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CAMBRIDGE ENGLISH
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Cambridge English

SECOND EDITION

Complete First

Word lists

Word list

The numbers / track references in brackets indicate the first occurrence of each word/phrase in the unit.

Unit 1

aggressive *adjective* (10) angry and violent towards another person aggressive behaviour

bad-tempered *adjective* (10) describes a person who becomes angry and annoyed easily She's very bad-tempered in the mornings.

bring up *phrasal verb* (10) to care for a child until it is an adult, often giving them particular beliefs They brought us up to be very independent.

business centre *noun* (15) a city or town or part of a city or town in which there is a lot of business and financial activity Singapore rivals Hong Kong as a regional business centre.

compromise *noun* (11) when you agree to something which is not exactly what you want It is hoped that a compromise will be reached in today's talks.

concerned *adjective* (10) worried I'm a bit concerned about her health.

counter-argument (11) *noun* an argument against another argument, idea or suggestion He put forward several counter-arguments to their proposal.

critical *adjective* (10) saying that someone or something is bad or wrong He is very critical of the way I work.

desperate *adjective* (10) needing or wanting something very much By two o'clock, I was desperate for something to eat.

enthusiastic *adjective* (10) feeling energetic interest in a particular subject or activity and an eagerness to be involved in it The teacher was very enthusiastic about my project.

hard-working *adjective* (10) doing a job seriously and with a lot of effort She's a very hard-working student.

impatient *adjective* (10) If you are impatient, you get angry with people who make mistakes or you hate waiting for things. I get very impatient with the children when they won't do their homework.

impolite *adjective* (10) rude I found his questions rather impolite.

impressive *adjective* (15) If something is impressive, you admire or respect it, usually because it is special, important or very large. an impressive collection of modern paintings

industrial *adjective* (15) connected with industry an industrial city

intentionally *adverb* (10) in a way that is planned or intended I didn't ignore her intentionally – I just didn't recognise her.

mature *adjective* (10) behaving well, like an adult She seems very mature for 13.

organised *adjective* (10) describes a person who is able to plan things carefully and keep things tidy An office manager needs to be very organised.

prioritise *verb* (10) to decide which of a group of things are the most important so that you can deal with them first You must learn to prioritise your work.

reasonable *adjective* (10) fair and showing good judgment It's not reasonable to expect people to work those hours.

residential *adjective* (15) A residential area has only houses and not offices or factories. This residential area is very popular with families because the streets are quiet.

respect *verb* (10) to be polite to someone and show that you admire them I really respect my colleagues.

responsible *adjective* (10) having good judgment and the ability to act correctly and make decisions on your own She'll be fine on her own – she's very responsible.

self-confident *adjective* (10) feeling sure about yourself and your abilities You need to be self-confident to be a manager.

sensitive *adjective* (10) able to understand what people are feeling and behave in a way that does not upset them I like him because he's kind and sensitive.

survey *verb* (13) to ask people questions in order to find out about their opinions or behaviour Over 75% of the people surveyed were in favour of the new road.

understanding *adjective* (10) showing sympathy for someone's problems or acceptance of the way they behave Fortunately, my girlfriend is very understanding.

unreliable *adjective* (10) not able to be trusted or depended on The trains were noisy, dirty and unreliable.

urge *verb* (11) to strongly advise someone to do something Financial experts are urging caution.

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Unit 2

alleyway *noun* (20) a narrow road or path between buildings The thieves escaped down an alleyway between two shops.

astonishing *adjective* (27) very surprising What an astonishing thing to say!

beg *verb* (20) to make a very strong and urgent request I begged my father to let me go to the party.

clamber *verb* (20) to climb somewhere with difficulty, often needing to use both hands and feet The baby clambered up the stairs.

competitive *adjective* (27) wanting to win or be better than other people She's very competitive.

contribute to *phrasal verb* (18) to help to cause an event or situation His poor diet contributed to his illness.

delightful *adjective* (27) very pleasant or attractive We had a delightful evening.

demanding *adjective* (27) needing a lot of your time, attention or effort a very demanding job

depressing *adjective* (27) making you feel sad and without any hope for the future The news is very depressing.

distract *verb* (18) to make someone stop giving their attention to something The music distracts me from my worries.

dreadful *adjective* (27) very bad The journey was dreadful.

drive someone to desperation *phrase* (20) to make someone feel very unhappy or angry Her constant demands nearly drove me to desperation.

drop someone a line *phrase* (CD1 T05) to write someone a short letter or note I hope you'll drop me a line soon.

economical *adjective* (27) not costing much money It's a very economical car.

elated *adjective* (20) extremely happy and excited He was elated at the news.

entertaining *adjective* (27) interesting and enjoyable an entertaining and informative book

heap *noun* (20) an untidy pile of things a heap of rubbish

heartbroken *adjective* (20) extremely sad I was heartbroken when my boyfriend moved away.

irrelevant *adjective* (20) not important in a particular situation irrelevant information

irritating *adjective* (27) making you feel annoyed an irritating habit

make sense *phrase* (20) to have a meaning or reason that you can understand Suddenly, my whole life began to make sense.

passion *noun* (CD1 T05) an extreme interest in or liking for something He has a passion for old cars.

