Glossary

# Page 137

**12** What a wonderful world!

* 1. **wonderful** (adj) /ˈwʌndəfl/

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
	1. **calm** (adj) /kɑːm/

relaxed and quiet ● *Listening to classical music makes me feel calm.* ➣ calm (n, v)

* + - spokojny

Reading **Pages 138–139**

* 1. **woods** (n pl) /wʊdz/

a small group of trees ● *There are foxes in the woods behind my house.* ❖ lasek

* 1. **forest** (n) /ˈfɒrɪst/

a large group of trees ● *They stopped for a picnic under a tree in the forest.*

* + - las
	1. **forest bathing** (n) /ˈfɒrɪst ˈbeɪðɪŋ/

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
	1. **breathe** (v) /briːð/

to take air into your body and let it out through your mouth or nose ● *People can’t breathe under water.* ➣ breath (n) ❖ oddychać

* 1. **anxious** (adj) /ˈæŋkʃəs/

nervous and worried ● *Ken is feeling anxious about finishing his work on time.* ➣ anxiety (n), anxiously (adv) ❖ zatroskany, niespokojny

* 1. **stressed** (adj) /strest/

feeling too worried to relax ● *Linda is very stressed about taking her driving test.*

➣ stress (n, v), stressful (adj) ❖ zestresowany

* 1. **birdsong** (n) /ˈbɜːdsɒŋ/

the musical sounds that birds make ● *Early in the morning, the only sound in our street is birdsong.* ❖ śpiew ptaków

* 1. **focus on** (phr v) /ˈfəʊkəs 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

* 1. **relax** (v) /rɪˈlæks/

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, odprężać
	1. **present** (adj) /ˈpreznt/

happening now ● *I'm sorry, but we have no more details at the present time.*

➣ present (n) ❖ obecny

* 1. **including** (prep) /ɪnˈkluːdɪŋ/

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
	1. **summary** (n) /ˈsʌməri/

a short description of the main points of sth

* *His letter included a summary of all his past work experience.* ➣ summarise (v)
	+ - streszczenie, podsumowanie
	1. **correspond** (v) /ˌkɒrəˈspɒnd/

to match or be similar ● *The numbers on the map correspond to the distances between the towns.* ➣ correspondent, correspondence (n)

* + - odpowiadać, zgadzać się
	1. **a.m.** (abbrev) /ˌeɪ ˈem/

before noon ● *Our school begins at*

*8.30 a.m.* ❖ przed południem

* 1. **p.m.** (abbrev) /ˌpiː ˈem/

after noon ● *We get home from school at*

*3.45 p.m.* ❖ po południu

* 1. **energy** (n) /ˈenədʒi/

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
	1. **mood** (n) /muːd/

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**

* 1. **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

* 1. **east** (n) /iːst/

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
	1. **north** (n) /nɔːθ/

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

* 1. **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

* 1. **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 north

south west

**Places**

forest hill

rainforest wood

Grammar **Page 141**

* 1. **plastic** (adj) /ˈplæstɪk/

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

* 1. **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
	1. **square** (adj) /skweə(r)/

shaped with four sides of the same size

* *There’s a square table in the kitchen.*

➣ square (n) ❖ kwadratowy

* 1. **cardboard** (n) /ˈkɑːdbɔːd/

a kind of material like thick paper, used for making boxes ● *Shoe boxes are usually made of cardboard.* ➣ cardboard (adj) ❖ tektura

* 1. **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

* 1. **rectangular** (adj) /rekˈtæŋɡjələ(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
	1. **cotton** (adj) /ˈkɒtn/

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
	1. **medium-sized** (adj) /ˈmiːdiəm 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
	1. **unfriendly** (adj) /ʌnˈfrendli/

not friendly or kind ● *Our neighbour has an unfriendly dog that barks at anyone walking by.*

* + - nieżyczliwy, nieprzyjazny
	1. **earring** (n) /ˈɪərɪŋ/

an item of jewellery that sb wears on their ear ● *Meg wore a pair of silver earrings that matched her necklace.* ❖ kolczyk

* 1. **wooden** (adj) /ˈwʊdn/

made of wood, the material that comes from trees ● *We saw two small wooden boats on the sea.* ➣ wood (n) ❖ drewniany

* 1. **round** (adj) /raʊnd/

shaped like a circle ● *There’s a round clock at the top of the tower.* ➣ round (v, n)

* + - okrągły
	1. **cute** (adj) /kjuːt/

attractive or sweet ● *Puppies and kittens always look so cute when they’re playing.*

➣ cuteness (n) ❖ uroczy, śliczny

* 1. **ugly** (adj) /ˈʌɡli/

not nice looking ● *The bank is in an ugly old building in the centre of the city.*

* + - brzydki
	1. **whiteboard** (n) /ˈwaɪtbɔːd/

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**

* 1. **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.* ❖ niedźwiedź

* 1. **frightened** (adj) /ˈfraɪtnd/

afraid ● *What happened to you? You look like a frightened rabbit!* ➣ fright (n), frightening (adj), frighteningly (adv)

