

Unit 12

Body and mind

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12.1 gathering (n) /'gæðərɪŋ/ -

shromáždění; setkání

a meeting of people with a common interest • *We're looking forward to a family gathering at New Year.* > gather (v) ❖

12.2 similar (adj) /'sɪmələ(r)/ - podobný like sb/sth but not the same • *The two cousins look similar. They both have dark hair and blue eyes.* > similarly (adv), similarity (n) ❖ ↗ similar to sb/sth

Reading

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12.3 organ (n) /'ɔ:gən/ - orgán

a part of the body that has a particular function • *The heart is an essential organ in the body and you cannot live without it.* ❖

12.4 heart (n) /hɑ:t/ - srdce

the organ that sends blood around the body • *Her heart was beating fast with excitement.* ❖

12.5 lung (n) /lʌŋ/ - plíce

one of the two organs in your chest that you breathe with • *He has got pneumonia and his lungs are in a bad state.* ❖

12.6 brain (n) /breɪn/ - mozek

the organ in your head that you think with and that controls your body • *Human babies have big brains in relation to their bodies.* > brainy (adj) ❖

12.7 skin (n) /skɪn/ - kůže

the organ that covers the body • *Don't sunbathe for too long as the sun may burn your skin.* ❖

12.8 bone (n) /bəʊn/ - kost

the hard parts of the body that form the skeleton • *Larry fell off his bike and broke two bones in his foot.* > boney (adj) ❖

12.9 weight (n) /weɪt/ - hmotnost

how heavy sb/sth is • *An average male African elephant can grow to a weight of over 6,000 kilos.* > weigh (v) ❖

12.10 weigh (v) /weɪ/ - vážit

to have a particular weight; to measure how heavy sb/sth is • *Your brother should eat more. He only weighs 50 kilos.*

> weight (n) ❖

12.11 on average (phr) /ɒn 'ævərɪdʒ/ - v průměru

generally • *On average, men are taller than women.* ❖

12.12 microscopic (adj) /maɪkrə'skɒpɪk/ - mikroskopický

tiny • *The cells in our body are microscopic so you can't see them using just your eyes.* > microscope (n) ❖

12.13 nerve (n) /nɜ:v/ - nerv

the parts of the body that carry signals from the brain to the other organs and to the muscles • *I damaged a nerve in my arm when I was playing tennis.* > nervous (adj) ❖

12.14 cell (n) /sel/ - buňka

the smallest part of a living thing • *There are millions of cells in your body.* ❖

12.15 neuron (n) /'nʊərɒn/ - neuron

a cell which is part of the nervous system • *Without neurons our brains would not function.* ❖

12.16 breathe (v) /bri:ð/ - dýchat

to take air into your lungs and send it out again through your nose or mouth • *Let's go to the countryside tomorrow and breathe some fresh air.* > breath (n) ❖

12.17 blink (v) /blɪŋk/ - mrkat

to close and open your eyes quickly • *When I came out of the cave, the bright light made me blink.* > blink (n) ❖

12.18 make sense (phr) /meɪk sens/ - dávat smysl

to have meaning • *These instructions don't make sense.* ❖

12.19 race (v) /reɪs/ - závodit; spěchat

to move quickly • *The doctor raced to the*

emergency room to help a man who had had a heart attack. > race (n) ❖

12.20 shake off (phr v) /ʃeɪk ɒf/ - setřást to be free of sb/sth that is causing you difficulty • *There's a fly on your head, so try to shake it off and make it go away.* ❖

12.21 sensory (adj) /'sensəri/ - smyslový relating to the senses • *The brain receives signals from the sensory organs such as the eyes and the tongue.* > sense, sensor (n) ❖

12.22 light bulb (n) /laɪt bʌlb/ - žárovka the glass object inside a lamp that produces light • *I have to change the light bulb in my bedroom.* ❖

12.23 chemical (n) /'kemɪkl/ - chemikálie a substance resulting from a reaction between two substances • *There are many chemicals in processed foods so I don't eat them.* > chemical (adj), chemist (n) ❖

12.24 solve (v) /sɒlv/ - vyřešit to find a way to do sth • *Talking to a friend might help you find a way to solve your problem.* > solution (n) ❖

12.25 after all (phr) /'ɑːftər ɔːl/ - koneckonců used when you are giving a reason or explaining sth • *Don't apologise. After all, it's just a minor accident.* ❖

12.26 mood (n) /muːd/ - nálada the way you feel at a particular time • *Mum is in a bad mood because she's got a headache.* > moody (adj) ❖

Vocabulary

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12.27 elbow (n) /'elbəʊ/ - loket the joint that connects the lower part of your arm to the upper part • *I hit my elbow on the table when I stood up and it really hurt.* ❖

12.28 heel (n) /hi:l/ - pata the back part of your foot • *These new trainers rub against my heels and hurt my feet when I'm running.* ❖

12.29 lip (n) /lɪp/ - ret one of the two soft edges on the outside of your mouth • *She lifted the water bottle to her lips and took a drink.* ❖

