

## Unit 3

### Fit as a fiddle

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**3.1 fit as a fiddle** (expr) /fɪt əz ə 'fɪdl/ -

zdravý jako buk

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



Reading

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**3.2 set a goal** (expr) /set ə ɡəʊl/ - stanovit si cíl

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

**3.3 social networking** (n) /'səʊʃl

'netwɜ:kɪŋ/ - sdílení informací na sociálních sítích

the act of socialising with different groups of people • *The internet is the most popular way of social networking between people with common interests.* ❖

**3.4 centenarian** (n) /,sentɪ'neəriən/ -

stoletý člověk (sto a více let)

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

**3.5 elderly** (adj) /'eldəli/ - pokročilého

věku

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

➤ elders (n pl) ❖

**3.6 well** (adv) /wel/ - dost; hodně

very much; used to emphasise some

prepositions • *My mum was well into her twenties when she met my dad.* ❖

**3.7 life expectancy** (n) /laɪf ɪks'pektənsi/ -

průměrná délka života

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

**3.8 elsewhere** (adv) /,els'weə(r)/ - jinde

somewhere else; in another place • *Anais*

*couldn't afford a flat near the university, so she had to rent one elsewhere.* ❖

**3.9 unlike** (prep) /,ʌn'laɪk/ - na rozdíl od in contrast to • *Unlike Anna, Ben doesn't play any musical instruments.* ❖ ❖ Opp: like

**3.10 in moderation** (phr) /ɪn mɒdə'reɪʃn/ - přiměřeně

If you do sth in moderation, you do not do it too much. • *Drinking coffee in moderation won't do you any harm.* ❖

**3.11 saying** (n) /seɪɪŋ/ - pořekadlo; přísloví 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.* ❖

**3.12 factor** (n) /'fæktə(r)/ - činitel; prvek sth that affects sth else • *One factor in the collapse of the Minoan civilisation is thought to have been a tsunami.* ❖

**3.13 culture** (n) /'kʌltʃə(r)/ - kultura 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) ❖

**3.14 throughout** (prep) /θru:'aʊt/ -

během celého

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

**3.15 (be) worth** (phr) /('bi:) wɜ:θ/ - stát za be enjoyable or useful to have • *Life is worth living when you are healthy and happy.* ❖

**3.16 peninsula** (n) /pə'nɪnsjələ/ -

poloostrov

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.* ❖

**3.17 purpose** (n) /'pɜ:pəs/ - záměr

aim • *His purpose in doing the course is to get a good job in teaching.* ❖

**3.18 generation** (n) /,dʒenə'reɪʃn/ -

generace

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.* ❖

**3.19 provide** (v) /prə'vaɪd/ - poskytovat to give • *The sun could provide us with a lot more energy.* ➤ provision, provider (n) ❖

**3.20 agriculture** (n) /'ægrɪkʌltʃə(r)/ - zemědělství farming • *Our country depends on income from agriculture and tourism.* ➤ agricultural (adj) ❖

**3.21 squash** (n) /skwɒʃ/ - dýně; tykev a type of vegetable with solid yellow flesh and a hard skin • *Fried squash is a delicious dish.* ❖

**3.22 crop** (n) /krɒp/ - plodina; úroda a plant grown as food • *There was no rain, so the crops in the field died.* ❖

**3.23 make up** (phr v) /meɪk ʌp/ - tvořit; skládat se z to form • *The research team was made up of students from the biology course.* ❖

**3.24 well-balanced** (adj) /wel 'bælənst/ - vyvážený a diet that has all the different kinds of food you need to be healthy • *She has a wellbalanced diet with plenty of fish, chicken, fruit and vegetables.* ❖

**3.25 calcium** (n) /'kælsiəm/ - vápník 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.* ❖

**3.26 strengthen** (v) /'streŋkθn/ - posílit to make sth stronger • *Doing exercise like walking and weightlifting can strengthen your bones.* ➤ strength (n), strong (adj) ❖

**3.27 contribute (to)** (v) /kən'trɪbjʊ:t (tu:)/ - přispět k be one of the causes of an event or situation • *Eating well and exercising contribute to a long life.* ➤ contribution (n) ❖

