

7 Time to relax

Glossary

Reading Pages 78–79

- 7.1 collect** (v) /kə'lekt/
to find and keep things of a particular kind as a hobby • *My dad likes collecting stamps from different countries.* > collection, collector (n) ❖ collezionare
- 7.2 reading** (n) /'ri:dɪŋ/
the activity of reading books as a hobby • *Sam's favourite hobby is reading, so he spends a lot of time at the library.* > read (v), reader (n) ❖ lettura
- 7.3 blog** (n) /blɒg/
a text on a website about events, opinions, etc. • *Have you read my new blog about the travels of Heracles?* > blog (v), blogger (n) ❖ blog
- 7.4 snowboarding** (n) /'snəʊbɔ:dɪŋ/
the sport of riding a board on snow down a hill • *Did you know that snowboarding is a sport in the Winter Olympics?* > snowboard (v, n), snowboarder (n) ❖ snowboard
- 7.5 windsurfing** (n) /'wɪndzɜ:fɪŋ/
the sport of standing on a board that has a sail to move across water with the power of the wind • *Lots of people go sailing or windsurfing on the lake at weekends.* > windsurf (v), windsurfer (n) ❖ windsurf
- 7.6 card** (n) /kɑ:d/
a piece of hard paper that has a picture on the front and sometimes has a message inside or on the back • *My uncle keeps all his birthday cards in this box.* ❖ cartolina
- 7.7 comic book** (n) /'kɒmɪk bʊk/
a magazine that tells stories with pictures, usually for children • *Do you like reading comic books like Superman or Wonder Woman?* > comic, comical (adj), comic (n) ❖ fumetto ☞ Syn: comic (UK English)
- 7.8 passion** (n) /'pæʃn/
sth you love doing, like an activity or hobby • *Leo's always had a passion for football.* > passionate (adj) ❖ passione
- 7.9 make a difference** (phr) /'meɪk ə 'dɪfrəns/
to change sth in a way that makes it better • *The internet has made a difference to the way people communicate.* ❖ fare la differenza
- 7.10 broken** (adj) /'brəʊkən/
not working in the correct way; hurt or damaged • *I can't send a text with my phone because the screen is broken.* > break (v, n) ❖ rotto
- 7.11 radio** (n) /'reɪdiəʊ/
a machine used for listening to or sending sounds, like music, news programmes or plays • *My mum listens to the news on the radio every morning.* ❖ radio
- 7.12 battery** (n) /'bætri/
sth that you put in a machine or device to give it electricity to make it work • *The TV remote control isn't working because it needs new batteries.* ❖ batteria
- 7.13 provide** (v) /prə'vaɪd/
give sth to sb to use • *The sports centre provides everything you need to play tennis.* > provider (n), provision (n) ❖ fornire
- 7.14 equipment** (n) /'ɪkwɪpmənt/
the things you need to do something • *The school needs some new equipment, like computers and tablets.* > equip (v) ❖ attrezzatura
- 7.15 community** (n) /kə'mju:nəti/
a group of people who live in one place • *Carol has lived here for years, so she knows nearly everyone in the community.* ❖ comunità
- 7.16 radio station** (n) /'reɪdiəʊ 'steɪʃn/
a radio company and all the programmes it plays • *They play the same songs every day on this radio station, so it's a bit boring.* ❖ stazione radio
- 7.17 DJ** (abbrev) /'di: dʒeɪ/
short form of 'disc jockey'; sb who plays recorded music in a public place • *We asked the DJ to play our favourite Justin Bieber song.* ❖ dj
- 7.18 grow up** (phr v) /grəʊ ʌp/
to become an adult • *James grew up on a farm, but now he's moved to the city.* > grown-up (adj, n) ❖ crescere
- 7.19 street food** (n) /'stri:t fu:d/
food you can buy from sellers on the street to eat right away • *You can buy a variety of street food, like hamburgers and popcorn, at the festival.* ❖ street food
- 7.20 stall** (n) /stɔ:l/
an outdoor table or cart with things for sale • *I bought some fresh strawberries from a stall outside the train station.* ❖ stand, banco
- 7.21 win** (v) /wɪn/
to be the first in a competition, match or race, etc. • *Which football team won the last World Cup?* > winner (n), winning (adj) ❖ vincere

