Unit 1

Note: the numbers show which page the word or phrase first appears on in the unit.

armchair n (13) a comfortable chair with sides that support your arms

balcony n (10) a small area joined to the wall outside a room on a high level where you can stand or sit

bell n (13) an electrical object that makes a ringing sound when you press a switch

belong v (12) to feel happy and comfortable in a place or with a group of people

blanket n (13) a thick, warm cover that you sleep under

bulb n (14) a glass object containing a wire which produces light from electricity

cave n (11) a large hole in the side of a cliff (= straight, high rock next to the sea), mountain, or under the ground

chest of drawers n (13) a piece of furniture with drawers for keeping clothes in

consist (of) v (12) to be formed or made from two or more things

contain v (11) If one thing contains another, it has it inside it.

cooker n (13) a piece of equipment used to cook food

corridor n (13) a passage in a building or train with rooms on one or both sides

cosy adj (11) comfortable and warm

cottage n (11) a small house, usually in the countryside

cushion n (13) a cloth bag filled with something soft which you sit on or lean against to make you comfortable

design n (11) the way in which something is planned and made

exist v (12) to be real or present

fridge n (13) a large container that uses electricity to keep food cold

guess v (12) to give an answer or opinion about something without having all the facts

improve *v* (8) to get better or to make something better

include v (12) to have something or someone as part of something larger or more general, such as a group, price, or process

matter v (12) to be important, or to affect what happens

microwave n (13) an electric oven that uses waves of energy to cook or heat food

mirror n (13) a piece of glass with a shiny metallic material on one side which produces an image of anything that is in front of it

own v (12) to have something that legally belongs to you

pillow n (13) a soft object which you rest your head on in

relax v (12) to become happy and comfortable because nothing is worrying you

remain v (11) to continue to be in the same state; to continue to exist when everything or everyone else has gone

right *adv* (12) exactly in a place or time

sink n (13) a bowl that is fixed to the wall in a kitchen or bathroom that you wash dishes or your hands, etc. in

suppose v (12) to think that something is likely to be

tap n (13) the part at the end of a pipe which controls the flow of water

tidy v (10) to make a place tidy

upstairs adv (11) on or to a higher level of a building

washbasin n (13) a bowl in a bathroom that water can flow into, used for washing your face or hands

windmill n (10) a building with long parts at the top that turn in the wind, used for producing power or crushing grain

Unit 2

Note: the numbers show which page the word or phrase first appears on in the unit.

apologise v (25) to tell someone that you are sorry about something you have done

canteen n (18) a restaurant in an office, factory, or school

earn a wage v (24) to get money for doing work

explain v (24) to make something clear or easy to understand by giving reasons for it or details about it

fail an exam v (20) to not pass a test or an exam

have fun v (24) to enjoy yourself

invite v (24) to ask someone to come to a social event

learn v (19) to get knowledge or skill in a new subject or activity

lose v (20) to not be able to find someone or something

make friends v (24) to begin to know and like someone

miss the bus v (20) to arrive too late to get on a bus, train or aircraft

pass an exam v (20) to succeed at a test or an exam

ring v (18) If something rings, it makes the sound of a bell, and if you ring a bell, you cause it to make a sound.

set off v (18) to start a journey

sit an exam v (20) to take an exam

spend time doing something v (24) to use time doing something or being somewhere

study v (19) to learn about a subject, usually at school or university

suggest v (26) to express an idea or plan for someone to consider

take an exam v (20) to do an official test

take time to do something v (24) to do something without hurrying

teach v (20) to give lessons in a particular subject at a school, university, etc.

thank v (26) to tell someone that you are grateful for something they have done or given you

Unit 3

Note: the numbers show which page the word or phrase first appears on in the unit.

