**3** Fit as a fiddle

**Glossary**

# Page 29

* 1. **fit as a fiddle** (expr) /fɪt əz ə ˈfɪdl/

very fit and healthy ● *Grandma walks five miles every day, so she’s as fit as a fiddle.*

* + - sano come un pesce

Reading **Pages 30–31**

* 1. **set a goal** (expr) /set ə gəʊl/

to decide on an aim ● *Kate set herself a goal of learning Chinese in two years so she could go to China.* ❖ fissare un obiettivo

* 1. **social networking** (n) /ˈsəʊʃl ˈnetwɜːkɪŋ/ the act of socialising with different groups of people ● *The internet is the most popular way of social networking between people of common interests.* ❖ fare relazioni sociali
  2. **centenarian** (n) /ˌsentɪˈneəriən/

sb who is 100 years old or more ● *My great- grandma was born in 1918, so she became a centenarian in 2018.* ❖ centenario

* 1. **elderly** (adj) /ˈeldəli/

old (polite term) ● *His great-grandfather is an elderly man but he still lives alone.*

➣ elders (n pl) ❖ anziano

* 1. **well** (adv) /wel/

very much; used to emphasise some prepositions ● *My mum was well into her twenties when she met my dad*. ❖ bene

* 1. **life expectancy** (n) /laɪf ɪksˈpektənsi/

the length of time that a person is likely to live ● *In the West, women have a longer life expectancy than men.* ❖ aspettativa di vita

* 1. **elsewhere** (adv) /ˌelsˈweə(r)/

somewhere else; in another place ● *Anais couldn’t afford a flat near the university, so she had to rent one elsewhere.* ❖ altrove

* 1. **unlike** (prep) /ˌʌnˈlaɪk/

in contrast to ● *Unlike Anna, Ben doesn’t play any musical instruments.* ❖ a differenza di

✎ Opp: like

* 1. **in moderation** (expr) /ɪn mɒdəˈreɪʃn/

If you do sth in moderation, you do not do it too much. ● *Drinking coffee in moderation won’t do you any harm.* ❖ con moderazione

* 1. **saying** (n) /seɪɪŋ/

a sentence that many people use, which expresses sth a lot of people believe is true

* *‘Money makes the world go round’ is an old saying.* ❖ detto
  1. **factor** (n) /ˈfæktə(r)/

sth that affects sth else ● *One factor in the collapse of the Minoan civilisation is thought to have been a tsunami*. ❖ fattore

* 1. **culture** (n) /ˈkʌltʃə(r)/

the beliefs, art and way of life of a civilisation

* *When I went to Milan, I learnt a lot about Italian art and culture.* ➣ cultural (adj)
  + - cultura
  1. **throughout** (prep) /θruːˈaʊt/

during the whole of ● *It rained heavily throughout the day.* ❖ durante

* 1. **(be) worth** (expr) /(biː) wɜːθ/

be enjoyable or useful to have ● *Life is worth living when you are healthy and happy.*

* + - valere
  1. **peninsula** (n) /pəˈnɪnsjələ/

a piece of land that is mostly surrounded by water but is joined to a larger area of land

* *The Scandinavian peninsula is the largest in Europe.* ❖ penisola
  1. **purpose** (n) /ˈpɜːpəs/

aim ● *His purpose is to get a good job in teaching.* ❖ scopo

* 1. **generation** (n) /ˌdʒenəˈreɪʃn/

all the people that were born at about the same time ● *The younger generation don’t seem to be interested in the country’s history.*

* + - generazione
  1. **provide** (v) /prəˈvaɪd/

to give ● *The sun could provide us with a lot more energy.* ➣ provision, provider (n)

* + - fornire
  1. **agriculture** (n) /ˈæɡrɪkʌltʃə(r)/

farming ● *Our country depends on income from agriculture and tourism.* ➣ agricultural (adj) ❖ agricoltura

* 1. **squash** (n) /skwɒʃ/

a type of vegetable with solid yellow flesh and a hard skin ● *Fried squash is a delicious dish.*

* + - zucca
  1. **crop** (n) /krɒp/

a plant grown as food ● *There was no rain, so the crops in the field died.* ❖ raccolto

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* 1. **make up** (phr v) /meɪk ʌp/

to form ● *The research team was made up of students from the biology course.* ❖ formare

* 1. **well-balanced** (adj) /wel-ˈbælənst/

a diet that has all the different kinds of food you need to be healthy ● *She has a well- balanced diet with plenty of fish, chicken, fruit and vegetables.* ❖ ben equilibrato