**3.28 disease** (n) /dɪz'i:z/ - choroba

an illness • *Many diseases which were deadly in the past can now be cured.* ❖

**3.29 lie** (v) /laɪ/ - ležet be located in a particular place • *The small fishing village lies on the south coast of the island.* ❖

**3.30 homegrown** (adj) /,həʊm'grəʊn/ - doma vypěstovaný; domácí grown in your own garden or on your own land • *I prefer eating small tasty homegrown strawberries to the huge tasteless ones from the supermarket.* ❖

**3.31 leafy** (adj) /'li:fi/ - listový with a lot of leaves • *The meal included a salad of leafy green vegetables.* ➤ leaf (n) ❖

**3.32 herb** (n) /hɜ:b/ - bylinka; koření 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) ❖

**3.33 prevent** (v) /pri'vent/ - zabránit stop from happening • *Many paintings are kept in dark rooms to prevent the colours from being destroyed.* ➤ prevention (n), preventable (adj) ❖

**3.34 staple** (n) /'steɪpl/ - základní potravina basic food • *Everyday staples, such as bread, are an important part of European diets.* ❖

**3.35 go a long way** (expr) /gəʊ ə lɒŋ weɪ/ - hodně pomoci; být hodně prospěšný to help a lot (to achieve sth) • *Even half an hour of daily exercise will go a long way to keep you in shape.* ❖

**3.36 mentally** (adv) /'mentəli/ - psychicky to do with the mind • *Studying for so many hours is mentally exhausting.* ➤ mental (adj) ❖

**3.37 physically** (adv) /'fɪzɪkli/ - tělesně to do with the body • *If you take up a sport, you will feel better physically.* ➤ physical (adj) ❖

**3.38 element** (n) /'elɪmənt/ - prvek

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

**3.39 resource** (n) /rɪ'zɔ:s/ - zdroj  
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?* ❖

## Vocabulary

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**3.40 fitness** (n) /'fɪtnɪs/ - dobrá kondice  
the condition of being strong and healthy  
• *People can achieve fitness if they exercise and eat the right food.* ➤ fit (adj)  
❖

**3.41 operation** (n) /ɒpə'reɪʃn/ - operace  
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) ❖

**3.42 recover** (v) /rɪ'kʌvə(r)/ - zotavit se  
to get better from an illness • *Grandpa has recovered from his bad cold and now he feels as fit as a fiddle.* ➤ recovery (n) ❖

**3.43 injury** (n) /ɪndʒəri/ - zranění  
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) ❖

**3.44 treat** (v) /tri:t/ - léčit  
try to make a sick person better by using medicine, hospital care, etc. • *Don't worry. The doctor will treat that burn.* ➤  
treatment (n) ❖

**3.45 symptom** (n) /'sɪmptəm/ - příznak  
a sign of an illness • *Apart from a high temperature, she had no other flu symptoms.* ❖

**3.46 patient** (n) /'peɪʃnt/ - pacient  
sb who is ill and receiving medical care (in hospital) • *The doctor gave the patient some medicine.* ❖

**3.47 emergency** (n) /ɪ'mɜ:dʒənsi/ -  
naléhavý případ  
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) ❖

**3.48 judge** (n) /dʒʌdʒ/ - soudce  
sb who decides a punishment in court  
• *The judge listened carefully to the arguments before making a decision.* ➤  
judge (v), judgement (n) ❖

**3.49 ache** (n) /eɪk/ - bolest  
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) ❖

**3.50 instructor** (n) /ɪn'strʌktə(r)/ -  
instruktor; cvičitel  
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) ❖

**3.51 pose** (n) /pəʊz/ - postoj (držení těla)  
a position of the body • *Yoga poses that involve standing on one leg help develop a good sense of balance.* ➤ pose (v) ❖

**3.52 toxin** (n) /'tɒksɪn/ - toxin  
a poisonous substance • *The city air is full of toxins produced by fossil fuels.* ➤ toxic (adj) ❖

**3.53 criminal** (n) /'krɪmɪnl/ - zločinec  
sb who breaks the law • *The police are looking for two criminals who have robbed five banks in the area.* ➤ crime (n) ❖

