > butter (v) ❖ masło
- 4.29 automatically** (adv) /ˌɔ:tə'mætɪkli/  
without anybody touching a control or switch  
• *The oven goes off automatically when the time ends.* > automatic (adj) ❖ automatycznie
- 4.30 perhaps** (adv) /pə'hæps/  
maybe • *Perhaps we'll go to the Thai restaurant on my birthday, but I'm not sure.*  
❖ być może
- 4.31 (my) own** (adj) /('maɪ) əʊn/  
belonging to me • *I'd like to have my own car when I'm older.* > own (v), owner (n)  
❖ (mój) własny

### LOOK!

Remember that in Unit 2 we saw the expression *on my own*, which means 'by myself'. We can also use the word *own* in phrases like *my own / your own*, with the meaning of 'belonging to me / to you'.  
*I enjoy painting on my own.* (without anyone else around)  
*These are my own paintings.* (the paintings are mine)

- 4.32 weigh** (v) /weɪ/  
to measure sb/sth to see how heavy they are/it is; to have a particular weight • *Weigh the ingredients before you put them into the bowl.*  
> weight (n) ❖ ważyć
- 4.33 calculate** (v) /'kælkjəleɪt/  
to work out an amount • *This watch can calculate how far you walk every day.*  
> calculation (n) ❖ obliczać

- 4.34 culture** (n) /'kʌltʃə(r)/  
the beliefs, art and way of life in a country  
• *We learnt a lot about Chinese food and culture on our holiday in Beijing.*  
> cultural (adj) ❖ kultura

## Vocabulary Page 44

- 4.35 meat** (n) /mi:t/  
the soft part of an animal's body that other animals eat as food • *Heather doesn't eat meat, so she ate a cheese pie.* ❖ mięso
- 4.36 garlic** (n) /'gɑ:ɪlɪk/  
a small vegetable with a very strong taste and smell • *Let's put some garlic sauce on the fish.*  
❖ czosnek
- 4.37 pasta** (n) /'pæstə/  
spaghetti, noodles, etc. • *Italy is famous for its pasta dishes.* ❖ makaron
- 4.38 chilli** (n) /'tʃɪli/  
a kind of small thin red or green pepper that has a very hot taste • *I put a few chillies in the sauce to make it spicy.* ❖ chili
- 4.39 grape** (n) /greɪp/  
a small round green or dark red fruit that is soft inside • *On our farm, we grow juicy grapes.*  
❖ winogrono
- 4.40 mushroom** (n) /'mʌʃrʊm/  
a kind of fungus that has a soft round top and a thick stem • *I love mushrooms on my pizza.*  
❖ pieczarka
- 4.41 pepper** (n) /'pepə(r)/  
a kind of green, red or yellow vegetable that you can eat cooked or uncooked, e.g. in salads • *We made a salad with tomatoes, green peppers and onions.* ❖ papryka
- 4.42 lemon** (n) /'lemən/  
a yellow fruit that has a bitter taste • *Mum likes to drink tea with honey and a piece of lemon.*  
❖ cytryna
- 4.43 vegetable** (n) /'vedʒtəbl/  
a plant or part of a plant that you can eat  
• *Carrots are my favourite vegetables.*  
❖ warzywo
- 4.44 dairy** (adj) /'deəri/  
made from milk • *David has cows on his farm and he makes dairy foods like butter and milk.*  
> dairy (n) ❖ nabiał
- 4.45 fruit** (n) /fru:t/  
the soft part of a plant that has seeds inside  
• *Louisa eats a lot of fruit, like bananas and apples.* ❖ owoc
- 4.46 carbohydrate** (n) /ˌkɑ:bəʊ'hɑ:dreɪt/  
something in food like bread, potatoes and pasta which gives your body energy • *Maria eats a big meal with carbohydrates before she goes for a long walk.* ❖ węglowodan