* 1. **calcium** (n) /ˈkælsiəm/

a soft white metal which is a chemical element in bones and teeth ● *Nuts and green vegetables, as well as dairy products, are a good source of calcium.* ❖ calcio

* 1. **strengthen** (v) /ˈstreŋkθn/

to make sth stronger ● *Doing exercise like walking and weight lifting can strengthen your bones.* ➣ strength (n), strong (adj)

* + - rafforzare
  1. **contribute (to)** (v) /kənˈtrɪbjuːt (tuː)/

be one of the causes of an event or situation

* *Eating well and exercising contribute to a long life.* ➣ contribution (n) ❖ contribuire
  1. **disease** (n) /dɪzˈiːz/

an illness ● *Many diseases of the past can now be cured.* ❖ malattia

* 1. **lie** (v) /laɪ/

be located in a particular place ● *The small fishing village lies on the south coast of the island.* ❖ trovarsi

* 1. **homegrown** (adj) /ˌhəʊmˈɡrəʊn/

grown in your own garden or land ● *I prefer eating small tasty homegrown strawberries to the huge tasteless ones from the supermarket.*

* + - coltivato in casa
  1. **leafy** (adj) /ˈliːfi/

with a lot of leaves ● *The meal included a salad of leafy green vegetables.* ➣ leaf (n)

* + - a foglie
  1. **herb** (n) /hɜːb/

a plant used to make tea or in cooking to add flavour ● *The chef’s favourite herb is oregano and he uses it in many dishes.* ➣ herbal (adj)

* + - erba
  1. **prevent** (v) /prɪˈvent/

stop from happening ● *Many paintings are kept in dark rooms to prevent the colours from being destroyed.* ➣ prevention (n), preventable (adj) ❖ impedire

* 1. **staples** (n pl) /ˈsteɪplz/

basic food ● *Everyday staples, such as bread, are an important part of European diets.*

* + - alimento di base
  1. **go a long way** (expr) /gəʊ ə lɒŋ weɪ/

to help a lot (to achieve sth) ● *Even half an hour of daily exercise will go a long way to keep you in shape.* ❖ essere di grande aiuto

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* 1. **mentally** (adv) /ˈmentli/

to do with the mind ● *Studying for so many hours is mentally exhausting.* ➣ mental (adj)

* + - mentalmente
  1. **physically** (adv) /ˈfɪzɪkli/

to do with the body ● *If you take up a sport, you will feel better physically.* ➣ physical (adj)

* + - fisicamente
  1. **element** (n) /ˈelɪment/

substance that consists of atoms of only one type ● *Oxygen is an element in air that is essential for our survival.* ❖ elemento

* 1. **resource** (n) /rɪˈzɔːs/

sth such as land, water, oil or coal that exists in a country and can be used to increase

its wealth ● *What will humans do when the Earth’s resources run out?* ❖ risorsa

Vocabulary **Page 32**

* 1. **fitness** (n) /ˈfɪtnɪs/

the condition of being strong and healthy

* *People can achieve fitness if they exercise and eat the right food.* ➣ fit (adj) ❖ buona forma fisica
  1. **operation** (n) /ɒpəˈreɪʃn/

the process of cutting into sb’s body to repair it or remove a part that is damaged ● *Nick had a heart operation and he stayed in hospital for two weeks.* ➣ operate (v) ❖ operazione

* 1. **recover** (v) /rɪˈkʌvə(r)/

to get better from an illness ● *Grandpa has recovered from his bad cold and now he feels as fit as a fiddle.* ➣ recovery (n) ❖ riprendersi, guarire

* 1. **injury** (n) /ɪndʒəri/

damage to part of a person’s or an animal’s body caused by an accident or attack ● *She fell off her motorbike, but luckily her injuries weren’t serious.* ➣ injure (v) ❖ infortunio

* 1. **treat** (v) /triːt/

try to make a sick person better by using medicine, hospital care, etc. ● *Don’t worry. The doctor will treat that burn.* ➣ treatment (n)

* + - trattare
  1. **symptom** (n) /ˈsɪmptəm/

a sign of an illness ● *Apart from a high temperature, she had no other flu symptoms.*

* + - sintomo
  1. **patient** (n) /ˈpeɪʃnt/

sb who is ill and receiving medical care (in hospital) ● *The doctor gave the patient some medicine.* ❖ paziente

