

5 A Perfect Day

Page 57

- 5.1 **perfect** (adj) /'pɜːfɪkt/
the best for a certain thing • *It's a perfect day to go swimming.* > perfection (n)
- 5.2 **iguana** (n) /ɪ'gwɑːnə/
a large tropical lizard • *Iguanas amazing lizards and they've got a third eye on top of their heads!*
- 5.3 **fish** (v) /fɪʃ/
catch a fish with a net or hook • *The sign says you can't fish in this river. We have to protect the fish.* > fishing (n)

Reading

Page 58

- 5.4 **journey** (n) /'dʒɜːni/
a trip from one place to another • *We're going on a long journey by train from Paris to Istanbul.*
- 5.5 **build** (v) /bɪld/
make sth by putting things together • *They're building a new hotel near my favourite beach.* > building, builder (n)
- 5.6 **snowman** (n) /'snəʊmæn/
a shape like a person that sb makes from snow • *There was a lot of snow last Saturday and the children had fun making a snowman in the park.*
- 5.7 **toboggan** (n) /tə'bɒɡən/
sth made to carry sb/sth over snow and ice • *Dad made a toboggan for us to ride down the hill in the snow.* > toboggan (v)
☞ Syn: sledge
- 5.8 **seaweed** (n) /'siːwiːd/
a plant that grows in the sea • *I don't like walking into the sea where there's lots of seaweed near the beach.*
- 5.9 **whale** (n) /weɪl/
a very large sea animal that looks like a fish • *Sarah watched the whales swimming in the ocean and one was blowing water from the top of its head.*
- 5.10 **Dubai** (n) /duː'baɪ/

Word Focus

Page 58

- 5.11 **slide** (v) /slaɪd/
move easily across sth wet or icy, etc.
• *I wanted to learn to ice skate, but my feet began to slide and I fell down.* > slide (n)
- 5.12 **bridesmaid** (n) /'braɪdzmɛɪd/
a girl or woman who walks together with the bride during a wedding • *Louise's three best friends were her bridesmaids at her wedding.*

- 5.13 **turquoise** (n) /'tɜːkwɔɪz/
a green-blue colour • *Under the sun and the blue sky, the sea looked turquoise.*
> turquoise (adj)
- 5.14 **lighthouse** (n) /'laɪthaʊs/
a tall building near the sea with a bright light on top to show sailors where the coast is or where rocks are • *At the end of the harbour wall, there's an old lighthouse so that ships can find the way in.*
- 5.15 **waterslide** (n) /'wɔːtəslaɪd/
a slide with water going down for sb to slide down into a pool • *Luke's mum looked worried when he went on a really high waterslide at the swimming pool.*
- 5.16 **slide** (n) /slaɪd/
a structure that is high at one side and reaches the ground at the other so that sb can sit on the top and slide down • *The children laughed as they slid down the slide in the playground.*
> slide (v)
- 5.17 **waterpark** (n) /'wɔːtəpaɪk/
a park with swimming pools, slides and other things for children to play on • *We're going on a day trip to the waterpark. I love playing on the waterslides there.*

Reading

Pages 58–59

- 5.18 **such** (det, pron) /sʌtʃ/
used before a noun to stress the meaning
• *This is such a beautiful place.*
- 5.19 **wake up** (phr v) /weɪk ʌp/
stop sleeping • *What time do you usually wake up in the morning?*
- 5.20 **snowball** (n) /'snəʊbɔːl/
a ball sb makes from snow • *Hey! Don't throw snowballs at the window!*
- 5.21 **fight** (n) /faɪt/
a competition between two people or groups; an argument where people use physical strength to compete with sb • *George had a fight with his brother because they both wanted to use the computer.* > fight (v), fighter (n)
- 5.22 **soup** (n) /suːp/
a kind of food made with vegetables and/or meat boiled in water so they are soft • *I had a big bowl of hot tomato soup for lunch.*
- 5.23 **roast** (adj) /rəʊst/
cooked inside an oven • *Jill is cooking chicken and roast potatoes for her family.* > roast (v), roast (n)