- 7.22 medal** (n) /'medl/
a metal disc that you get for winning or doing well in a competition • *George got a silver medal when he finished second in the swimming race.* ❖ medaglia
- 7.23 the Asian Games** (n pl) /ði 'eɪzn geɪmz/
an event with different sports competitions that takes place every four years for athletes from Asian countries • *The Chinese women's volleyball team won a gold medal at the Asian Games in 2018.* ❖ Giochi asiatici
- 7.24 Braille** (n) /breɪl/
a system of writing letters of the alphabet with raised marks on a page for blind people to read by touching them • *Jack learnt to read books in Braille because he can't see.* ❖ Braille
- 7.25 cheap** (adj) /tʃi:p/
not expensive; not costing a lot of money • *It's the best hotel in town and it isn't cheap.* > cheaply (adv) ❖ economico
- 7.26 company** (n) /'kʌmpəni/
an organisation that makes and sells things or provides services • *Dad works in a factory that makes clothes for a famous company.* ❖ società, impresa 📖 Syn: business
- 7.27 try** (v) /'traɪ/
to attempt to do sth to see if it's possible • *I tried to learn Japanese, but it was too difficult for me.* > try, trial (n) ❖ provare
- 7.28 make money** (phr) /meɪk 'mʌni/
to get money from your job or by selling sth • *Steve makes money by selling his old clothes and other things on the internet.* ❖ fare soldi, arricchirsi
- 7.29 device** (n) /dɪ'vaɪs/
sth like a small machine that you use for a particular purpose • *We usually have to switch off our devices, like mobile phones, in the classroom.* ❖ dispositivo
- 7.30 business** (n) /'bɪznəs/
an organisation or company that makes or sells things • *Irene has a business making clothes for children.* ❖ azienda

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- 7.31 board game** (n) /bɔ:d geɪm/
any game that you play by moving pieces on a board (on a table, etc.) • *Sometimes I play board games like Monopoly™ with my family.* ❖ gioco da tavolo
- 7.32 camping** (n) /'kæmpɪŋ/
the activity of staying in a tent, usually for a short time • *This summer, we're going camping in a forest near a beach.* > camp (v), camper (n) ❖ campeggio

- 7.33 chess** (n) /tʃes/
a game for two people played by moving specially shaped pieces on a board with black and white squares • *Alice plays chess as a hobby with her friends.* ❖ scacchi
- 7.34 cycling** (n) /'saɪklɪŋ/
the activity of riding a bike • *Tim goes cycling around the park on his new bike.* ❖ andare in bicicletta, ciclismo
- 7.35 drawing** (n) /'drɔ:ɪŋ/
the activity of making pictures by using a pencil or pen • *Janet is good at drawing and painting pictures of birds.* > draw (v) ❖ disegno
- 7.36 sporty** (adj) /'spɔ:ti/
good at or liking sports • *I'm not a very sporty person, but I enjoy dancing.* > sport (n) ❖ sportivo
- 7.37 tent** (n) /tent/
a shelter held up by poles and ropes that you use for camping • *Ben put up his tent next to ours on the campsite.* ❖ tenda
- 7.38 piece** (n) /pi:s/
a small specially shaped object that you move on a board to play a game, e.g. chess • *I have only two pieces left on the chess board, so I think you're winning.* ❖ scacco
- 7.39 sheet of paper** (n) /ʃi:t əv 'peɪpə(r)/
a piece of paper for writing or drawing on • *I put some sheets of paper in the printer.* ❖ foglio

