

# 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) ❖ collectionner
- 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) ❖ lecture
- 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) ❖ pratiquer le 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) ❖ pratiquer la planche à voile
- 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.* ❖ carte
- 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) ❖ bande-dessinée ☞ 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) ❖ passion
- 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.* ❖ faire la différence
- 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) ❖ cassé(e)
- 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.* ❖ pile
- 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) ❖ fournir
- 7.14 equipment** (n) /'ɪkwɪpmənt/  
the things you need to do something • *The school needs some new equipment, like computers and tablets.* > equip (v) ❖ équipement
- 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.* ❖ communauté
- 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.* ❖ station 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) ❖ grandir
- 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.* ❖ cuisine de rue (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.* ❖ étal
- 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) ❖ gagner, remporter

- 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.* ❖ médaille
- 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.* ❖ les Jeux asiatiques
- 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) ❖ peu coûteux, peu coûteuse
- 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.* ❖ société 📖 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) ❖ essayer
- 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.* ❖ gagner de l'argent
- 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.* ❖ appareil
- 7.30 business** (n) /'bɪznəs/  
an organisation or company that makes or sells things • *Irene has a business making clothes for children.* ❖ entreprise

## Vocabulary Page 80

- 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.* ❖ jeu de société
- 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), camp, camper (n) ❖ camping

- 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.* ❖ échecs
- 7.34 cycling** (n) /'saɪklɪŋ/  
the activity of riding a bike • *Tim goes cycling around the park on his new bike.* ❖ cyclisme
- 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) ❖ dessin
- 7.36 sporty** (adj) /'spɔ:ti/  
good at or liking sports • *I'm not a very sporty person, but I enjoy dancing.* > sport (n) ❖ sportif, sportive
- 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.* ❖ tente
- 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.* ❖ pièce
- 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.* ❖ feuille de papier

## 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.* ❖ casque
- 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) ❖ rire à voix haute 📖 Abbrev: LOL
- 7.43 better** (adv) /'betə(r)/  
healthy again • *If you have a rest, you'll feel better.* ❖ mieux

- 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) ❖ compétitif, compétitive
- 7.45 absolutely** (adv) /'æbsəlu:tli/  
very much; completely • *'Did you like the film?' 'Absolutely! It was fantastic.'* > absolute (adj) ❖ absolument
- 7.46 you're right** (phr) /jɔ:(r) raɪt/  
your opinion is correct • *You're right about Max. He's very competitive.* ❖ vous avez raison

Speaking Page 83

- 7.47 stage** (n) /steɪdʒ/  
the part of a theatre where people perform • *Natalie was nervous about going on stage to sing.* ❖ scène
- 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.* ❖ participer à
- 7.49 exhibition** (n) /ˌɛksɪ'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) ❖ exposition
- 7.50 public** (adj) /'pʌblɪk/  
for all people; not private • *My parents went to a public meeting about the new road.* > public (n) ❖ public, publique
- 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) ❖ acteur, actrice
- 7.52 dancer** (n) /'dɑ:nsə(r)/  
a person who dances • *Margaret is a famous ballet dancer.* > dance (v), dancing (n) ❖ danseur, danseuse
- 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) ❖ prestation
- 7.54 next** (adj) /nekst/  
that comes after sth else • *Next year, Gina wants to go to Iceland.* > next (n, adv) ❖ suivant(e), prochain(e)

