

Glossary

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- 1.1 feast** (n) /fi:st/
sth that is very enjoyable to see, hear, taste, experience, etc. • *The dessert we had was a feast for the senses!* ❖ _____
- 1.2 sense** (n) /sens/
one of the five natural powers of sight, hearing, taste, smell and touch • *Animals generally have a better sense of smell than humans.*
➢ sense (v), sensitive, sensory (adj)
❖ _____
- 1.3 pastry** (n) /'peɪstri/
a type of sweet made with pastry which looks like a cake, usually with fruit or nuts inside
• *I've stopped having pastries in the afternoon. They're quite fattening.* ❖ _____

Reading Pages 6–7

- 1.4 hierarchy** (n) /'haɪərɑ:kɪ/
a system in which people or things are organised by importance • *Even in zoos, lions have a complex social hierarchy.*
➢ hierarchical (adj) ❖ _____
- 1.5 researcher** (n) /rɪ'sɜ:tʃə(r)/
a person, e.g. scientist, who does research
• *The researcher is doing experiments to find out how different sounds affect people.*
➢ research (n, v) ❖ _____
- 1.6 study** (n) /'stʌdi/
a particular piece of research • *We carried out a study into how people react to different colours.* ➢ study (v) ❖ _____
- 1.7 reveal** (v) /rɪ'vi:l/
make people aware of sth • *The journalist revealed the celebrity's family history.*
➢ revelation (n) ❖ _____
- 1.8 value** (v) /vælju:/
think that sb/sth is important • *I value your opinion on music, which is why I'm asking you to listen to my song.* ➢ value (n), valuable (adj)
❖ _____
- 1.9 heritage** (n) /'herɪtɪdʒ/
a country's history and traditions regarded as part of its character • *The Eiffel Tower is a symbol of France's national heritage.*
❖ _____

- 1.10 similarly** (adv) /'sɪmələli/
in almost the same way • *Babies need to eat healthy food. Similarly, it's important they sleep many hours.* ➢ similar (adj), similarity (n)
❖ _____
- 1.11 patterned** (adj) /'pætənd/
with a design of repeated colours and shapes
• *He wore a red and black patterned T-shirt.*
➢ pattern (n) ❖ _____
- 1.12 pottery** (n) /'pɒtəri/
plates, dishes, etc. made from clay and then baked • *The shop had beautiful pottery on sale, but my favourite piece was a blue vase.*
❖ _____
- 1.13 findings** (n pl) /'faɪndɪŋz/
results • *The findings of the survey show that most children do not like heavily spiced foods.*
➢ find (v, n) ❖ _____
- 1.14 prove** (v) /pru:v/
show to be true • *The research may prove that there is some form of life on nearby planets.*
➢ proof (n) ❖ _____
- 1.15 significant** (adj) /sɪg'nɪfɪkənt/
important • *Scientists have made significant progress in understanding the human body.*
➢ significance (n), significantly (adv)
❖ _____ Opp: insignificant
- 1.16 range** (n) /reɪndʒ/
a group of different things of the same type
• *There is a wide range of dishes on the menu to suit all tastes.* ❖ _____
- 1.17 practice** (n) /'præktɪs/
a usual way of doing sth in a particular job or situation; a custom or habit • *Advances in technology have dramatically changed teaching practices.* ➢ practise (v)
❖ _____
- 1.18 develop** (v) /dɪ'veləp/
become bigger, more advanced, etc.
• *As children grow, they learn to develop the skills required in adulthood.* ➢ development (n), developed (adj) ❖ _____
- 1.19 utilise** (v) /'ju:təlaɪz/
make use of sth • *Photographers can utilise computer programs to alter colours and shapes in images.* ➢ utilisation (n)
❖ _____

