

# 12 Body and mind

## Glossary

### Page 137

- 12.1 gathering** (n) /'gæðərɪŋ/  
a meeting of people with a common interest • *We're looking forward to a family gathering at New Year.* > gather (v) ❖ spotkanie, zebranie
- 12.2 similar** (adj) /'sɪmələ(r)/  
like sb/sth but not the same • *The two cousins look similar. They both have dark hair and blue eyes.* > similarly (adv), similarity (n)  
❖ podobny ✎ similar to sb/sth

### Reading Pages 138–139

- 12.3 organ** (n) /'ɔ:gən/  
a part of the body that has a particular function • *The heart is an essential organ in the body and you cannot live without it.* ❖ organ, narząd
- 12.4 heart** (n) /hɑ:t/  
the organ that sends blood around the body • *Her heart was beating fast with excitement.*  
❖ serce
- 12.5 lung** (n) /lʌŋ/  
one of the two organs in your chest that you breathe with • *He has got pneumonia and his lungs are in a bad state.* ❖ płuco
- 12.6 brain** (n) /breɪn/  
the organ in your head that you think with and that controls your body • *Human babies have big brains in relation to their bodies.*  
> brainy (adj) ❖ mózgi
- 12.7 skin** (n) /skɪn/  
the organ that covers the body • *Don't sunbathe for too long as the sun may burn your skin.*  
❖ skóra
- 12.8 bone** (n) /bəʊn/  
the hard parts of the body that form the skeleton • *Larry fell off his bike and broke two bones in his foot.* > boney (adj) ❖ kość
- 12.9 weight** (n) /weɪt/  
how heavy sb/sth is • *An average male African elephant can grow to a weight of over 6,000 kilos.* > weigh (v) ❖ ciężar, masa
- 12.10 weigh** (v) /weɪ/  
to have a particular weight; to measure how heavy sb/sth is • *Your brother should eat more. He only weighs 50 kilos.*  
> weight (n) ❖ ważyć

- 12.11 on average** (phr) /ɒn 'ævərɪdʒ/  
generally • *On average, men are taller than women.* ❖ średnio
- 12.12 microscopic** (adj) /maɪkrə'skɒpɪk/  
tiny • *The cells in our body are microscopic so you can't see them using just your eyes.*  
> microscope (n) ❖ mikroskopijny
- 12.13 nerve** (n) /nɜ:v/  
the parts of the body that carry signals from the brain to the other organs and to the muscles • *I damaged a nerve in my arm when I was playing tennis.* > nervous (adj) ❖ nerw
- 12.14 cell** (n) /sel/  
the smallest part of a living thing • *There are millions of cells in your body.* ❖ komórka
- 12.15 neuron** (n) /'nju:ɔ:n/  
a cell which is part of the nervous system • *Without neurons our brains would not function.* ❖ neuron
- 12.16 breathe** (v) /bri:ð/  
to take air into your lungs and send it out again through your nose or mouth • *Let's go to the countryside tomorrow and breathe some fresh air.* > breath (n) ❖ oddychać
- 12.17 blink** (v) /blɪŋk/  
to close and open your eyes quickly • *When I came out of the cave, the bright light made me blink.* > blink (n) ❖ mrugać
- 12.18 make sense of** (phr) /meɪk sens ɒv/  
to understand • *I can't make sense of these instructions because they are so badly written!*  
❖ zrozumieć
- 12.19 race** (v) /reɪs/  
to move quickly • *The doctor raced to the emergency room to help a man who had had a heart attack.* > race (n) ❖ pędzić, ścigać się
- 12.20 shake off** (phr v) /ʃeɪk ɒf/  
to be free of sb/sth that is causing you difficulty • *There's a fly on your head, so try to shake it off and make it go away.* ❖ strząsać, strzepywać
- 12.21 sensory** (adj) /'sensəri/  
relating to the senses • *The brain receives signals from the sensory organs such as the eyes and the tongue.* > sense, sensor (n)  
❖ sensoryczny, czuciowy
- 12.22 light bulb** (n) /laɪt bʌlb/  
the glass object inside a lamp that produces light • *I have to change the light bulb in my bedroom.* ❖ żarówka