red-faced *adjective* (20) having red cheeks because of embarrassment A red-faced boy stood next to the broken window.

superb *adjective* (27) excellent a superb restaurant

swap *verb* (CD1 T05) to give something to someone and get something from them in return I often swap recipes with my friends.

time-consuming *adjective* (27) needing a lot of time The legal process was time-consuming and expensive.

tremendous *adjective* (27) very large, great, strong, etc. a tremendous amount of money

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Unit 3

appreciate *verb* (37) to recognise how good someone or something is and to value them My trip taught me to appreciate other cultures.

cope *verb* (37) to manage to do something in a difficult situation She has a lot of work, but somehow she copes.

daily routine *phrase* (37) the things that you do every day at the same time My daily routine usually includes going for a run.

drag *verb* (CD1 T09) to make someone go with you when they do not want to Our parents dragged us to an art exhibition.

dump *verb* (CD1 T09) to get rid of someone, often by going away from them We dumped my little brother and went out.

fed up *adjective* (CD1 T09) bored, annoyed or disappointed, especially by something you have experienced for too long They were fed up with the same old routine.

forthcoming *adjective* (32) going to happen soon the forthcoming election/visit

homeward *adjective* (32) going towards home the homeward journey

outward *adjective* (32) going towards a particular place, rather than returning from it an outward journey

overland *adverb* (32) across the land rather than by sea or through the air They travelled overland to China.

party to the small hours *phrase* (CD1 T09) to enjoy yourself at a party until past midnight We were out every night, partying to the small hours.

round trip *noun* (32) a journey from one place to another and back to where you started The round trip takes nearly two days.

teamwork *noun* (37) when a group of people work well together Teamwork is vital to the success of the project.

thrill *noun* (37) a strong feeling of excitement and pleasure It was a big thrill meeting the stars of the show.

tough *adjective* (37) difficult to do or deal with Life in such a cold region is very tough.

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Unit 4

airy *noun* (47) open to fresh air airy rooms

attractive *adjective* (49) causing interest or pleasure We need to make the club attractive to young people.

balanced *adjective* (42) A balanced meal contains a healthy mixture of different types of food. Chocolate and chips is not a balanced meal.

cheerful *adjective* (49) describes a place or thing that is bright and pleasant and makes you feel happy The room was painted in cheerful colours.

convenience food *noun* (42) food that can be prepared quickly and easily and is often already cooked We eat a lot of convenience food.

edible *adjective* (41) safe to eat edible berries

elaborate *adjective* (42) complicated or with a lot of details an elaborate design

elegant *adjective* (49) stylish and attractive an elegant dining room

exceptional *adjective* (49) very good and better than most other people or things an exceptional student

exclusive *adjective* (42) expensive and only for people who are rich or of a high social class an exclusive private club

filling *adjective* (42) Food that is filling makes you feel that you have had a lot to eat. a filling meal

genetically modified *adjective* (40) describes a plant or animal that has had some of its genes changed scientifically genetically modified plants

heavy meal *phrase* (42) a large, rich meal that makes you feel very full You shouldn't swim after a heavy meal.

informative *adjective* (47) giving a lot of useful facts a very informative book

isolated *adjective* (41) not near to other places or people Living on the island meant that we were very isolated.

light meal *phrase* (42) a small meal that does not make you feel very full We had a light meal at midday.

nutrition *noun* (41) the food that you eat and the way that it affects your health Good nutrition is essential for growing children.

organic *adjective* (41) not using chemicals when keeping animals or growing plants for food organic vegetables

protein *noun* (40) one of many substances found in food such as meat, cheese, fish or eggs that is necessary for the body to grow and be strong Most of our protein comes from meat.

rushed *adjective* (47) having to do things very quickly The staff were very rushed.

satisfactory *adjective* (49) good enough We hope to find a satisfactory solution to the problem.

satisfying *adjective* (47) making you feel pleased by providing what you need or want Clearing out the cupboards is such a satisfying job!

shortage *noun* (42) when there is not enough of something food shortages

source *noun* (42) where something comes from Oranges are a good source of vitamin C.

stem cell *noun* (40) a cell, especially one taken from a person or animal at a very early stage of development, that can develop into any type of cell Stem cells are very important in biological research.

supply *noun* (42) an amount of something that is ready to be used a supply of water

welcoming *adjective* (47) friendly or making you feel welcome a welcoming smile

well-balanced *adjective* (49) A well-balanced meal contains a healthy mixture of different types of food. a well-balanced menu

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Unit 5

adjustment *noun* (58) the ability to become familiar with a new situation Moving to a new city meant a huge adjustment for me.

admission *noun* (52) when someone is given permission to become a member of a club, university, etc. She's applied for admission to law school.

approval *noun* (58) official permission The project has now received approval from the government.

assessment *noun* (58) when you make a judgment about the quality, size or value, etc. of something That's a fair assessment of the situation.

chaotic *adjective* (CD1 T16) in a state of chaos a chaotic situation

confusion *noun* (58) when people do not understand what is happening or what they should do There seems to be some confusion about who is actually giving the talk.

could do with *phrase* (CD1 T16) If you could do with something, that thing would help you if you could have it. I could do with some help on this project.

