

10 Eat Your Greens!

Page 121

- 10.1 greens** (n) /grɪnz/
green vegetables • *Have some fresh greens with your meal. They're good for you.*
> green (adj)
- 10.2 beaver** (n) /'bi:və(r)/
an animal with a flat tail which lives in rivers or lakes • *Beavers cut wood with their strong teeth to build their homes on the lake.*
- 10.3 willow** (n) /'wɪləʊ/
a kind of tree with long thin leaves and branches • *There are some willow trees next to the river.*
- 10.4 branch** (n) /brɑːntʃ/
the part of a tree that leaves and flowers grow out of • *The monkey was swinging on the branches of a tree.*
- 10.5 pond** (n) /pɒnd/
a small lake or pool, usually in a park or garden • *I saw some frogs in a pond in the park.*

Reading

Page 122

- 10.6 dislike** (v) /dɪs'laɪk/
not like • *Lena dislikes cauliflower and she doesn't want to eat it.* > dislike (n)
- 10.7 result** (n) /rɪ'zʌlt/
the information or mark from a test or research; sth caused or made by sth else • *Lorna was surprised when she got her exam results that showed a good pass.* > result (v)
- 10.8 habit** (n) /'hæbɪt/
sth that you do as part of your usual routine • *Andreas looks much healthier now that he's changed his eating habits.*
- 10.9 questionnaire** (n) /,kwɛstʃə'neə(r)/
a set of questions for people to answer so that sb can collect information about the answers • *Our class made a questionnaire about sleeping habits and the result showed that nobody sleeps enough!*
- 10.10 portion** (n) /'pɔːʃn/
an amount of food for one person • *Henry has a large portion of salad with his dinner every day.*
- 10.11 congratulations** (excl) /kən,grætʃu'leɪʃnz/
sth you say to sb when you are happy about an event or when they do well at sth • *Congratulations! You came first in the race.*
> congratulate (v)
- 10.12 fit** (adj) /'fɪt/
healthy and strong • *Rhona keeps fit by running in the park.* > fitness (n)

Word Focus

Page 122

- 10.13 headache** (n) /'hedeɪk/
a pain in the head • *I need an aspirin to stop my headache.*
- 10.14 hydrated** (adj) /'haɪdreɪtɪd/
with enough water; not thirsty • *It's important to keep your body hydrated when you're doing sports. So take some water to the gym.*
> hydrate (v), hydration (n)
- 10.15 thirsty** (adj) /'θɜːsti/
needing to drink water • *We were hot and thirsty after an hour on the beach.* > thirst (n)
- 10.16 freezer** (n) /'friːzə(r)/
a large piece of equipment where food can stay frozen for a long time • *Johanne cooked the pies and then put them in the freezer when they were cool.* > freeze (v)
- 10.17 can** (n) /kən/
a metal container for food or drink • *They brought some cans of lemonade for the party.*
> canned (adj)
- 10.18 decay** (n) /dɪ'keɪ/
the process of being destroyed slowly, often by not being cared for • *Cleaning your teeth can protect them from tooth decay.* > decay (v)
👉 tooth decay
- 10.19 weak** (adj) /wi:k/
not strong • *Edmund's legs felt weak and tired after the climb.* > weaken (v), weakness (n)

Reading

Pages 122–123

- 10.20 per cent** (n) /pə'sent/
one part of every hundred • *I got 85 per cent of the answers right, so I passed the test.*
> percentage (n)
👉 Also: percent
- 10.21 properly** (adv) /'prɒpəli/
correctly; in the right way for the situation • *Our freezer isn't working properly, so the ice cream is melting.* > proper (adj)
- 10.22 concentration** (n) /,kɒnsn'treɪʃn/
the act of focussing all your thoughts and attention on one thing • *You need total concentration on running to win the race.*
> concentrate (v)
- 10.23 contain** (v) /kən'teɪn/
have inside • *These biscuits contain a lot of sugar.* > container, content (n)
- 10.24 sugar** (n) /'ʃʊgə(r)/
a sweet white or brown substance used to make food or drinks sweet • *I put honey in my tea instead of sugar.* > sugary (adj)

