

4 A Day in the Life

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- 4.1 **Inuit** (n) /'ɪnjuɪt/
a Native American from a northern part of Canada, Greenland or Alaska • *I can't understand how Inuits can make homes in the snow.*
- 4.2 **pick** (v) /pɪk/
cut or take small pieces of sth or small things from sth else • *The farmer picked the stones out of the horse's feet.* > pick (n)
- 4.3 **Greenland** (n) /'ɡriːn,lənd/

Word Focus

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- 4.4 **capital** (n) /'kæpɪtl/
the main city in a country • *Belfast is the capital of Northern Ireland.*
- 4.5 **porridge** (n) /'pɒrɪdʒ/
a kind of breakfast food that is hot and creamy, made from cooked oats • *A bowl of hot porridge is the traditional breakfast in Scotland.*
- 4.6 **physical education** (n) /'fɪzɪkl ,edʒu'keɪʃn/
sports and exercise done as a class at school • *Our class has physical education three times a week in the school gym or the swimming pool.*
✎ Syn: PE
- 4.7 **steamed** (adj) /'stiːmd/
cooked with steam • *The Chinese often eat steamed rice with other foods.* > steam (v, n)
- 4.8 **gas** (n) /ɡæs/
sth that is not liquid and not solid, e.g. oxygen • *Shona has a gas fire in her living room.*
- 4.9 **boiling** (adj) /'bɔɪlɪŋ/
very hot • *He put the boiling water in the cup to make tea.* > boil (v)

Reading

Pages 44-45

- 4.10 **typical** (adj) /'tɪpɪkl/
usual; common • *My typical day begins with breakfast at seven.* > typically (adj)
- 4.11 **congee** (n) /'kɒndʒi/
a kind of porridge made with rice • *When Tom was feeling sick, his granny gave him congee to eat.*

- 4.12 **international** (adj) /,ɪntə'næʃnəl/
for people from many different countries • *The restaurant sells a variety of delicious international foods.* > internationally (adv)
- 4.13 **foreign** (adj) /'fɔːrən/
from another country • *Can you speak any other foreign languages?* > foreigner (n)
- 4.14 **cafeteria** (n) /,kæfə'tɪəriə/
a self-service restaurant, often in a school or other public building • *Do you have lunch in the school cafeteria?*
- 4.15 **during** (prep) /'dʒʊərɪŋ/
all through a period of time • *Thousands of tourists visit the Acropolis Museum during the summer.*
- 4.16 **athlete** (n) /'æθli:t/
sb who takes part in sport, especially on a track, e.g. running • *Frank loves running, but he doesn't want to be a famous athlete.* > athletic (adj), athletics (n)
- 4.17 **Olympic Games** (n) /ə,lɪmpɪk 'geɪmz/
an international sports event that happens every four years • *The final swimming events in the Olympic Games were on the news on TV.*
- 4.18 **on the way** (phr) /ɒn ðə weɪ/
going towards a place • *On the way to the shops, Tanya found a little dog yesterday.*
- 4.19 **have a rest** (phr) /həv ə rest/
relax; take a break • *After five kilometres, the group stopped walking to have a rest.*
- 4.20 **organise** (v) /'ɔːɡənəɪz/
plan and prepare sth • *Helen needs a bigger desk to organise her work.* > organiser (n), organisation (n)
- 4.21 **language** (n) /'læŋɡwɪdʒ/
the way of speaking and writing in a particular country • *Can you speak any other foreign languages?*
- 4.22 **player** (n) /'pleɪə(r)/
sb who plays a sport or game • *Who is your favourite football player?* > play (v)

Vocabulary

Pages 46-47

- 4.23 **dust** (v) /dʌst/
clean the dirt off furniture with a cloth • *Amanda broke the jar when she was dusting the table.* > dust (n), duster (n), dusty (adj)