* 1. **emergency** (n) /ɪˈmɜːdʒənsi/

a situation where someone needs taking to hospital; a serious situation that sb must deal with immediately ● *When he broke his leg, he went to hospital as a medical emergency.*

➣ emergency (adj) ❖ emergenza **37**

* 1. **judge** (n) /ʤʌʤ/

sb who decides a punishment in court

* *The judge listened carefully to the arguments before making a decision.* ➣ judge (v), judgement (n) ❖ giudice
  1. **ache** (n) /eɪk/

a pain that lasts a long time ● *After falling off her horse, she had aches and pains for days, but no broken bones.* ➣ ache (v) ❖ dolore

* 1. **instructor** (n) /ɪnˈstrʌktə(r)/

a trainer, sb who teaches you a sport ● *Laura wants to take driving lessons, so she’s looking for a good instructor.* ➣ instruct (v), instruction

(n) ❖ istruttore

* 1. **pose** (n) /pəʊz/

a position of the body ● *Yoga poses that involve standing on one leg help delevop a good sense of balance.* ➣ pose (v) ❖ posa

* 1. **toxin** (n) /ˈtɒksɪn/

a poisonous substance ● *The city air is full of toxins produced from fossil fuels.* ➣ toxic (adj)

* + - tossina
  1. **criminal** (n) /ˈkrɪmɪnl/

sb who breaks the law ● *The police are looking for two criminals who have robbed five banks in the area.* ➣ crime (n) ❖ criminale

* 1. **prison** (n) /ˈprɪzn/

a building where criminals are sent to live as a punishment ● *The bank robbers were caught and sent to prison.* ➣ prisoner, imprisonment (n), imprison (v) ❖ prigione

✎ Syn: jail

* 1. **lifestyle** (n) /ˈlaɪfstaɪl/

the way that you choose to live ● *People in central Africa have a different lifestyle from others in the south because the weather is much hotter.* ❖ stile di vita

* 1. **unwell** (adj) /ʌnˈwel/

ill; not well ● *He was feeling unwell, so he stayed in bed.* ❖ poco bene

* 1. **pill** (n) /pɪl/

a small round piece of medicine which you swallow ● *If you have a headache, try taking a pill.* ❖ pillola ✎ Syn: tablet

* 1. **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.*
  + - influenza ✎ NB: *flu* is an abbreviation of

*influenza*

**People**

centenarian criminal

judge instructor

patient

Grammar **Page 33**

* 1. **decade** (n) /ˈdekeɪd/

a period of ten years ● *He lived there for a decade from 2010 to 2020.* ❖ decennio

* 1. **pot** (n) /pɒt/

a container that you make tea in ● *Is there any more tea in the pot?* ❖ teiera ✎ Syn: teapot

* 1. **session** (n) /ˈseʃn/

a period of time set for a particular activity

* *He signed up for weekly yoga sessions at the gym.* ❖ sessione
  1. **lately** (adv) /ˈleɪtli/

recently ● *I haven’t seen George lately. The last time we spoke was a year ago.*

* + - ultimamente
  1. **under the weather** (expr) /ˈʌndə ðə ˈweðə(r)/ ill; not feeling very well ● *Ever since he caught a cold, he’s been feeling under the weather.*
     + sentirsi poco bene
  2. **weight** (n) /weɪt/

the measure of how heavy sb/sth is ● *I’ve put on some weight since I stopped jogging every day.* ➣ weigh (v) ❖ peso

Listening **Page 34**

* 1. **overweight** (adj) /ˌəʊvəˈweɪt/

too heavy ● *The man is over 100 kg. He’s overweight.* ❖ sovrappeso

✎ Opp: underweight

* 1. **break a (bad) habit** (expr) /breɪk ə (bæd)

ˈhæbɪt/

to stop doing sth which is bad for you

* *I want to stop biting my nails, but I can’t break this bad habit.* ❖ abbandonare una (cattiva) abitudine
  1. **burn calories** (expr) /bɜːn ˈkæləriz/

to use energy by exercising ● *Let’s run another kilometre and burn some more calories.*

* + - bruciare calorie
  1. **calorie** (n) /ˈkæləri/

a unit for measuring the amount of energy we get from food ● *An apple has fewer calories than a bar of chocolate.* ❖ caloria

* 1. **average** (adj) /ˈævrɪʤ/

calculated by adding several amounts together and then dividing the total by the number

of amounts ● *The average amount of calories a man should consume is 2,500 a day.*