- 10.25** **cause** (v) /kɔːz/ make sth happen • *The rain caused the drivers to stop the race.* > cause (v)
- 10.26** **taste** (n) /'teɪst/ flavour • *Lemons don't have a sweet taste.* > taste (v)
- 10.27** **pear** (n) /peə(r)/ a fruit that is shaped wide at the bottom and thinner at the top • *Aunt Jess bought apples and ears at the market.*
- 10.28** **spoon** (n) /spuːn/ a metal item with a handle and a small bowl shape on the end, used for serving or eating food; a small amount of sth served from a spoon • *I used a big spoon to put the soup into bowls.*
- 10.29** **cereal** (n) /'sɪəriəl/ food made from grain, often eaten for breakfast • *I usually eat cereal with banana and milk in the morning.*
- 10.30** **grape** (n) /greɪp/ a small purple or green fruit that grows on a climbing plant • *The farmer picked some nice juicy green grapes for us.*
- 10.31** **snack** (n) /snæk/ a small meal • *Dina usually takes a snack to school for lunchtime.* > snack (v)
- 10.32** **strawberry** (n) /'strɔːbəri/ a small, juicy, red, summer fruit • *We're having ice cream with strawberries for dessert.*
- 10.33** **yoghurt** (n) /'jɒgət/ creamy food made from milk • *Let's have some yoghurt and honey with nuts.*
- 10.34** **dried fruit** (n) /,draɪd 'fru:t/ fruit that has been dried to keep it for a longer time • *You can take some dried fruit and nuts for a snack at the beach.*
- 10.35** **spoonful** (n) /'spuːnful/ an amount served from one spoon • *Dad takes one spoonful of sugar in his coffee.*
- 10.36** **teaspoon** (n) /'tiːspuːn/ a small spoon used to put sugar in drinks or to eat small amounts of sth, e.g. desserts; an amount served from a teaspoon • *Nancy used a teaspoon to eat her yoghurt.*
- 10.37** **toast** (n) /təʊst/ slices of bread that are heated to make them brown on the outside • *Can I have a piece of toast and honey?* > toast (v), toasted (adj)
- 10.38** **jam** (n) /dʒæm/ a sweet food made by boiling fruit with sugar • *One spoonful of strawberry jam in yoghurt gives it a nice sweet taste.*
- 10.39** **bowl** (n) /bəʊl/ a deep round dish used for food or liquid • *She had a bowl of vegetable soup.*

- 10.40** **put on (weight)** (phr v) /pʊt ɒn weɪt/ become heavier • *Bessie got very thin when she was ill, but she's put on some weight now.* 📎 Opp: lose weight
- 10.41** **stomach ache** (n) /'stʌmək eɪk/ a pain in your stomach • *Don't eat too quickly or you'll get a stomach ache.*
- 10.42** **reserve** (v) /rɪ'zɜːv/ ask for sth to be kept for you to use • *Did you reserve your tickets for the theatre?* > reservation (n) 📎 Syn: book
- 10.43** **reuse** (v) /riː'juːz/ use again • *We can clean glass jars and reuse them to keep things in.* > reusable (adj)
- 10.44** **permit** (v) /pə'mɪt/ allow; give permission for sth • *They don't permit people to eat or drink on the bus.* > permission (n)
- 10.45** **sugar-free** (adj) /,ʃʊgə 'friː/ without sugar • *Fresh orange juice is a sugar-free drink.*
- 10.46** **refreshing** (adj) /rɪ'freʃɪŋ/ making you feel less hot or thirsty • *We had a refreshing drink of lemonade.* > refresh (v), refreshment (n)

Food

aubergine	grape
avocado	greens
cauliflower	jam
cereal	pear
crisp	strawberry
dried fruit	sugar
garlic	yoghurt

Vocabulary

Pages 124–125

- 10.47** **rough** (adj) rʌf/ not smooth or flat on the surface • *Cut the rough skin off the pineapple.* > roughen (v), roughness (n), roughly (adv)
- 10.48** **avocado** (n) /,ævə'kɑːdəʊ/ a tropical fruit with a hard dark green skin and soft creamy fruit with a large stone inside • *Louise is trying to grow an avocado tree from the stone that was inside the fruit.*
- 10.49** **aubergine** (n) /'əʊbəʒiːn/ a large oval vegetable that has purple skin outside and soft and white inside • *We're having stuffed aubergines for dinner.* 📎 Also: eggplant (US Eng)
- 10.50** **cauliflower** (n) /'kɒlɪflaʊə(r)/ a vegetable with a big white head that looks like a hard flower • *Do you prefer cauliflower or carrots?*