admission fee n (29) the amount of money that you pay to enter a place

(can) afford v (32) to have enough money to buy something

art gallery n (29) a room or building that is used for showing paintings and other art to the public

backpack n (34) a bag that you carry on your back

book ahead v (29) to arrange to use or do something at a particular time in the future

catch up with v (33) to reach someone or something in front of you, by going faster, working harder, etc. than

chess n (34) a game that two people play by moving differently shaped pieces around a board of black and white squares

cyclist n (34) someone who rides a bicycle

deal with v (31) to take action in order to achieve something or to solve a problem

diving n (28) the activity or sport of jumping into water with your arms and head going in first

feel like v (31) to want something, or want to do something

formal adj (30) used about clothes, language, and behaviour that are serious and not friendly or relaxed

get on with v (31) to continue doing something, especially work

give up v (31) to stop doing something before you have completed it, usually because it is too difficult

go off v (33) to stop liking someone or something

go on v (31) to last for a particular period of time

healthy adj (29) physically strong and well, or good for your health

helmet n (34) a hard hat that protects your head

instrument n (34) an object that is used for playing music, for example a piano or drum

join in v (33) to become involved in an activity with other people

look forward to v (30) to feel happy and excited about something that is going to happen

make up for v (32) to reduce the bad effect of something

mountain-biking n (34) riding a bicycle with thick tyres, originally made for people to ride on hills and rough ground

opening hours n (29) the times of the day when a place is open to the public.

oven n (34) a piece of kitchen equipment with a door which is used for cooking food

patient adj (30) having patience

put someone's name down v (33) to write someone's name on a list or document

set out v (30) to start a journey

sightseeing n (29) the activity of visiting places which are interesting because they are historical, famous, etc.

surfing n (28) the sport of riding on a wave on a special board

take up v (30) to start doing a particular job or activity

tent *n* (34) a structure made of metal poles and cloth which is fixed to the ground with ropes and used as a cover or to sleep under

turn into v (30) to change and become someone or something different, or to make someone or something do this

value n (29) how useful or important something is

water-skiing n (34) a sport in which someone is pulled behind a boat while standing on skis

work out v (32) to calculate an amount

Unit 4

Note: the numbers show which page the word or phrase first appears on in the unit.

boiling adj (42) very hot

calm adj (42) peaceful and quiet

crowded adj (42) very full of people

deep adj (40) having a long distance from the top to the bottom

department store n (42) a large shop divided into several different parts which sell different types of things

dull adj (42) not interesting

empty adj (42) If something is empty, it does not contain any things or people.

enormous adj (42) extremely large

extremely adv (42) very, or much more than usual

filthy adj (42) extremely dirty

flat adj (42) smooth and level, with no curved, high, or hollow parts

fountain n (42) a structure that forces water up into the air as a decoration

freezing adj (42) very cold

hilly adj (42) having a lot of hills

journey n (39) when you travel from one place to another

lively adj (42) full of energy and interest

market n (39) a place where people go to buy or sell things, often outside

narrow adj (42) Narrow things measure a small distance from one side to the other.

noisy *adj* (40) Noisy people or things make a lot of noise.

port n (42) a town or an area of a town next to water where ships arrive and leave from

shallow adj (42) not deep

shopping centre n (39) a place where a lot of shops have been built close together

snorkel n (38) a tube that you use to help you breathe if you are swimming with your face under water

snowboard n (38) a large board that you stand on to move over snow

souvenir n (38) something which you buy or keep to remember a special event or holiday

sunbathe v (38) to sit or lie in the sun so that your skin becomes brown

take photos v (38) to produce pictures using a camera

tiny adj (42) extremely small

tourist office n (42) a building where someone who visits a place for pleasure can get information

town hall n (42) a large building where local government

travel *n* (40) the activity of travelling

travel v (40) to make a journey

trek n (38) a long, difficult journey that you make by walking

trip n (38) a journey in which you visit a place for a short time and come back again

youth club n (42) an organisation for young people who want to take part in a sport or social activity together, or the building they use for this

Unit 5

Note: the numbers show which page the word or phrase first appears on in the unit.

amazed adj (52) extremely surprised

amusing adj (52) making you laugh or smile

anger n (48) a strong feeling against someone who has behaved badly, making you want to shout at them or hurt

annoyed adj (52) slightly angry

ashamed adj (51) feeling guilty or embarrassed about something you have done

awful adj (53) very bad, of low quality, or unpleasant

bored adj (51) feeling tired and unhappy because something is not interesting or because you have nothing to do

cheerful adj (53) happy

crazy about adj (51) loving someone very much, or being very interested in something

delighted adj (53) very pleased

depressed adj (51) very unhappy, often for a long time

disappointed adj (51) unhappy because someone or something was not as good as you hoped or expected, or because something did not happen