- 1.20 sensory** (adj) /ˈsensəri/
connected with the body's senses • *The human mind reacts to sensory information, including sight, smell, sound, touch and taste.* > sense (n, v), sensitive, sensible (adj) ♦ _____
- 1.21 workings** (n pl) /ˈwɜːkɪŋz/
the way sth works • *It's difficult to fully understand the workings of the human brain.* > work (n, v), worker (n) ♦ _____
- 1.22 organ** (n) /ˈɔːɡən/
a part of the body that serves a particular function • *The heart and the brain are the most important of all human organs.* ♦ _____
- 1.23 lead (to)** (v) /liːd (tuː)/
cause • *Too much stress can lead to health issues.* ♦ _____
- 1.24 struggle** (v) /ˈstrʌɡl/
try very hard to do sth difficult • *The farmers struggled to survive through the exceptionally cold winter.* > struggle (n) ♦ _____
- 1.25 restrict (to)** (v) /rɪˈstrɪkt (tuː)/
control or limit sb/sth with certain rules • *Entrance to the palace gardens is restricted to weekends only.* > restriction (n), restrictive (adj) ♦ _____
- 1.26 conduct** (v) /kənˈdʌkt/
organise or do sth • *The students conducted a number of experiments in the science lab.* ♦ _____
- 1.27 large-scale** (adj) /ˌlɑːdʒ ˈskeɪl/
extensive; involving many things over a wide area • *Police are carrying out a large-scale search to find the suspect.* ♦ _____
- 1.28 investigate** (v) /ɪnˈvestɪɡeɪt/
try to find out the truth about sth like a crime or scientific problem • *We are investigating how the power of smell helps us choose food that is safe to eat.* > investigation, investigator (n) ♦ _____
- 1.29 texture** (n) /ˈtekstʃə(r)/
the way a surface feels when you touch it, e.g. hard, soft, fluffy; the way food or drink feels in your mouth • *The steamed rice had a light fluffy texture.* ♦ _____
- 1.30 diverse** (adj) /daɪˈvɜːs/
of many different kinds • *Students at this university come from a diverse range of backgrounds.* > diversity (n), diversify (v) ♦ _____
- 1.31 sign language** (n) /ˈsaɪn læŋɡwɪdʒ/
a form of communication through hand movements without speaking, for people who can't hear • *Anita is deaf, so her family use sign language to talk with her.* ♦ _____
- 1.32 the globe** (n) /ðə ɡləʊb/
the world • *My ambition is to visit as many countries as possible around the globe.* > global (adj), globally (adv) ♦ _____
- 1.33 range from ... to** (phr) /reɪŋdʒ frɒm ... tuː/
vary • *The age of participants in the experiment ranged from 20 to 55.* > range (n) ♦ _____
- 1.34 tribe** (n) /traɪb/
a group of people of the same race, language and customs • *The cultures of the different tribes in the Amazon basin have some similarities.* > tribal (adj) ♦ _____
- 1.35 post-industrial** (adj) /ˌpəʊst ɪnˈdʌstriəl/
not dependent on heavy industry any more, e.g. on the making of large machines • *Technology plays an important role in the post-industrial age.* ♦ _____
- 1.36 participant** (n) /pɑːˈtɪsɪpənt/
sb who takes part • *The participants in the study had to taste various types of food without seeing them.* > participate (v), participation (n) ♦ _____
- 1.37 vision** (n) /ˈvɪʒn/
the power of sight • *Having perfect vision, he can read small print without glasses even at a distance.* > visual (adj) ♦ _____
- 1.38 floral** (adj) /ˈflɔːrəl/
decorated with a design of flowers • *She wore a pretty floral top.* ♦ _____
- 1.39 ease** (n) /iːz/
the lack of difficulty • *We cycled with ease along the straight road.* > easy (adj), easily (adv) ♦ _____
- 1.40 noticeably** (adv) /ˈnəʊtɪsəbli/
in a way that is easily seen or felt • *The weather is noticeably cooler than last week.* > noticeable (adj), notice (v) ♦ _____
- 1.41 outperform** (v) /ˌaʊtpəˈfɔːm/
do better than sb/sth else • *Despite its low price, my new laptop outperforms any other computer I've used.* > outperformance (n) ♦ _____
- 1.42 variation** (n) /ˌveəriˈeɪʃn/
a change in level or type • *In each region, there are different variations of traditional dishes.* > vary (n), variable (adj) ♦ _____
- 1.43 according to** (prep) /əˈkɔːdɪŋ tə/
depending on • *The jars were arranged on the shelves according to their size.* ♦ _____
- 1.44 Farsi** (n) /ˈfɑːsi/
the official language of Iran; modern Persian • *Although Shirin grew up in London, she still speaks Farsi with her Iranian relatives.* ♦ _____