- 10.51 carbohydrate** (n) /ˌkɑːrbəʊˈhaɪdreɪt/
a substance in food that gives the body energy and heat • *Rice and pasta have a lot of carbohydrates.*
- 10.52 calcium** (n) /ˈkælsiəm/
a chemical substance that is in teeth and bones • *We need calcium from our food to have healthy bones and teeth.*
- 10.53 fat** (n) /fæt/
the oily substance from animals or plants that we can eat or use in cooking • *Ice cream has a lot of fat and sugar, so don't eat big portions.* > fatty, fat (adj)
- 10.54 bone** (n) /bəʊn/
the hard parts of the body that form the skeleton • *Gary fell off his horse and broke two bones in his arm.* > boney (adj)
- 10.55 unhealthy** (adj) /ʌnˈhelθi/
bad for your health; not in good health • *You need to change your unhealthy eating habits or you'll get sick.* > unhealthily (adv)
- 10.56 crisp** (n) /krɪsp/
a thin slice of potato that is fried, then dried • *We shared a packet of crisps for a snack.* > crispy (adj)
- 10.57 salty** (adj) /ˈsɔːlti/
with salt on or with a taste like salt • *This salad is really salty. I can't eat it!* > salt (v, n)
- 10.58 cooked** (adj) /kʊkt/
that has been made by cooking • *You can put cooked food in the freezer to keep it frozen and use days later.* > cook (v), cook, cooker, cookery, cooking (n)
- 10.59 raw** (adj) /rɔː/
not cooked • *Raw carrots taste good in salad.*
- 10.60 disgusting** (adj) /dɪsˈgʌstɪŋ/
horrible • *Eating insects sounds disgusting!* > disgust (v, n)
- 10.61 cold** (n) /kəʊld/
a common illness that makes you cough and sneeze, etc. • *Maya's got a cold, so she doesn't want to go out.* > cold (adj)
- 10.62 fever** (n) /ˈfiːvə(r)/
a feeling of being hot with a temperature higher than normal • *Mum was worried and called the doctor when I had a fever.* > feverish (adj)
- 10.63 toothache** (n) /ˈtuːθeɪk/
a pain in your teeth • *I went to the dentist because I had toothache.*
- 10.64 temperature** (n) /ˈtempərətʃə(r)/
how hot or cold sth/sb is; a body temperature higher than usual • *The nurse checked my temperature, but I didn't have a fever.*
- 10.65 brush** (v) /brʌʃ/
clean sth by using a brush • *Don't forget to brush your teeth.* > brush (n)
- 10.66 medicine** (n) /ˈmedsn/
sth you drink or eat to make you well when you're ill • *The doctor told Sophie to take her medicine twice a day.*
- 10.67 rest** (v) /rest/
relax and not do anything tiring • *You worked hard all day, so go and rest now.* > rest (v), restful (adj), restless (adj)
- 10.68 protein** (n) /ˈprəʊtiːn/
sth in meat and fish that helps sb grow • *You can eat more fish if your body needs more protein.*
- 10.69 juicy** (adj) /ˈdʒuːsi/
sth that has a lot of juice inside • *The grapes were sweet and juicy.* > juice (v, n)
- 10.70 lifestyle** (n) /laɪfstɑɪl/
the way that you choose to live • *People living in cities have a very busy lifestyle.*
- 10.71 vegetarian** (n) /vedʒɪˈteəriən/
sb who doesn't eat meat or fish • *Katie and Bob don't eat any meat because they're vegetarians.* > vegetarian (adj)

Other Food-related Nouns

bowl	protein
calcium	snack
can	spoon
carbohydrate	spoonful
chopstick	taste
fat	teaspoon
honey pot	toast
portion	vegetarian

Grammar

Pages 126–127

- 10.72 trampoline** (n) /ˈtræmpəliːn/
a piece of equipment in a gym that sb can bounce up and down on • *Follow the instructions when you're using the trampoline so you don't hurt yourself.*
- 10.73 aspirin** (n) /ˈæsprɪn/
a medicine used to help headaches and other pains • *Angus took an aspirin and soon felt a bit better.*
- 10.74 excuse** (n) /ɪkˈskjuːz/
a reason that you give to explain why you do or don't do sth • *Alan is always making excuses for being late for school.* > excuse (v)
- 10.75 hungry** (adj) /ˈhʌŋɡri/
needing or wanting to eat sth • *Are you hungry? Let's have lunch.* > hunger (n), hungrily (adv)

- 10.76 warm-up** (adj) /wɔːm ʌp/
preparing for an exercise session by doing exercises to stretch the muscles • *The players did some warm-up exercises before the match began.* > warm up (phr v), warm-up (n)
- 10.77 nephew** (n) /'nefjuː/
the son of your sister or brother • *My nephew George is six years old, so my sister and her husband are taking him to school next week.*
- 10.78 terrible** (adj) /'terəbl/
really bad • *I don't want to go back to that restaurant. The food was terrible!*

Food-related Adjectives

cooked	rough
crispy	salty
disgusting	sugar-free
hungry	terrible
juicy	thirsty
raw	unhealthy
refreshing	

