**1** A feast for the senses

**Glossary**

## Page 5

* 1. **feast** (n) /fiːst/

sth that is very enjoyable to see, hear, taste, experience, etc. ● *The dessert we had was a feast for the senses!* ❖ uczta

* 1. **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)

* + - zmysł
  1. **pastry** (n) /ˈpeɪstri/

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.* ❖ ciastko

Reading **Pages 6–7**

* 1. **hierarchy** (n) /ˈhaɪərɑːki/

a system in which people or things are organised by importance ● *Even in zoos, lions have a complex social hierarchy.*

➣ hierarchical (adj) ❖ hierarchia

* 1. **researcher** (n) /rɪˈsɜːtʃə(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) ❖ badacz

* 1. **study** (n) /ˈstʌdi/

a particular piece of research ● *We carried out a study into how people react to different colours.* ➣ study (v) ❖ badanie

* 1. **reveal** (v) /rɪˈviːl/

make people aware of sth ● *The journalist revealed the celebrity’s family history.*

➣ revelation (n) ❖ odkryć

* 1. **value** (v) /væljuː/

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)

* + - doceniać
  1. **heritage** (n) /ˈherɪtɪʤ/

a country’s history and traditions regarded as part of its character ● *The Eiffel Tower is a symbol of France’s national heritage.*

* + - dziedzictwo
  1. **similarly** (adv) /ˈsɪmələli/

in almost the same way ● *Babies need to eat healthy food. Similarly, it’s important they sleep many hours.* ➣ similar (adj), similarity (n)

* + - podobnie
  1. **patterned** (adj) /ˈpætənd/

with a design of repeated colours and shapes

* *He wore a red and black patterned T-shirt.*

➣ pattern (n) ❖ wzorzysty

* 1. **pottery** (n) /ˈpɒtəri/

plates, dishes, etc. made from clay and then baked ● *The shop had beautiful pottery on sale, but my favourite piece was a blue vase.*

* + - porcelana
  1. **findings** (n pl) /ˈfaɪndɪŋs/

results ● *The findings of the survey show that most children do not like heavily spiced foods.*

➣ find (v, n) ❖ ustalenia, wyniki

* 1. **prove** (v) /pruːv/

show to be true ● *The research may prove that there is some form of life on nearby planets.*

➣ proof (n) ❖ udowadniać

* 1. **significant** (adj) /sɪgˈnɪfɪkənt/

important ● *Scientists have made significant progress in understanding the human body.*

➣ significance (n), significantly (adv)

* + - istotny, znaczący ✎ Opp: insignificant
  1. **range** (n) /reɪnʤ/

a group of different things of the same type

* *There is a wide range of dishes on the menu to suit all tastes.* ❖ gama, zakres
  1. **practice** (n) /ˈpræktɪs/

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)

* + - praktyka
  1. **develop** (v) /dɪˈveləp/

become bigger, more advanced, etc.

* *As children grow, they learn to develop the skills required in adulthood.* ➣ development (n), developed (adj) ❖ rozwijać się
  1. **utilise** (v) /ˈjuːtəlaɪz/

make use of sth ● *Photographers can utilise computer programs to alter colours and shapes in images.* ➣ utilisation (n)

* + - używać
  1. **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)

* + - sensoryczny
  1. **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) ❖ Działanie

* 1. **organ** (n) /ˈɔːgən/

a part of the body that serves a particular function ● *The heart and the brain are the most important of all human organs.*

* + - organ
  1. **lead (to)** (v) /liːd (tuː)/

cause ● *Too much stress can lead to health issues.* ❖ Prowadzić do czegoś

* 1. **struggle** (v) /ˈstrʌɡl/

try very hard to do sth difficult ● *The farmers struggled to survive through the exceptionally cold winter.* ➣ struggle (n) ❖ walczyć o coś, robić coś z trudem

* 1. **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) ❖ Ograniczać (do)
  1. **conduct** (v) /kənˈdʌkt/

organise or do sth ● *The students conducted a number of experiments in the science lab.*

* + - prowadzić coś
  1. **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.* ❖ na dużą skalę

* 1. **investigate** (v) /ɪnˈvestɪgeɪt/

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)

* + - prowadzić śledztwo/badania
  1. **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.* ❖ tekstura

* 1. **diverse** (adj) /daɪˈvɜːs/

of many different kinds ● *Students at this university come from a diverse range of backgrounds.* ➣ diversity (n), diversify (v)