- 12.23 chemical** (n) /'kemɪkl/  
a substance resulting from a reaction between two substances • *There are many chemicals in processed foods so I don't eat them.*  
> chemical (adj), chemist (n) ❖ substancja chemiczna
- 12.24 solve** (v) /sɒlv/  
to find a way to do sth • *Talking to a friend might help you find a way to solve your problem.* > solution (n) ❖ rozwiązywać
- 12.25 after all** (phr) /'ɑːftər ɔːl/  
used when you are giving a reason or explaining sth • *Don't apologise. After all, it's just a minor accident.* ❖ w końcu, przecież
- 12.26 mood** (n) /muːd/  
the way you feel at a particular time • *Mum is in a bad mood because she's got a headache.*  
> moody (adj) ❖ nastrój

- 12.35 sore** (adj) /sɔː(r)/  
sth which gives pain because of illness or injury • *I carried some heavy boxes yesterday and now I have a sore back.* > soreness (n) ❖ obolały
- 12.36 painful** (adj) /'peɪnfl/  
causing the feeling that you have been hurt • *She hit her leg and now it's very painful.*  
> painfully (adv), pain (n) ❖ bolesny  
📎 Opp: painless
- 12.37 eyebrow** (n) /'aɪbrəʊ/  
the line of hair above your eye • *We show feelings with our eyebrows by moving them up and down.* ❖ brew
- 12.38 beard** (n) /'biəd/  
hair that grows on a man's cheeks and chin • *Santa Claus has got a long white beard.*  
❖ broda
- 12.39 sneeze** (v) /sniːz/  
to suddenly blow air out of your nose • *I've had a cold for three days and can't stop sneezing.* > sneeze (n) ❖ kichać
- 12.40 cough** (v) /kɒf/  
to force air from your lungs • *Please put your hand in front of your mouth when you cough.*  
> cough (n) ❖ kaszleć
- 12.41 right-handed** (adj) /raɪt-'hændɪd/  
using your right hand in preference to your left to do things • *I write with my right hand because I'm right-handed.* ❖ praworęczny  
📎 Opp: left-handed
- 12.42 automatically** (adv) /ɔːtə'mætɪkli/  
without needing sb to do sth to make an action happen • *The lights went on automatically when they entered the house.* ❖ automatycznie
- 12.43 swallow** (v) /'swɒləʊ/  
when sth goes from your mouth to your stomach • *Drink some water to help you swallow the medicine.* ❖ połykać
- 12.44 stomach** (n) /'stʌmək/  
the organ where food goes when you swallow it • *I must have eaten something bad because my stomach really aches.* ❖ brzuch

## Vocabulary Page 140

- 12.27 elbow** (n) /'elbəʊ/  
the joint that connects the lower part of your arm to the upper part • *I hit my elbow on the table when I stood up and it really hurt.*  
❖ łokieć
- 12.28 heel** (n) /hiːl/  
the back part of your foot • *These new trainers rub against my heels and hurt my feet when I'm running.* ❖ pięta
- 12.29 lip** (n) /lɪp/  
one of the two soft edges on the outside of your mouth • *She lifted the water bottle to her lips and took a drink.* ❖ warga
- 12.30 shoulder** (n) /'ʃəʊldə(r)/  
the part of your body between the top of your arm and your neck • *He hurt his shoulder playing basketball.* ❖ ramię
- 12.31 thumb** (n) /θʌm/  
the short, thick finger on the side of your hand • *Humans can pick things up and hold them because they have fingers and thumbs.*  
❖ kciuk
- 12.32 toe** (n) /təʊ/  
one of the five parts like small fingers on the end of your foot • *I hit my foot on the leg of the table and I almost broke my big toe.*  
❖ palec u nogi
- 12.33 chin** (n) /tʃɪn/  
the part of your face under your mouth • *Dad has grown a short beard on his chin and my mum doesn't like it.* ❖ podbródek
- 12.34 forehead** (n) /'fɔːhed/  
the part of your head between your eyes and your hair • *Dad rubbed his forehead while he was thinking.* ❖ czoło

### Parts of the face

beard	eyebrow	lip
chin	forehead	

### Parts of the body

bone	lung	skin
brain	nerve	stomach
cell	neuron	thumb
collar bone	organ	toe
elbow	shoulder	
heart	skeleton	