expectation *noun* (CD1 T16) what you expect to happen or what you expect something to be like My expectations were a bit unrealistic.

have it in for *phrase* (CD1 T16) to be determined to harm or criticise someone He really has it in for the younger students.

host family *noun* (56) a family with whom a student stays, for example when they are studying abroad I'm living with a host family in Cambridge.

impression *noun* (57) an idea or opinion of what is someone or something is like I had the impression he was angry about something.

investigation *noun* (58) when officials try to discover all the facts about something, especially a crime or an accident to carry out an investigation

involvement *noun* (58) when someone or something is involved in an activity or event She had no involvement at all in the affair.

job prospects *noun* (52) your chance of getting a job or getting a better job This course should help my job prospects.

make it *phrase* (CD1 T16) to manage to go to or arrive at a place I'm afraid I can't make it to the lesson this afternoon.

pass *noun* (52) a successful mark in an exam I'm hoping for a pass in my exam.

preference *noun* (58) when you like something or someone more than another person or thing We have white and brown bread. Do you have a preference?

unprepared *adjective* (58) not made ready or prepared I was unprepared for what I found there.

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Unit 6

badly paid *adjective* (63) If a job is badly paid, the person doing it does not get much money. It was a badly paid job with long hours.

brighten up *phrasal verb* (CD1 T20) to make something more attractive or enjoyable Some yellow paint will brighten up this room.

climax *noun* (64) the most important or exciting point in a story or situation His act was the climax of the show.

cool *adjective* (66) calm and not emotional She seemed cool and confident.

duty roster *noun* (64) a list of people's names and the jobs they have to do She pinned the duty roster to the wall.

fascinating *adjective* (63) extremely interesting a fascinating person/place

forbidding *adjective* (64) unfriendly He had a forbidding expression.

grab *verb* (64) to take hold of something or someone suddenly A mugger grabbed her handbag as she was walking across the park.

improvise *verb* (64) to invent or make something at the time when it is needed without already having planned it I hadn't prepared a speech, so I had to improvise.

live up to expectations *phrase* (64) If something lives up to expectations, it is as good as you expected it to be. The hotel certainly lived up to expectations.

lose your temper *phrase* (64) to become angry very quickly She lost her temper and shouted at the children.

make full use of *phrase* (64) to use something as much as possible We made full use of the sports facilities.

manual *adjective* (63) involving physical work rather than mental work unskilled manual labour

more than you bargained for *phrase* (CD1 T20) more than you were expecting or prepared for The job was more than I bargained for.

over the usual rate *phrase* (CD1 T20) If someone is paid over the usual rate, they get more than is usual for the job. She pays me over the usual rate for babysitting.

potential *noun* (64) someone's or something's ability to develop, achieve or succeed She showed great potential as an writer.

shift *noun* (64) a period of time when someone works I'm on the night shift this week.

skilled *adjective* (63) having the abilities needed to do an activity or job well a highly skilled photographer

stare *verb* (64) to look at someone or something for a long time and not move your eyes Don't stare at people like that, it's rude.

take pleasure in *phrase* (64) to find something enjoyable He takes pleasure in seeing his students succeed.

uncompromising *adjective* (64) If people or their beliefs are uncompromising, they are fixed and do not change, even if someone tries to change them. an uncompromising attitude.

wander *verb* (64) to walk somewhere without any definite purpose We all wandered back to the hotel.

well-paid *adjective* (64) If a job is well-paid, the person doing it earns a lot of money. She can afford expensive clothes because she has a well-paid job.

under pressure *phrase* (66) If you do something under pressure, it is difficult because there are problems or because you have a lot to do. He doesn't work well under pressure.

worthwhile *adjective* (63) useful and enjoyable, despite needing a lot of effort She considers teaching a worthwhile career.

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Unit 7

athletic *adjective* (83) strong, healthy and good at sports She looks very athletic.

be around *phrasal verb* (CD1 T24) If something has been around for a period of time, that is how long it has existed. This technology hasn't been around for long.

blister *noun* (76) a painful, raised area of skin with liquid inside that you get if your skin has been rubbed or burned I've got a blister on my toe.

civilised *adjective* (80) polite and behaving in a calm, reasonable way The meeting was very civilised.

come across *phrasal verb* (CD1 T25) to find something or someone by chance I came across the book in the library.

cushion *verb* (CD1 T25) to make the effect or force of something softer My thick coat cushioned the blow.

drop out *phrasal verb* (76) to stop doing something, such as a race or a course, before you have finished He dropped out of university.

endurance *noun* (CD1 T24) the ability to keep doing something difficult, unpleasant or painful for a long time a race to test athletes' endurance

eternity *noun* (76) a very long time The wait seemed like an eternity.

extreme *adjective* (CD1 T24) the most unusual or the most serious possible extreme weather conditions

furious *adjective* (76) extremely angry I was late and he was furious with me.

guarantee *verb* (CD1 T25) to make certain that something will happen or exist You will be guaranteed a good night's sleep in this bed.

hallucination *noun* (76) an experience in which you see, hear, feel or smell something which does not exist She began to experience hallucinations.

hazardous *adjective* (CD1 T24) dangerous These roads are hazardous for cyclists.