embarrassing adj (52) making you feel embarrassed

emotional adj (48) showing strong feelings, or making people have strong feelings

exciting adj (52) making you feel very happy and enthusiastic

fantastic adj (53) very good

fear n (48) a strong, unpleasant feeling that you get when you think that something bad, dangerous, or frightening might happen

fond adj (51) expressing or causing happy feelings

frightening adj (52) making you feel afraid or nervous

generous *adj* (53) giving other people a lot of money, presents, or time in a kind way

get on well with someone v (49) to like and be friendly to someone

get together *v* (49) to meet in order to do something or spend time together

grateful adj (53) feeling or showing thanks

habit n (53) something that you do regularly, almost without thinking about it

jealousy *n* (48) jealous feelings

keen adj (49) wanting to do something very much

mean adj (53) A mean person does not like spending money, especially on other people.

miserable adj (53) unhappy

move away v (48) to go to a different place to live

negative *adj* (53) a negative effect is bad and causes damage to something; not having enthusiasm or positive opinions about something

ordinary adj (53) not special, different, or unusual in any

positive *adj* (53) something that is positive makes you feel better about a situation; feeling happy about your life and your future

proud adj (51) feeling very pleased about something you have done, something you own, or someone you know

relaxed adj (52) feeling happy and comfortable because nothing is worrying you

remind v (49) to make someone remember something, or remember to do something

serious adj (53) A serious person is quiet and does not laugh often.

upset *adj* (48) unhappy or worried because something unpleasant has happened

Unit 6

Note: the numbers show which page the word or phrase first appears on in the unit.

admission n (59) the money that you pay to enter a place

audience n (59) the people who sit and watch a performance at a theatre, cinema, etc.

button n (63) a small, round object that you push through a hole to fasten clothing

cartoon n (58) a film made using characters that are drawn and not real

chat show n (58) a television or radio programme where people are asked questions about themselves

comedy series *n* (58) a group of funny television or radio programmes that have the same main characters or deal with the same subject

cotton n (63) cloth or thread that is produced from the cotton plant

documentary n (58) a film or television programme that gives facts about a real situation or real people

earring n (63) a piece of jewellery that you wear on or through your ear

fashionable adj (63) popular at a particular time

find out v (62) to get information about something, or to learn a fact for the first time

get to know v (62) When you get to know someone, you learn more about them.

handbag n (63) a bag carried by a woman with her money, keys, etc. inside

interval n (59) a short period of time between the parts of a play, performance, etc.

know v (62) to be familiar with a person, place, or thing because you have met them, been there, used it, etc. before

live adj (59) A live performance or recording of a performance is done with an audience.

meet v (62) to see and speak to someone for the first time

the news n (58) the announcement of important events on television, radio, and in newspapers

old-fashioned adj (63) not modern

patterned *adj* (63) with a design of lines, shapes, colours, etc.

performance n (59) acting, singing, dancing, or playing music to entertain people

pocket n (63) a small bag that is sewn or fixed onto or into a piece of clothing, a bag, the back of a seat, etc.

purse n (63) a small container for money, usually used by a woman

quiz show n (58) a television or radio programme in which you answer questions

review n (59) a report in a newspaper, magazine, or programme that gives an opinion about a new book, film, etc.

round neck n (63) an opening for your neck on a piece of clothing which is in the shape of a circle

sleeve n (63) the part of a jacket, shirt, etc. that covers

sleeveless *adj* (63) describes a piece of clothing with no sleeves

striped adj (63) with a pattern of stripes (a long, straight area of colour)

subtitles n (61) words shown at the bottom of a cinema or television screen to explain what is being said

sweater *n* (63) a warm piece of clothing which covers the top of your body and is pulled on over your head

tight adj (63) fitting your body very closely

venue n (59) a place where a sports game, musical performance, or special event happens

V-neck n (63) a V-shaped opening for your neck on a piece of clothing, or a sweater, dress, etc. with this opening

Unit 7

Note: the numbers show which page the word or phrase first appears on in the unit.

blow v (68) If the wind blows, it moves and makes currents of air.

board v (71) to get on a bus, boat, aircraft, etc.