➣ average (n) ❖ medio

* 1. **nowadays** (adv) /ˈnaʊədeɪz/

today, these days ● *Nowadays, we can keep in touch with family all over the world on our computers.* ❖ al giorno d'oggi

* 1. **sick building syndrome** (n) /ˌsɪk ˈbɪldɪŋ sɪndrəʊm/

a set of symptoms, like headaches and sore eyes, that affect people working in a building where the conditions make them feel tired

* *People working in huge factories or stores with no windows often suffer from sick building syndrome due to lack of fresh air.* ❖ sindrome dell'edificio malato
  1. **cough** (n) /kɒf/

the act of forcing air from your lungs in a way that makes a sound ● *I’ve had an annoying cough all day, but no other cold symptoms.*

➣ cough (v) ❖ tosse

* 1. **tiredness** (n) /ˈtaɪədnəs/

the feeling of being tired ● *He was studying for hours until his tiredness prevented him from doing any more.* ➣ tired (adj) ❖ stanchezza

* 1. **damp** (adj) /dæmp/

slightly wet ● *She’s just washed her hair, so it’s still a bit damp.* ➣ dampen (v), dampness (n)

* + - umido
  1. **polluted** (adj) /pəˈluːˌtɪd/

dirty and not safe to use ● *The lake is too polluted to swim in.* ➣ pollute (v), pollution (n)

* + - inquinato
  1. **awareness** (n) /əˈweənəs/

interest and understanding the importance of sth ● *The article was written to raise people’s awareness about the dangers of sharing personal information online.* ➣ aware (adj)

* + - consapevolezza
  1. **quality** (n) /ˈkwɒləti/

how good or bad sth is ● *The quality of homegrown vegetables is much better than the ones from the supermarket.* ❖ qualità

* 1. **lighting** (n) /ˈlaɪtɪŋ/

lights that light a room, a building or a street

* *The lighting in the shopping centre was very bright.* ➣ light (v, n) ❖ illuminazione
  1. **poor** (adj) /pɔː(r)/

bad ● *Mr Davies has been in poor health for years.* ❖ povero

Speaking **Page 35**

* 1. **benefit** (n) /ˈbenɪfɪt/

an advantage ● *There are many benefits to healthy living, longevity being one of them.*

➣ benefit (v), beneficial (adj) ❖ beneficio

* 1. **comparison** (n) /kəmˈpærɪsn/

the act of saying or showing the differences or similarities between two or more people or things ● *Chips are lot less healthy in*

*comparison to baked potatoes.* ➣ compare (v), comparative (adj) ❖ confronto

* 1. **whereas** (conj) /ˌweərˈæz/

but; in contrast ● *Most of my friends hate garlic, whereas I really like the taste of it.*

* + - mentre
  1. **in contrast** (expr) /ɪn ˈkɒntrɑːst/

used to show the difference between two or more people or things ● *Erica enjoys water sports and hiking. In contrast, her sister prefers indoor sports.* ❖ invece, al contrario

* 1. **on the other hand** (expr) /ɒn ðiː ˈʌð.ər hænd/ from the opposite point of view (used to introduce a contrasting idea) ● *Eating out can be enjoyable sometimes. On the other hand, home-cooked food is usually cheaper and healthier.* ❖ d'altro canto
  2. **laughter** (n) /ˈlɑːftə(r)/

the act of laughing ● *The sound of children’s laughter came from the playground.*

➣ laugh (n, v) ❖ risata

**Comparing**

comparison in contrast

on the other hand whereas

Grammar **Page 36**

* 1. **skip** (v) /skɪp/

move with little jumps, like a happy child ● *The children skipped along the street on their way home from school.* ➣ skip (n) ❖ saltellare

* 1. **sneeze** (v) /sniːz/

If you sneeze, air suddenly comes from your nose, making a noise, when you have a cold, for example. ● *Every spring, she sneezes because she is allergic to flowers.* ➣ sneeze

(n) ❖ starnutire

* 1. **tissue** (n) /ˈtɪʃuː/

a soft kind of paper, often used as a handkerchief ● *He took out a tissue and wiped the tears from his face.* ❖ fazzoletto

* 1. **climate change** (n) /ˈklaɪmət tʃeɪndʒ/ changes in the Earth’s weather caused by the increase of gases like carbon dioxide in the

atmosphere ● *Because of climate change, sea levels are rising.* ❖ cambiamento climatico