heighten *verb* (CD1 T24) to increase or make something increase, especially an emotion or an effect His words heightened the tension in the room.

hop *verb* (CD1 T25) (informal) to go somewhere quickly We hopped on the bus.

keep up *phrasal verb* (76) If you keep up with someone, you go as fast as them. They walked so fast, I couldn't keep up with them.

learning curve *noun* (CD1 T24) the rate of someone's progress in learning a new skill It's a steep learning curve when you start a new job.

little in the way of *phrase* (CD1 T24) If someone or something has little in the way of a particular thing, it does not have much of it or many of them. The town has little in the way of entertainment.

made up of *phrase* (CD1 T24) consisting of a team made up of past champions

methodical *adjective* (76) done in a careful, well-organised way a methodical approach

opponent *noun* (83) someone whom you compete against in a game or competition Her opponent hurt his leg.

pace *noun* (76) the speed at which someone or something moves or does something a slow/fast pace

rough *adjective* (83) dangerous or violent a rough part of town

run into trouble *phrase* (CD1 T24) to start to experience difficulties We ran into trouble when our car broke down.

safety-conscious *adjective* (CD1 T25) very careful to be safe or to keep people safe The race organisers have to be very safety-conscious.

set *verb* (CD1 T24) If you set yourself a goal, you give yourself goal. He set himself a target of running 20 miles a week.

spectator *noun* (83) someone who watches an event, a sport, etc. They won 4–0 in front of over 40 000 cheering spectators.

trophy *noun* (83) a prize, such as a silver cup, that you get for winning a race or competition He's an excellent snooker player, but he's never won a major trophy.

turn out *phrasal verb* (CD1 T24) to have a final, often surprising, result The truth turned out to be stranger than we expected.

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Unit 8

abandon *verb* (86) to stop doing an activity before you have finished it The match was abandoned at half-time because of the poor weather conditions.

adore *verb* (85) to like something or someone very much I adore horses.

a step ahead of *phrase* (85) slightly better prepared or more successful than someone else The filmmaker manages to keep a step ahead of his critics by constantly trying new ideas.

aware *adjective* (92) having knowledge of something She needed to make people aware of the danger.

brutal *adjective* (85) cruel and not considering someone's feelings Her criticism was brutal.

cause *verb* (92) to make something happen Her actions caused us a lot of problems.

chance of a lifetime *phrase* (CD1 T28) a great opportunity that you will only have once in your life This competition is the chance of a lifetime for me.

compulsory *adjective* (92) If something is compulsory, you must do it because of a rule or law. Swimming was compulsory at my school.

contestant *noun* (88) someone who competes in a contest In tonight's quiz, our contestants have come from all over the country.

disturb *verb* (92) to interrupt someone in a way that they do not want Their loud music disturbed our peace.

fulfil *verb* (86) to do something that is expected, hoped for or promised, or to make it happen I know I will fulfil my dreams one day.

gain experience *phrase* (86) to get knowledge or skill from doing something I took a summer job to gain some experience.

geek *noun* (90) a person, especially a man, who is boring and not fashionable He's such a geek.

get your first taste of *phrase* (85) to experience something for the first time She got her first taste of success in that show.

hooked *adjective* (85) enjoying something so much that you are unable to stop having, watching, doing, etc. it I'm hooked on spy movies.

intense *adjective* (85) extreme and forceful or (of a feeling) very strong intense cold/heat/hatred

intimidated *adjective* (CD1 T28) frightened or nervous because a person or a situation makes you lose your confidence I was intimidated by all those clever people.

invaluable *adjective* (85) extremely useful Her help was invaluable.

launch *verb* (86) to make something begin to launch a career

media *noun* (92) the Internet, newspapers, magazines, television, etc., considered as a group The media are covering the speech tonight.

nerve-wracking *adjective* (85) causing a lot of worry I find giving talks absolutely nerve-wracking.

photogenic *adjective* (CD1 T28) having a face that looks attractive in photographs She's very photogenic.

privacy *noun* (92) someone's right to keep their personal matters and relationships secret The new law is designed to protect people's privacy.

pursue *verb* (85) If you pursue a plan, activity or situation, you try to do it or achieve it, usually over a long period of time. He decided to pursue a career in television.

realise an ambition *phrase* (86) to do something that you had hoped to do He realised his ambition of becoming a doctor.

release *verb* (92) If a film is released, it is shown in public for the first time. His new movie is due to be released next month.

scandal *noun* (92) (an action or event that causes) a public feeling of shock and strong moral disapproval a financial/political/sex scandal

sensation *noun* (90) someone or something that causes great interest and excitement The book was a sensation.

someone's ... days are behind them *phrase* (85) used to say that someone no longer does a particular activity My travelling days are behind me now.

strip away *phrasal verb* (85) to remove or peel something from someone or something She stripped away his mask of confidence.

stuck in traffic *phrase* (CD1 T28) unable to drive at the normal speed because there are too many vehicles on the road I'm sorry I'm late – I was stuck in traffic.

tabloid *noun* (92) a type of popular newspaper with small pages which has many pictures and short simple reports I read all the gossip in the tabloids.

turn down *phrasal verb* (86) to refuse to accept something you are offered She turned down the job.

voluntary *adjective* (92) done, made or given willingly, without being forced or paid The extra homework is voluntary.