- 4.24 vacuum** (v) /'vækjuəm/
clean the floor with an electric cleaner
• *Who will vacuum the floor after the party?*
➢ vacuum (n)
- 4.25 carpet** (n) /'kɑ:pɪt/
sth that you put on the floor to cover it
• *Please don't walk on the clean carpet with your wet football boots!*
- 4.26 do the washing up** (phr) /du ðə 'wɒʃɪŋ ʌp/
wash plates, cups, etc. after using them
• *I made the dinner, so who wants to do the washing up? The kitchen is full of dirty dishes.*
- 4.27 sweep** (v) /swi:p/
clean a floor with a brush • *Ian swept up the leaves in the backyard.*
- 4.28 iron** (v) /'aɪən/
make clothes flat by pressing them with an iron
• *Could you iron my T-shirt for the basketball match?* ➢ ironing (n)
- 4.29 rise** (v) /raɪz/
move up • *The sun was rising when I got up this morning.*
- 4.30 dry** (v) /draɪ/
make sth dry • *Put the clothes out to dry in the sun.* ➢ dry (adj)
- 4.31 hairdryer** (n) /'heədraɪə(r)/
a device that you use to dry your hair with hot air • *You don't have to take a hairdryer on holiday because there's one in your hotel room.*
- 4.32 ready** (adj) /'redi/
prepared • *Are you ready to dance? Start the music!*
- 4.33 hang (sth) out** (phr v) /hæŋ ('sʌmθɪŋ) aʊt/
attach sth to hang on a line outside your home, especially clothes • *I washed my trousers and hung them out to dry.*
- 4.34 tidy** (v) /'taɪdi/
put things in order • *I always tidy my bedroom on Sunday afternoon.* ➢ tidy (adj)
- 4.35 mess** (n) /mes/
an untidy and/or dirty state • *The kitchen was in a mess after the party.* ➢ mess (v), messy (adj)
- 4.36 housework** (n) /'haʊswɜ:k/
work that you need to do in your home, e.g. cooking and cleaning • *My parents are happy when I help them with the housework.*

Housework

do the washing up	iron
dry	sweep
dust	tidy
hang (sth) out	vacuum

- 4.37 pay** (v) /peɪ/
give money to buy sth; give sb money to do a job • *How much did you pay for your new school bag?* ➢ pay (n), payment (n), paid (adj), payable (adj)
- 4.38 spend** (v) /spend/
use money to pay for sth • *Gina spends all her money on new clothes.*
- 4.39 rent** (v) /rent/
pay money to use sth (e.g. a house, flat or room) that belongs to sb else • *We rented a room with a view of Hyde Park in London.* ➢ rent (n), rental (n)
- 4.40 flat** (n) /flæt/
a home on one floor of a building that has more than one floor • *George lives in a flat with his parents and his aunt lives in the flat downstairs.*
- 4.41 lend** (v) /lend/
give sth of yours to sb to use for a short time • *Could you lend me an umbrella because I forgot to bring mine?* ➢ lender (n)
- 4.42 borrow** (v) /'bɒrəʊ/
take sth that belongs to sb else to use for a short time and then give it back • *You can borrow books from the town library and take them back a week later.* ➢ borrower (n)
- 4.43 make money** (phr) /meɪk 'mʌni/
get money from your job or by selling sth • *Steve makes money by selling his old clothes and other things he doesn't need on the internet.*
- 4.44 save money** (phr) /seɪv 'mʌni/
keep money that you don't need to spend right now • *It's difficult to save money when you don't have a good job.* ➢ saving(s) (n)
- 4.45 till** (n) /tɪl/
a machine that has a drawer where sb puts the money you pay for sth in a shop • *There are always a lot of people waiting at the till in the supermarket at weekends.*
- 4.46 cashier** (n) /kæ'ʃɪə(r)/
sb who works at the till in a shop, bank, etc. • *The cashiers at this bank are not always very friendly when Mum goes to pay her bills.*

- 4.47 customer** (n) /'kʌstəmə(r)/
sb who buys sth from a shop • *The customers were getting annoyed because there was only one cashier in the busy shop.*
- 4.48 shelf** (n) /ʃelf/
a flat surface for storing things on a wall or in a cupboard • *I keep my school books on the shelves next to my bed.*
- 4.49 receipt** (n) /rɪ'si:t/
a piece of paper that shows how much you paid for sth in a shop, etc. • *Keep your receipts because you might need to take something back to the shop.* > receive (v)
- 4.50 trolley** (n) /'trɒli/
a shopping cart for carrying things in a shop • *The children put some extra things they wanted into the shopping trolley, so their mum wasn't happy when she found out.*
- 4.51 cash** (n) /kæʃ/
money in coins or notes • *Eric pays for everything in cash because he doesn't like using bank cards.*
- 4.52 product** (n) /'prɒdʌkt/
sth that is grown or made for selling • *All the products in the village shop come from farms in the area.* > produce (v), producer (n), production (n), productive (adj)

