

12 What a wonderful world!

Glossary

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- 12.1 wonderful** (adj) /'wʌndəfl/
very good or enjoyable • *We had a wonderful holiday in Peru and I'd love to go there again.*
> wonder (n, v), wonderfully (adv)
❖ cudowny
- 12.2 calm** (adj) /kɑ:m/
relaxed and quiet • *Listening to classical music makes me feel calm.* > calm (n, v)
❖ spokojny

Reading Pages 138–139

- 12.3 woods** (n pl) /wʊdz/
a small group of trees • *There are foxes in the woods behind my house.* ❖ las
- 12.4 forest** (n) /'fɒrɪst/
a large group of trees • *They stopped for a picnic under a tree in the forest.*
❖ las
- 12.5 forest bathing** (n) /'fɒrɪst 'beɪðɪŋ/
the activity of spending time among trees to relax • *Ian always has more energy after he goes for a walk and does some forest bathing.*
❖ kąpiel leśna
- 12.6 breathe** (v) /brɪ:ð/
to take air into your body and let it out through your mouth or nose • *People can't breathe under water.* > breath (n) ❖ oddychać
- 12.7 anxious** (adj) /'æŋkʃəs/
nervous and worried • *Ken is feeling anxious about finishing his work on time.* > anxiety (n), anxiously (adv) ❖ z troską, niespokojny
- 12.8 stressed** (adj) /strest/
feeling too worried to relax • *Linda is very stressed about taking her driving test.*
> stress (n, v), stressful (adj) ❖ zestresowany
- 12.9 birdsong** (n) /'bɜ:dsɒŋ/
the musical sounds that birds make • *Early in the morning, the only sound in our street is birdsong.* ❖ śpiew ptaków
- 12.10 focus on** (phr v) /'fəʊkəs ɒn/
to think only about one thing • *I'm staying at home today to focus on my project for school.*
> focussed (adj), focus (n) ❖ skupić się na

- 12.11 relax** (v) /rɪ'læks/
to rest and be calm • *After finishing her difficult project, Lia took a few days off work to relax.* > relaxed, relaxing (adj), relaxation (n)
❖ relaksować się, odprężyć
- 12.12 present** (adj) /'preznt/
happening now • *I'm sorry, but we have no more details at the present time.*
> present (n) ❖ obecny
- 12.13 including** (prep) /ɪn'klu:dɪŋ/
having sth as part of a larger group or amount • *We visited all the sights in the city, including the new museum.* > include (v)
❖ włącznie 📎 Opp: excluding
- 12.14 summary** (n) /'sʌməri/
a short description of the main points of sth • *His letter included a summary of all his past work experience.* > summarise (v)
❖ streszczenie, podsumowanie
- 12.15 correspond** (v) /,kɒrə'spɒnd/
to match or be similar • *The numbers on the map correspond to the distances between the towns.* > correspondent, correspondence (n)
❖ odpowiadać, zgadzać się
- 12.16 a.m.** (abbrev) /,eɪ 'em/
before noon • *Our school begins at 8.30 a.m.* ❖ przed południem
- 12.17 p.m.** (abbrev) /,pi: 'em/
after noon • *We get home from school at 3.45 p.m.* ❖ po południu
- 12.18 energy** (n) /'enədʒi/
the ability and power to be active; the type of power used to make sth work • *I'm so tired and I haven't got enough energy to walk any further.* > energise (v), energetic (adj)
❖ energia
- 12.19 mood** (n) /mu:d/
the way you feel at a particular time • *Dad is in a bad mood because he's got a headache.*
> moody (adj) ❖ nastrój

Vocabulary Page 140

- 12.20 hill** (n) /hɪl/
an area of land like a small mountain • *It wasn't easy to ride our bikes up the hill.*
> hilly (adj) ❖ wzgórze