- 5.24 take turns (in/at sth)** (expr) /teɪk tɜːnz ɪn ət sʌmθɪŋ/
do sth, e.g. play a game, one player after the other • *The children are waiting to take turns at going down the waterslide.*
- 5.25 great-grandmother** (n) /'greɪt 'grænɡrɑːðə(r)/
your grandmother's or grandfather's mother
• *Mathew's great-grandmother is ninety years old.*
- 5.26 hairdresser's** (n) /'heədresəz/
a place sb goes to have their hair cut or styled
• *Kelly is going to the hairdresser's so that she can look good on her holiday.*
> hairdresser (n)
- 5.27 earring** (n) /'ɪərɪŋ/
an item of jewellery that sb wears on their ear
• *Gloria is wearing a pair of gold earrings.*
- 5.28 reception** (n) /rɪ'sepʃn/
a party to celebrate a wedding • *Have you got an invitation to Laila and Tom's wedding reception?*
- 5.29 fishing** (n) /'fɪʃɪŋ/
the activity of catching fish • *In the evening, we often see people fishing from the harbour.*
> fish (v), fish (n)
- 5.30 sunrise** (n) /'sʌnraɪz/
the time that you can begin to see the sun in the sky in the morning • *It was a long journey, so we got up very early and left home at sunrise.*
- 5.31 suddenly** (adv) /'sʌdnli/
very quickly and not expected • *Suddenly, Bob saw a dog in the middle of the road, so he stopped the car.* > sudden (n)
- 5.32 humpback whale** (n) /,hʌmpbæk 'weɪl/
a kind of whale with a large round shape on its back • *Humpback whales are so big! They can be up to 16 metres long.*
- 5.33 in the distance** (expr) /ɪn ðə 'dɪstəns/
far away • *From the top of the hill, you can see the sea in the distance.*
- 5.34 distance** (n) /'dɪstəns/
the amount of space between two places
• *Thessaloniki is a very long distance from Kalamata.* > distant (adj)
- 5.35 believe** (v) /bɪ'liːv/
think that sth is true • *I don't believe you can catch a fish with your hands.* > belief (n)
- 5.36 pass** (v) /pæs/
move past sth/sb; succeed in an exam • *We passed the playground and saw the students. They looked happy because they passed their exams.* > pass (n)
- 5.37 lighthouse keeper** (n) /'laɪthaʊs 'kiːpə(r)/
sb who works in a lighthouse • *Susan and Mike live in a lighthouse because their father is the lighthouse keeper.*

People

bridesmaid lighthouse keeper
great-grandmother organiser

- 5.38 let** (v) /let/
allow sb to do sth • *Our parents sometimes let us stay up late to watch a film together.*
- 5.39 science fiction** (n) /,saɪəns 'fɪkʃn/
a kind of book or film that has a story about characters in the future or from other planets, etc. • *Ronald writes science fiction stories about a family from another planet.*
- 5.40 afterwards** (adv) /'ɑːftəwədz/
after sth else happened; later • *Stanley went swimming and afterwards, he had a hot bath.*
- 5.41 hire** (v) /'haɪə(r)/
pay to use sth for a short time • *They hired a car to drive around the island.* > hire (v)
- 5.42 quad bike** (n) /kwɒd/
a motorbike with four wheels • *Remember to wear a helmet when you ride a quad bike on the farm road.*
- 5.43 possible** (adj) /'pɒsəbl/
that can happen • *It isn't possible to walk in the desert without water.* > possibility (n), possibly (adv)
- 5.44 brilliant** (adj) /'brɪljənt/
really good • *I've got a brilliant idea! Let's go to the waterpark.*
- 5.45 sure** (adj) /ʃʊə(r)/
certain • *I'm sure I passed the English test.*
> sure (adv)
- 5.46 pity** (n) /'pɪti/
a feeling that you are sorry or sad about sth
• *It's a pity you can't come with us.* > pity (v)
- 5.47 helmet** (n) /'helmt/
a hard hat that you wear on your head to protect it • *Wear a helmet when you ride your skateboard.*
- 5.48 hurt** (v) /hɜːt/
make sb/sth feel pain; feel pain • *Harry doesn't go fishing because he doesn't want to hurt any fish.* > hurt (n, adv)
- 5.49 hit** (v) /hɪt/
put your hand or an object against sb/sth quickly • *Daisy hit the ball hard and won the tennis match.* > hit (n)