* + - zróżnicowany
  1. **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.* ❖ język migowy

* 1. **the globe** (n) /ðə ɡləʊb/

the world ● *My ambition is to visit as many countries as possible around the globe.*

➣ global (adj), globally (adv) ❖ glob, świat

* 1. **range from ... to** (phr) /reɪŋʤ frɒm ... tuː/ vary ● *The age of participants in the experiment ranged from 20 to 55.* ➣ range (n)
     + Wynosi od … do
  2. **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) ❖ plemię

* 1. **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.* ❖ postindustrialny
  1. **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)

* + - uczestnik
  1. **vision** (n) /ˈvɪʒn/

the power of sight ● *Having perfect vision, he can read small print without glasses even at a distance.* ➣ visual (adj) ❖ wzrok

* 1. **floral** (adj) /ˈflɔːrəl/

decorated with a design of flowers ● *She wore a pretty floral top.* ❖ kwiatowy

* 1. **ease** (n) /iːz/

the lack of difficulty ● *We cycled with ease along the straight road.* ➣ easy (adj), easily (adv) ❖ łatwość

* 1. **noticeably** (adv) /ˈnəʊtɪsəbli/

in a way that is easily seen or felt ● *The weather is noticeably cooler than last week.*

➣ noticeable (adj), notice (v) ❖ zauważalnie

* 1. **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)

* + - przewyższać
  1. **variation** (n) /ˌveəriˈeɪʃn/

a change in level or type ● *In each region, there are different variations of traditional dishes.* ➣ vary (n), variable (adj)

* + - wariacja
  1. **according to** (prep) /əˈkɔːdɪŋ tə/

depending on ● *The jars were arranged on the shelves according to their size.* ❖ zgodnie z

* 1. **Farsi** (n) /ˈfɑːsiː/

the official language of Iran; modern Persian

* *Although Shirin grew up in London, she still speaks Farsi with her Iranian relatives.*
  + - język perski
  1. **Lao** (n) /laʊ/

the official language of Laos and parts of Thailand ● *Living and working in north Thailand, Kim learnt to speak Lao.*

* + - język laotański ✎ Syn: Laotian
  1. **reflect** (v) /rɪˈflekt/

show sth or be a sign of sth ● *His tears reflected how upset and tired he was.*

➣ reflection (n) ❖ odzwierciedlać

* 1. **demonstrate** (v) /ˈdemənstreɪt/

show proof that sth is true ● *The experiment demonstrates the effects of sleep.*

➣ demonstration (n) ❖ udowadniać

* 1. **thorough** (adj) /ˈθʌrə/

careful and complete; with attention to detail

* *The police did a thorough search of the area.*
  + - gruntowny
  1. **function** (n) /ˈfʌŋkʃən/

what sth does; the purpose of sth

* *One function of the human nose is to detect smell.* ❖ funkcja
  1. **solely** (adv) /ˈsəʊlli/

only; exclusively ● *The school library is solely for the use of students and staff.* ➣ sole (adj)

* + - wyłącznie
  1. **extend** (v) /ɪkˈstend/

make sth bigger or longer ● *She extended her study to include more detailed results.*

➣ extension (n) ❖ powiększać coś, rozszerzać coś

* 1. **awareness** (n) /əˈweənəs/

knowledge and understanding of something

* *The group aims to raise people’s awareness of cultural differences in the community.*

➣ aware (adj) ❖ świadomość

* 1. **perspective** (n) /pəˈspektɪv/

point of view; attitude ● *The results have to be viewed from a cultural perspective.*

* + - perspektywa
  1. **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?* ❖ wart zachodu
  1. **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.* ❖ przemysł

* 1. **essential** (adj) /ɪˈsenʃl/

completely necessary ● *Cookery skills are essential to becoming a chef.*

➣ essentially (adv) ❖ niezbędny

* 1. **assist** (v) /əˈsɪst/

help ● *Would you kindly assist me to complete this application form?* ➣ assistance, assistant (n) ❖ pomagać

* 1. **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)

* + - wrażenie
  1. **misunderstand** (v) /ˌmɪsʌndəˈstænd/

not understand sth correctly ● *I misunderstood his phone message and went to the wrong address.* ➣ misunderstanding (n)

* + - źle zrozumieć
  1. **participate** (v) /pɑːˈtɪsɪpeɪt/

be involved in an activity ● *How many local residents participated in the survey?*