- 1.45 Lao** (n) /ləʊ/
the official language of Laos and parts of Thailand • *Living and working in north Thailand, Kim learnt to speak Lao.*
❖ _____ Syn: Laotian
- 1.46 reflect** (v) /rɪˈflekt/
show sth or be a sign of sth • *His tears reflected how upset and tired he was.*
> reflection (n) ❖ _____
- 1.47 demonstrate** (v) /ˈdɛmənstreɪt/
show proof that sth is true • *The experiment demonstrates the effects of sleep.*
> demonstration (n) ❖ _____
- 1.48 thorough** (adj) /ˈθʌrə/
careful and complete; with attention to detail
• *The police did a thorough search of the area.*
❖ _____
- 1.49 function** (n) /ˈfʌŋkʃən/
what sth does; the purpose of sth
• *One function of the human nose is to detect smell.* ❖ _____
- 1.50 solely** (adv) /ˈsəʊlɪ/
only; exclusively • *The school library is solely for the use of students and staff.* > sole (adj)
❖ _____
- 1.51 extend** (v) /ɪkˈstend/
make sth bigger or longer • *She extended her study to include more detailed results.*
> extension (n) ❖ _____
- 1.52 awareness** (n) /əˈweənəs/
knowledge and understanding of something
• *The group aims to raise people's awareness of cultural differences in the community.*
> aware (adj) ❖ _____
- 1.53 perspective** (n) /pəˈspektɪv/
point of view; attitude • *The results have to be viewed from a cultural perspective.*
❖ _____
- 1.54 worthwhile** (adj) /wɜːθˈwaɪl/
worth the time, effort or money spent on sth
• *If you want to do something worthwhile in your free time, why not learn another language?* ❖ _____
- 1.55 industry** (n) /ˈɪndəstri/
the people and activities involved in a particular business • *The UK's car industry declined as companies chose to manufacture vehicles abroad.* ❖ _____
- 1.56 essential** (adj) /ɪˈsenʃl/
completely necessary • *Cookery skills are essential to becoming a chef.*
> essentially (adv) ❖ _____
- 1.57 assist** (v) /əˈsɪst/
help • *Would you kindly assist me to complete this application form?* > assistance, assistant (n) ❖ _____

- 1.58 impression** (n) /ɪmˈpreʃn/
what you think sb/sth is like • *Wear smart clothes for your interview to make a good impression.* > impress (v), impressive (adj)
❖ _____
- 1.59 misunderstand** (v) /ˌmɪsʌndəˈstænd/
not understand sth correctly • *I misunderstood his phone message and went to the wrong address.* > misunderstanding (n)
❖ _____
- 1.60 participate** (v) /pɑːˈtɪsɪpeɪt/
be involved in an activity • *How many local residents participated in the survey?*
> participation, participant (n) ❖ _____
- 1.61 economy** (n) /ɪˈkɒnəmi/
the system of trading and making goods by which a particular country creates its income
• *The country's economy has declined due to a decrease in tourism.* > economic, economical (adj), economically (adv), economise (v) ❖ _____
- 1.62 express** (v) /ɪksˈpres/
show what you think or feel • *Mario can't express himself well in English.*
> expression (n), expressive (adj)
❖ _____
- 1.63 aware (of)** (adj) /əˈweɪ(r) (ɒv)/
knowing about sth • *There's a large warning sign to make drivers aware of the pedestrian crossing ahead.* > awareness (n)
❖ _____
- 1.64 no longer** (expr) /nəʊ ˈlɒŋɡə(r)/
not possible or true now; not any more
• *The company communicates solely through the internet and no longer sends letters by post.* ❖ _____