Grammar Page 81

- 7.40 smartphone** (n) /'smɔ:tfəʊn/
a mobile phone that has internet access and apps • *Carol often sends emails from her smartphone.* ❖ smartphone
- 7.41 helmet** (n) /'helmt/
a hard hat that you wear on your head to protect it • *Put on your helmet before you start skateboarding.* ❖ casco
- 7.42 laugh out loud** (phr) /'lɑ:f aʊt laʊd/
to find sb/sth very funny and laugh, making a noise • *This comic book made me laugh out loud. It's really funny!* > laugh-out-loud (adj) ❖ ridere fragorosamente 📖 Abbrev: LOL
- 7.43 better** (adv) /'betə(r)/
healthy again • *If you have a rest, you'll feel better.* ❖ meglio

- 7.44 competitive** (adj) /kəm'petətɪv/
wanting very much to win or be more successful than other people • *Donna is very competitive. She's trying to win another gold medal.* > compete (v), competition (n), competitor (n) ❖ competitivo
- 7.45 absolutely** (adv) /'æbsəlu:tli/
very much; completely • *'Did you like the film?' 'Absolutely! It was fantastic.'* > absolute (adj) ❖ assolutamente
- 7.46 you're right** (phr) /jɔ:(r) raɪt/
your opinion is correct • *You're right about Max. He's very competitive.* ❖ hai ragione

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- 7.47 stage** (n) /steɪdʒ/
the part of a theatre where people perform • *Natalie was nervous about going on stage to sing.* ❖ palco
- 7.48 take part in** (phr v) /teɪk pɑ:t ɪn/
to join in and do sth; to be involved in • *We're taking part in the school sports day.* ❖ partecipare
- 7.49 exhibition** (n) /ˌeksɪ'bɪʃn/
a show of things for people to see, e.g. in a museum • *There was an exhibition of Van Gogh paintings in the museum.* > exhibit (v, n), exhibitor (n) ❖ mostra
- 7.50 public** (adj) /'pʌblɪk/
for all people; not private • *My parents went to a public meeting about the new road.* > public (n) ❖ pubblico
- 7.51 actor** (n) /'æktə(r)/
a person who acts in a film or theatre play • *Who's the new actor who's going to play James Bond?* > act (v) ❖ attore
- 7.52 dancer** (n) /'dɑ:nɪsə(r)/
a person who dances • *Margaret is a famous ballet dancer.* > dance (v), dancing (n) ❖ ballerino
- 7.53 performance** (n) /pə'fɔ:məns/
sth that people do in front of others to entertain them, e.g. acting, dancing or singing • *We saw a great performance of a play by Aristophanes.* > perform (v), performer (n) ❖ rappresentazione, spettacolo, interpretazione
- 7.54 next** (adj) /nekst/
that comes after sth else • *Next year, Gina wants to go to Iceland.* > next (n, adv) ❖ prossimo

Types of music	Musical instruments
classical	drum
disco	guitar
hip hop	keyboard
opera	piano
pop	violin

- 7.55 CD** (n, abbrev) /,si: 'di:
a plastic disc with music, other sounds or written information that you can listen to or read on a device; short form of the words 'compact disc' • *My sister has all the Ed Sheeran CDs.* ❖ CD
- 7.56 classical** (adj) /'klæsɪkl/
a style of music that most people know from many years ago, usually with lots of instruments playing • *Sonia likes playing classical music on the piano.* > classic (n, adj) ❖ classico
- 7.57 disco** (n) /'dɪskəʊ/
a kind of pop music for people to dance to; a place or party where people dance to pop music • *We danced a lot to disco music at the party.* ❖ musica disco
- 7.58 drum** (n) /drʌm/
a musical instrument that is round and is empty inside, which you play by hitting with sticks or your hands • *I couldn't hear the TV because my brother was making so much noise on his drums.* > drum (v), drummer (n) ❖ tamburo
- 7.59 hip hop** (n) /'hɪp hɒp/
a kind of music with spoken words, a fast electronic beat and a modern dance style • *We're doing a hip hop dance for the school show.* ❖ hip hop
- 7.60 keyboard** (n) /'ki:bɔ:d/
a musical instrument like an electronic piano with keys that you press to make sounds like different instruments • *She didn't have enough money for a piano, so she bought a keyboard.* ❖ tastiera 📖 Syn: synthesiser
- 7.61 MP3 player** (n) /,em pi: 'θri: pleɪə(r)/
an electronic device with which you can listen to digital music files • *John often listens to music on his MP3 player on the school bus.* ❖ lettore MP3
- 7.62 opera** (n) /'ɒpərə/
a kind of play by performers who sing the words with an orchestra playing music • *My grandma saw Maria Callas performing at the opera.* ❖ opera
- 7.63 pop** (n, adj) /pɒp/
a type of music that has simple words and beats to sing and dance to • *Georgina loves dancing to her favourite pop songs.* ❖ pop