➣ participation, participant (n) ❖ uczestniczyć

* 1. **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) ❖ gospodarka
  1. **express** (v) /ɪksˈpres/

show what you think or feel ● *Mario can’t express himself well in English.*

➣ expression (n), expressive (adj)

* + - wyrażać
  1. **aware (of)** (adj) /əˈwɛː(r) (ɒv)/

knowing about sth ● *There’s a large warning sign to make drivers aware of the pedestrian crossing ahead.* ➣ awareness (n)

* + - świadomy (czegoś)
  1. **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.* ❖ już nie

Vocabulary **Page 8**

* 1. **detect** (v) /dɪˈtekt/

find; notice ● *The doctor detected a slight improvement in her patient’s health.*

➣ detection, detective (n) ❖ wykrywać

* 1. **interpret** (v) /ɪnˈtɜːprɪt/

understand something in a particular way

* *The biologist is attempting to interpret the sounds made by dolphins and whales.*

➣ interpretation (n) ❖ interpretować

* 1. **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) ❖ daltonista

* 1. **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) ❖ identyfikować

* 1. **conclude** (v) /kənˈkluːd/

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)

* + - wyciągnąć wniosek
  1. **perceive** (v) /pəˈsiːv/

see and understand ● *People from different cultures perceive their surroundings differently.*

➣ perception (n), perceptive (adj)

* + - postrzegać
  1. **sense** (v) /sens/

feel and understand sth ● *Dogs sense when someone is approaching long before a human notices anything.* ➣ sense (n) ❖ odczuwać

* 1. **furious** (adj) /ˈfjʊəriəs/

very angry ● *Ivan was furious when he saw the damage to his new car.* ➣ fury (n)

* + - rozwścieczony
  1. **overwhelm** (v) /əʊvəˈwelm/

have an overpowering effect on sb ● *We were overwhelmed by the generosity of the villagers.*

➣ overwhelming (adj), overwhelmingly (adv)

* + - przytłaczać
  1. **eager** (adj) /ˈiːgə(r)/

keen, willing ● *She was eager to meet her online friend face-to-face*. ➣ eagerness (n), eagerly (adv) ❖ chętny do czegoś

* 1. **ecstatic** (adj) /ekˈstætɪk/

extremely happy and excited ● *He was ecstatic about going to the concert.*

* + - ekstatyczny
  1. **emotional** (adj) /ɪˈməʊʃənl/

related to feelings ● *He had a surprisingly emotional reaction when he saw the old photo and realised it was his grandfather.*

➣ emotion (n) ❖ emocjonalny

* 1. **jealous** (adj) /ˈdʒeləs/

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) ❖ zazdrosny

* 1. **compose** (v) /kəmˈpəʊz/

write a piece of music ● *How old was Beethoven when he composed his first symphony?* ➣ composer, composition (n)

* + - komponować
  1. **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)

* + - spięty
  1. **reluctant** (adj) /rɪˈlʌktənt/

unwilling; not keen to do sth ● *He feels silly and is reluctant to ask anyone for help.*

➣ reluctance (n), reluctantly (adv)

* + - niechętny
  1. **chatty** (adj) /ˈʧæti/

talkative; having a friendly, informal style

* *She wrote me a long, chatty email with her news*. ➣ chat (n, v) ❖ gadatliwy
  1. **moody** (adj) /ˈmuːdi/

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)

* + - humorzasty
  1. **optimistic** (adj) /ɒptɪˈmɪstɪk/

believing good things will happen ● *She studied hard, so she’s optimistic about her exam results.* ➣ optimism (n) ❖ optymistyczny

✎ Opp: pessimistic

* 1. **outgoing** (adj) /ˈaʊtɡəʊɪŋ/

sb friendly who likes talking to new people

* *He has an outgoing personality and is never shy.* ❖ towarzyski
  1. **pessimistic** (adj) /pesɪˈmɪstɪk/ believing bad things will happen ● *He is*

*pessimistic about the future of the planet and says people will destroy it.* ➣ pessimism (n)

* + - pesymistyczny ✎ Opp: optimistic
  1. **self-confident** (adj) /self ˈkɒnfɪdənt/ sure of yourself ● *She is a self-confident person and enjoys giving presentations in class.* ➣ self-confidence (n)
     + pewny siebie
  2. **sensitive** (adj) /ˈsensɪtɪv/

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)