Vocabulary Page 8

- 1.65 detect** (v) /dɪˈtekt/
find; notice • *The doctor detected a slight improvement in her patient's health.*
> detection, detective (n) ❖ _____
- 1.66 interpret** (v) /ɪnˈtɜːprɪt/
understand something in a particular way
• *The biologist is attempting to interpret the sounds made by dolphins and whales.*
> interpretation (n) ❖ _____
- 1.67 colour blind** (adj) /ˈkʌlə blaɪnd/
not able to see the difference between some or all colours • *Paula is colour blind and can't see the difference between red and green.*
> colour-blindness (n) ❖ _____
- 1.68 identify** (v) /aɪˈdentɪfaɪ/
find or recognise sb/sth • *This app can identify any plant you want. Take a photo of the plant and click on 'info'.* > identification (n), identity (n), identical (adj) ❖ _____

- 1.69 conclude** (v) /kən'kluːd/
decide that sth is true after considering all the information • *After reading the findings, we concluded that the experiment had been a success.* > conclusion (n), conclusive (adj)
❖ _____
- 1.70 perceive** (v) /pə'siːv/
see and understand • *People from different cultures perceive their surroundings differently.*
> perception (n), perceptive (adj)
❖ _____
- 1.71 sense** (v) /sens/
feel and understand sth • *Dogs sense when someone is approaching long before a human notices anything.* > sense (n) ❖ _____
- 1.72 furious** (adj) /'fjʊəriəs/
very angry • *Ivan was furious when he saw the damage to his new car.* > fury (n)
❖ _____
- 1.73 overwhelm** (v) /əʊvə'welɪn/
have an overpowering effect on sb • *We were overwhelmed by the generosity of the villagers.*
> overwhelming (adj), overwhelmingly (adv)
❖ _____
- 1.74 eager** (adj) /'iːgə(r)/
keen, willing • *She was eager to meet her online friend face-to-face.* > eagerness (n), eagerly (adv) ❖ _____
- 1.75 ecstatic** (adj) /ek'stætɪk/
extremely happy and excited • *He was ecstatic about going to the concert.*
❖ _____
- 1.76 emotional** (adj) /ɪ'məʊʃənəl/
related to feelings • *He had a surprisingly emotional reaction when he saw the old photo and realised it was his grandfather.*
> emotion (n) ❖ _____
- 1.77 jealous** (adj) /'dʒeləs/
angry or upset because sb else has sth you want • *He is a bit jealous of the attention that his parents give his baby brother.*
> jealousy (n) ❖ _____
- 1.78 compose** (v) /kəm'pəʊz/
write a piece of music • *How old was Beethoven when he composed his first symphony?* > composer, composition (n)
❖ _____
- 1.79 tense** (adj) /tens/
nervous and not able to relax • *He felt tense and couldn't sleep the night before his job interview.* > tension (n), tensely (adv)
❖ _____
- 1.80 reluctant** (adj) /rɪ'lʌktənt/
unwilling; not keen to do sth • *He feels silly and is reluctant to ask anyone for help.*
> reluctance (n), reluctantly (adv)
❖ _____
- 1.81 chatty** (adj) /'tʃæti/
talkative; having a friendly, informal style • *She wrote me a long, chatty email with her news.* > chat (n, v) ❖ _____
- 1.82 moody** (adj) /'muːdi/
becoming sad or angry quickly for no obvious reason • *Why are you so moody today? Did something go wrong at school?*
> moodiness (n), moodily (adv)
❖ _____
- 1.83 optimistic** (adj) /ɒptɪ'mɪstɪk/
believing good things will happen • *She studied hard, so she's optimistic about her exam results.* > optimism (n) ❖ _____
📎 Opp: pessimistic
- 1.84 outgoing** (adj) /'aʊtɡəʊɪŋ/
sb friendly who likes talking to new people • *He has an outgoing personality and is never shy.* ❖ _____
- 1.85 pessimistic** (adj) /pesɪ'mɪstɪk/
believing bad things will happen • *He is pessimistic about the future of the planet and says people will destroy it.* > pessimism (n)
❖ _____ 📎 Opp: optimistic
- 1.86 self-confident** (adj) /self 'kɒnfɪdənt/
sure of yourself • *She is a self-confident person and enjoys giving presentations in class.* > self-confidence (n)
❖ _____
- 1.87 sensitive** (adj) /'sensɪtɪv/
easily affected or upset; understanding sb's feelings, needs or problems • *Jack's still very sensitive about his break-up with Kim so don't mention her.* > sensitivity (n)
❖ _____ 📎 Opp: insensitive
- 1.88 unconventional** (adj) /ʌnkən'venʃənəl/
different from normal; not typical • *Her unconventional lifestyle involves living in different countries for a few months.*
> unconventionally (adv) ❖ _____
📎 Opp: conventional
- 1.89 pick up on** (phr v) /pɪk 'ʌp ɒn/
notice and sometimes respond to sth • *When Sue wasn't as chatty as usual, I picked up on the fact that something was wrong.* ❖ _____
- 1.90 emotion** (n) /ɪ'məʊʃən/
a strong feeling like love, anger or sadness • *Everyone can see I'm upset. I can't hide my emotions when I'm stressed.* > emotional (adj)
❖ _____