12.30 shoulder (n) /'ʃəʊldə(r)/ - rameno the part of your body between the top of your arm and your neck • *He hurt his shoulder playing basketball.* ❖

12.31 thumb (n) /θʌm/ - palec u ruky the short, thick finger on the side of your hand • *Humans can pick things up and hold them because they have fingers and thumbs.* ❖

12.32 toe (n) /təʊ/ - prst na noze one of the five parts like small fingers on the end of your foot • *I hit my foot on the leg of the table and I almost broke my big toe.* ❖

12.33 chin (n) /tʃɪn/ - brada the part of your face under your mouth • *Dad has grown a short beard on his chin and my mum doesn't like it.* ❖

12.34 forehead (n) /'fɔːhed/ - čelo the part of your head between your eyes and your hair • *Dad rubbed his forehead while he was thinking.* ❖

12.35 sore (adj) /sɔː(r)/ - bolavý sth which gives pain because of illness or injury • *I carried some heavy boxes yesterday and now I have a sore back.* > soreness (n) ❖

12.36 painful (adj) /'peɪnfl/ - bolestivý causing the feeling that you have been hurt • *She hit her leg and now it's very painful.* > painfully (adv), pain (n) ❖

↘ Opp: painless

12.37 eyebrow (n) /'aɪbraʊ/ - obočí the line of hair above your eye • *We show feelings with our eyebrows by moving them up and down.* ❖

12.38 beard (n) /'biəd/ - plnovous; vousy hair that grows on a man's cheeks and chin • *Santa Claus has got a long white beard.* ❖

12.39 sneeze (v) /sniːz/ - kýchat

to suddenly blow air out of your nose • *I've had a cold for three days and can't stop sneezing.* > sneeze (n) ❖

12.40 cough (v) /kɒf/ - kašlat
to force air from your lungs • *Please put your hand in front of your mouth when you cough.* > cough (n) ❖

12.41 right-handed (adj) /raɪt-'hændɪd/ - pravoruký

using your right hand in preference to your left to do things • *I write with my right hand because I'm right-handed.* ❖

🔪 Opp: left-handed

12.42 automatically (adv) /ˌɔːtə'mætɪkli/ - automaticky

without needing sb to do sth to make an action happen • *The lights went on automatically when they entered the house.* ❖

12.43 swallow (v) /'swɒləʊ/ - polykat
when sth goes from your mouth to your stomach • *Drink some water to help you swallow the medicine.* ❖

12.44 stomach (n) /'stʌmək/ - žaludek
the organ where food goes when you swallow it • *I must have eaten something bad because my stomach really aches.* ❖

Grammar

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12.45 straw hat (n) /'strɔː hæʔ/ - slamák
a hat made from dried stems of wheat or other plants • *She wore a large straw hat to protect her head from the sun.* ❖

12.46 gorgeous (adj) /'gɔːdʒəs/ - nádherný
very attractive • *You look gorgeous in that red dress.* ❖

12.47 rollercoaster (n) /'rɒləkəʊstə(r)/ - horská dráha

a track with very steep slopes, which people ride on in a small train at amusement parks • *Janine got scared on the rollercoaster because she hates going really fast.* ❖

12.48 funfair (n) /'fʌnfɛə(r)/ - lunapark; pouť

an area with organised fun rides and games • *They love going to the funfair and especially going on the rollercoaster.* ❖

12.49 healthily (adv) /'helθli/ - zdravě
in a way that is good for sb's health • *I've started eating more healthily by having less bread and more fresh fruit.* > health

(n), healthy (adj) ❖ 🔪 Opp: unhealthily
12.50 webinar (n) /'webɪnɑː(r)/ - webinar
an online class or meeting for a small group of people • *The university is holding a webinar for science teachers next week.*

❖

Listening

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12.51 step (v) /step/ - šlápnout; vkročit
to lift your foot and move it to put it down in another place • *My boots were dirty because I stepped in some mud.* > step (n)

❖

12.52 nail (n) /neɪl/ - nehet; hřebík
a thin piece of metal with a sharp point at one end, used to join things together • *She put a nail in the wall to hang a painting on it.* > nail (v) ❖

12.53 disability (n) /dɪsə'bɪlɪti/ - postižení
an illness or injury of the body • *The Paralympics are an inspirational sports event for people with disabilities.* > disabled (adj) ❖

Speaking

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

12.55 baking (n) /'beɪkɪŋ/ - pečení
preparing food and then cooking it in an oven • *Christina enjoys baking and she makes bread for all her family and friends.* > bake (v), baker (n) ❖

12.56 diet (n) /'daɪət/ - dieta; strava

the food you normally eat and drink • A diet rich in vegetables, fruit and olive oil is good for you. > diet (v) ❖

Vocabulary

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12.57 recover (v) /rɪ'kʌvə/ - uzdravit se get better from an illness • *Luke has recovered from his bad cold and now he feels much better.* > recovery (n) ❖

12.58 tablet (n) /'tæblɪt/ - tabletká a pill • *If you have a headache, take two of these tablets and it will go away.* ❖

12.59 injury (n) /'ɪndʒəri/ - zranění damage to part of a person's or an animal's body caused by an accident or attack • *He had a car accident, but luckily his injuries weren't serious.* > injure (v) ❖