* + - wrażliwy ✎ Opp: insensitive
  1. **unconventional** (adj) /ʌnkənˈvenʃənl/ different from normal; not typical
* *Her unconventional lifestyle involves living in different countries for a few months.*

➣ unconventionally (adv)

* + - niekonwencjonalny ✎ Opp: conventional
  1. **pick up on** (phr v) /pɪk ˈʌp 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*. ❖ zauważyć coś

* 1. **emotion** (n) /ɪˈməʊʃən/

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)
  + - emocja

**Verbs**

assist compose conclude conduct demonstrate detect develop express extend identify interpret investigate lead (to)

misunderstand

outperform overwhelm participate perceive practise prove

range (from … to) reflect

restrict reveal sense struggle utilise value

Grammar **Page 9**

* 1. **webinar** (n) /ˈwebɪnɑː(r)/

an online group meeting or presentation

* *Please sign in to the class webinar at 9.30*.
  + - webinar
  1. **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) ❖ gniazdo

* 1. **journal** (n) /ˈdʒɜːnl/

a magazine related to a particular profession

* *The results of the research were published in the science journal*. ➣ journalist, journalism (n)
  + - czasopismo
  1. **a bit** (expr) /ə bɪt/

a short time ● *I’m quite hungry, so I’ll stop work for lunch in a bit.* ❖ za chwilę

* 1. **exhausted** (adj) /ɪgˈzɔːstɪd/

very tired ● *The teacher was exhausted after a whole day of online lessons.* ➣ exhaust (v), exhaustion (n) ❖ wyczerpany

Listening **Page 10**

* 1. **concerned** (adj) /kənˈsɜːnd/

worried ● *Sam looked concerned when he heard the bad news.* ➣ concern (v, n)

* + - zmartwiony ✎ Opp: unconcerned
  1. **irritated** (adj) /ˈɪrɪteɪtɪd/

annoyed ● *The teacher looked irritated when the students arrived late.* ➣ irritate (v), irritation (n), irritating (adj) ❖ zdenerwowany

* 1. **convinced** (adj) /kənˈvɪnst/

completely sure that sth is true ● *I was convinced that she was right.* ➣ convince (v)

* + - przekonany (o czymś) ✎ Opp: unconvinced
  1. **astonished** (adj) /əˈstɒnɪʃt/

very surprised ● *Everyone looked astonished when I told them I was moving to Argentina.*

➣ astonishing (adj), astonish (v), astonishment (n) ❖ zdumiony

* 1. **delighted** (adj) /dɪˈlaɪtɪd/

very pleased or happy ● *Aunt Tracy seemed delighted to see me.* ➣ delight (n), delightful (adj) ❖ zachwycony

* 1. **appreciative** (adj) /əˈpriːʃetɪv/ showing you are grateful ● *Irene was*

*appreciative of her family’s support during her university course.* ➣ appreciation (n), appreciate (v) ❖ wdzięczny

* 1. **downside** (n) /ˈdaʊnsaɪd/

a disadvantage ● *The downside of studying abroad was that she missed her family*.

* + - wada
  1. **reaction** (n) /riˈækʃn/

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) ❖ reakcja

* 1. **concentrate (on)** (v) /ˈkɒnsəntreɪt (ɒn)/ focus on sth ● *Listening to music helps me concentrate on my work.* ➣ concentration (n)
     + koncentrować się (na czymś)
  2. **take part (in)** (expr) /teɪk pɑːt (ɪn)/

be involved in ● *Diana took part in a talent show and she won first prize.*

* + - uczestniczyć (w)
  1. **adapt** (v) /əˈdæpt/

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.* ❖ dostosowywać

* 1. **adopt** (v) /əˈdɒpt/

copy; start to use ● *The new assistant adopted the bad habit of arriving late for work.*

➣ adoption (n) ❖ przyjmować (sposób działania)

* 1. **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.*

* + - generalnie

**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

Speaking **Page 11**

* 1. **leisure** (n) /ˈleʒə(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)

* + - wolny czas
  1. **take up** (phr v) /teɪk ʌp/

start a sport or hobby ● *Miguel bought a new video camera to take up vlogging.*

* + - zająć się (jakimś hobby, sportem)
  1. **be into** (expr) /biː ˈɪntə/

like or enjoy (sth) ● *I’m not into sports, but*

*I enjoy long walks in the park.* ❖ interesować się czymś, lubić coś robić

* 1. **passionate** (adj) /ˈpæʃənət/

liking sth very much; caring strongly about sth

* *He’s a passionate supporter of human rights.*

➣ passion (n), passionately (adv)