- 4.47** **cook** (n) /kʊk/  
a person who cooks food; sb who cooks food as a job • *My aunt is a good cook. She makes great pizzas.* > cook (v), cooking (n), cooker (n)  
❖ kucharz
- 4.48** **vegetarian** (n) /ˌvedʒə'teəriən/  
a person who doesn't eat meat or fish  
• *A lot of my friends are vegetarians because they love animals.* > vegetarian (adj)  
❖ wegetarianin
- 4.49** **strawberry** (n) /'strɔ:bəri/  
a small, juicy, red, summer fruit • *We're having ice cream with strawberries after lunch.*  
❖ truskawka
- 4.50** **fresh** (adj) /fref/  
food that has been made, picked or collected not long ago • *There aren't many fresh strawberries in the shops in winter.*  
> freshness (n), freshly (adv) ❖ świeży

### Buying food

#### Nouns

credit card  
market  
restaurant  
shopping list  
supermarket  
trolley

#### Verbs

add up  
calculate  
save money  
weigh

## Grammar Page 45

- 4.51** **market** (n) /'mɑ:kɪt/  
a place where you can go to buy or sell things on a street or in a special building • *People buy fruit and vegetables at the street market here on Tuesdays.* > market (v)  
❖ rynek
- 4.52** **sandwich** (n) /'sænwɪtʃ/  
a snack that you make from two pieces of bread put together with food in between them • *Would you like a cheese and tomato sandwich?* ❖ kanapka
- 4.53** **actually** (adv) /'æktʃuəli/  
in fact • *I didn't know that Marie was actually from France.* > actual (adj)  
❖ prawdę mówiąc, faktycznie
- 4.54** **prediction** (n) /prɪ'dɪkʃn/  
what sb says will happen in the future • *What's my prediction for the match? Roger's team will win again.* > predict (v), predictable (adj)  
❖ przeczucie
- 4.55** **hope** (v) /həʊp/  
to wish that sth good is possible • *I hope Grandad will enjoy his dinner.* > hope (n)  
❖ mieć nadzieję
- 4.56** **sure** (adj) /ʃʊə(r)/  
certain of sth • *I'm sure you'll like this cake.*  
❖ pewny
- 4.57** **offer** (n) /'ɒfə(r)/  
an act of saying that you will do sth for sb if they need help • *Charles made a kind offer to wash the dishes.* > offer (v) ❖ oferta, propozycja
- 4.58** **promise** (n) /'prɒmɪs/  
an act of saying that you will do sth for sure  
• *I'll make the best chocolate cake in the world. That's a promise!* > promise (v)  
❖ obietnica
- 4.59** **sudden** (adj) /'sʌdn/  
that happens fast when you don't expect it  
• *We were watching TV, when we heard a sudden noise outside.* > suddenly (adv)  
❖ nagle
- 4.60** **decision** (n) /dɪ'sɪʒn/  
a choice you make after thinking about sth  
• *Paul made a decision to become a cook.*  
> decide (v) ❖ decyzja
- 4.61** **ham** (n) /hæm/  
a kind of meat from a pig's leg • *Do you want a ham and cheese sandwich?* ❖ szynka
- 4.62** **I'm afraid** (phr) /aɪm ə'freɪd/  
used to introduce sth that isn't good or to say that you're sorry about sth • *I'm afraid I can't meet you tomorrow. I'll be at my grandparents' house.* ❖ obawiam się
- 4.63** **restaurant** (n) /'restɒrnt/  
a place where you can sit and buy meals to eat • *Sometimes I eat at a restaurant with my family.* ❖ restauracja
- 4.64** **fantastic** (adj) /fæn'tæstɪk/  
very good; wonderful • *Greta had a fantastic holiday in Crete with her family. They want to go back there next year.* ❖ fantastyczny
- 4.65** **as well** (phr) /əz wel/  
also; too • *I'm not very hungry. I can't eat fish with salad and have ice cream as well.*  
❖ również
- 4.66** **answer (the phone)** (v) /'ɑ:nsə(r) (ðə fəʊn)/  
to pick up the phone when sb calls • *Don't answer the phone! It will be somebody selling something again.* > answer (n) ❖ odebrać telefon
- 4.67** **pass** (v) /pɑ:s/  
to do well in an exam, a course, etc. • *I hope you'll pass your French exam.* > pass (n)  
❖ zdać
- 4.68** **anyway** (adv) /'eniweɪ/  
used to change the subject to a main point in a conversation • *It's a bit late to eat now. Anyway, shall we watch a film?* ❖ w każdym razie