check-in n (71) the place at an airport where you go to say that you have arrived for your flight

climate n (76) the weather conditions that an area usually has

crossroads *n* (73) a place where two roads cross each other

degree n (68) unit for measuring temperature

ferry n (71) a boat that regularly carries passengers and vehicles across an area of water

fog n (68) thick cloud just above the ground or sea that makes it difficult to see

forecast n (68) a report saying what is likely to happen in the future

frost n (68) a thin, white layer of ice that forms on surfaces, especially at night, when it is very cold

get wet v (68) to be no longer dry

guesthouse n (73) a small cheap hotel

guidebook n (73) a book that gives visitors information about a particular place

harbour n (74) an area of water near the coast where ships are kept and are safe from the sea

head back v (74) to begin to return to a place

helicopter n (74) an aircraft which flies using long, thin parts on top of it that turn round and round very fast

hitchhike v (73) to get free rides in people's vehicles by standing next to the road and waiting for someone to pick you up

icy adj (68) covered in ice

lightning n (68) a sudden flash of light in the sky during a storm

mild adj (68) When weather is mild, it is less cold than you would expect.

on time *prep* (73) not early or late

overnight *adv* (73) for or during the night

path n (72) a long, narrow area of ground for people to walk along

pedestrian n (72) a person who is walking and not travelling in a vehicle

railroad n (73) the metal tracks that trains travel on (US)

rider n (72) someone who rides a horse, bicycle or motorcycle

scooter n (74) a small motorcycle

season n (70) one of the four periods of the year; winter, spring, summer, or autumn

shower n (68) a short period of rain

signpost n (73) a sign by the side of the road that gives information about routes and distances

stormy *adj* (69) If it is stormy, the weather is bad with a lot of wind and rain.

suitcase n (71) a rectangular case with a handle that you use for carrying clothes when you are travelling

take off v (68) If an aircraft takes off, it begins to fly.

temperature n (68) how hot or cold something is

thunderstorm n (68) a storm that has thunder (= loud noise) and lightning

vehicle n (72) something such as a car or bus that takes people from one place to another, especially using roads

Unit 8

Note: the numbers show which page the word or phrase first appears on in the unit.

apostrophe n (86) a mark (') used to show that letters or numbers are absent

bald adi (82) with little or no hair

bring up v (80) to look after a child and teach them until they are old enough to look after themselves

broad shoulders n (82) wide shoulders

capital letter n (86) a large letter of the alphabet used at the beginning of sentences and names

childish *adj* (83) Childish behaviour is silly, like that of a small child.

coach n (78) someone whose job is to teach people to improve at a sport, skill, or school subject

comma n (81) a mark (,) used to separate parts of a sentence, or to separate the items in a list

confident *adj* (80) certain about your ability to do things well

dishonest adj (83) not honest and likely to lie or do something illegal

full stop n (86) a mark (.) used at the end of a sentence, or to show that the letters before it are an abbreviation

grandfather n (78) the father of your mother or father

grow up v (79) to become older or an adult

hard-working adj (83) doing a job seriously and with a lot of effort

honest *adj* (83) sincere and telling the truth

hyphen n (86) a mark (-) used to join two words together, or to show that a word has been divided and continues on the next line

lazy adj (83) Someone who is lazy does not like working or using any effort.

make up v (80) to say or write something that is not true

nephew n (78) the son of your brother or sister, or the son of your husband's or wife's brother or sister

plain adj (82) A plain person is not attractive to look at.

reliable adj (83) able to be trusted or believed

rude *adj* (83) behaving in a way which is not polite and upsets other people

scar n (82) a permanent mark left on the body from a cut or other injury

selfish adj (83) caring only about yourself and not other people

set up v (79) to start a company or organisation

shy *adj* (83) not confident, especially about meeting or talking to new people

smart adj (83) intelligent

sort out v (79) to successfully deal with something, such as a problem or difficult situation

stepmother n (78) the woman who has married your father but is not your mother

stepsister n (78) not your parent's daughter but the daughter of the person your parent has married

twin n (78) one of two children who are born to the same mother at the same time

uncle n (78) the brother of your mother or father, or the husband of your aunt

unreliable adj (83) not able to be trusted or depended on



Unit 9

Note: the numbers show which page the word or phrase first appears on in the unit.