* + - namiętny, żarliwy
  1. **depend on sb/sth** (v) /dɪˈpend ɒn ˈsʌmbədi

ˈsʌmθɪŋ/

be unsure because other things have to be considered ● *Moving house depends on where he finds a job.* ❖ zależeć od kogoś/czegoś

* 1. **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.* ❖ być na bieżąco z czymś/kimś

* 1. **lose touch (with)** (expr) /luːz tʌʧ (wɪð)/

not stay in contact (with) ● *He lost touch with his old friends after college.* ❖ stracić kontakt z kimś ✎ Opp: keep / stay in touch (with)

* 1. **catch up** (phr v) /kæʧ ʌp/

find out about each other’s news ● *Let’s catch up soon and I’ll tell you all about my new job.*

* + - nadrabiać (zaległości, informacje)

Grammar **Page 12**

* 1. **currently** (adv) /ˈkʌrəntli/

right now ● *They are currently giving talks in Japan.* ➣ current (adj) ❖ teraz, w danym momencie

* 1. **hummus** (n) /ˈhʊməs/

a soft mixture of boiled chickpeas, sesame paste, lemon juice and garlic ● *We had some hummus as a dip with carrots.* ❖ hummus

* 1. **rehearsal** (n) /rɪˈhɜːsl/

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) ❖ próba

* 1. **issue** (n) /ˈɪʃuː/

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) ❖ wydanie

(np. czasopisma)

Use your English **Page 13**

* 1. **satisfaction** (n) /sætɪsˈfækʃn/

a feeling of happiness ● *It gave Mark great satisfaction to taste his first homemade pizza.*

➣ satisfy (v), satisfactory (adj) ❖ satysfakcja

✎ Opp: dissatisfaction

* 1. **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) ❖ wątpliwość

* 1. **dependent (on)** (adj) /dɪˈpendənt (ɒn)/ affected or decided by (sth else) ● *Our weekend camping plans are dependent on the weather.* ➣ depend (v), dependence (n)
     + zależny (od)
  2. **doubtful (about)** (adj) /ˈdaʊtfl (əˈbaʊt)/ uncertain ● *He was doubtful about his chances of winning the competition.* ➣ doubt (n, v), doubtfully (adv) ❖ niepewny, pełen wątpliwości
  3. **dissatisfied (with)** (adj) /dɪsˈsætɪsfaɪd (wɪð)/ not pleased (with sb/sth) ● *She wrote to complain because she was so dissatisfied with the service at the hotel.* ➣ dissatisfaction (n)
     + niezadowolony z czegoś✎ Opp: satisfied
  4. **tasteless** (adj) /ˈteɪstləs/

with no taste ● *The sauce is a bit tasteless, so I’ll add some spice.* ➣ taste (v, n)

* + - bez smaku ✎ Opp: tasty
  1. **responsible (for)** (adj) /rɪˈspɒnsəbl (fɔː)/ causing ● *The bus driver was responsible for the accident as he didn’t stop at the red light.*

➣ responsibility (n) ❖ odpowiedzialny (za)

✎ Opp: irresponsible

* 1. **careless (about)** (adj) /ˈkeələs (əˈbaʊt)/ 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.*

* + - lekkomyślny ✎ Opp: careful
  1. **criticism** (n) /ˈkrɪtɪsɪzm/

disapproval, judgement ● *The film about the president’s life received a lot of criticism.*

➣ criticise (v), critic (n), critical (adj) ❖ krytyka

* 1. **be over the moon** (expr) /biː ˈəʊvə ðə muːn/ be very happy ● *She was over the moon when she heard that her team won.*
     + być w siódmym niebie
  2. **be in two minds** (expr) /biː ɪn tuː maɪndz/ be undecided ● *I’m in two minds about whether to have a party at home as I don’t fancy cleaning up afterwards.*
     + być niezdecydowanym, wahać się
  3. **be sick of** (expr) /biː ˈsɪk əv/

be fed up with ● *I’m sick of hearing bad news. Let’s get out and have fun!* ❖ mieć dosyć czegoś