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Unit 9

appropriate *adjective* (97) suitable or right for a particular situation or occasion appropriate to your age

a variety of factors *phrase* (CD2 T03) many different things that influence a situation A variety of factors influence our choice of partner.

breathless *adjective* (CD2 T03) not able to breathe easily, usually after doing something that needs a lot of effort We were breathless after the steep climb.

complement *verb* (CD2 T02) to make something else seem better or more attractive when combining with it Strawberries and cream complement each other perfectly.

consistent *adjective* (96) in agreement with other facts or with typical or previous behaviour, or having the same principles as something else What the witness said in court was not consistent with the statement he made to the police.

count *verb* (CD2 T02) to have value or importance I've always believed that happiness counts more than money.

devote your life to *phrase* (96) to spend all your life doing something She devoted her life to her family.

dominating *adjective* (CD2 T02) A dominating person likes to be in charge of a situation and tries to control other people. He tends to be rather dominating.

give and take *phrase* (CD2 T02) willingness to accept suggestions from another person and give up some of your own All marriages rely on a bit of give and take.

go to extremes *phrase* (CD2 T02) to do something in the strongest way possible, in a way that most people think is unreasonable Just do a little bit of exercise – there's no need to go to extremes.

have little to do with *phrase* (97) to hardly be connected with something Our problems had little to do with his fame.

have something in common *phrase* (99) to share interests, experiences or other characteristics with someone We don't have much in common.

immeasurably *adverb* (97) in a way that is so great that it cannot be measured The damage from the 1956 hurricane was immeasurably greater.

irrational *adjective* (CD2 T03) not using reason or clear thinking It's totally irrational, but I'm frightened of mice.

irritable *adjective* (CD2 T03) becoming annoyed very easily She was irritable with the children.

now you come to mention it *phrase* (CD2 T03) used when something someone says reminds you of a fact Now you come to mention it, he wasn't at work today.

opening gambit *noun* (CD2 T02) the first thing you say when you start a conversation I tried to think of a clever opening gambit.

outgoing *adjective* (CD2 T02) (of a person) friendly and energetic and finding it easy and enjoyable to be with others Sales reps need to be outgoing, because they are constantly meeting customers.

overall *adverb* (97) considering everything or everyone Overall, I think the meeting went well.

pager *noun* (96) a small device that you carry or wear, which moves or makes a noise to tell you that someone wants you to telephone them I always have my pager with me.

point out *phrasal verb* (CD2 T03) to tell someone something, often because you believe they do not know it or have forgotten it I pointed out that Tom already had a lot of work to do.

put up with *phrasal verb* (CD2 T02) to accept or continue to accept an unpleasant situation or experience I can't put up with her rudeness any longer.

recurring *adjective* (CD2 T03) experienced repeatedly a recurring dream

row *noun* (CD2 T03) a noisy argument I heard my neighbours having a row.

statistically *adverb* (CD2 T03) using information based on a study of the number of times that something happens or is present Statistically, young men are more likely to be attacked than young women.

stimulate *verb* (CD2 T03) to make someone excited and interested about something The film was intended to stimulate and amuse.

take for granted *phrase* (CD2 T02) If you take someone for granted, you do not realise or show that you are grateful for the things they do for you. My husband is starting to take me for granted.

threatening *adjective* (CD2 T03) expressing a threat of something unpleasant or violent The situation soon became threatening.

time well spent *phrase* (CD2 T02) a period of time in which you have done something useful The time it took to correct the essay was time well spent.

tremble *verb* (CD2 T03) to shake slightly, usually because you are cold, frightened or very emotional She trembled as she stood up to address the hall.

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Unit 10

bargain *noun* (114) something on sale at a lower price than its true value This coat was half-price – a real bargain.

awkward silence *phrase* (108) an uncomfortable pause in a conversation When I asked if he was married, there was an awkward silence.

bitter *adjective* (108) describes a person who is angry and unhappy with their life I feel very bitter about my childhood and all that was denied me.

brand *noun* (114) a type of product made by a particular company This isn't my usual brand of deodorant.

check out *phrasal verb* (108) to have the cost added up and pay for things you have bought in a shop I put a load of food in my trolley and checked out.

competitive *adjective* (114) Competitive prices, services, etc. are as good as or better than other prices, services, etc. The store has very competitive prices.

consumer *noun* (114) a person who buys goods or services for their own use The new telephone rates will affect all consumers, including businesses.

counter *noun* (114) a long, flat, narrow surface or table in a shop, bank, restaurant, etc. at which people are served There was nobody behind/on the counter when I went into the bank.

debit card *noun* (114) a small rectangular piece of plastic which allows you to make a payment or get money from a bank I don't have any cash – can I pay with my debit card?

do excellent/good, etc. business *phrase* (107) If a company does excellent/good, etc. business, it sells a lot of its products or services. We do excellent business in Japan.

errand *noun* (108) a short journey either to take a message or to take or collect something I'll meet you at six, I've got some errands to do/run first.

gap-toothed *adjective* (108) having a noticeable space between two teeth a gap-toothed kid

genuine *adjective* (108) If something is genuine, it is real and exactly what it appears to be. genuine leather

grocery list *noun* (108) (US) a shopping list I lost my grocery list.