- 4.69** **luck** (n) /lʌk/  
sth that makes sth good or bad happen by chance • *Good luck with your new cookbook.*  
➤ lucky (adj) ❖ szczęście

## Listening Page 46

- 4.70** **add** (v) /æd/  
to put sth in sth else • *Add a little salt to the soup.* ➤ addition (n) ❖ dodawać
- 4.71** **last** (adv) /lɑːst/  
after all other things • *We waited a long time in the restaurant and they brought our food last.*  
❖ ostatni
- 4.72** **item** (n) /'aɪtəm/  
an object • *I made a list of items that I needed to buy for the meal.* ❖ przedmiot
- 4.73** **form** (n) /fɔːm/  
a kind • *What form of transport do you prefer to use? A car or a bus?* ❖ rodzaj
- 4.74** **underline** (v) /ˌʌndə'laɪn/  
to draw a line under a word • *I underlined this word because I like it.* ❖ podkreślać
- 4.75** **girlfriend** (n) /'gɜːlfrend/  
a close female friend • *My brother is going to the cinema with his girlfriend.* ❖ dziewczyna, sympatia
- 4.76** **popular** (adj) /'pɒpjələ(r)/  
liked by many people • *Is tennis a popular sport in your country?* ➤ popularity (n)  
❖ popularny ✎ Opp: unpopular
- 4.77** **seafood** (n) /'siːfuːd/  
any fish and other sea creatures that you can eat • *We ate fresh seafood at the restaurant by the beach.* ❖ owoce morza

## Speaking Page 47

- 4.78** **taco** (n) /'tækəʊ/  
a small Mexican flat bread filled with different food and often served with chilli sauce • *At this Mexican restaurant, they make great cheese tacos.* ❖ taco
- 4.79** **nacho** (n) /'næːtʃəʊ/  
a small piece of fried Mexican bread often eaten with a sauce or cheese • *Let's buy some nachos for our film night.* ❖ nacho
- 4.80** **smoothie** (n) /'smuːði/  
a drink made from fruit or vegetables mixed with fruit juice, milk or yoghurt • *I had a banana and apple smoothie for breakfast.*  
❖ smoothie, koktajl

- 4.81** **vanilla** (n) /və'nɪlə/  
a sweet flavouring made from the seeds of a plant that we add to give taste to food like cakes or ice cream • *Which ice cream do you like best? Chocolate, strawberry or vanilla?*  
❖ wanilia
- 4.82** **garlic bread** (n) /'gɑːlɪk 'bred/  
bread heated with garlic and butter inside  
• *In Italian restaurants, you can have garlic bread with your pasta.*  
❖ chlebek czosnkowy
- 4.83** **Mediterranean** (adj) /,medɪtə'reɪniən/  
of the sea between Europe and Africa and its coasts ➤ the Mediterranean (n)  
❖ śródziemnomorski
- 4.84** **tuna** (n) /'tjuːnə/  
a large sea fish with red meat • *Tony makes delicious pizza with tuna and other seafood.*  
❖ tuńczyk
- 4.85** **curry** (n) /'kʌrɪ/  
a type of Asian food with a hot spicy sauce  
• *Indian curry with rice is a popular meal in the UK.* ➤ curry (v) ❖ curry
- 4.86** **chocolate brownie** (n) /'tʃɒklət 'braʊni/  
a kind of square chocolate cake • *How many eggs do I need to make chocolate brownies?*  
❖ czekoladowe ciasto brownie
- 4.87** **takeaway** (n) /'teɪkəweɪ/  
a meal that you can collect or order from a restaurant to eat somewhere else  
• *Thomas was too tired to cook, so he ordered a takeaway.* ➤ take away (phr v)  
❖ jedzenie na wynos
- 4.88** **busy** (adj) /'bɪzi/  
that has a lot of people • *The streets are always busy in the morning.*  
❖ ruchliwy
- 4.89** **crowded** (adj) /'kraʊdɪd/  
that has a lot of people close together  
• *This café is very crowded. We can't sit down here.* ➤ crowd (n) ❖ zatłoczony