- 7.64 violin** (n) /ˌvaɪəˈlɪn/
a stringed musical instrument that you hold on your shoulder to play • *Marinos began to play a beautiful tune on his violin.* > violinist (n)
❖ violino
- 7.65 way** (n) /weɪ/
how sth happens; the manner that sth happens
• *Listening to the radio is a good way to hear music when you're travelling.* ❖ modo
- 7.66 beginning** (n) /bɪˈɡɪnɪŋ/
the start of sth • *At the beginning of the story, Harry goes to a new school.* > begin (v), beginner (n) ❖ inizio
- 7.67 fix** (v) /fɪks/
to repair sth that is broken; to make sth work better • *My computer isn't working. Can you fix it for me?* ❖ aggiustare
- 7.68 quickly** (adv) /ˈkwɪkli/
fast • *The actors left the theatre quickly after the performance.* > quick (adj) ❖ alla svelta
- 7.69 live** (adv) /laɪv/
in person, not from a recording • *I've got tickets for the concert to see the band live.* > live (adj) ❖ dal vivo
- 7.70 personally** (adv) /ˈpɜːsənəli/
from your own opinion • *Personally, I don't like hip hop very much.* > personal (adj)
❖ personalmente
- 7.71 be into** (phr v) /bi ˈɪntə/
to enjoy (sth) • *My dad's really into rock music from the 1970s.* ❖ interessarsi di
- 7.72 completely** (adv) /kəmˈpliːtli/
in all ways possible; including everything • *The band sounded completely different when we saw them live.* > complete (adj) ❖ del tutto
- 7.73 involved** (adj) /ɪnˈvɒlvd/
doing sth; taking part in sth • *Our teacher is involved in planning the school sports competition.* > involve (v), involvement (n)
❖ coinvolto
- 7.74 crazy** (adj) /ˈkreɪzi/
enthusiastic or excited about sth • *I'm not crazy about gaming because I can't sleep well if I play at night.* ❖ pazzo
- 7.75 keen** (adj) /kiːn/
interested in sth • *Jim is very keen on football and he goes to watch matches every Saturday.*
❖ entusiasta
- 7.76 fit** (adj) /fɪt/
strong and healthy because you do regular exercise • *Dad runs in the park every morning, so he's quite fit.* > fitness (n) ❖ in forma
📖 Opp: unfit
- 7.77 storyteller** (n) /ˈstɔːrɪtelə(r)/
sb who writes stories or tells them to other people • *The children listened carefully to the storyteller on the radio.* > storytelling (n)
❖ cantastorie
- 7.78 Iceland** (n) /ˈaɪslənd/
a country in Europe > Icelandic (adj, n)
❖ Islanda
- 7.79 musician** (n) /mjuːzɪʃn/
sb who plays, sings or writes music, especially as a job • *It was so exciting when the musicians came on stage and began playing their instruments.* > music (n), musical (adj, n)
❖ musicista
- 7.80 songwriter** (n) /ˈsɒŋraɪtə(r)/
sb who writes the music and words for new songs • *Ed Sheeran became a songwriter when he was a high-school student.*
> songwriting (n) ❖ cantautore
- 7.81 album** (n) /ˈælbəm/
a collection of pieces of music • *I've just bought Franz Ferdinand's new album. It has some great songs.* ❖ album
- 7.82 record** (v) /rɪˈkɔːd/
to store music, other sounds or images to listen to or see them again • *During the concert, Terry recorded the band's songs on his smartphone.* > recorded (adj), record, recording (n) ❖ registrare
- 7.83 solo** (adj) /ˈsəʊləʊ/
done alone by only one person • *Steve was worried about doing his first solo performance in front of so many people.* > solo (adv, n)
❖ assolo
- 7.84 tour** (n) /tʊə(r)/
a series of performances in different places by a musician or band • *Mum and Dad went to see Sting in concert on his European tour.*
> tour (v) ❖ tour
- 7.85 dreamy** (adj) /ˈdriːmi/
relaxing and making you think of nice things • *The dreamy sounds of Vivaldi's music filled the room.* > dream (v, n), dreamer (n)
❖ sognante
- 7.86 image** (n) /ˈɪmɪdʒ/
a picture of sb/sth that you think of • *This music makes me think of images of summer.*
❖ immaginare
- 7.87 path** (n) /pɑːθ/
a narrow track where people can walk
• *We walked up the path right to the top of Ben Nevis.* ❖ sentiero