head out *phrasal verb* (108) to begin a journey He headed out to meet his friends.

hit the gym *phrase* (CD2 T07) (informal) to go to the gym After work, I usually hit the gym.

in stock *phrase* (114) available to be bought in a shop There are no more blue skirts in stock.

kick up a fuss *phrase* (CD2 T07) (informal) to show a lot of anger, worry or excitement Mum kicked up a fuss about us being late home.

masses *plural noun* (CD2 T07) (informal) a large number There were masses of people there.

mismatched *adjective* (108) If things are mismatched, they are not similar and do not look good together. The furniture was old and mismatched.

mold *verb* (108) (US); **mould** (Br) to change or influence someone or something to mold the character of a child

out of stock *phrase* (114) If goods are out of stock, the shop does not have them available to buy. We are out of stock in this item.

outskirts *noun* (CD2 T07) the outer area of a city or town They live in/on the outskirts of Manchester.

oversimplify *verb* (108) to describe or explain something in such a simple way that it is no longer correct or true Her article oversimplified the situation.

purchase *noun* (108) something that you have bought I took my purchases home.

verb (114) to buy She purchased her first house with the money she inherited.

redesign *verb* (CD2 T07) to design something so that it looks different They have redesigned the seating area.

the sales *noun* (114) an occasion when goods are sold at a lower price than usual the mid-season/end-of-season sales

sidewalk *noun* (108) (US); **pavement** (Br) a path with a hard surface on one or both sides of a road, that people walk on Keep to the sidewalk, Rosie, there's a good girl.

spill out *phrasal verb* (108) to flow or fall out of a container Her long hair was spilling out of her hat.

sweat *verb* (108) to have salty liquid coming through your skin because you are hot, frightened or ill We were all sweating in the hot sunshine.

tanned *adjective* (108) Tanned skin is brown from being in the sun. She stretched out her tanned legs.

unavailable *adjective* (114) If something is unavailable, you cannot get it or use it. This information was previously unavailable to the public.

wrinkled *adjective* (108) Wrinkled skin has small lines on it. his wrinkled face

Word list

The numbers / track references in brackets indicate the first occurrence of each word/phrase in the unit.

Unit 11

anatomy *noun* (120) the scientific study of the body and how its parts are arranged An understanding of human anatomy is important to a dancer.

cell biology *noun* (120) the scientific study of the natural processes of living things, focusing on the smallest basic units of a plant or animal a book about cell biology

check-up *noun* (118) a medical examination to test your general state of health She goes to her doctor for regular check-ups.

clinical *adjective* (120) connected with medical work or the treatment of ill people clinical tests/training

dermatology *noun* (120) the scientific study of the skin and its diseases He specialises in dermatology.

disability *noun* (123) an illness, injury or condition that makes it difficult for someone to do the things that other people do a physical/learning disability

functioning *adjective* (120) If something is functioning, it is working as it should. The country does not yet have a functioning democracy.

get over *phrasal verb* (118) to get better after an illness It took me weeks to get over the virus.

high point *noun* (120) The high point of an event or period of time is the point at which the most enjoyable thing happens. His performance was the high point of the evening.

inability *noun* (123) lack of ability to do something Inability to use a computer is a serious disadvantage when you are applying for jobs.

informal *adjective* (123) not formal or official The two groups agreed to hold an informal meeting.

inspire *verb* (120) to make someone feel that they want to do something and can do it His confident leadership inspired his followers.

investigate *verb* (120) to examine a problem, crime, statement, etc carefully The doctor investigated his symptoms.

misdiagnose *verb* (120) to be wrong about the type of illness or medical condition a patient has Her cancer was misdiagnosed as stress.

module *noun* (120) one of the units that together make a course of study We do a module on Shakespeare.

neurology *noun* (120) the study of the structure and diseases of the brain and all the nerves in the body She works in the neurology department.

neuroscience *noun* (120) the study of the structure and diseases of the brain and all the nerves in the body He wants to study neuroscience.

occasional *adjective* (CD2 T13) not happening or done often or regularly I enjoy the occasional curry.

on duty *phrase* (CD2 T15) at work, doing your job He was suspended from the force for sleeping while on duty.

operating theatre *noun* (120) a room in which surgical operations are performed They took him down to the operating theatre.

overlook *verb* (120) to fail to notice or consider something I think there is one key fact that you have overlooked.

persist *verb* (CD2 T15) If an unpleasant feeling or situation persists, it continues to exist. If the pain persists, consult a doctor.

practising *adjective* (120) actively involved in a job She's a practising lawyer.

put on weight *phrase* (118) If someone puts on weight, they become heavier. I've put on a lot of weight recently.

supplementary *adjective* (120) extra The website includes some supplementary exercises.

surgery *noun* (120) the treatment of injuries or diseases in people or animals by cutting open the body and removing or repairing the damaged part The patient had/underwent surgery on his heart.

time-intensive *adjective* (120) using or needing a lot of time Learning a language is very time-intensive.

treatment *noun* (118) the use of drugs, exercises, etc. to cure a person of an illness or injury free dental treatment

unaware *adjective* (123) not understanding or realising something He was unaware that the police were watching him.

uptight *adjective* (CD2 T15) worried or nervous and not able to relax She's a bit uptight about her exams.

ward *noun* (120) one of the parts or large rooms into which a hospital is divided, usually with beds for patients a geriatric/maternity/psychiatric ward

Word list

The numbers / track references in brackets indicate the first occurrence of each word/phrase in the unit.