12.60 operation (n) /ɒpə'reɪʃn/ - operace cutting into sb's body to repair a part or remove it • *Nancy has broken her arm badly in three places and she needs an operation to fix it.* > operate (v) ❖

12.61 illness (n) /'ɪlnɪs/ - nemoc a disease • *Cancer is a very serious illness.* > ill (adj) ❖

12.62 prescription (n) /prɪ'skrɪpʃn/ - recept na lék a piece of paper which a doctor writes saying what medicine sb needs so that they can get it from a pharmacist • *Sally had a throat infection, so the doctor gave her a prescription for some tablets.* > prescribe (v) ❖

12.63 pharmacy (n) /'fɑ:məsi/ - lékárna a shop where you can buy medicines • *Judy bought some suncream from the pharmacy.* > pharmacist (n) ❖ \ Syn: chemist's

12.64 earache (n) /'ɪərəɪk/ - bolest ucha a pain in the ear • *You should contact the doctor tomorrow if the earache continues.* ❖

12.65 flu (n) /flu:/ - chřipka 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.* ❖ \ NB: flu is the abbreviated form of influenza

12.66 injured (adj) /'ɪndʒəd/ - zraněný hurt • *The climber needed help to get down the mountain because of his injured ankle.* > injury (n), injure (v) ❖

12.67 sore throat (n) /sɔ: θrəʊt/- bolest v krku when the area at the back of your mouth and inside your neck hurts • *A spoonful of honey might help your sore throat go away.* ❖

12.68 lose weight (phr) /lu:z weɪt/ - zhubnout to have less weight than before • *Dana lost a lot of weight when she was ill and couldn't eat.* ❖

12.69 put on weight (phr) /pʊt ɒn weɪt/ - ztloustnout; přibrat na váze to become heavier than before • *Sotiria is putting on weight because she's going to have a baby soon.* ❖

12.70 catch a cold (phr) /kætʃ ə kəʊld/ - chytit rýmu to get an illness that affects the nose and throat with coughing or sneezing • *I can't stop sneezing! I think I've caught a cold.* ❖

12.71 go on a diet (phr) /gəʊ ɒn ə 'daɪət/ - začít držet dietu to eat less food or different food in order to lose weight • *He went on a diet and lost six kilos.* ❖

12.72 keep fit (phr) /ki:p fɪt/ - držet se v kondici to do exercise to stay fit • *Martha goes to ballet lessons to keep fit.* ❖

12.73 ambulance (n) /'æmbjələns/ - sanitka a vehicle that takes injured or sick people to hospital • *Someone called an ambulance to take the injured person to hospital.* ❖

Grammar

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12.74 collarbone (n) /'kɒlə bæʊn/ - klíčnı́ kost

one of the pair of bones that go from the bottom part of your neck to your shoulders • *He broke his collarbone playing rugby.* ❖

Writing

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12.75 recipe (n) /'resəpi/ - recept na jídlu instructions for how to cook sth • *Can you give me your recipe for chocolate cake?* ❖

12.76 summarise (v) /'sʌməraɪz/ - shrnout say in a few words • *In the last paragraph of your composition, you should summarise your main ideas in a few words.* ➤ summary (n) ❖

12.77 awake (adj) /ə'weɪk/ - vzhůru not sleeping • *I got up early this morning, so I've been awake since 6 a.m.* ➤ awaken (v) ❖

12.78 routine (n) /ru:'ti:n/ - rutina; běžná praxe a pattern of doing the same things regularly • *His daily routine includes doing his homework after lunch and finishing it before dinner.* ❖

12.79 meditation (n) /,medɪ'teɪʃn/ - meditace the act of focusing on your thoughts, emotions, bodily sensations and sensory perceptions • *He sat looking at the sea for a few minutes and did some meditation to calm his mind.* ➤ meditate (v), meditative (adj) ❖

Video

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12.80 uncomfortable (adj) /ʌn'kʌmfətəbl/ - nespůj not feeling physically or mentally relaxed

• *He felt uncomfortable about speaking in an oral exam for the first time.*
❖ ✎ Opp: comfortable

12.81 privilege (n) /'prɪvɪlɪdʒ/ - výsada a special advantage • *In the past,*

education was a privilege for the rich only.

➤ privileged (adj) ❖

12.82 rank (n) /ræŋk/ - hodnost the position of sb in an organisation or in society based on importance • *She had good experience and qualifications, so she was given a high rank in the army.* ➤ rank (v) ❖

12.83 specific (adj) /spə'sɪfɪk/ - určıtý; konkrétnı́ particular • *There are specific instructions to follow for this recipe.* ➤ specify (v), specification (n), specifically (adv) ❖

12.84 struggle (n) /'strʌgl/ - zápas; úsilı́ something very difficult to do • *It was a struggle to get into university, but he managed it.* ➤ struggle (v) ❖

12.85 position (n) /pə'zɪʃn/ - postavenı́; pozice; postoj a job or social level • *He worked in the company for years before reaching the position of manager.* ❖

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