* 1. **fairly** (adv) /ˈfeəli/

quite ● *He recovered fairly quickly from his illness.* ➣ fair (adj) ❖ abbastanza

* 1. **major** (adj) /ˈmeɪʤə(r)/

important ● *The football World Cup is a major championship that all countries want to win.*

➣ majority (n) ❖ importante

✎ Opp: minor

Use your English **Page 37**

* 1. **malaria** (n) /məˈleərɪə/

a serious disease caused by the bite of a mosquito ● *If you travel to certain countries, you should take pills so you don’t get malaria.*

* + - malaria
  1. **mosquito** (n) /mɒsˈkiːtəʊ/

a flying insect that bites ● *She got bitten by mosquitoes while she was sleeping in the tent.*

* + - zanzara
  1. **consume** (v) /kənˈsjuːm/

to eat or use ● *If you consume plenty of vegetables, your health will improve.*

➣ consumer, consumption (n) ❖ consumare

* 1. **tooth decay** (n) /tuːθ dɪˈkeɪ/

when your teeth become destroyed ● *He has terrible tooth decay because he eats sweets and doesn’t brush his teeth.* ❖ carie

* 1. **focus on** (v) /ˈfəʊkəs ɒn/

concentrate on ● *‘In the lesson today we will focus on colour in nature,’ said the biology teacher.* ➣ focus (n) ❖ concentrarsi su

* 1. **weights** (n pl) /weɪts/

heavy objects used as part of an exercise routine ● *Andy lifts weights twice a week at the gym and he has become very strong.* ❖ pesi

* 1. **on the mend** (expr) /ɒn ðə mend/

starting to feel better ● *Anna had the flu last week. Fortunately, she’s on the mend now.*

* + - in via di guarigione
  1. **a new lease of life** (expr) /ə njuː liːs əv laɪf/

a chance of better health ● *His heart operation gave him a new lease of life.* ❖ nuova voglia di vivere

* 1. **on my last legs** (expr) /ɒn maɪ læst legz/ feeling very weak; dying ● *The lost climbers were on their last legs by the time the rescue team found them.* ❖ agli sgoccioli
  2. **take time out** (expr) /teɪk taɪm aʊt/

to have a break or a rest ● *She’s been studying so much that she needs to take some time out to rest.* ❖ prendersi un po' di riposo

* 1. **recharge (your) batteries** (expr) /rɪˈʧɑːʤ (jɔː)

ˈbætəriz/

to get your energy back ● *I’m tired. I’ll take a break to recharge my batteries.*

* + - ricaricare le pile
  1. **regain** (v) /rɪˈgeɪn/

to get back ● *Have you regained your health after the flu you had last month?* ❖ ritrovare, riprendere

* 1. **exhausted** (adj) /ɪɡˈzɔːstɪd/

very tired ● *The explorers walked in the jungle all day and were exhausted by the evening.*

➣ exhausting (adj), exhaust (v), exhaustion (n)

* + - esausto

**Health**

ache malaria

cough operation

disease overweight

fitness pill

flu recover

illness sick building life expectancy syndrome

sneeze symptom tiredness tooth decay unfit

unwell weight

Writing **Pages 38–39**

* 1. **light-hearted** (adj) /laɪt-ˈhɑːtɪd/

not too serious ● *She wrote a light-hearted email to her friend with all her good news.*

* + - spensierato
  1. **realistic** (adj) /rɪəˈlɪstɪk/

based on facts ● *He asked for a realistic salary that was appropriate for an employee with his qualifications.* ➣ reality (n) ❖ realistico

✎ Opp: unrealistic

* 1. **add up** (phr v) /æd ʌp/

to slowly increase until sth becomes a large amount or number ● *If you buy takeaway coffee every day, it will soon add up.*

* + - aggiungere
  1. **otherwise** (adv) /ˈʌðəwaɪz/

differently; apart from that ● *You should start exercising. Otherwise, your health will suffer.*

* + - altrimenti
  1. **publish** (v) /ˈpʌblɪʃ/

to prepare and print a book, magazine, etc. in order to sell it ● *His first book was published in 1998.* ➣ publisher, publication (n) ❖ pubblicare

* 1. **announcement** (n) /əˈnaʊnsmənt/

an important statement that is made to give people information about sth ● *We arrived at the airport in time to hear the announcement that our flight was cancelled.* ➣ announce (v), announcer (n) ❖ annuncio

* 1. **remedy** (n) /ˈremədi/

a medicine to cure an illness or pain ● *Hot tea with lemon and honey is my mum’s remedy for a cold.* ❖ rimedio