Verbs

assist	outperform
compose	overwhelm
conclude	participate
conduct	perceive
demonstrate	practise
detect	prove
develop	range (from ... to)
express	reflect
extend	restrict
identify	reveal
interpret	sense
investigate	struggle
lead (to)	utilise
misunderstand	value

Grammar Page 9

- 1.91 webinar** (n) /'webɪnɑ:(r)/
an online group meeting or presentation
• *Please sign in to the class webinar at 9.30.*
❖ _____
- 1.92 nest** (n) /nest/
a structure that a bird or insect makes for its eggs • *There were four tiny parrot's eggs in the nest.* > nest (v) ❖ _____
- 1.93 journal** (n) /'dʒɜ:nl/
a magazine related to a particular profession
• *The results of the research were published in the science journal.* > journalist, journalism (n)
❖ _____
- 1.94 a bit** (expr) /ə bɪt/
a short time • *I'm quite hungry, so I'll stop work for lunch in a bit.* ❖ _____
- 1.95 exhausted** (adj) /ɪg'zɔ:stɪd/
very tired • *The teacher was exhausted after a whole day of online lessons.* > exhaust (v), exhaustion (n) ❖ _____

Listening Page 10

- 1.96 concerned** (adj) /kən'sɜ:nd/
worried • *Sam looked concerned when he heard the bad news.* > concern (v, n)
❖ _____ Opp: unconcerned
- 1.97 irritated** (adj) /'ɪrɪteɪd/
annoyed • *The teacher looked irritated when the students arrived late.* > irritate (v), irritation (n), irritating (adj) ❖ _____
- 1.98 convinced** (adj) /kən'vɪnst/
completely sure that sth is true • *I was convinced that she was right.* > convince (v)
❖ _____ Opp: unconvinced

- 1.99 astonished** (adj) /ə'stɒnɪʃt/
very surprised • *Everyone looked astonished when I told them I was moving to Argentina.*
> astonishing (adj), astonish (v), astonishment (n) ❖ _____
- 1.100 delighted** (adj) /dɪ'ləɪtɪd/
very pleased or happy • *Aunt Tracy seemed delighted to see me.* > delight (n), delightful (adj) ❖ _____
- 1.101 appreciative** (adj) /ə'pri:ʃetɪv/
showing you are grateful • *Irene was appreciative of her family's support during her university course.* > appreciation (n), appreciate (v) ❖ _____
- 1.102 downside** (n) /'daʊnsaɪd/
a disadvantage • *The downside of studying abroad was that she missed her family.*
❖ _____
- 1.103 reaction** (n) /rɪ'ækʃn/
how you feel or what you do because of sth that has happened • *My parents' reaction to my decision to leave home was quite positive.*
> react (v) ❖ _____
- 1.104 concentrate (on)** (v) /'kɒnsəntreɪt (ɒn)/
focus on sth • *Listening to music helps me concentrate on my work.* > concentration (n)
❖ _____
- 1.105 take part (in)** (expr) /teɪk pɑ:t (ɪn)/
be involved in • *Diana took part in a talent show and she won first prize.* ❖ _____
- 1.106 adapt** (v) /ə'dæpt/
change the way you do things because you are in a new situation • *Julio is quite self-confident and found it easy to adapt to his new school.* ❖ _____
- 1.107 adopt** (v) /ə'dɒpt/
copy; start to use • *The new assistant adopted the bad habit of arriving late for work.*
> adoption (n) ❖ _____
- 1.108 on the whole** (expr) /ɒn ðə həʊl/
in general • *He took some time to adapt to his new job, but on the whole, he's enjoying it.*
❖ _____