Expressing likes

be (really) into sth	involved (in sth)
crazy (about sth)	keen (on sth)

Equipment

album	comic book	sheet of paper
battery	device	smartphone
card	helmet	tent
CD	MP3 player	
(chess) piece	radio	

- 7.88 throw** (v) /θrəʊ/
to make sth move from your hand through the air • *If I throw a ball, my dog will bring it back.*
> throw (n) ❖ gettare, lanciare

Writing Pages 86–87

- 7.89 convinced** (adj) /kən'vɪnst/
sure that sth is true • *My parents weren't convinced that playing the drums at home was a good idea.* > convince (v), convincing (adj)
❖ convinto
- 7.90 strongly** (adv) /'strɒŋli/
very much; certainly • *My dad strongly disagreed with my suggestion to go to the music festival.* > strong (adj), strength (n)
❖ intensamente, con forza
- 7.91 term** (n) /tɜ:m/
a period of time that is part of the school year • *We're having a school concert at the end of the term.* ❖ semestre, quadrimestre, trimestre
- 7.92 sound** (n) /saʊnd/
sth that you can hear • *I like the words of this song, but I hate the sound of the singer's voice.* > sound (v) ❖ suono
- 7.93 in favour of** (phr) /ɪn 'feɪvə(r) əv/
in agreement with • *I'm not in favour of the government's decision to build a new road around the town.* ❖ a favore di
- 7.94 against** (prep) /ə'geɪnst/
in disagreement with • *Mark is against the idea of a camping holiday. He prefers to stay at a hotel.* ❖ contro
- 7.95 session** (n) /'seɪʃn/
a period of time set for an activity • *I've just had a two-hour swimming session, so I'm very tired.* ❖ sessione
- 7.96 skate park** (n) /'skeɪt pɑ:k/
an area where people go skating and skateboarding • *Jerry spends his free time at the skate park with his friends after school.* ❖ skate park
- 7.97 pro** (n) /prəʊ/
(short form of 'professional') sb who is really good at sth; sb who does sth, e.g. a sport, as a job • *I didn't know you could play the guitar so well. You're a real pro!* > professional (adj, n)
❖ professionista

Useful expressions

absolutely	make a difference
be against	make money
be in favour of	personally
laugh out loud	you're right