- 12.21 east** (n) /i:st/
the direction you look at to see the sun rising
• *Turkey is a country to the east of Greece.*
> east, eastern, easterly (adj), east (adv)
❖ wschód
- 12.22 north** (n) /nɔ:θ/
the direction on your left when you see the sun rising
• *Thessaloniki is a city in the north of Greece.* > north, northern, northerly (adj), north (adv) ❖ północ
- 12.23 south** (n) /saʊθ/
the direction on your right when you see the sun rising
• *Some birds fly to warmer countries in the south for winter.* > south, southern, southerly (adj), south (adv) ❖ południe
- 12.24 west** (n) /west/
the direction you look at to see the sun setting
• *The rain was coming across the sea from the west.* > west, western, westerly (adj), west (adv) ❖ zachód

Directions

east	south
north	west

Places

forest	rainforest
hill	wood

Grammar Page 141

- 12.25 plastic** (adj) /'plæstɪk/
made from a strong material produced from oils that go through chemical processes
• *It's better to use your own shopping bag instead of plastic bags from the supermarket.*
> plastic (n) ❖ plastikowy
- 12.26 net** (n) /net/
sth made from string or rope tied together with spaces in between to catch sth, e.g. fish
• *The octopus was caught in the fisherman's net.* ❖ sieć, siatka
- 12.27 square** (adj) /skweə(r)/
shaped with four sides of the same size
• *There's a square table in the kitchen.*
> square (n) ❖ kwadratowy
- 12.28 cardboard** (n) /'kɑ:dbɔ:d/
a kind of material like thick paper, used for making boxes
• *Shoe boxes are usually made of cardboard.* > cardboard (adj) ❖ tektura
- 12.29 bin** (n) /bɪn/
a container for pieces of rubbish inside or outside a building or in public areas
• *We collected the rubbish in the park and put it in the bins.* ❖ kubeł na śmieci

- 12.30 rectangular** (adj) /rek'tæŋgjələ(r)/
in a box shape that has two long sides and two short sides
• *Our pet fish live in a large rectangular tank.* > rectangle (n)
❖ prostokątny
- 12.31 cotton** (adj) /'kɒtn/
made of cloth produced from the white hair of the cotton plant
• *When it's very hot, you'll feel cooler wearing cotton clothes.* > cotton (n)
❖ bawełniany
- 12.32 medium-sized** (adj) /'mi:diəm saɪzd/
of an average size, between large and small
• *We have a medium-sized flat, which is just big enough for three people.* ❖ średniej wielkości
- 12.33 unfriendly** (adj) /ʌn'frendli/
not friendly or kind
• *Our neighbour has an unfriendly dog that barks at anyone walking by.*
❖ niezyczliwy, nieprzyjazny
- 12.34 earring** (n) /'ɪərɪŋ/
an item of jewellery that sb wears on their ear
• *Meg wore a pair of silver earrings that matched her necklace.* ❖ kolczyk
- 12.35 wooden** (adj) /'wɒdn/
made of wood, the material that comes from trees
• *We saw two small wooden boats on the sea.* > wood (n) ❖ drewniany
- 12.36 round** (adj) /raʊnd/
shaped like a circle
• *There's a round clock at the top of the tower.* > round (v, n)
❖ okrągły
- 12.37 cute** (adj) /kju:t/
attractive or sweet
• *Puppies and kittens always look so cute when they're playing.*
> cuteness (n) ❖ uroczy, śliczny
- 12.38 ugly** (adj) /'ʌgli/
not nice looking
• *The bank is in an ugly old building in the centre of the city.*
❖ brzydki
- 12.39 whiteboard** (n) /'waɪtbɔ:d/
a large board in the classroom for a teacher to write on
• *Our maths teacher wrote some examples on the whiteboard.* ❖ tablica

Listening Page 142

- 12.40 bear** (n) /beə(r)/
a large animal with brown or black fur that can walk on four or two legs and which lives in mountains
• *Although bears look friendly and cute, they're wild animals that kill to protect themselves.* ❖ niedźwiedz
- 12.41 frightened** (adj) /'fraɪtnd/
afraid
• *What happened to you? You look like a frightened rabbit!* > fright (n), frightening (adj), frighteningly (adv)
❖ przestraszony