## Vocabulary Page 48

- 4.90** **biscuit** (n) /'bɪskɪt/  
a thin crispy cake • *Have a biscuit with your hot chocolate.* ❖ herbatnik
- 4.91** **pre-heat** (v) /,pri:'hiːt/  
to switch on an oven to make it hot before cooking food in it • *Pre-heat the oven to 180°C while you're mixing the ingredients.*  
➤ preheated (adj) ❖ nagrzać
- 4.92** **oven** (n) /'ʌvən/  
the inside part of a cooker where food is cooked • *The cakes are still in the oven. They will be ready soon.* ❖ piekarnik

- 4.93 almond** (n) /'ɑ:mənd/  
a small oval nut with a smooth hard shell  
• *There are some almonds in this cake.*  
❖ migdał
- 4.94 dough** (n) /dəʊ/  
a mixture of flour and other ingredients used to make bread, pies or biscuits • *The cook mixed the dough and left it in the fridge for an hour.*  
❖ ciasto
- 4.95 bake** (v) /beɪk/  
to cook food in an oven • *Put the biscuits in the oven and bake them for 15 minutes.*  
> baker, baking (n), baked (adj)  
❖ piec
- 4.96 chopped** (adj) /tʃɒpt/  
sth cut into small pieces with a knife • *Put the chopped carrots and onions in the soup.*  
> chop (v) ❖ pokrojony
- 4.97 gram** (n) /græm/  
a small unit for measuring how heavy sth is  
• *You'll need 250 grams of butter for this recipe.* ❖ gram
- 4.98 icing sugar** (n) /'aɪsɪŋ ʃʊgə(r)/  
a kind of soft white sugar usually used on the top of cakes or biscuits • *Cheryl is going to put some icing sugar on the brownies.* ❖ cukier puder
- 4.99 flour** (n) /'flaʊə(r)/  
a soft white or brown powder made from wheat or other grain, used to make bread, biscuits, cakes, etc. • *Put the flour into a bowl with the butter and sugar.* ❖ mąka
- 4.100 flavouring** (n) /'fleɪvərɪŋ/  
sth added to food to give it more taste  
• *This biscuit has strawberry flavouring.*  
> flavour (n, v) ❖ aromat, przyprawa
- 4.101 finally** (adv) /'faɪnəli/  
at the end • *Finally, cut the cake and eat it.*  
> final (n, adj) ❖ wreszcie, na koniec
- 4.102 mix** (v) /mɪks/  
to put two or more things together to make sth different • *Mix the butter and sugar before you add the eggs.* > mixture (n) ❖ mieszać, łączyć
- 4.103 spoon** (n) /spu:n/  
an object that has a long handle with a small round bowl shape at the end, used for mixing or picking up food • *Henry was eating his soup with a silver spoon.* ❖ łyżka
- 4.104 roll out** (phr v) /rəʊl aʊt/  
to make sth flat using a special kitchen tool or your hands • *Roll out the dough and put it into the baking tin.* ❖ wałkować
- 4.105 board** (n) /bɔ:d/  
a thin flat piece of wood or plastic, etc. often used for preparing food • *Chop the carrots on the board.* ❖ deska
- 4.106 piece** (n) /pi:s/  
a part of sth • *Have a piece of cake.*  
❖ część
- 4.107 occasion** (n) /ə'keɪzən/  
an event; a specific time when sth happens  
• *Maisie wears a dress on special occasions, like parties or weddings.* ❖ okazja
- 4.108 measurement** (n) /'meɪzəmənt/  
how big, heavy, long or hot, etc. sth is  
• *The recipe has all the measurements for the ingredients of the cake.* > measure (v)  
❖ miara, wymiar
- 4.109 centimetre** (n) /'sentɪmɪ:tə(r)/  
a small unit for measuring how long or high sth is or how tall sb is • *There are 100 centimetres in a metre.* ❖ centymetr 📖 Abbrev: cm
- 4.110 metre** (n) /'mi:tə(r)/  
a unit for measuring how long or high sth is or how tall sb is; 100cm • *The table is two metres long.* ❖ metr 📖 Abbrev: m
- 4.111 kilo** (n) /'ki:ləʊ/  
a unit for measuring how heavy sb or sth is; 1,000 grams; a kilogram • *I'll buy a kilo of tomatoes at the market.* ❖ kilo
- 4.112 degree** (n) /dɪ'ɡri:/  
a unit used to measure temperature • *The oven needs to be 20 degrees hotter.*  
❖ stopień
- 4.113 kilometre** (n) /kɪ'lɒmɪtə(r)/  
a unit used to measure distance; 1,000 metres  
• *Our house is four kilometres from the school.*  
❖ kilometr 📖 Abbrev: km
- 4.114 length** (n) /leŋkθ/  
how long sth is • *What's the length of the room?* > long (adj), lengthen (v)  
❖ długość
- 4.115 weight** (n) /weɪt/  
how heavy sth is • *Check the weight of your bags before you travel by plane.* > weigh (v)  
❖ masa, waga
- 4.116 temperature** (n) /'temprətʃə(r)/  
how hot or cold sb or sth is • *The temperature is very low in Greenland in winter.*  
❖ temperatura
- 4.117 pot** (n) /pɒt/  
a container for keeping food fresh • *There's a pot of yoghurt on the table.* ❖ pojemnik, naczynie
- 4.118 yoghurt** (n) /'jɒgə(r)t/  
a thick white food made from milk that you can eat with fruit or other flavourings • *I often have yoghurt and fruit for breakfast.* ❖ jogurt
- 4.119 oil** (n) /ɔɪl/  
a thick liquid, usually made from plants, used for cooking or preparing food • *Dad always puts oil on salads.* > oil (v), oily (adj)  
❖ olej
- 4.120 first of all** (phr) /fɜ:st əv ɔ:l/  
before anything else • *First of all, look for a nice recipe.* ❖ po pierwsze 📖 Syn: firstly