## Grammar Page 141

- 12.45 straw hat** (n) /'strɔː hæʔ/ a hat made from dried stems of wheat or other plants • *She wore a large straw hat to protect her head from the sun.* ❖ słomiany kapeluszy
- 12.46 gorgeous** (adj) /'gɔːdʒəs/ very attractive • *You look gorgeous in that red dress.* ❖ przepiękny
- 12.47 rollercoaster** (n) /'rɒləkəʊstə(r)/ a track with very steep slopes, which people ride on in a small train at amusement parks • *Janine got scared on the rollercoaster because she hates going really fast.* ❖ rollercoaster, kolejka górська
- 12.48 funfair** (n) /'fʌnfɛə(r)/ an area with organised fun rides and games • *They love going to the funfair and especially going on the rollercoaster.* ❖ wesołe miasteczko
- 12.49 healthily** (adv) /'helθɪli/ in a way that is good for sb's health • *I've started eating more healthily by having less bread and more fresh fruit.* > health (n), healthy (adj) ❖ zdrowo 📖 Opp: unhealthily
- 12.50 webinar** (n) /'webɪnɑː(r)/ an online class or meeting for a small group of people • *The university is holding a webinar for science teachers next week.* ❖ webinarium

## Listening Page 142

- 12.51 step** (v) /step/ to lift your foot and move it to put it down in another place • *My boots were dirty because I stepped in some mud.* > step (n) ❖ stąpać, wdepnąć
- 12.52 nail** (n) /neɪl/ a thin piece of metal with a sharp point at one end, used to join things together • *She put a nail in the wall to hang a painting on it.* > nail (v) ❖ gwóźdź
- 12.53 disability** (n) /dɪsə'bɪlɪti/ an illness or injury of the body • *The Paralympics are an inspirational sports event for people with disabilities.* > disabled (adj) ❖ niepełnosprawność

## Speaking Page 143

- 12.54 lifestyle** (n) /'laɪfstɑɪl/ the way that you choose to live • *People in central Africa have a different lifestyle from those in Europe because the weather is hotter.* ❖ styl życia

- 12.55 baking** (n) /'beɪkɪŋ/ preparing food and then cooking it in an oven • *Christina enjoys baking and she makes bread for all her family and friends.* > bake (v), baker (n) ❖ pieczenie
- 12.56 diet** (n) /'daɪət/ the food you normally eat and drink • *A diet rich in vegetables, fruit and olive oil is good for you.* > diet (v) ❖ dieta, sposób odżywania się

## Vocabulary Page 144

- 12.57 recover** (v) /rɪ'kʌvə/ get better from an illness • *Luke has recovered from his bad cold and now he feels much better.* > recovery (n) ❖ zdrowieć
- 12.58 tablet** (n) /'tæblɪt/ a pill • *If you have a headache, take two of these tablets and it will go away.* ❖ tabletka

### LOOK!

The word **tablet** has two meanings.

- *The doctor told me to take two **tablets** a day.* (= pill, medicine)
- *She checks her emails on her **tablet** while she's on the train.* (= a small, flat computer that is controlled by touching the screen)

- 12.59 injury** (n) /ɪndʒəri/ damage to part of a person's or an animal's body caused by an accident or attack • *He had a car accident, but luckily his injuries weren't serious.* > injure (v) ❖ uraz, obrażenie
- 12.60 operation** (n) /ɒpə'reɪʃn/ cutting into sb's body to repair a part or remove it • *Nancy has broken her arm badly in three places and she needs an operation to fix it.* > operate (v) ❖ operacja
- 12.61 illness** (n) /'ɪlnɪs/ a disease • *Cancer is a very serious illness.* > ill (adj) ❖ choroba
- 12.62 prescription** (n) /prɪ'skrɪpʃn/ a piece of paper which a doctor writes saying what medicine sb needs so that they can get it from a pharmacist • *Sally had a throat infection, so the doctor gave her a prescription for some tablets.* > prescribe (v) ❖ recepta
- 12.63 pharmacy** (n) /'fɑːməsi/ a shop where you can buy medicines • *Judy bought some sunscreen from the pharmacy.* > pharmacist (n) ❖ apteka 📖 Syn: chemist's
- 12.64 earache** (n) /'ɪərətʃ/ a pain in the ear • *You should contact the doctor tomorrow if the earache continues.* ❖ ból ucha