Shopping & Money

Verbs

borrow
lend
pay
rent
spend
make money
save money

Nouns

cash
cashier
customer
dollar
product
receipt
shelf
till
trolley

Containers & Quantity

bar
can
carton
loaf

piece
slice
tin

- 4.53 carton** (n) /'kɑ:tɪn/
a small plastic or cardboard box that has food or drink inside • *I bought four cartons of ice cream and one carton of milk.*

- 4.54 loaf** (n) /ləʊf/
an amount of bread that is cooked in a shape • *We need a loaf of bread for the sandwiches.*
- 4.55 tin** (n) /tɪn/
a metal container for food • *There are some tins of tomatoes in the kitchen cupboard.*
> tinned (adj)
- 4.56 bar** (n) /bɑ:(r)/
a long flat piece of sth with straight sides, e.g. chocolate, soap • *I ate a bar of chocolate and now I can't eat all of my dinner.*
- 4.57 can** (n) /kən/
a metal container for food or drink • *We bought some cans of lemonade and cola for the barbecue.* > canned (adj)
- 4.58 olive** (n) /'ɒlɪv/
a small green or black fruit that you can eat or use for its oil • *The pizza had tasty big black olives on top.*

Grammar

Pages 48-49

- 4.59 Thailand** (n) /'taɪlənd/
4.60 hotel (n) /həʊ'tel/
a building where you pay for a room to stay in for a short time • *The hotel was very close to the sea, so we didn't need to swim in its pool.*
- 4.61 tent** (n) /tent/
a shelter held up by poles and ropes that you use for camping • *Ben put up his tent and went inside it to sleep.*
- 4.62 backpack** (n) /'bækpæk/
a large bag that you can carry on your back • *The campers were carrying large backpacks with their tents and clothes.*
- 4.63 pack** (v) /pæk/
put things into a bag or box • *I packed all my books in my school bag and went for the bus.*
- 4.64 prediction** (n) /prɪ'dɪkʃn/
what sb says will happen in the future • *Karen didn't believe Roger's prediction that the team would win the match.* > predict (v), predictable (adj)
- 4.65 steak** (n) /steɪk/
a thick slice of meat • *The customer was unhappy because his steak wasn't cooked well.*
- 4.66 tuna** (n) /'tju:nə/
a large sea fish with light red meat • *Tony makes delicious pizza with tuna and other seafood.*

- 4.67 research** (n) /rɪ'sɜːtʃ/
a study to find out or prove facts about sth
• *In our science class, we did some research about healthy eating.*
- 4.68 biscuit** (n) /'bɪskɪt/
a thin crispy cake • *Have a biscuit with your hot chocolate.*
- 4.69 dollar** (n) /'dɒlə(r)/
the kind of money used in some countries, e.g. the USA, Canada and Australia • *The taxi ride from the airport costs forty dollars.*
- 4.70 traffic** (n) /'træfɪk/
all the cars, buses, lorries, etc. on a street at the same time • *The bus was late because there was so much traffic.*
- 4.71 advice** (n) /əd'vaɪs/
sth you tell sb to do to help them with a problem • *If you have any problem with grammar, ask your teacher for advice.*
➢ advise (v), advisable (adj)
- 4.72 luggage** (n) /'lʌɡɪdʒ/
all the bags you're carrying when you're travelling • *Simon put his luggage in the back of the taxi and left for the airport.*
- 4.73 equipment** (n) /ɪ'kwɪpmənt/
the things you need to do a job or an activity
• *The students had a party to raise money to buy new equipment, like musical instruments, for the school.*
- 4.74 strawberry** (n) /'strɔːbəri/
a small, juicy, red, summer fruit • *We're having ice cream with strawberries from the garden.*