- 4.121 Celsius** (n) /ˈselsiəs/  
the measure used for temperatures in centigrade • *Water boils at 100 degrees Celsius.* ❖ Celsjusz

### Cooking

#### Nouns

board meal  
cook oven

#### Verbs

add  
bake

### Measurement

Celsius length  
centimetre metre  
degree temperature  
gram weight  
kilo

## Grammar Page 49

- 4.122 dollar** (n) /ˈdɒlə(r)/  
the kind of money used in some countries, e.g. the USA, Canada and Australia • *The taxi ride from the airport costs 40 dollars.* ❖ dolar
- 4.123 furniture** (n) /ˈfɜːnɪtʃə(r)/  
things like tables, chairs, cupboards, etc. • *We're buying new furniture for the living room.* ❖ meble
- 4.124 advice** (n) /ədˈvaɪs/  
sth you tell sb to help them with a problem • *Ask your granny for advice in the kitchen. She's a great cook!* > advise (v), advisable (adj)  
❖ porada
- 4.125 luggage** (n) /ˈlʌɡɪdʒ/  
all the bags you carry when you're travelling • *Simon's putting his luggage into the car to go on holiday.* ❖ bagaż
- 4.126 news** (n) /njuːz/  
a piece of information about sth new that happened • *I've got some good news. I'm going to be in Happy Cook on TV!*  
❖ wiadomość
- 4.127 equipment** (n) /ɪˈkwɪpmənt/  
the things you need to do a job or an activity • *The school has modern equipment in the computer lab.* ❖ sprzęt

## Writing Pages 50–51

- 4.128 try out** (phr v) /traɪ aʊt/  
to use or do sth to see how good or bad it is • *Bob and Martha are going to try out the new Indian restaurant.* ❖ próbować
- 4.129 tour** (n) /tʊə(r)/  
a trip to visit different places or parts of a place • *We went on a tour of the castle.* > tour (v)  
❖ wycieczka