Vocabulary

Pages 60–61

- 5.50 amusement park** (n) /ə'mjuːzmənt pɑːk/
a place where people can pay to go on rides to have fun • *Let's go on some rides at the amusement park. It's fun!*
👉 Syn: funfair

- 5.51 wild** (adj) /waɪld/
living in a natural place, not kept in a house, etc. • *You can't drive cars in the national park to protect the wild animals and plants.*
> wild (n)
- 5.52 snowboarding** (n) /'snəʊbɔːdɪŋ/
the sport/activity of riding a board on snow down a hill • *I like riding a toboggan, but I want to try snowboarding this winter.*
> snowboard (v, n), snowboarder (n)
- 5.53 surfing** (n) /'sɜːfɪŋ/
the sport/activity of standing on a board and riding on the sea • *My favourite water sport is surfing.* > surf (v, n), surfer (n)
- 5.54 Ferris wheel** (n) /'ferɪs wiːl/
a large wheel that has seats for people to ride in at an amusement park • *The London Eye is a giant Ferris wheel in the centre of London.*
- 5.55 llama** (n) /'lɑːmə/
a South American animal with a long neck and thick hair • *The old farmer uses his llamas to carry his vegetables to the market.*
- 5.56 rollercoaster** (n) /'rəʊlə kəʊstə(r)/
a kind of small train that rides up and down at an amusement park • *My little brothers love going on the rollercoaster. It's so exciting for them!*
- 5.57 ride** (n) /raɪd/
a short trip • *Do you want to go for a ride on the lake in our boat?* > ride (v), rider (n)
- 5.58 path** (n) /pɑːθ/
a track made by people or animals walking or built for walking on • *Maria is making a new garden path around her house.*
- 5.59 attend** (v) /ə'tend/
go to sth; be present at sth • *We haven't got school today because our teachers are attending a meeting.* > attendance (n) ı
- 5.60 hilltop** (n) /'hɪltɒp/
the highest part of a hill • *You can see the whole town from the hilltop.*
- 5.61 fun run** (n) /'fʌn rʌn/
a long distance run that people do to collect money for sth • *We're doing a three-mile fun run to collect money for our school trip.*
- 5.62 footpath** (n) /'fʊtpɑːθ/
a path for people to walk on • *Cars or motorbikes are not allowed on the footpaths through the park.*
- 5.63 scary** (adj) /'skeəri/
sb/sth that makes sb feel afraid • *It was dark and scary inside the castle.* > scare (v, n), scared (adj)
- 5.64 have a go** (expr) /hæv ə ɡəʊ/
try doing sth; take a turn • *Andrew's a good swimmer and now he wants to have a go at surfing.*

- 5.65 knowledge** (n) /'nɒlɪdʒ/
the things sb knows about from learning or doing • *Marios has no knowledge of French, so he's trying to learn before he goes to study in France.* > know (v), knowledgeable (adj)
- 5.66 skating rink** (n) /'skeɪtɪŋ rɪŋk/
a place made for people to do ice skating or roller skating • *You can hire skates to wear at the skating rink.*
- 5.67 nervous** (adj) /'nɜːvəs/
worried about or scared of sth • *Fiona was very nervous about learning to ride a horse.*
- 5.68 waste** (v) /weɪst/
use more of sth than you need • *The film starts at seven o'clock, so get ready now and don't waste time.* > waste (n)
- 5.69 outdoor** (adj) /'aʊtɔː(r)/
sth that is or happens outside • *Paul enjoys cycling, camping and other outdoor activities.*
> outdoors (adv)
- 5.70 indoor** (adj) /'ɪndɔː(r)/
sth that is or happens inside • *The hotel has an indoor swimming pool where you can swim in any season.* > indoors (adv)

Compound Nouns

amusement park	hilltop
backpack	humpback whale
blood vessel	lighthouse keeper
bridesmaid	quad bike
day out	science fiction
earring	seaweed
footpath	snowball
fun run	snowman
great-grandmother	waterpark
hairdresser's	waterside