Adjectives: feelings and personality

appreciative	jealous
astonished	moody
chatty	optimistic
concerned	outgoing
convinced	pessimistic
delighted	reluctant
eager	self-confident
ecstatic	sensitive
emotional	tense
furious	unconventional
irritated	

- 1.109 leisure** (n) /'leɪzə(r)/
time when you are not working • *I don't have much leisure time now because I'm studying for my exams.* > leisurely (adj, adv)
❖ _____
- 1.110 take up** (phr v) /teɪk ʌp/
start a sport or hobby • *Miguel bought a new video camera to take up vlogging.*
❖ _____
- 1.111 be into** (expr) /bi: 'ɪntə/
like or enjoy (sth) • *I'm not into sports, but I enjoy long walks in the park.* ❖ _____
- 1.112 passionate** (adj) /'pæʃənət/
liking sth very much; caring strongly about sth
• *He's a passionate supporter of human rights.*
> passion (n), passionately (adv)
❖ _____
- 1.113 depend on sb/sth** (v) /dɪ'pend ɒn 'sʌmbədi 'sʌmθɪŋ/
be unsure because other things have to be considered • *Moving house depends on where he finds a job.* ❖ _____
- 1.114 keep up with** (phr v) /ki:p ʌp wɪð/
stay informed about sb/sth • *I've got so many Instagram contacts that I can't keep up with all of them.* ❖ _____
- 1.115 lose touch (with)** (expr) /lu:z tʌtʃ (wɪð)/
not stay in contact (with) • *He lost touch with his old friends after college.* ❖ _____
📎 Opp: keep / stay in touch (with)
- 1.116 catch up** (phr v) /kætʃ ʌp/
find out about each other's news • *Let's catch up soon and I'll tell you all about my new job.*
❖ _____

Grammar Page 12

- 1.117 currently** (adv) /'kʌrəntli/
right now • *They are currently giving talks in Japan.* > current (adj) ❖ _____
- 1.118 hummus** (n) /'hʊməs/
a soft mixture of boiled chickpeas, sesame paste, lemon juice and garlic • *We had some hummus as a dip with carrots.* ❖ _____
- 1.119 rehearsal** (n) /rɪ'hɜ:sl/
a time when you practise a play, piece of music, etc. before performing in front of other people • *The band did a final rehearsal on Friday.* > rehearse (v) ❖ _____
- 1.120 issue** (n) /'ɪʃu:/
a magazine or newspaper printed for a particular day, week or month • *Have you read my article in this month's issue of the school magazine?* > issue (v) ❖ _____