Unit 12

at the top of your voice *phrase* (134) very loudly He was shouting at the top of his voice.

ban *verb* (CD2 T24) to refuse to allow something, especially officially Cycling is banned inside the shopping centre.

bark *verb* (CD2 T24) to make a loud, rough noise The dog kept barking.

brief *verb* (134) to give someone instructions about what they should do or say We had already been briefed about what we had to do.

cactus *noun* (134) a desert plant, usually with thick stems for storing water cactus leaves

commitment *noun* (CD2 T24) something that you must do or deal with that takes your time family/work commitments

dare *verb* (134) to be brave enough to do something difficult or dangerous I didn't dare (to) cross the river.

deny *verb* (CD2 T24) to not allow someone to do or have something Nobody should be denied a good education.

eyesight *noun* (134) the ability to see good/bad/poor eyesight

fade *verb* (134) to lose colour, brightness or strength gradually The light was fading.

fragile *adjective* (135) easily damaged, broken or harmed Be careful with that vase – it's very fragile.

gross *adjective* (CD2 T24) (informal) extremely unpleasant Your feet are gross!

habitat *noun* (CD2 T24) the natural environment in which an animal or plant usually lives the natural habitat of the fox

intruder *noun* (135) someone who is in a place or situation where they are not wanted I feel like an intruder when I visit their home.

keep an eye out *phrase* (CD2 T24) to watch for something or someone Keep an eye out for the postman.

mark *verb* (137) to show where something is by drawing or putting something somewhere The route is clearly marked.

melt *verb* (135) When ice melts, it turns into water. The snow usually melts by the end of March.

numb *adjective* (134) If a part of your body is numb, you are unable to feel it, usually for a short time. I had been lying awkwardly and my leg had gone numb.

orphan *verb* (CD2 T24) If a person or animal is orphaned, their parents have died or been killed. She was orphaned at the age of five.

penultimate *adjective* (135) next to the last the penultimate scene of the play

pick out *phrasal verb* (CD2 T24) to recognise, find or make a choice among different people or things in a group They hope to pick out future champions.

prick *noun* (134) a small hole made by something sharp I felt a little prick.

rule out *phrasal verb* (CD2 T24) to decide or say that something is impossible or will not happen to rule out the possibility of error

run for your life *phrase* (134) to run away to save your life The captain told us to run for our lives.

serve a purpose *phrase* (CD2 T24) to be useful in some way I suppose this knob must serve some purpose.

species *noun* (CD2 T24) a set of animals or plants in which the members have similar characteristics to each other and can breed with each other Mountain gorillas are an endangered species.

spine *noun* (134) a long, sharp point like a needle a cactus spine

tangle *verb* (134) to form a twisted mass My shoelaces were tangled.

to the untrained eye *phrase* (CD2 T24) to someone without the skill or knowledge to judge what they see To the untrained eye, these insects all look the same.

trample *verb* (CD2 T24) to step heavily on something or someone, causing damage or injury Somebody trampled all over my flowerbed!

trunk *noun* (134) the long, tube-shaped nose of an elephant Elephants use their trunks to drink, wash and eat.

wild animal *noun* (132) an animal that lives independently of people, in natural conditions and with natural characteristics We saw lots of wild animals.

Word list

The numbers / track references in brackets indicate the first occurrence of each word/phrase in the unit.

Unit 13

breathe down someone's neck *phrase* (CD2 T31) to stay close to someone, watching everything that they do I don't want my parents breathing down my neck all the time.

calm down *phrasal verb* (CD2 T31) to stop feeling upset, angry or excited He calmed down a bit when we explained what had happened.

cellar *noun* (141) a room under the ground floor of a building, usually used for storage We keep our gardening tools in the cellar under the kitchen

chatter *noun* (141) conversation about things that are not important I can't concentrate with Ann's constant chatter.

close to nature *phrase* (145) in a situation in which you experience and enjoy nature When you go camping, you really feel close to nature.

customary *adjective* (141) traditional In my village, it is customary for a girl to take her mother's name.

drop in *phrasal verb* (149) to visit a person or a place, often for a short time I'll drop in on my way home.

fetch *verb* (141) to be sold for a particular amount of money The horse fetched £50 more than it cost.

gibber *verb* (CD2 T31) to speak quickly in a way that is hard to understand, especially when you are frightened or confused Stop gibbering and tell us what you saw!

handrail *noun* (141) a long narrow bar of wood or metal which people can hold on to for support, especially when going up or down stairs Make sure you hold the handrail.

haunted *adjective* (CD2 T31) describes a place where ghosts appear a haunted castle

hi-tech *adjective* (145) using the most advanced and developed machines and methods This weapons system is an affordable, hi-tech solution.

holler *verb* (CD2 T31) (informal) to shout loudly He was hollering something about seeing a snake.