Grammar

Pages 62–63

- 5.71 puddle** (n) /'pʌdl/
a small pool of water on the ground • *My dog got wet because it ran into the puddle on the path.*
- 5.72 pizzeria** (n) /,piːtsə'riːə/
a pizza restaurant • *Ursula and Derek are having a meal at a pizzeria near the museum.*
- 5.73 study** (v) /'stʌdi/
go to school, etc. to learn sth; spend time reading sth to learn; • *Did you study for the history test?* > study, student (n)
- 5.74 popcorn** (n) /'pɒpkɔːn/
a kind of snack made from cooking grains of corn • *Sonia made popcorn and sandwiches for the party.*

- 5.75 university** (n) /ˌjuːnɪˈvɜːsəti/
a school where sb can study sth at a very high level • *Anne's sister is studying at university to become a doctor.*

Places

amusement park	path
footpath	pizzeria
hairdresser's	puddle
hilltop	skating rink
in the country	university
lighthouse	waterpark
middle	

- 5.76 sunglasses** (n) /ˈsʌŋɡləːsɪz/
a pair of glasses to protect your eyes from the light of the sun • *Lynn always wears her big hat and a pair of sunglasses when she goes to the beach.*
- 5.77 bedtime** (n) /ˈbedtaɪm/
the time when sb usually goes to sleep • *Max enjoys reading a book at bedtime.*
- 5.78 middle** (n) /ˈmɪdl/
the centre point of sth • *There was a lovely bowl of flowers in the middle of the table.*
- 5.79 ago** (adv) /əˈɡəʊ/
in the past (used after a time expression)
• *It was my birthday three days ago.*
- 5.80 as** (conj) /əz/
in the way that; because • *As the teacher said, the trip was very interesting.* > as (adv, prep)
- 5.81 exotic** (adj) /ɪɡˈzɒtɪk/
from a tropical country; exciting and different
• *To finish the meal, the restaurant offered us some pineapple and other exotic fruit.*
- 5.82 so** (conj) /səʊ/
used to show the reason, or purpose for sth; used to show the result of sth • *Simon got up early today, so he's really tired now.*
> so (adv, n)
- 5.83 lunchtime** (n) /ˈlʌntʃtaɪm/
the time that sb usually eats lunch • *Mabel often takes a walk in the park and eats a sandwich there at lunchtime.*
- 5.84 attach** (v) /əˈtætʃ/
join sth onto sth else • *Harris attached a photo of his bike to the advert.* > attachment (n)

Adjectives

brilliant	perfect
exotic	possible
indoor	roast
nervous	scary
outdoor	sure

Listening

Page 64

- 5.85 in common** (expr) /ɪn ˈkɒmən/
with the same kind of interests or characteristics • *Ilona and Olga have a lot in common. For example, they are both from Poland and they love science fiction books and exploring.* > common (adj)
- 5.86 day out** (n) /ˌdeɪ ˈaʊt/
a one-day trip • *We're having a day out on our bikes tomorrow.*
- 5.87 cruise** (n) /kruːz/
a journey by ship to visit different places
• *Vassilis went on a six-day cruise around the islands.* > cruise (v), cruiser (n)
- 5.88 Caribbean** (n) /ˌkærɪˈbiːən/
> Caribbean (adj)
- 5.89 romantic** (adj) /rəʊˈmæntɪk/
connected with love • *We listened to romantic songs on the radio.* > romance (n)

Speaking

Page 65

- 5.90 in the country** (expr) /ɪn ðə ˈkʌntri/
in an area with fields and farms far away from town or cities • *The club meets every Saturday morning to go for a long walk over the hills in the country.*
- 5.91 sightseeing** (n) /ˈsaɪtsiːɪŋ/
the activity of visiting places to look at famous buildings, etc. • *The Wilsons are on a sightseeing tour of Rome.* > sightseer (n)
- 5.92 backpack** (n) /ˈbækræk/
a bag that you carry on your back • *Jim put his camera in his backpack to go sightseeing.*
> backpack (v)
- 5.93 souvenir** (n) /ˌsuːvəˈnɪə(r)/
sth you buy to remember a place you visit, sometimes to give as a present • *I bought some souvenirs at the museum to remember my trip to New York.*
- 5.94 feeling** (n) /ˈfiːlɪŋ/
sth that you feel, e.g. happiness, love, hate, thirst • *I can understand my dog's feelings. He jumps around moving his tail when he's happy and excited.* > feel (v)
- 5.95 opinion** (n) /əˈpɪnjən/
what sb thinks or believes about sth • *What's your opinion of the waterpark? Is it a good place to visit?*