- 12.65 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.*  
❖ grypa 📖 NB: *flu* is the abbreviated form of *influenza*
- 12.66 injured** (adj) /'ɪndʒəd/  
hurt • *The climber needed help to get down the mountain because of his injured ankle.*  
> injury (n), injure (v) ❖ ranny
- 12.67 sore throat** (n) /sɔː θrəʊt/  
when the area at the back of your mouth and inside your neck hurts • *A spoonful of honey might help your sore throat go away.*  
❖ ból gardła
- 12.68 lose weight** (phr) /luːz weɪt/  
to have less weight than before • *Dana lost a lot of weight when she was ill and couldn't eat.*  
❖ stracić na wadze, schudnąć
- 12.69 put on weight** (phr) /pʊt ɒn weɪt/  
to become heavier than before • *Sotiria is putting on weight because she's going to have a baby soon.* ❖ przybierać na wadze, utyć
- 12.70 catch a cold** (phr) /kætʃ ə kəʊld/  
to get an illness that affects the nose and throat with coughing or sneezing • *I can't stop sneezing! I think I've caught a cold.*  
❖ przeziębic się
- 12.71 go on a diet** (phr) /gəʊ ɒn ə 'daɪət/  
to eat less food or different food in order to lose weight • *He went on a diet and lost six kilos.* ❖ przejść na dietę
- 12.72 keep fit** (phr) /kiːp fɪt/  
to do exercise to stay fit • *Martha goes to ballet lessons to keep fit.* ❖ utrzymywać formę
- 12.73 ambulance** (n) /'æmbjələns/  
a vehicle that takes injured or sick people to hospital • *Someone called an ambulance to take the injured person to hospital.*  
❖ karetka pogotowia

### Injuries and illnesses

ambulance	operation
disability	pharmacy
earache	prescription
flu	recover
illness	sore throat
injured	tablet
injury	

### Expressions

catch a cold	lose weight
do meditation	make sense of
go on a diet	put on weight
keep fit	

## Grammar Page 145

- 12.74 collarbone** (n) /'kɒlə bæʊn/  
one of the pair of bones that go from the bottom part of your neck to your shoulders  
• *He broke his collarbone playing rugby.*  
❖ obojczyk

## Writing Pages 146–147

- 12.75 recipe** (n) /'resəpi/  
instructions for how to cook sth • *Can you give me your recipe for chocolate cake?*  
❖ przepis
- 12.76 summarise** (v) /'sʌməraɪz/  
say in a few words • *In the last paragraph of your composition, you should summarise your main ideas in a few words.* > summary (n)  
❖ streszczać, podsumowywać
- 12.77 awake** (adj) /ə'weɪk/  
not sleeping • *I got up early this morning, so I've been awake since 6 a.m.* > awaken (v)  
❖ przebudzony
- 12.78 routine** (n) /ruː'tiːn/  
a pattern of doing the same things regularly  
• *His daily routine includes doing his homework after lunch and finishing it before dinner.* ❖ ruytna
- 12.79 meditation** (n) /,medɪ'teɪʃn/  
the act of focussing your thoughts in a quiet place to clear your mind and relax • *He sat looking at the sea for a few minutes and did some meditation to calm his mind.*  
> meditate (v), meditative (adj) ❖ medytacja

## Video Page 148

- 12.80 uncomfortable** (adj) /ʌn'kʌmfɪtəbl/  
not feeling physically or mentally relaxed  
• *He felt uncomfortable about speaking in an oral exam for the first time.*  
❖ skrępowany, zakłopotany  
📖 Opp: comfortable
- 12.81 privilege** (n) /'prɪvɪlɪdʒ/  
a special advantage • *In the past, education was a privilege for the rich only.*  
> privileged (adj) ❖ przywilej
- 12.82 rank** (n) /ræŋk/  
the position of sb in an organisation or in society based on importance • *She had good experience and qualifications, so she was given a high rank in the army.* > rank (v)  
❖ ranking, stopień

**12.83 specific** (adj) /spə'sɪfɪk/  
particular • *There are specific instructions to follow for this recipe.* > specify (v), specification (n), specifically (adv)  
❖ określony, konkretny

**12.84 struggle** (n) /'strʌgl/  
something very difficult to do • *It was a struggle to get into university, but he managed it.*  
> struggle (v) ❖ zmaganie, walka

**12.85 position** (n) /pə'zɪʃn/  
a job or social level • *He worked in the company for years before reaching the position of manager.* ❖ stanowisko, pozycja

**12.86 powerful** (adj) /'paʊəfʊl/  
very strong • *A dog's powerful sense of smell helps it find illegal objects in people's luggage.*  
> powerfully (adv), power (n) ❖ silny