* 1. **be on the ball** (expr) /biː ɒn ðə bɔːl/

be quick to understand and ready to react

* *You need to be on the ball and focus*

# Writing

**Expressions**

be a pain in the neck be down-to-earth

be in two minds be into

be keen on

be mad about be on the ball

be over the moon be sick of

## Pages 14–15

*on the questions during your interview.*

* + - działać bez zarzutu
  1. **be a pain in the neck** (expr) /biː ə peɪn ɪn ðə nek/

be annoying ● *Having to get up so early is a pain in the neck.* ❖ być nie do zniesienia

* 1. **be down-to-earth** (expr) /biː daʊn tuː ɜːθ/ be practical and sensible ● *For sensible advice, I rely on Ken, who is very down-to- earth.* ❖ być rzeczowym
  2. **sourness** (n) /ˈsaʊənəs/

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) ❖ cierpkość

* 1. **intensely** (adv) /ɪnˈtensli/

strongly; to a great extent ● *Though I enjoyed the book, I disliked the film intensely.*

➣ intense (adj), intensity (n) ❖ intensywnie

* 1. **affect** (v) /əˈfekt/

make a change to sb/sth ● *Strong coffee affects the senses and it may prevent sleep at night.* ❖ wpływać na coś

* 1. **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)
  + - farbować
  1. **observe** (v) /əbˈzɜːv/

watch sth closely ● *I observed the bird as it made its nest.* ➣ observation (n)

* + - obserwować
  1. **bitter** (adj) /ˈbɪtə(r)/

having a sharp strong taste ● *This fruit is too bitter to eat.* ➣ bitterness (n) ❖ gorzki

* 1. **salty** (adj) /ˈsɔːlti/

containing a lot of salt ● *Too many salty snacks, like potato crisps, are bad for your health.* ➣ salt (n, v) ❖ słony

* 1. **nevertheless** (adv) /ˌnevəðəˈles/

however; but ● *I had prepared my research well. Nevertheless, the results were disappointing.* ❖ jednakowoż, mimo to

* 1. **recipient** (n) /rɪˈsɪpɪənt/

a person who receives sth ● *Write the name of the recipient at the top of the letter.* ➣ receive

(v) ❖ odbiorca

* 1. **colloquial** (adj) /kəˈləʊkwiəl/

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)

* + - kolokwialny
  1. **development** (n) /dɪˈveləpmənt/ improvement ● *In recent years, there have been significant developments in medical science.* ➣ develop (v) ❖ rozwój
  2. **choir** (n) /kwaɪə(r)/

a group of people who sing together

* *The school choir sang at the local concert.*
  + - chór
  1. **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?*

* + - wpaść do kogoś na chwilę
  1. **be keen on** (expr) /biː kiːn ɒn/

like or be interested in ● *He is very keen on physics and would like to become an engineer.*

* + - interesować się czymś, lubić coś
  1. **look into** (phr v) /lʊk ˈɪntə/

study or try to find out sth ● *Don’t worry, I’ll look into the problem.* ❖ badać coś, przyglądać się czemuś

* 1. **be bound to** (expr) /biː baʊnd tə/

be very likely to ● *I’ll make a pizza for my friends. They’re bound to enjoy it.*

* + - o czymś, co z pewnością się stanie
  1. **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.* ❖ dać czemuś szansę, spróbować czegoś

# Live well, study well

## Page 16

* 1. **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) ❖ reagować
  1. **deal with** (phr v) /diːl wɪð/

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*. ❖ radzić sobie

z czymś

* 1. **calm down** (phr v) /kɑːm daʊn/

stop being angry or excited ● *Stop worrying and try to calm down.* ❖ uspokoić się

* 1. **cheer (sb) up** (phr v) /ʧɪə(r) (ˈsʌmbədi) ʌp/ make sb feel happier ● *The good news cheered him up.* ❖ rozweselać, podnosić na duchu
  2. **balanced meal** (expr) /ˈbælənst ˈmiːl/

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.* ❖ zbilansowany posiłek

* 1. **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.* ❖ poddać się, przestać coś robić

* 1. **practise** (v) /ˈpræktɪs/

do an activity ● *She’s been practising yoga for ten years.* ❖ ćwiczyć, praktykować

* 1. **meditation** (n) /medɪˈteɪʃən/

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) ❖ medytacja

* 1. **mindfulness** (n) /ˈmaɪndflnəs/

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) ❖ mindfulness, uważność

* 1. **moderate** (adj) /ˈmɒdərət/

average; not extreme ● *I only add a moderate amount of salt to food during cooking*.

➣ moderation (n), moderately (adv), moderate

(v) ❖ umiarkowany

* 1. **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.* ❖ spakować się

**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