**3.54 prison** (n) /'prɪzn/ - vězení  
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) ❖ ✎ Syn: jail

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

**3.56 be unwell** (phr) /ʌn'wel/ - necítit se dobře

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

**3.57 pill** (n) /pɪl/ - pilulka  
a small round piece of medicine which you swallow • *If you have a headache, try taking a pill.* ❖ \. Syn: tablet

**3.58 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 an abbreviation of *influenza*

## Grammar

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**3.59 decade** (n) /'dekeɪd/ - desetiletí  
a period of ten years • *He lived there for a decade from 2010 to 2020.* ❖

**3.60 pot** (n) /pɒt/ - hrnec; konvice  
a container that you make tea in • *Is there any more tea in the pot?* ❖ \. Syn: teapot

**3.61 session** (n) /'seɪn/ - sezení; lekce  
a period of time set for a particular activity • *He signed up for weekly yoga sessions at the gym.* ❖

**3.62 lately** (adv) /'leɪtli/ - v poslední době recently • *I haven't seen George lately. The last time we spoke was a year ago.*

❖

**3.63 feel under the weather** (expr) /'ʌndə ðə 'weðə(r)/ - cítit se pod psa  
ill; not feeling very well • *Ever since he caught a cold, he's been feeling under the weather.* ❖

**3.64 weight** (n) /weɪt/ - váha; hmotnost  
the measure of how heavy sb/sth is • *I've put on some weight since I stopped jogging every day.* ➤ weigh (v) ❖

## Listening

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**3.65 overweight** (adj) /,əʊvə'weɪt/ - mající nadváhu  
too heavy • *The man is over 100 kg.*

*He's overweight.* ❖ \. Opp: underweight

**3.66 break a (bad) habit** (phr) /breɪk ə (bæd) 'hæbɪt/ - odnaučit se zlozvyk  
to stop doing sth which is bad for you • *I want to stop biting my nails, but I can't break this bad habit.* ❖

**3.67 burn calories** (phr) /bɜ:n 'kælərɪz/ - pálit kalorie  
to use energy by exercising • *Let's run another kilometre and burn some more calories.* ❖

**3.68 calorie** (n) /'kæləri/ - kalorie  
a unit for measuring the amount of energy we get from food • *An apple has fewer calories than a bar of chocolate.* ❖

**3.69 average** (adj) /'ævərɪdʒ/ - průměrný  
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) ❖

**3.70 nowadays** (adv) /'naʊədeɪz/ - v současnosti  
today, these days • *Nowadays, we can keep in touch with family all over the world on our computers.* ❖

**3.71 sick building syndrome** (n) /,sɪk 'bɪldɪŋ sɪndrəʊm/ - syndrom nezdravých budov  
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.* ❖

**3.72 cough** (n) /kɒf/ - kašel  
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) ❖

**3.73 tiredness** (n) /'taɪədnes/ - únava  
the feeling of being tired • *He was studying for hours until his tiredness prevented him from doing any more.* ➤ tired (adj) ❖

- 3.74 damp** (adj) /dæmp/ - vlhký slightly wet • *She's just washed her hair, so it's still a bit damp.* > dampen (v), dampness (n) ❖
- 3.75 polluted** (adj) /pə'lu:tɪd/ - znečištěný dirty and not safe to use • *The lake is too polluted to swim in.* > pollute (v), pollution (n) ❖
- 3.76 awareness** (n) /ə'weənəs/ - povědomí; uvědomění si interest in and understanding of the importance of sth • *The article was written to raise people's awareness about the dangers of sharing personal information online.* > aware (adj) ❖
- 3.77 quality** (n) /'kwɒləti/ - kvalita how good or bad sth is • *The quality of homegrown vegetables is much better than the ones from the supermarket.* ❖
- 3.78 lighting** (n) /'laɪtɪŋ/ - osvětlení lights that light a room, a building or a street • *The lighting in the shopping centre was very bright.* > light (v, n) ❖
- 3.79 poor** (adj) /pʊə/ - chabý bad • *Mr Davies has been in poor health for years.* ❖