## prevention is better than cure (expr)

/prɪˈvenʃn ɪz ˈbetə ðən kjʊə/

it is better to avoid getting ill than to try and get better after you have become ill ● *Wash your hands before you eat or you might get ill. Prevention is better than cure.* ❖ prevenire è meglio che curare

* 1. **increase** (v) /ɪnˈkriːs/

make bigger, greater ● *If you wear a colour you like, it could increase your confidence at the interview.* ➣ increase (n) ❖ aumentare

* 1. **warm up** (v) /wɔːm ʌp/

to do gentle exercise to prepare your body for more intensive exercise ● *The football players warmed up before the match started.*

➣ warm-up (n) ❖ riscaldarsi

* 1. **organic food** (n) /ɔːˈgænɪk fuːd/

food grown without the use of chemicals

* *Organic food is good for you because it doesn’t have dangerous chemicals in it.*
  + - cibi bio

**Food and food production**

crop squash

herb staples

organic food

Live well, study well

# Page 40

* 1. **limiting** (adj) /ˈlɪmɪtɪŋ/

holding sb/sth back from developing ● *If you don’t speak the language at all, it will be a limiting factor when you move to Germany.*

➣ limit (n, v) ❖ limitante

* 1. **get back on track** (expr) /bæk ɒn træk/

to go the way you want again after facing a problem ● *Jerry needed a few weeks to get back on track at work after his heart operation.*

* + - rimettersi in carreggiata
  1. **master** (v) /ˈmɑːstə(r)/

to learn how to do sth well ● *Young people can quickly master new computer games.*

➣ master (n) ❖ padroneggiare

* 1. **gradually** (adv) /ˈɡrædʒuəli/

slowly ● *I’m gradually getting used to my new school.* ➣ gradual (adj) ❖ gradualmente

* 1. **expand** (v) /ɪksˈpænd/

to become bigger ● *Metals expand when they are heated.* ➣ expansion (n) ❖ espandere

✎ Opp: contract

* 1. **setback** (n) /ˈsetbæk/

sth that stops or slows down progress

* *You will face all kinds of setbacks when you try to start a business.* ➣ set back (phr v)
  + - battuta d'arresto
  1. **acknowledge** (v) /əkˈnɒlɪdʒ/

to accept sth as true ● *He was given a medal to acknowledge his bravery.*

➣ acknowledgement (n) ❖ riconoscere

* 1. **manageable** (adj) /ˈmænɪdʒəbl/

that you can control or do ● *The project will be more manageable if we share the work as a team.* ➣ manage (v), manager, management

(n) ❖ gestibile ✎ Opp: unmanageable

* 1. **reward** (v) /rɪˈwɔːd/

to give sth to sb because they have done sth good or worked hard ● *I rewarded myself with a relaxing bath after the long tiring walk.*

➣ reward (n), rewarding (adj) ❖ premiare

* 1. **successfully** (adv) /səkˈsesfəli/

with success ● *She successfully sailed the boat back into the harbour.* ➣ successful (adj), success (n), succeed (v) ❖ con successo

* 1. **succeed** (v) /səkˈsiːd/

to manage to do sth you have been trying

to do ● *Ben wants to succeed in his university exams.* ➣ success (n), successful (adj), successfully (adv) ❖ avere successo

* 1. **respond** (v) /rɪˈspɒnd/

to answer sb; to reply to sb ● *My friend sent me an email, but I haven’t responded to her yet.* ➣ response (n) ❖ rispondere

* 1. **repetition** (n) /repəˈtɪʃn/

doing or saying the same thing many times

* *The repetition of the same lyrics again and again in this song makes it a bit annoying.*

➣ repeat (v), repetitive (adj) ❖ ripetizione

* 1. **limit** (v) /ˈlɪmɪt/

to stop sb from doing what they want ● *He limited himself to two small meals a day while he was on a diet.* ➣ limit (n), limiting, limited (adj) ❖ limitare

* 1. **apply to** (v) /əˈplaɪ tuː/

to concern; to be about sb/sth ● *The new law only applies to students over the age of sixteen.* ❖ applicarsi

* 1. **stage** (n) /steɪʤ/

a part of a process ● *The next stage in communications is hand-held tablets that have a phone, a camera and internet connection.*

* + - fase

**Expressions**

a new lease of life break a (bad) habit go a long way

in moderation on my last legs

on the mend on track

recharge your batteries take time out

under the weather