- 1.121 satisfaction** (n) /sætɪs'fækʃn/
a feeling of happiness • *It gave Mark great satisfaction to taste his first homemade pizza.*
> satisfy (v), satisfactory (adj) ❖ _____
📎 Opp: dissatisfaction
- 1.122 doubt** (n) /daʊt/
a feeling of not knowing for sure if sth is true or right • *I have some doubts about whether to trust Tom. He's not very reliable.* > doubt (v), doubtful (adj) ❖ _____
- 1.123 dependent (on)** (adj) /dɪ'pendənt (ɒn)/
affected or decided by (sth else) • *Our weekend camping plans are dependent on the weather.* > depend (v), dependence (n)
❖ _____
- 1.124 doubtful (about)** (adj) /'daʊtfl (ə'baʊt)/
uncertain • *He was doubtful about his chances of winning the competition.* > doubt (n, v), doubtfully (adv) ❖ _____
- 1.125 dissatisfied (with)** (adj) /dɪs'sætɪsfaɪd (wɪð)/
not pleased (with sb/sth) • *She wrote to complain because she was so dissatisfied with the service at the hotel.* > dissatisfaction (n)
❖ _____ 📎 Opp: satisfied
- 1.126 tasteless** (adj) /'teɪstləs/
with no taste • *The sauce is a bit tasteless, so I'll add some spice.* > taste (v, n)
❖ _____ 📎 Opp: tasty
- 1.127 responsible (for)** (adj) /rɪ'spɒnsəbl (fɔ:)/
causing • *The bus driver was responsible for the accident as he didn't stop at the red light.*
> responsibility (n) ❖ _____
📎 Opp: irresponsible
- 1.128 careless (about)** (adj) /'keələs (ə'baʊt)/
not paying enough attention to what you're doing • *Tim's careless about his diet. I really think he ought to start eating more healthily.*
❖ _____ 📎 Opp: careful
- 1.129 criticism** (n) /'krɪtɪsɪzəm/
disapproval, judgement • *The film about the president's life received a lot of criticism.*
> criticise (v), critic (n), critical (adj)
❖ _____
- 1.130 be over the moon** (expr) /bi: 'əʊvə ðə mu:n/
be very happy • *She was over the moon when she heard that her team won.* ❖ _____
- 1.131 be in two minds** (expr) /bi: ɪn tu: maɪndz/
be undecided • *I'm in two minds about whether to have a party at home as I don't fancy cleaning up afterwards.* ❖ _____
- 1.132 be sick of** (expr) /bi: 'sɪk əv/
be fed up with • *I'm sick of hearing bad news. Let's get out and have fun!* ❖ _____

- 1.133 be on the ball** (expr) /bi: ɒn ðə bɔ:l/
be quick to understand and ready to react
• *You need to be on the ball and focus on the questions during your interview.*
❖ _____
- 1.134 be a pain in the neck** (expr) /bi: ə peɪn ɪn ðə nek/
be annoying • *Having to get up so early is a pain in the neck.* ❖ _____
- 1.135 be down-to-earth** (expr) /bi: daʊn tu: ɜ:θ/
be practical and sensible • *For sensible advice, I rely on Ken, who is very down-to-earth.* ❖ _____
- 1.136 sourness** (n) /'saʊənəs/
a taste of sth sour, that's not sweet; the taste of food that has gone bad • *He enjoys the sourness of homemade lemonade.* > sour (adj, v) ❖ _____
- 1.137 intensely** (adv) /ɪn'tensli/
strongly; to a great extent • *Though I enjoyed the book, I disliked the film intensely.*
> intense (adj), intensity (n) ❖ _____
- 1.138 affect** (v) /ə'fekt/
make a change to sb/sth • *Strong coffee affects the senses and it may prevent sleep at night.* ❖ _____
- 1.139 dye** (v) /daɪ/
use a substance to change the colour of sth
• *I told you not to dye your hair! Your natural colour looks much nicer.* > dye (n)
❖ _____
- 1.140 observe** (v) /əb'zɜ:v/
watch sth closely • *I observed the bird as it made its nest.* > observation (n)
❖ _____
- 1.141 bitter** (adj) /'bɪtə(r)/
having a sharp strong taste • *This fruit is too bitter to eat.* > bitterness (n) ❖ _____
- 1.142 salty** (adj) /'sɔ:lti/
containing a lot of salt • *Too many salty snacks, like potato crisps, are bad for your health.* > salt (n, v) ❖ _____
- 1.143 nevertheless** (adv) /,nevəðə'les/
however; but • *I had prepared my research well. Nevertheless, the results were disappointing.* ❖ _____