* + - przestraszony
	1. **heights** (n pl) /haɪts/

high places ● *He won’t climb a tree because he’s scared of heights.* ➣ heightened,

high (adj) ❖ wysokości

* 1. **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
	1. **shark** (n) /ʃɑːk/

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

* 1. **rainforest** (n) /ˈreɪnfɒrɪst/

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

* 1. **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**

* 1. **food mile** (n) /fuːd 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

* 1. **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

* 1. **reuse** (v) /riːˈjuːz/

to use again ● *We can clean glass jars and reuse them to keep things in.* ➣ reusable (adj)

* + - ponownie wykorzystać
	1. **container** (n) /kənˈteɪnə(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
	1. **cover** (v) /ˈkʌvə(r)/

to put sth over sth else ● *All the vegetables in the shop were covered with plastic.*

➣ cover (n) ❖ przykrywać

* 1. **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

* 1. **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
	1. **recycle** (v) /ˌriːˈsaɪkl/

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**

* 1. **butterfly** (n) /ˈbʌtəflaɪ/

a type of insect with big coloured wings

* *A beautiful butterfly flew onto one of the flowers in the garden.* ❖ motyl
	1. **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
	1. **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

* 1. **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
	1. **reptile** (n) /ˈreptaɪl/

an animal that lays eggs and has cold blood

* *At the zoo, we saw crocodiles, snakes and other reptiles.* ❖ gad
	1. **wildflower** (n) /ˈwaɪldflaʊə(r)/

a flower that grows naturally without somebody planting it ● *The valley was full of red and yellow wildflowers.* ❖ kwiat polny

* 1. **seed** (n) /siːd/

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
	1. **bird feeder** (n) /ˈbɜːd fiːdə(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

* 1. **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
	1. **houseplant** (n) /ˈhaʊsplɑːnt/

a plant that you can grow indoors ● *I don’t have a garden, but I have some houseplants growing in my flat.* ❖ roślina domowa

* 1. **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 wildflower

seed window box

Grammar **Page 145**

* 1. **documentary** (n) /ˌdɒkjuˈmentri/

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

* 1. **amaze** (v) /əˈmeɪz/

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
	1. **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

* 1. **excite** (v) /ɪkˈsaɪt/

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

* 1. **frighten** (v) /ˈfraɪtn/

make sb feel afraid ● *The strange noises frightened me and I couldn’t sleep.*

➣ fright (n), frightened (adj), frightening (adj), frighteningly (adv) ❖ straszyć

* 1. **tire** (v) /ˈtaɪə(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
	1. **gorilla** (n) /ɡəˈrɪlə/

a big African animal like a really large monkey

* *Gorillas are large strong animals which don’t eat meat.* ❖ goryl
	1. **huge** (adj) /hjuːdʒ/

very big ● *There was a huge tree in our garden and we cut it down to have more light.*

* + - ogromny
	1. **turn into** (phr v) /tɜːn ˈɪntə/

to become sth different ● *When the temperature falls below 0°C, water turns into ice.* ❖ zamieniać

Writing **Pages 146–147**

* 1. **summarise** (v) /ˈsʌməraɪz/

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
	1. **questionnaire** (n) /ˌkwestʃəˈneə(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

* 1. **reusable** (adj) /riːˈjuːzəbl/

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
	1. **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
	1. **portion** (n) /ˈpɔːʃn/

an amount of food for one person ● *Henry has a large portion of salad with his lunch.*

* + - porcja
	1. **pollution** (n) /pəˈluːʃn/

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
	1. **introduction** (n) /ˌɪntrəˈdʌkʃn/

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

* 1. **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
	1. **tap** (n) /tæp/

a device that water comes out of ● *Remember to turn off the tap after you wash your hands.*

* + - kran
	1. **conclusion** (n) /kənˈkluːʒn/

the end of a piece of writing ● *In your conclusion, write what you think should happen next.* ➣ conclude (v), conclusive (adj)

* + - zakończenie, konkluzja
	1. **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 butterfly dolphin

gorilla insect mammal

mule reptile shark

**Phrasal verbs**

focus on turn into

turn off use up

Video **Page 148**

* 1. **the Grand Canyon** (n) /ðə ˌɡrænd ˈkænjən/ a famous deep valley in the USA ● *We went hiking in the Grand Canyon national park.*
		+ Wielki Kanion
	2. **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

* 1. **mule** (n) /mjuːl/

an animal that is half horse and half donkey

* *In some villages, people still use donkeys and mules as a form of transport.*
	+ - muł
	1. **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
	1. **white water rafting** (n) /waɪt ˈwɔːtə(r) ˈrɑːftɪŋ/ 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
	2. **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

* 1. **bottom** (n) /ˈbɒtəm/

the lowest part of sth ● *The fruit is in the bottom of the fridge.* ❖ dół

* 1. **trek** (v) /trek/

to hike for a number of days ● *He trekked through the jungle for days.* ➣ trek, trekker, trekking (n) ❖ wędrować

* 1. **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 calm cotton cute frightened huge inhabited

medium-sized square plastic stressed

present ugly

rectangular unfriendly

reusable wonderful

round wooden serious

**Activities**

hiking trekking

white water rafting zip-lining