## Speaking

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- 3.80 benefit** (n) /'benɪfɪt/ - výhoda an advantage • *There are many benefits to healthy living, longevity being one of them.* > benefit (v), beneficial (adj) ❖
- 3.81 comparison** (n) /kəm'pærɪsn/ - srovnání 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) ❖
- 3.82 whereas** (conj) /,weər'æz/ - zatímco but; in contrast • *Most of my friends hate garlic, whereas I really like the taste of it.* ❖
- 3.83 in contrast** (phr) /ɪn 'kɒntrɑ:st/ - naproti tomu

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.* ❖

- 3.84 on the other hand** (phr) /ɒn ði:'ʌðə(r) hænd/ - na druhou stranu 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.* ❖
- 3.85 laughter** (n) /'lɑ:ftə(r)/ - smích the act of laughing • *The sound of children's laughter came from the playground.* > laugh (n, v) ❖

## Grammar

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- 3.86 skip** (v) /skɪp/ - poskakovat move with little jumps, like a happy child • *The children skipped along the street on their way home from school.* > skip (n) ❖
- 3.87 sneeze** (v) /sni:z/ - kýchat If you sneeze, air suddenly comes from your nose, making a noise, for example when you have a cold. • *Every spring, she sneezes because she is allergic to flowers.* > sneeze (n) ❖
- 3.88 tissue** (n) /'tɪʃu:/ - papírový kapesník a soft kind of paper, often used as a handkerchief • *He took out a tissue and wiped the tears from his face.* ❖
- 3.89 climate change** (n) /'klaɪmət tʃeɪndʒ/ - změna podnebí 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.* ❖
- 3.90 fairly** (adv) /'feəli/ - docela quite • *He recovered fairly quickly from his illness.* > fair (adj) ❖
- 3.91 major** (adj) /'meɪdʒə(r)/ - hlavní; velký; důležitý important • *The football World Cup is a major championship that all countries*

want to win. > majority (n) ❖ ✎ Opp: minor

## Use your English

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**3.92 malaria** (n) /mə'leəriə/ - malárie  
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.* ❖

**3.93 mosquito** (n) /mɒs'ki:təʊ/ - moskyt; komár  
a flying insect that bites • *She got bitten by mosquitoes while she was sleeping in the tent.* ❖

**3.94 consume** (v) /kən'sju:m/ - konzumovat  
to eat or use • *If you consume plenty of vegetables, your health will improve.*

> consumer, consumption (n) ❖

**3.95 tooth decay** (n) /tu:θ di'keɪ/ - zubní kaz  
when your teeth become damaged and have cavities • *He has terrible tooth decay because he eats sweets and doesn't brush his teeth.* ❖

**3.96 focus on** (v) /'fəʊkəs ɒn/ - soustředit se na  
concentrate on • *'In the lesson today we will focus on colour in nature,' said the biology teacher.* > focus (n) ❖

**3.97 weights** (n pl) /weɪts/ - činky  
heavy objects used as part of an exercise routine • *Andy lifts weights twice a week at the gym and he has become very strong.* ❖

**3.98 be on the mend** (expr) /ɒn ðə mend/ - uzdravovat se  
starting to feel better • *Anna had the flu last week. Fortunately, she's on the mend now.* ❖

**3.99 a new lease of life** (expr) /ə nju: li:s əv laɪf/ - nový začátek  
a chance of better health • *His heart operation gave him a new lease of life.* ❖

**3.100 on your last legs** (expr) /ɒn jə la:st legz/ - v posledním tažení  
feeling very weak; dying • *The lost climbers were on their last legs by the time the rescue team found them.* ❖

**3.101 take time out** (expr) /teɪk taɪm aʊt/ - udělat si pauzu  
to have a break or a rest • *She's been studying so much that she needs to take some time out to rest.* ❖

**3.102 recharge your batteries** (expr) – dobít baterky /rɪ'tʃɑ:dʒ jə 'bætərɪz/  
to get your energy back • *I'm tired. I'll take a break to recharge my batteries.* ❖

**3.103 regain** (v) /rɪ'geɪn/ - získat zpět  
to get back • *Have you regained your health after the illness you had last year?* ❖

**3.104 exhausted** (adj) /ɪg'zɔ:stɪd/ - vyčerpaný  
very tired • *The explorers walked through the jungle all day and were exhausted by the evening.* > exhausting (adj), exhaust (v), exhaustion (n) ❖