Expressions

be a pain in the neck	be mad about
be down-to-earth	be on the ball
be in two minds	be over the moon
be into	be sick of
be keen on	

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- 1.144 recipient** (n) /rɪ'sɪpiənt/
a person who receives sth • *Write the name of the recipient at the top of the letter.* > receive (v) ❖ _____
- 1.145 colloquial** (adj) /kə'ləʊkwɪəl/
particular way of speaking common to a group of people or an area • *Visitors to rural France often have problems understanding the colloquial language, which differs from that spoken in Paris.* > colloquialism (n)
❖ _____
- 1.146 development** (n) /dɪ'veləpmənt/
improvement • *In recent years, there have been significant developments in medical science.* > develop (v) ❖ _____
- 1.147 choir** (n) /kwaɪə(r)/
a group of people who sing together
• *The school choir sang at the local concert.*
❖ _____
- 1.148 pop in** (phr v) /pɒp ɪn/
make a short visit • *Could you pop in at the bakery and get some bread on the way home?*
❖ _____
- 1.149 be keen on** (expr) /bi: ki:n ɒn/
like or be interested in • *He is very keen on physics and would like to become an engineer.*
❖ _____
- 1.150 look into** (phr v) /lʊk 'ɪntə/
study or try to find out sth • *Don't worry, I'll look into the problem.* ❖ _____
- 1.151 be bound to** (expr) /bi: baʊnd tə/
be very likely to • *I'll make a pizza for my friends. They're bound to enjoy it.*
❖ _____
- 1.152 give it a go** (expr) /gɪv ɪt ə ɡəʊ/
try doing sth • *I'm not sure if I can learn to play the piano, but I'll give it a go.* ❖ _____

Live well, study well

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- 1.153 react** (v) /rɪˈækt/
behave in a certain way towards sb/sth
• *Police dogs are trained to react to certain smells and sounds.* > reaction (n), reactionary (adj) ❖ _____
- 1.154 deal with** (phr v) /di:l wið/
recognise sth like a difficult situation and remain in control of yourself in spite of it
• *She couldn't deal with losing her job and felt depressed for a long time.* ❖ _____
- 1.155 calm down** (phr v) /kɑ:m daʊn/
stop being angry or excited • *Stop worrying and try to calm down.* ❖ _____
- 1.156 cheer (sb) up** (phr v) /tʃiə(r) ('sʌmbədi) ʌp/
make sb feel happier • *The good news cheered him up.* ❖ _____
- 1.157 balanced meal** (expr) /'bælənst 'mi:l/
a meal that is healthy because it contains the right foods in the right amounts • *You need to eat balanced meals containing enough vitamins and protein.* ❖ _____
- 1.158 give up** (phr v) /gɪv ʌp/
stop doing or having sth • *The climb was difficult, but they didn't give up and reached the top in the end.* ❖ _____
- 1.159 practise** (v) /'præktɪs/
do an activity • *She's been practising yoga for ten years.* ❖ _____

- 1.160 meditation** (n) /medɪ'teɪʃən/
emptying your mind of thoughts and feelings in order to relax completely • *Dorothy does meditation every night to clear her mind before going to sleep.* > meditate (v) ❖ _____
- 1.161 mindfulness** (n) /'maɪndfʊlnəs/
the state of full concentration on what you are thinking about and feeling at the present time
• *Achieving mindfulness is used as a way to relax.* > mindful (adj) ❖ _____
- 1.162 moderate** (adj) /'mɒdərət/
average; not extreme • *I only add a moderate amount of salt to food during cooking.*
> moderation (n), moderately (adv), moderate (v) ❖ _____
- 1.163 pack up** (phr v) /pæk ʌp/
put your things into bags, boxes, etc. to prepare for leaving a place • *At the end of the course, he packed up and went back to his hometown.* ❖ _____

Expressions and phrasal verbs

calm down	keep up with
catch up	look into
cheer (sb) up	lose touch (with)
deal with	pack up
depend on (sb/sth)	pick up on
give it a go	pop in
give up	take part in