- 4.130 excited** (adj) /ɪkˈsaɪtɪd/  
feeling very happy about sth you're doing or going to do • *The children are excited about going to the party.* ❖ podekscytowany
- 4.131 fortune cookie** (n) /ˈfɔːtʃuːn kʊki/  
a thin Chinese biscuit with a small note inside that says sth about your future • *My fortune cookie says I'll get a visit from a friend.*  
❖ ciasteczko z wróżbą
- 4.132 come round** (phr v) /kʌm raʊnd/  
to come to a place for a short visit • *My friends often come round to my house to listen to music.* ❖ przychodzić w odwiedziny
- 4.133 lovely** (adj) /ˈlʌvli/  
nice; enjoyable • *We had a lovely meal at Francine's.* ❖ przyjemny, miły
- 4.134 look forward to** (phr v) /lʊk ˈfɔːwəd tu/  
to be happy waiting for sth good that is going to happen • *Are you looking forward to your holiday?* ❖ oczekiwać czegoś z niecierpliwością
- 4.135 pretty** (adv) /ˈprɪti/  
quite • *The food at Jerry's is pretty good. You'll love it!* ❖ całkiem, dosyć
- 4.136 sound** (v) /saʊnd/  
to seem to be a particular way, from what you hear or read • *The new Thai restaurant sounds fantastic! Let's try it out.* > sound (n)  
❖ brzmieć, wydawać
- 4.137 a bit** (adv) /ə bɪt/  
a little; a small amount • *The players were a bit tired at the end of the match.*  
❖ trochę
- 4.138 relaxing** (adj) /rɪˈlæksɪŋ/  
helping you to rest • *A day at the beach will be relaxing.* > relax (v), relaxation (n)  
❖ odprężający

### Phrasal verbs

come round	eat up	roll out
eat out	look forward to	try out

## Video Page 52

- 4.139 eyeball** (n) /ˈaɪbɔːl/  
a complete eye, including the round part at the back • *I can't imagine eating an animal's eyeballs.* ❖ gałka oczna
- 4.140 blood** (n) /blʌd/  
the red liquid that flows inside your body • *There was blood on my shirt because I cut my finger.* ❖ krew
- 4.141 tortilla** (n) /tɔːˈtiːə/  
a thin, flat Mexican bread • *Pablo is eating tortillas with cheese and tomato.*  
❖ tortilla

- 4.142 larva** (n) /'lɑ:və/  
 an insect when it first comes out of its egg and looks like a thick worm • *A bee begins as an egg for three days, and then becomes a larva.*  
 ❖ larwa 📖 Plural: larvae /'lɑ:vi/
- 4.143 fast food** (n) /,fɑ:st 'fu:d/  
 hot food that is cooked and served quickly, especially as a takeaway • *Jim sometimes orders fast food, like tacos, when he doesn't have time to cook.* ❖ fast food
- 4.144 Maasai** (n) /'mɑ:sai/  
 a member of a specific group of people from East Africa • *The Maasai people live in a traditional way in parts of Kenya and Tanzania.*  
 ❖ Masaj
- 4.145 taste** (v) /teɪst/  
 to have a specific flavour • *Cheese tacos taste delicious with chilli sauce.* > taste (n), tasty (adj) ❖ smakować
- 4.146 gross** (adj) /grəʊs/  
 horrible; not nice • *The plate of cooked insects looks completely gross!* ❖ okropny  
 📖 Syn: disgusting, revolting
- 4.147 revolting** (adj) /rɪ'vəʊl,tɪŋ/  
 horrible • *Food made from insect larvae sounds revolting!* ❖ odrażający  
 📖 Syn: disgusting, gross

## Adjectives

crowded	fresh
delicious	gross
excellent	revolting
excited	popular

## Types of food

almond	mushroom
biscuit	oil
butter	omelette
carbohydrate	onion
chilli	pasta
chocolate brownie	pepper
curry	sandwich
dairy	seafood
fast food	smoothie
fortune cookie	strawberry
fruit	taco
garlic	tortilla
garlic bread	tuna
grape	vanilla
icing sugar	vegetable
lemon	yoghurt
meat	