Writing

Pages 66–67

- 5.96 feel** (v) /fiːl/
have a certain feeling • *Everybody felt tired and hungry after the long walk.* > feeling (n)

- 5.97 experience** (n) /ɪk'spiəriəns/
sth you did or sth that happened to you
• *Irene's grandmother is writing a book about her travel experiences.* > experience (v)
- 5.98 organiser** (n) /'ɔ:ɡənəɪzə(r)/
sth like a notebook to keep information of plans and other things to remember; sb who plans events • *Agnes uses her tablet as an organiser for her homework and other activities.* > organise (v), organised (adj)
- 5.99 appointment** (n) /ə'pɔɪntmənt/
a time and date that sb plans to meet sb or be somewhere • *What time is your appointment at the hairdresser's?*
- 5.100 meeting** (n) /'mi:tiŋ/
an event when people meet together to talk about sth important • *We're having a parents' meeting to talk about what we need for our camping trip.* > meet (v)
- 5.101 hot air balloon** (n) /,hɒt 'eə bælu:n/
a very large balloon that is filled with hot air to move high above the ground, usually with a large basket below that carries people
• *I flew over Central Park in New York in a hot air balloon. It was amazing!*
- 5.102 competition** (n) /,kɒmpə'tɪʃn/
an event that people take part in to see who is the best at sth • *John felt nervous before the surfing competition.* > compete (v), competitor (n), competitive (adj)
- 5.103 view** (n) /vju:/
what sb can see from somewhere • *There's a great view of the city from the restaurant on top of the hotel.* > view (v)
- 5.104 moment** (n) /'məʊmənt/
a particular short period of time • *Starting his first job was a special moment for Frank.*
- 5.105 memory** (n) /'meməri/
the part of the brain that makes sb remember sth; sth that sb remembers • *Janet is good at history because she has a great memory. She never forgets anything!*
- 5.106 draft** (n) /dra:ft/
sth that sb writes quickly before checking this to do the final writing • *Alice made three drafts of her story before she wrote the book.*
> draft (v)

Activities

appointment	lunchtime
bedtime	meeting
build a snowman	reception
competition	ride
cruise	rollercoaster
day out	sightseeing
experience	skating rink
Ferris wheel	slide
fishing	snowboarding
fun run	sunglasses
hot air balloon	surfing
journey	toboggan
laughter	waterslide
laughter yoga	

Video 5

Laughter Yoga! Page 68

- 5.107 laughter** (n) /'lɑ:ftə(r)
the action of laughing; the sound made by laughing • *The film was very funny and the cinema was filled with laughter.* > laugh (v)
- 5.108 yoga** (n) /'jəʊgə/
an activity to exercise the body and focus the mind with different movements and controlled breathing • *Andrea does yoga twice a week at the gym.*
👉 laughter yoga
- 5.109 communicate** (v) /kə'mju:nikeɪt/
give information by talking or writing, etc. • *We can send emails to communicate with people all round the world.* > communication (n)
- 5.110 energy** (n) /'enədʒi/
the strong feeling made by a group of people or from a place or thing; power • *Nicky believes that we can get good energy from plants in the house.* > energise (v), energetic (adj)
- 5.111 healthy** (adj) /'helθi/
good for you because it helps stop you getting ill; being well; not being ill • *I prefer to drink something healthy like fruit juice and not fizzy drinks.* > health (n)
- 5.112 heart** (n) /hɑ:t/
the part of the body that makes the blood go around • *Grandad had a problem with his heart, so he went to hospital and the doctors helped it work better.*
- 5.113 blood vessel** (n) /'blʌd vesl/
a tube that blood goes through in the body
• *Doing sports can help to keep our blood vessels healthy.*

- 5.114 condition** (n) /kən'dɪʃn/
the state of how sth/sb is • *Liam cycles to work to keep himself in good condition.*
- 5.115 positive** (adj) /'pɒzətɪv/
good or helpful • *Joe's visit to the yoga club was a positive experience for him.*
> positive (n)
- 5.116 social** (adj) /'səʊʃl/
connected with activities people do to spend time together • *I enjoy going to different social events like barbecues and parties.*
> social, society (n)