- 12.42 heights** (n pl) /haɪts/
high places • *He won't climb a tree because he's scared of heights.* > heightened, high (adj) ❖ wysokości
- 12.43 sand** (n) /sænd/
very small pieces of rock, e.g. on a beach
• *A beach picnic is a nice idea, but I hate getting sand in my food.* > sandy (adj)
❖ piasek
- 12.44 shark** (n) /ʃɑ:k/
a very big fish with sharp teeth and a big fin on its back • *We were scared to go surfing when we saw the sharks.* ❖ rekin
- 12.45 rainforest** (n) /ˈreɪnfɔ:ɪst/
a thick forest or jungle in a place where it rains a lot • *Farmers shouldn't cut down rainforests to grow more coffee.* ❖ las deszczowy
- 12.46 zip-lining** (n) /ˈzɪpˌlaɪnɪŋ/
the activity of hanging from a small wheel and sliding down a thick wire between two places above the ground • *The children are looking forward to going zip-lining above the trees in the park.* ❖ zjazd na linie

Speaking Page 143

- 12.47 food mile** (n) /fu:d maɪl/
how far food is moved from where it was grown/made to the people who eat it, and how much petrol is needed to move it • *The best way to save on food miles is to eat things that grow in the local area.* ❖ żywnościokilometr
- 12.48 packaging** (n) /ˈpækɪdʒɪŋ/
materials used to cover things which are sold in shops • *We order things from a company that uses packaging made from recycled materials.* > package (n, v) ❖ opakowanie
- 12.49 reuse** (v) /ri:'ju:z/
to use again • *We can clean glass jars and reuse them to keep things in.* > reusable (adj)
❖ ponownie wykorzystać
- 12.50 container** (n) /kən'teɪnə(r)/
sth that you can put sth inside to keep or carry
• *Helen puts her lunch in a plastic container to take to work.* > contain (v) ❖ pojemnik
- 12.51 cover** (v) /ˈkʌvə(r)/
to put sth over sth else • *All the vegetables in the shop were covered with plastic.*
> cover (n) ❖ przykrywać
- 12.52 ban** (v) /bæn/
to not allow an action • *Cars are banned from some streets in the city centre so you can walk safely there.* > ban (n) ❖ zakazywać
- 12.53 serious** (adj) /ˈsɪəriəs/
with a bad effect; causing problems or danger
• *Air pollution is a serious problem in most cities.* > seriousness (n), seriously (adv)
❖ poważny

- 12.54 recycle** (v) /ˈrɪːsaɪkl/
to use materials again to make something else • *We should all recycle paper, glass and metal.* > recycled (adj), recycling (n)
❖ odzyskiwać, przetwarzać