Listening

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- 4.75 amount** (n) /ə'maʊnt/
a quantity of sth • *My uncle won a large amount of money in a TV quiz.*
- 4.76 form** (n) /fɔːm/
type; kind • *What forms of music do you enjoy?*
- 4.77 espresso** (n) /e'spresəʊ/
a very strong hot, black coffee in a small cup
• *Italians often drink a small cup of espresso for breakfast.*
- 4.78 cappuccino** (n) /,kæpu'tʃiːnəʊ/
a hot coffee with lots of frothy milk on top
• *They make great cappuccino in this café.*
- 4.79 perhaps** (adv) /pə'hæps/
maybe • *Perhaps we'll go to Thailand next year, but I'm not sure.*

- 4.80 comfortable** (adj) /'kʌmfətəbl/
that has a relaxing feeling to wear or sit on, etc. • *This chair isn't comfortable to sit on for a long time.* ➢ comfort (v, n), comfortable (adv)
👉 Opp: uncomfortable
- 4.81 reach** (v) /ri:tʃ/
get to a place/person • *When you reach the bank, turn left into Park Street.*

Speaking

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- 4.82 starter** (n) /'stɑːtə(r)/
a little food eaten before the main part of a meal • *In Britain, people often have soup for starters, especially in winter.* ➢ start (v)
- 4.83 main course** (n) /meɪn kɔːs/
the main part of a meal • *Barbara had fish and salad for her main course.*
- 4.84 dessert** (n) /dɪ'zɜːt/
a sweet eaten at the end of a meal • *We've got apple pie and ice cream for dessert.*
- 4.85 chocolate brownie** (n) /'tʃɒklət 'braʊni/
a kind of square, American chocolate cake • *How many eggs do I need to make chocolate brownies?*
- 4.86 prawn** (n) /prɔːn/
a shellfish with legs, a thin, hard back and a tail • *Prawns are funny looking little animals with ten legs.*
- 4.87 sparkling water** (n) /'spɑːklɪŋ 'wɔːtə(r)/
a kind of fizzy drinking water • *Scientists did some research to see if sparkling water is bad for our bones.*
- 4.88 garlic** (n) /'gɑːlɪk/
a small vegetable with a very strong taste and smell • *Greek people sometimes eat fish with garlic sauce on special days.*
- 4.89 still water** (n) /stɪl 'wɔːtə(r)/
drinking water that is not fizzy • *I think still water is a more healthy drink than sparkling water.*
- 4.90 tiramisu** (n) /,tɪrə'mɪ'su/
a dessert made from slices of cake with chocolate and cream cheese • *Tiramisu is too sweet for me, so I had some fruit for dessert.*
- 4.91 tip** (n) /tɪp/
some extra money you give to sb who serves in a café, etc. • *How much should people pay taxi drivers as a tip?*

- 4.92 book** (v) /bʊk/
ask sb to keep sth for you to use later • *We booked a holiday in the north of Scotland.*
> booking (n)
- 4.93 Americano** (n) /ə,mɛrɪ'kɑ:nəʊ/
strong black American style coffee • *Mum never drinks Americano at night because then she can't sleep.*
- 4.94 latte** (n) /'lɑ:tɪ/
a drink made with milk and a little coffee
• *Latte is a more relaxing drink than most other coffees because it has so much milk.*
- 4.95 takeaway** (n) /'teɪkəweɪ/
a meal that you can collect at a restaurant to eat somewhere else • *We were too tired to cook, so we ordered a takeaway.*

Drinks

Americano	latte
cappuccino	sparkling water
espresso	still water

- 4.102 greeting** (n) /'gri:tɪŋ/
sth you say when you meet sb or write when you start an email, letter, etc. • *'Hello' is a common English greeting.* > greet (v)
- 4.103 informal** (adj) /ɪn'fɔ:məl/
in a friendly and relaxed style • *Everybody wore informal clothes to the barbecue.*
☞ Opp: formal
- 4.104 sign off** (phr v) /saɪn ɒf/
end an email, letter, etc. • *Aunt Miranda signed off her email with 'Lots of love and kisses, Auntie M'.*

Food

beef	olive	strawberry
biscuit	pasta	takeaway
boiling	pomegranate	tart
chocolate	pork	tiramisu
brownie	porridge	tuna
congee	prawn	venison
dessert	starter	
garlic	steak	
main course	steamed	