## Writing

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**3.105 light-hearted** (adj) /laɪt 'hɑ:tɪd/ - veselý  
not too serious • *She wrote a light-hearted email to her friend with all her good news.* ❖

**3.106 realistic** (adj) /rɪə'lɪstɪk/ - střízlivý; dosažitelný; reálný  
based on facts • *He asked for a realistic salary that was appropriate for an employee with his qualifications.* > reality (n) ❖ ✎ Opp: unrealistic

**3.107 add up** (phr v) /æd ʌp/ - sečíst; načíst se  
to slowly increase until sth becomes a large amount or number • *If you buy takeaway coffee every day, it will soon add up.* ❖

**3.108 otherwise** (adv) /'lðəwaɪz/ - jinak

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

**3.109 publish** (v) /'pʌblɪʃ/ - vydat to prepare and print a book, magazine, etc. in order to sell it • *His first book was published in 1998.* ➤ publisher, publication (n) ❖

**3.110 announcement** (n) /ə'naʊnsmənt/ - oznámení 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) ❖

**3.111 remedy** (n) /'remədi/ - lék a medicine to cure an illness or pain • *Hot tea with lemon and honey is my mum's remedy for a cold.* ❖

**3.112 prevention is better than cure** (expr) /prɪ'venʃn ɪz 'betə ðən kjʊə/ - prevence je lepší než léčba 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.* ❖

**3.113 increase** (v) /ɪn'kri:s/ - zvýšit make bigger, greater • *If you wear a colour you like, it could increase your confidence at the interview.* ➤ increase (n) ❖

**3.114 warm up** (v) /wɔ:m ʌp/ - rozehtát se; rozcvičit se to do gentle exercise to prepare your body for more intensive exercise • *The football players warmed up before the match started.* ➤ warm-up (n) ❖

**3.115 organic food** (n) /ɔ:'gæɪnk fu:d/ - biopotraviny food grown without the use of chemicals • *Organic food is good for you because it doesn't have dangerous chemicals in it.* ❖

Live well, study well

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**3.116 limiting** (adj) /'lɪmɪtɪŋ/ - omezující 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) ❖

**3.117 get back on track** (expr) /bæk ɒn træk/ - postavit se znovu na nohy 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.* ❖

**3.118 master** (v) /'mɑ:stə(r)/ - zvládnout; naučit se to learn how to do sth well • *Young people can quickly master new computer games.* ➤ master (n) ❖

**3.119 gradually** (adv) /'grædʒuəli/ - postupně slowly • *I'm gradually getting used to my new school.* ➤ gradual (adj) ❖

**3.120 expand** (v) /ɪks'pænd/ - roztahovat se to become bigger • *Metals expand when they are heated.* ➤ expansion (n) ❖ ✎ Opp: contract

**3.121 setback** (n) /'setbæk/ - komplikace; zádrhel 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) ❖

**3.122 acknowledge** (v) /ək'nɒlɪdʒ/ - uznat; ocenit to accept sth as true • *He was given a medal to acknowledge his bravery.* ➤ acknowledgement (n) ❖

**3.123 manageable** (adj) /'mæɪnɪdʒəbl/ - zvládnutelný 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) ❖ ✎ Opp: unmanageable

**3.124 reward** (v) /rɪ'wɔ:d/ - odměnit

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)



**3.125 successfully** (adv) /sək'sesfəli/ - úspěšně

with success • *She successfully sailed the boat back into the harbour.* ➤ successful (adj), success (n), succeed (v) ❖

**3.126 succeed** (v) /sək'si:d/ - uspět

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) ❖

**3.127 respond** (v) /rɪ'spɒnd/ - odpovědět; reagovat

to answer sb; to reply to sb • *My friend sent me an email, but I haven't responded to her yet.* ➤ response (n) ❖

**3.128 repetition** (n) /repə'tɪʃn/ - opakování

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) ❖

**3.129 limit** (v) /'lɪmɪt/ - omezit

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) ❖

**3.130 apply to** (v) /ə'plai tu:/ - týkat se to concern; to be about sb/sth • *The new law only applies to students over the age of sixteen.* ❖

**3.131 stage** (n) /steɪdʒ/ - fáze

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