athletics n (92) the sports which include running, jumping, and throwing

bandage n (89) a long piece of soft cloth that you tie around an injured part of the body

bat n (92) a piece of wood used to hit the ball in some sports

beat v (92) to defeat someone in a competition

board n (92) a flat piece of wood, plastic, etc. used for a particular purpose

bruise *n* (89) a dark area on your skin where you have been hurt

challenge n (93) something that is difficult and that tests someone's ability or determination

cold n (89) a common illness which makes you sneeze and makes your nose produce liquid

competition n (93) when someone is trying to win something or be more successful than someone else

cough n (89) an illness that makes you cough (= action of making air come out of your throat with a short sound) a lot

court n (92) an area for playing particular sports

disease n (89) an illness caused by an infection or by a failure of health and not by an accident

earache n (89) pain in your ear

energy n (88) the power and ability to be very active without becoming tired

fit adj (88) healthy, especially because you exercise regularly

flu n (89) an illness like a very bad cold, that makes you feel hot and weak

glove n (92) a piece of clothing which covers your fingers and hand

gymnastics n (91) a sport in which you do physical exercises on the floor and on different pieces of equipment, often in competitions

headache n (89) pain inside your head

hurt v (90) If a part of your body hurts, it is painful.

ice hockey n (92) a game played on ice in which two teams try to hit a small hard object into a goal using long curved sticks

injure v (89) to hurt a person, animal, or part of your body

jogging n (92) running slowly for exercise

medicine n (89) a substance used to cure an illness or injury

net n (92) something made with a piece of net (= material made of crossed threads with holes between them), for example for sports

nurse n (89) someone whose job is to care for ill and injured people

operation n (89) when a doctor cuts someone's body to remove or repair part of it

pill n (89) a small, hard piece of medicine that you swallow

pitch n (92) an area of ground where a sport is played

racket n (92) a piece of equipment that you use to hit a ball in sports such as tennis

score *v* (92) to get points in a game or test

sore throat n (89) pain in the back part of your mouth and the passages inside your neck

stadium n (92) a large, open area with seats around it, used for playing and watching sports

stomach ache n (89) pain in the organ inside your body where food is digested

tablet n (89) a small, round object containing medicine that you swallow

track n (92) a path, often circular, used for races

wound n (89) an injury, especially one that is made by a knife or bullet



Unit 10

Note: the numbers show which page the word or phrase first appears on in the unit.

book v (98) to arrange to use or do something at a particular time in the future

borrow v (102) to use something that belongs to someone else and give it back later

butcher n (102) someone who prepares and sells meat

complain v (102) to say that something is wrong or that you are annoyed about something

course n (99) a part of a meal

dentist n (102) someone who examines and repairs teeth

dish n (99) food that is prepared in a particular way as part of a meal

dry cleaner n (102) a shop where clothes are cleaned with a special chemical and not water

food n (98) something that people and animals eat to keep them alive

fork n (102) a small object with three or four points and a handle, that you use to pick up food and eat with

garage n (102) a business that repairs or sells cars, and sometimes also sells fuel

glass n (104) a hard, transparent substance that objects such as windows and bottles are made of

hairdresser n (102)

1 someone whose job is to wash, cut, colour, etc. people's

2 the place where you go to have your hair washed, cut, coloured, etc.

hairdryer n (102) a piece of electrical equipment for drying your hair with hot air

hammer n (104) a tool with a heavy, metal part at the top that you use to hit nails into something

knife n (104) a sharp tool or weapon for cutting, usually with a metal blade and a handle

ladder n (104) a piece of equipment which is used to reach high places, consisting of short steps fixed between two long sides

library n (102) a room or building that contains a collection of books and other written material that you can read or borrow

loaf n (101) bread that has been baked in one large piece so that it can be cut into smaller pieces

make an appointment v (102) to arrange to do something at a particular time

meal n (98) when you eat, or the food that you eat at that

metal n (104) a usually hard, shiny material such as iron, gold, or silver which heat and electricity can travel through

packet n (101) a small container that contains several of the same thing

plastic n (104) a light, artificial substance that can be made into different shapes when it is soft and is used in a lot of different ways

plate n (100) a flat, round object which is used for putting food on

post office n (102) a place where you can buy stamps and send letters and parcels

repair v (102) to fix something that is broken or damaged

taste n (98)