Vocabulary Page 144

- 12.55 butterfly** (n) /ˈbʌtəflaɪ/
a type of insect with big coloured wings
• *A beautiful butterfly flew onto one of the flowers in the garden.* ❖ motyl
- 12.56 dolphin** (n) /ˈdɒlfɪn/
a sea animal like a large fish with a round nose • *Dolphins are very clever and they communicate with each other using sounds.*
❖ delfin
- 12.57 mammal** (n) /ˈmæml/
an animal that has babies (not eggs) and feeds them with its milk • *Whales are the biggest mammals on the planet.* ❖ ssak
- 12.58 insect** (n) /ˈɪnsekt/
a small creature that has six legs and usually has wings • *Katie put cream on her skin to stop insects from biting her in the forest.*
❖ owad
- 12.59 reptile** (n) /ˈreptaɪl/
an animal that lays eggs and has cold blood
• *At the zoo, we saw crocodiles, snakes and other reptiles.* ❖ gad
- 12.60 wildflower** (n) /ˈwaɪldflaʊə(r)/
a flower that grows naturally without somebody planting it • *The valley was full of red and yellow wildflowers.* ❖ kwiat polny
- 12.61 seed** (n) /si:d/
the small hard part inside a plant or fruit that new plants can grow from • *The farmer was planting seeds in his field to grow tomatoes.*
❖ ziarno
- 12.62 bird feeder** (n) /ˈbɜ:d fi:də(r)/
a container that has food for birds to eat, often put in a garden • *Jack filled the bird feeder with seeds and nuts.* ❖ karmnik dla ptaków
- 12.63 window box** (n) /ˈwɪndəʊ bɒks/
a container for growing plants either inside or outside a window • *Maria grows small plants in a window box outside her bedroom window.*
❖ skrzynka na kwiaty
- 12.64 houseplant** (n) /ˈhaʊsplɑ:nt/
a plant that you can grow indoors • *I don't have a garden, but I have some houseplants growing in my flat.* ❖ roślina domowa
- 12.65 wild** (adj) /waɪld/
living in a natural place, not kept in a house, etc. • *You can't drive cars in the national park to protect the wild animals and plants.*
> wild (n) ❖ dziki

Plant-related words

houseplant
seed

wildflower
window box

Grammar Page 145

- 12.66 documentary** (n) /ˌdɒkjʊ'mentri/
a film or TV programme, etc. that gives detailed information about sb/sth • *There are interesting wildlife documentaries on this TV channel every evening.* ❖ film dokumentalny
- 12.67 amaze** (v) /ə'meɪz/
surprise sb • *The size of the polar bear amazed us when we saw it close to us in the zoo.* > amazement (n), amazed (adj), amazing (adj), amazingly (adv)
❖ zdumiewać, zaskakiwać
- 12.68 bore** (v) /bɔː(r)/
make sb feel bored; talk about sth that isn't interesting • *I already knew the story from the book so the film bored me.* > boredom (n), bored (adj), boring (adj) ❖ nudzić
- 12.69 excite** (v) /ɪk'saɪt/
interest sb; make sb feel enthusiastic about sth • *Don't excite the dog too much as you are leaving because he'll want to go with you.* > excitement (n), excited (adj), exciting (adj), excitedly (adv) ❖ ekscytować
- 12.70 frighten** (v) /'fraɪn/
make sb feel afraid • *The strange noises frightened me and I couldn't sleep.* > fright (n), frightened (adj), frightening (adj), frighteningly (adv) ❖ straszyć
- 12.71 tire** (v) /'taɪə(r)/
make sb feel tired • *The climb up the hill tired us, so we stopped for a long rest at the top.* > tiredness (n), tired (adj), tiring (adj)
❖ męczyć, nużyć
- 12.72 gorilla** (n) /gə'rɪlə/
a big African animal like a really large monkey • *Gorillas are large strong animals which don't eat meat.* ❖ goryl
- 12.73 huge** (adj) /hjuːdʒ/
very big • *There was a huge tree in our garden and we cut it down to have more light.* ❖ ogromny
- 12.74 turn into** (phr v) /tɜːn 'ɪntə/
to become sth different • *When the temperature falls below 0°C, water turns into ice.* ❖ zamieniać