invasion *noun* (CD2 T31) when an army or country uses force to enter and take control of another country They were planning an invasion of the north of the country.

jumbled *adjective* (141) mixed in an untidy and confused way a jumbled mass of toys

make up *phrasal verb* (CD2 T31) to form a particular thing, amount or number as a whole This book is made up of a number of different articles.

oak *noun* (CD2 T31) a large tree that is common especially in northern countries, or the hard wood of this tree a mighty oak

pale *adjective* (CD2 T31) describes someone's face or skin when it has less colour than usual, for example when they are ill or frightened I go pale at the sight of blood.

pop in *phrasal verb* (149) (informal) to go to a place, often for a short time My friend popped in for five minutes.

regard *verb* (141) to consider or have an opinion about something or someone They regarded her as their friend.

renew *verb* (143) to increase the life of or replace something old Every year, I renew my membership of the sports club.

shutter *noun* (141) a wooden cover on the outside of a window which prevents light from coming into a room We closed the shutters at night.

steep *adjective* (141) (informal) (of a price) higher than is reasonable Those prices are too steep for me.

storey *noun* (141) a level of a building a three-storey house

supernatural phenomena *phrase* (CD2 T31) things that cannot be explained by our knowledge of science or nature She does not believe in supernatural phenomena.

tell off *phrasal verb* (CD2 T35) to speak angrily to someone because they have done something wrong It was about time that someone told him off.

ups and downs *phrase* (CD2 T35) the mixture of good and bad things that happen to people Like most married couples, we've had our ups and downs.

warehouse *noun* (141) a large building for storing things before they are sold, used or sent out to shops The goods have been sitting in a warehouse for months.

well *noun* (141) a deep hole in the ground from which you can get water We went to the well every day.

Word list

The numbers / track references in brackets indicate the first occurrence of each word/phrase in the unit.

Unit 14

catch your breath *phrase* (154) to stop or rest until you can breathe comfortably again I stopped at the top of the hill to catch my breath.

commemorate *verb* (150) to remember officially and give respect to a great person or event, especially by a public ceremony or by making a statue or special building We gathered to commemorate those who lost their lives in the Great War.

disguise *noun* (150) something that someone wears to hide their true appearance She wore a disguise.

dizziness *noun* (154) the feeling that everything is turning around and that you are about to fall down The ear infection caused me a lot of dizziness.

dress up *phrasal verb* (150) to wear your best clothes or to wear a costume They were dressed up for the parade.

drizzle *noun* (CD2 T36) rain in very small, light drops Tomorrow will be cloudy with outbreaks of rain and drizzle.

finalise *verb* (156) to make a final and certain decision about a plan, date, etc. We'll finalise the date nearer the time.

gather *verb* (150) to come together in a group around a central point Let's gather round the fire and sing.

harvest *noun* (152) crops which are cut and collected There was a good harvest this year.

hold *verb* (150) to make something such as a party, a meeting or an election happen Could we hold a meeting to discuss this tomorrow afternoon?

juggle *verb* (CD2 T36) to throw several objects up into the air, and then catch and throw them up repeatedly so that one or more stays in the air, usually to entertain people He was juggling with burning torches.

let off *phrasal verb* (150) to make something such as a bomb or fireworks explode They were letting off fireworks in the streets.

let your hair down *phrase* (CD2 T36) to allow yourself to behave much more freely than usual and enjoy yourself Why don't you let your hair down for once?

living *noun* (CD2 T36) the money that you earn from your job What do you do for a living?

make a fool of *phrase* (CD2 T36) to trick someone or to make them appear foolish She only asked me the question to try to make a fool of me.

makeshift *adjective* (154) temporary and of low quality, but used because of a sudden need Thousands of refugees are living in makeshift camps.

make your way *phrase* (154) to go to a place We made our way to the station.

mist *noun* (154) small drops of water in the air which make it difficult to see objects which are not near The mountains were covered in freezing mist.

myth *noun* (152) an ancient story or set of stories, especially explaining in a literary way the early history of a group of people or about natural events and facts ancient myths

overlook *verb* (154) to provide a view of, especially from above Our hotel room overlooked the harbour.

palpable *adjective* (154) so obvious that it can easily be seen or known Her joy was palpable.

parade *noun* (150) a large number of people walking or in vehicles, all going in the same direction, usually as part of a public celebration of something a victory parade

stunt *noun* (CD2 T36) an exciting action that is dangerous or appears to be dangerous, often done to entertain people an acrobatic stunt

symbolise *verb* (152) to represent something The key symbolises knowledge.

unwind *verb* (CD2 T36) to relax and allow your mind to be free from worry after a period of work or some other activity that has made you worried Yoga helps me to unwind after work.

vantage point *noun* (154) a place, especially a high place, which provides a good, clear view of an area We could see the riders from our vantage point at the top of the hill.

wave *noun* (154) a sudden strong feeling that gets stronger as it spreads a wave of panic

wide-brimmed *adjective* (154) A wide-brimmed hat has a wide part at the bottom which sticks out around it. She wore a wide-brimmed hat to keep the sun off her face.

wind your way *phrase* (154) to go somewhere by a route that turns repeatedly in different directions They wound their way back down the valley.