- | Types of music | Musical instruments |
|----------------|---------------------|
| classical      | drum                |
| disco          | guitar              |
| hip hop        | keyboard            |
| opera          | piano               |
| pop            | violin              |
- 7.55 CD** (n, abbrev) /ˌsi: '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) ❖ classique
- 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.* ❖ 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) ❖ batterie, tambour
- 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.* ❖ clavier 🎹 Syn: synthesiser
- 7.61 MP3 player** (n) /ˌem 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.* ❖ lecteur 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.* ❖ opéra
- 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)  
❖ violon
- 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.* ❖ manière
- 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) ❖ début
- 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?* ❖ réparer
- 7.68 quickly** (adv) /ˈkwɪkli/  
fast • *The actors left the theatre quickly after the performance.* > quick (adj) ❖ rapidement
- 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) ❖ en live
- 7.70 personally** (adv) /ˈpɜːsənəli/  
from your own opinion • *Personally, I don't like hip hop very much.* > personal (adj)  
❖ personnellement
- 7.71 be into** (phr v) /bi ˈɪntə/  
to enjoy (sth) • *My dad's really into rock music from the 1970s.* ❖ apprécier
- 7.72 completely** (adv) /kəmˈpliːtli/  
in all ways possible; including everything • *The band sounded completely different when we saw them live.* > complete (adj) ❖ totalement, résolument
- 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)  
❖ impliqué(e)
- 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.* ❖ fou, folle
- 7.75 keen** (adj) /kiːn/  
interested in sth • *Jim is very keen on football and he goes to watch matches every Saturday.*  
❖ passionné(e)
- 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) ❖ musclé(e)  
📖 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)  
❖ conteur, conteuse

- 7.78 Iceland** (n) /ˈaɪslənd/  
a country in Europe > Icelandic (adj, n)  
❖ Islande
- 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)  
❖ musicien(ne)
- 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) ❖ compositeur, compositrice
- 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) ❖ enregistrer
- 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)  
❖ solo
- 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) ❖ tournée
- 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)  
❖ de rêve
- 7.86 image** (n) /ˈɪmɪdʒ/  
a picture of sb/sth that you think of • *This music makes me think of images of summer.*  
❖ image
- 7.87 path** (n) /pɑːθ/  
a narrow track where people can walk  
• *We walked up the path right to the top of Ben Nevis.* ❖ chemin, sentier

### 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) ❖ lancer

## 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)  
❖ convaincu(e)

**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)  
❖ fortement

**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.* ❖ 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) ❖ son

**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.* ❖ en faveur de

**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.* ❖ contre, opposé(e)

**7.95 session** (n) /'seɪn/  
a period of time set for an activity • *I've just had a two-hour swimming session, so I'm very tired.* ❖ session, séance

**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 (planchodrome)

**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)  
❖ pro

### 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

### Page 88

**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) ❖ se concentrer sur

**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)  
❖ respiration

**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)  
❖ étirement

**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.* ❖ position

**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) ❖ équilibre

**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.* ❖ ralentir

- 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)  
❖ force
- 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) ❖ vitesse
- 7.107 push (yourself)** (v) /pʊʃ (jɔ:ˈself)/  
to make yourself do more or try harder • *Marios was very tired, but he pushed himself to finish the marathon.* > push (n) ❖ (se) pousser
- 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 ɪnˈtensəti ɪntəvl ˈtreɪnɪŋ (,eɪtʃ aɪ aɪ ˈtiː)/  
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.*  
❖ entraînement fractionné à haute intensité (HIIT)
- 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)  
❖ repos
- 7.111 in total** (phr) /ɪn ˈtəʊtl/  
all together; including everything • *We've walked 16 kilometres in total today.* > total (adj, v, n)  
❖ au total
- 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) ❖ battre
- 7.113 benefit** (n) /ˈbenɪfɪt/  
an advantage • *One benefit of swimming is that you don't need any equipment.* > benefit (v), beneficial (adj) ❖ avantage, bénéfice

- 7.114 physical** (adj) /ˈfɪzɪkl/  
related to the body • *Going to spin classes will help build your physical strength.*  
> physically (adv) ❖ physique
- 7.115 mental** (adj) /ˈmentl/  
related to the mind or process of thinking  
• *Grandpa likes doing puzzles like crosswords for mental exercise.* > mentally (adv)  
❖ mental(e)
- 7.116 stressed** (adj) /strest/  
worried; not relaxed • *I always get stressed about taking exams.* > stress (v, n), stressful (adj) ❖ stressé(e)
- 7.117 ability** (n) /əˈbɪləti/  
being able to do sth • *Simon has the ability to play the piano and sing.* > able (adj)  
❖ capacité, aptitude 📖 Opp: inability
- 7.118 endorphin** (n) /enˈdɔːfɪn/  
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.* ❖ endorphine

### 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