Writing Pages 146–147

- 12.75 summarise** (v) /'sʌməraɪz/
to write or say the main points of a piece of writing • *Please summarise your main ideas at the end of the essay.* > summary (n)
❖ streszczać, podsumowywać
- 12.76 questionnaire** (n) /ˌkwɛstʃə'neə(r)/
a list of questions that many people are asked so answers can be compared • *We made a class questionnaire to see what most people do to help the environment.* ❖ kwestionariusz
- 12.77 reusable** (adj) /ri:'juːzəbl/
that can be used again • *Glass jars are reusable because you can clean them and keep other things in them.* > reuse (v)
❖ nadający się do wielokrotnego użycia
- 12.78 waste** (n) /weɪst/
sth that is thrown away because you don't need it • *It's a shame to see so much food waste when many people are hungry.* > waste (v), wasteful (adj), wastefully (adv)
❖ odpady
- 12.79 portion** (n) /'pɔːʃn/
an amount of food for one person • *Henry has a large portion of salad with his lunch.* ❖ porcja
- 12.80 pollution** (n) /pə'ljuːʃn/
making sth dirty with gas or poisonous chemicals • *Cars and trucks are a major cause of air pollution all over the world.* > pollute (v), polluted (adj)
❖ zanieczyszczenie
- 12.81 introduction** (n) /ˌɪntrə'dʌkʃn/
the first part of a piece of writing that tells you about the idea • *In your introduction, you should explain the topic you are writing about.* > introduce (v), introductory (adj) ❖ wprowadzenie
- 12.82 turn off** (phr v) /tɜːn ɒf/
stop sth working by moving sth or pressing a switch • *We always turn off the water and electricity at home before we go on holiday.* ❖ wyłączać
- 12.83 tap** (n) /tæp/
a device that water comes out of • *Remember to turn off the tap after you wash your hands.* ❖ kran
- 12.84 conclusion** (n) /kən'kluːʒn/
the end of a piece of writing • *In your conclusion, write what you think should happen next.* > conclude (v), conclusive (adj)
❖ zakończenie, konkluzja
- 12.85 use up** (phr v) /juːz ʌp/
use all of something, finish • *Maria used up all the milk, so we won't have any for breakfast tomorrow.* ❖ zużyć

Animals

bear	gorilla	mule
butterfly	insect	reptile
dolphin	mammal	shark

Phrasal verbs

focus on	turn off
turn into	use up

Video Page 148

- 12.86 the Grand Canyon** (n) /ðə ˌgrænd ˈkænjən/
a famous deep valley in the USA • *We went hiking in the Grand Canyon national park.*
❖ Wielki Kanion
- 12.87 hiker** (n) /ˈhaɪkə(r)/
a person who goes for long walks in the countryside as a hobby • *The hikers stopped for a break when they got to the top of the hill.*
> hike (n, v), hiking (n) ❖ turysta pieszy
- 12.88 mule** (n) /mju:l/
an animal that is half horse and half donkey
• *In some villages, people still use donkeys and mules as a form of transport.*
❖ muł
- 12.89 trekking** (n) /ˈtrekɪŋ/
the activity of going for long walks usually on foot or on an animal, which lasts various days
• *We went trekking for a week in the French countryside.* > trek (n, v), trekker (n)
❖ trekking, piesza wędrówka
- 12.90 white water rafting** (n) /waɪt ˈwɔ:tə(r) ˈrɑ:ftɪŋ/
the sport of travelling down a very fast river in a raft • *White water rafting on the Alfeios River in Greece is so exciting.* ❖ spływ górski

12.91 hiking (n) /ˈhaɪkɪŋ/
the activity of going for long walks in the countryside • *Chris goes hiking in the mountains around Athens at weekends.*
> hike (n, v), hiker (n) ❖ piesza wycieczka

12.92 bottom (n) /ˈbɒtəm/
the lowest part of sth • *The fruit is in the bottom of the fridge.* ❖ dół

12.93 trek (v) /trek/
to hike for a number of days • *He trekked through the jungle for days.* > trek, trekker, trekking (n) ❖ wędrować

12.94 inhabited (adj) /ɪnˈhæbɪtɪd/
which has people living there • *Archaeologists found the remains of the first inhabited part of the island next to the sea.* > inhabit (v), inhabitant (n), inhabitable (adj) ❖ zamieszkany, zasiedlony 📖 Opp: uninhabited

Adjectives

anxious	medium-sized	square
calm	plastic	stressed
cotton	present	ugly
cute	rectangular	unfriendly
frightened	reusable	wonderful
huge	round	wooden
inhabited	serious	

Activities

hiking	white water rafting
trekking	zip-lining