People

actor	public
community	singer
dancer	songwriter
musician	storyteller
pro	

Places

exhibition	skate park
Iceland	stage
path	stall
radio station	

Live well, study well

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- 7.98 tai chi** (n) /,taɪ tʃiː/
a kind of exercise in which you make very slow movements • *Rick goes to tai chi classes to relax his mind after work.* ❖ tai chi
- 7.99 focus (on)** (v) /'fəʊkəs (ɒn)/
to give all your attention (to sth) • *I can't go out much this week because I need to focus on studying for my exams.* > focussed (adj), focus (n) ❖ concentrarsi
- 7.100 breathing** (n) /'brɪːðɪŋ/
the process of taking air into your body through your nose or mouth, and then letting it out • *It was so quiet that the only sound I heard was my own breathing.* > breathe (v), breath (n)
❖ respirazione
- 7.101 stretching** (n) /stretʃɪŋ/
the action of making your arms and legs straight and reaching as far as they can to exercise them, or to relax them after doing a sport • *If you do some stretching after running, your legs won't hurt the next day.* > stretch (v, n)
❖ allungamento
- 7.102 position** (n) /pə'zɪʃn/
the way that sb's body is when lying, sitting or standing • *A good mattress will help you to sleep in a comfortable position.* ❖ posizione
- 7.103 balance** (n) /'bæləns/
being able to keep control of your body in a position standing or sitting up without falling • *Kiki lost her balance and fell on a rock when she was walking up the mountain.* > balance (v), balanced (adj) ❖ equilibrio
- 7.104 slow down** (phr v) /sləʊ daʊn/
to stop doing so many activities and relax; to do sth more slowly • *Dina takes a walk in the park at lunchtime to slow down and rest from her busy job.* ❖ rallentare

- 7.105 strength** (n) /streŋθ/
how strong sb/sth is • *After her illness, Liz got her strength back with a few minutes exercise every day.* > strengthen (v), strong (adj)
❖ forza
- 7.106 speed** (n) /spi:d/
how fast sb/sth moves • *Mary walks at a speed of six kilometres per hour around the park.*
> speed (v), speedy (adj) ❖ velocità
- 7.107 push (yourself)** (v) /pʊʃ (jɔ:'self)/
to make yourself do more or try harder • *Marios was very tired, but he pushed himself to finish the marathon.* > push (n) ❖ spingersi
- 7.108 spin** (n) /spɪn/
a kind of exercise that involves cycling fast on an indoor exercise bike • *I enjoy cycling, so I practise spin at the gym.* > spin (v)
❖ spinning 📖 Syn: spinning
- 7.109 high-intensity interval training (HIIT)** (n) /haɪ ɪn'tensəti ɪntəvl ˌtreɪnɪŋ (,eɪtʃ aɪ aɪ 'ti:)/
a way of exercising that involves doing sth very fast for a short time, resting, doing more exercise, then resting again • *High-intensity interval training is a great way to build your strength in a short time at the gym.*
❖ allenamento high-intensity interval training
- 7.110 rest** (n) /rest/
a period when you relax; a break • *It's important to get enough rest and sleep as well as exercise to stay healthy.* > rest (v)
❖ riposo
- 7.111 in total** (phr) /ɪn 'təʊtl/
all together; including everything • *We've walked 16 kilometres in total today.* > total (adj, v, n)
❖ in totale
- 7.112 beat** (v) /bi:t/
to make a regular movement or sound, like a rhythm • *The doctor listened to the child's heart beating.* > beat (n) ❖ battere
- 7.113 benefit** (n) /'benɪfɪt/
an advantage • *One benefit of swimming is that you don't need any equipment.* > benefit (v), beneficial (adj) ❖ beneficio

- 7.114 physical** (adj) /'fɪzɪkl/
related to the body • *Going to spin classes will help build your physical strength.*
> physically (adv) ❖ fisico
- 7.115 mental** (adj) /'mentl/
related to the mind or process of thinking
• *Grandpa likes doing puzzles like crosswords for mental exercise.* > mentally (adv)
❖ mentale
- 7.116 stressed** (adj) /strest/
worried; not relaxed • *I always get stressed about taking exams.* > stress (v, n), stressful (adj) ❖ stressato
- 7.117 ability** (n) /ə'bɪləti/
being able to do sth • *Simon has the ability to play the piano and sing.* > able (adj)
❖ capacità 📖 Opp: inability
- 7.118 endorphin** (n) /en'dɔ:fɪn/
a kind of chemical that the brain produces which makes you relax or stop feeling pain
• *When we laugh, we feel good because laughing makes our brains produce endorphins.* ❖ endorfina

Activities

blog	reading
board game	snowboarding
camping	spin
chess	stretching
collecting	tai chi
cycling	windsurfing
drawing	
high-intensity interval training (HIIT)	

Verbs

beat	relax
fix	slow down
focus (on)	take part in
grow up	throw
provide	try
push (yourself)	win