Writing

Pages 52-53

- 4.96 opinion** (n) /ə'pɪnjən/
what you think of sth • *What's your opinion of the new Italian restaurant? Do you like it?*
- 4.97 exterior** (n) /ɪk'stɪəriə(r)/
the outside part of a building • *Sam is painting the exterior walls of his house white.*
- 4.98 sunbathe** (v) /'sʌnbetɪð/
stay outside in the sunshine to make your skin go brown • *Some people were swimming and others were sunbathing beside the pool.*
> sunbathing (n)
- 4.99 awful** (adj) /'ɔ:fl/
not nice; very bad • *That meal was awful! I'm not eating there again.*
- 4.100 exciting** (adj) /ɪk'saɪtɪŋ/
interesting and making you feel excited
• *I think travelling by plane is exciting.*
> excite (v), excited (adj), excitement (n)
- 4.101 exclamation mark** (n) /,ɛksklə'meɪʃn mɑ:ɪk/
a mark you write after an exclamation; !
• *Don't use the exclamation mark '!' at the end of every sentence because that looks like you are shouting.*

Video 4

A Grizzly Encounter

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- 4.105 encounter** (n) /ɪn'kaʊntə(r)/
an unplanned meeting • *Helen had a happy encounter with a dolphin when she went swimming in the sea.* > encounter (v)
- 4.106 grizzly bear** (n) /,grɪzli 'beə(r)/
a very big brown bear from North America or Russia • *When you see a grizzly bear hold your arms up and talk quietly or climb up a tree quickly.*
- 4.107 staff** (n) /stɑ:f/
all the people working in a place as a group
• *The hotel staff were very friendly and helpful.*
- 4.108 task** (n) /tɑ:sk/
a piece of work • *Albert's job includes the task of feeding the animals at the zoo.*

- 4.109 prepare** (v) /prɪ'peə(r)/
get ready to do sth • *Ken is preparing the invitations for his party.* > preparation (n)
- 4.110 powerful** (adj) /'paʊəfl/
strong; with a strong effect • *Grizzly bears are powerful big animals.* > power (n)
- 4.111 hunt** (n) /hʌnt/
the action of trying to find sth/sb; the act of looking for sth/sb to catch or kill • *This year, our teacher planned an Easter egg hunt for the class and I found one egg.* > hunt (v), hunter (n)
- 4.112 treat** (n) /tri:t/
sth extra given to a person or animal to eat for something special • *Patricia gives her dog little biscuits as a treat to help train him.* > treat (v)
- 4.113 range (from)** (v) /reɪndʒ (frəm)/
have a variety of different types, sizes, etc. (from one thing to another) • *The animals in the zoo range from tiny insects to elephants.* > range (n)
- 4.114 venison** (n) /'venɪsn/
meat from a deer • *Some butcher's shops in Scotland now sell venison as well as other meat because a lot of deer are kept on farms.*
- 4.115 beef** (n) /bi:f/
meat from a cow • *Angela is cooking beef and potatoes in the oven for Sunday dinner.* > beefy (adj)
- 4.116 pork** (n) /pɔ:k/
meat from a pig • *Because of their traditional ways of life, people from many countries don't like eating pork.*
- 4.117 pomegranate** (n) /'pɒmɪgræni:t/
a large round red fruit with juicy seeds inside • *Heather puts juicy red pomegranate seeds on salads and they're so tasty.*
- 4.118 private** (adj) /'praɪvət/
that belongs to one person or group and not for everybody to use or know about • *Nobody likes people reading their private texts to friends.* > privacy (n)
- 4.119 daily** (adj) /'deɪli/
of every day • *Can you describe your daily routine?*
- 4.120 mentally** (adv) /'mentəli/
related to the mind • *Are you mentally prepared for the maths exam?* > mental (adj)
- 4.121 healthy** (adj) /'helθi/
well and not getting ill easily • *Gordon keeps healthy by eating carefully and going for long walks.* > health (n), healthily (adv)
👉 Opp: unhealthy
- 4.122 hidden** (adj) /'hɪdn/
not able to be seen or found easily • *There was a hidden door behind the cupboard.* > hide (v)