1 the flavour of a particular food in your mouth 2 the ability to judge what is attractive or suitable, especially in things related to art, style, beauty, etc.

travel agent n (102) someone whose job is making travel arrangements for people

tube n (101) a long, thin container for a soft substance, that you press to get the substance out

wood n (104) the hard material that trees are made of

Unit 11

Note: the numbers show which page the word or phrase first appears on in the unit.

advertisement n (109) a picture, short film, song, etc. which tries to persuade people to buy a product or service

announcement n (109) something that someone says officially, giving information about something

attraction n (109) something that makes people come to a place or want to do a particular thing

bat n (108) a small animal like a mouse with wings that flies at night

celebration n (109) when you celebrate a special day or

climate change n (111) the way the Earth's weather is changing

collection n (109) a group of objects of the same type that have been collected by one person or in one place

confirmation n (109) an announcement or proof that something is true or certain

connection n (109) a relationship between people or things

creature *n* (108) anything that lives but is not a plant

crocodile n (110) a big reptile with a long mouth and sharp teeth, that lives in lakes and rivers

development n (109) when someone or something grows or changes and becomes more advanced

discussion n (109) when people talk about something and tell each other their ideas or opinions

duck n (110) a bird with short legs that lives in or near

energy conservation n (111) when you are careful not to waste fuel, etc.

enjoyment n (109) when you enjoy something

entertainment n (109) shows, films, television, or other performances or activities that entertain people

giraffe n (111) a large African animal with a very long neck and long, thin legs

improvement n (109) when something gets better or when you make it better

invention n (109) something that has been designed or created for the first time

invitation n (109) when someone invites you to do something or go somewhere

pet n (114) an animal that someone keeps in their home

petrol n (111) a liquid fuel used in cars

pollution n (109) damage caused to water, air, etc. by harmful substances or waste

preparation n (109) the things that you do or the time that you spend preparing for something

protection n (109) keeping someone or something safe from harm

recycle v (113) to put used paper, glass, plastic, etc. through a process so that it can be used again

replacement n (109) the thing or person that replaces something or someone

reservation n (109) an arrangement that you make to have a seat on an aircraft, a room in a hotel, etc.

rubbish *n* (111) things that you throw away because you do not want them

save v (113) to keep something to use in the future, to stop something from being destroyed

snake n (108) a long, thin creature with no legs that slides along the ground

stand-by n (115) something that is ready to be used if needed

translation n (109) something which has been translated from one language to another, or the process of translating

waste v (114) to use too much of something or use something badly when there is a limited amount of it

wildlife n (108) animals, birds, and plants living in their natural environment

Unit 12

10

19

- 18

39

200

3

300

199

100

3

Note: the numbers show which page the word or phrase first appears on in the unit.

ask v (120) to say something to someone as a question which you want them to answer

ask for v (120) to say something to someone because you want them to give you something

behind prep (124) at or to the back of someone or something

between prep (124) in the space that separates two places, people, or things

communicate v (125) to share information with others by speaking, writing, moving your body, or using other

communication n (120) the act of communicating with other people

dork n (118) a stupid or silly person

dude n (118) a man

geek n (118) a man who is boring and not fashionable

graffiti n (118) writing or pictures painted on walls and public places, usually illegally

in front of prep (124) close to the front part of something

inside prep (124) in or into a room, building, container, etc.

joke n (120) something which someone says to make people laugh, usually a short story with a funny ending

lie n (120) something that you say or write which you know is not true

Martian n (118) in stories, someone from the planet Mars

next to prep (124) very close to something or someone, with nothing in between

on the right prep (124) on or towards the part of your body that is to the east when you are facing north

opposite prep (124) in a position facing something or someone but on the other side

over prep (124) above or higher than something

raise money v (120) to collect money from other people

say v (118) to speak words

slang n (118) informal language, often language that is only used by people who belong to a particular group

speak v (119) to say something using your voice

story n (120) a description of a series of real or imaginary events which is intended to entertain people

talk v (120) to say things to someone

tell v (120) to say something to someone, usually giving them information

truth n (120) the quality of being true

wonder v (123) to want to know something or to try to understand the reason for something