- 10.79 design** (v) /dɪ'zain/
draw lines and shapes to make sth • *Who designed the posters for the concert? They look good.* > design, designer (n)
- 10.80 print** (v) /'prɪnt/
use a machine for putting words or pictures on paper • *The teacher printed the lines for the school play.* > print, printing (n), printed (adj),
- 10.81 programme** (n) /'prɒgræm/
a leaflet or piece of paper with information about an event • *Tom's art teacher helped him make the programmes for the concert.* > programme (v)

Listening

Page 128

- 10.82 chopstick** (n) /'tʃɒpstɪk/
a thin wooden stick used to pick up food for eating in some Asian countries • *Can you really eat food using chopsticks? It looks difficult.*
- 10.83 garlic** (n) /'gɑːlɪk/
a small vegetable with a very strong taste and smell • *French people sometimes eat snails with garlic sauce.*
- 10.84 sauna** (n) /'sɔːnə/
a small room with a very high temperature inside, where you go to clean your skin and relax • *In really hot weather, our house feels like a sauna!*
- 10.85 Bulgaria** (n) /bʌl'geəriə/
> Bulgarian (n, adj)
- 10.86 Sweden** (n) /'swɪdn/
> Swedish (n, adj)

- 10.87 Colombia** (n) /kə'lɒmbiə/
> Colombian (n, adj)
- 10.88 decision** (n) /dɪ'sɪʒn/
a choice you make after thinking about sth • *My aunt made a decision to change her job.* > decide (v), decisive (adj), decisively (adv)

Health

Nouns	muscle
aspirin	sauna
bone	stomach ache
cold	temperature
concentration	toothache
decay	
fever	Adjectives
habit	fit
headache	hydrated
injection	warm-up
lifestyle	weak
medicine	

Speaking

Page 129

- 10.89 injection** (n) /ɪn'dʒekʃn/
an act of putting medicine into sb through a needle • *Dave is taking his dog to the vet to have an injection.* > inject (v)
- 10.90 What's the matter?** (expr) /wɒts ðə 'mætə(r)/
What's wrong? • *What's the matter? Have you got a headache?*
- 10.91 stretch** (v) /stretʃ/
put your arms or legs straight and tighten your muscles • *Jack stretched his arm to reach the book on the top shelf.* > stretch (n)
- 10.92 muscle** (n) /mʌsl/
a part of the body that holds bones together and makes them move • *Fleur does a lot of running and cycling, so she's got strong leg muscles.* > muscular (adj)
- 10.93 not at all** (expr) /nɒt ət 'ɔːl/
a polite way to reply when sb says 'thanks' • *'Thanks very much for your advice.'* 'Not at all. I'm happy to help.'
- 10.94 government** (n) /'gʌvənmənt/
the group of people chosen to be in control of a country • *The government doesn't spend enough money on hospitals.* > govern (v), governor (n)

Expressions

congratulations	put on (weight)
I'm afraid	What's the matter?
not at all	

Writing

Pages 130–131

- 10.95 apologise** (v) /ə'pɒlədʒaɪz/
say you are sorry for doing sth wrong
• *Fran apologised for arriving late.* > apology (n), apologetic (adj)
- 10.96 I'm afraid** (expr) /aɪm ə'freɪd/
a polite way to say you're sorry about sth
• *I'm afraid I can't come to your party because I'm going on holiday.*
- 10.97 cancel** (v) /'kænsəl/
say that sth planned will not happen • *We cancelled the barbecue because of the rain.*
> cancellation (adj)
- 10.98 apology** (n) /ə'pɒlədʒi/
sth you say or write to apologise for sth
• *The shop assistant made an apology for his mistake.* > apology (v), apologetic (adj)
- 10.99 interview** (n) /'ɪntəvjuː/
a meeting where one person (or more) asks questions and another gives answers
• *My brother has an interview for a new job tomorrow, so he's a bit nervous.* > interview (v), interviewer (n)
- 10.100 last** (v) /lɑːst/
to keep going for a certain amount of time
• *How long did the interview last?*
> lasting (adj)
- 10.101 approximately** (adv) /ə'prɒksɪmətli/
almost exactly • *We've been friends for approximately five years.* > approximate (adj)
- 10.102 confirm** (v) /kən'fɜːm/
say that sth is true; show sth to be true
• *I sent an email to confirm that I was going to the meeting.* > confirmation (n)
- 10.103 attendance** (n) /ə'tendəns/
the act of being present at a place or event
• *Our teacher keeps a note of our attendance at class every day.* > attend (v)
- 10.104 sincere** (adj) /sɪn'sɪə(r)/
showing your real feelings • *He sent his sincere apologies for missing his brother's wedding.* > sincerity (n), sincerely (adv)
- 10.105 unfortunately** (adv) /ʌn'fɔːtʃənətli/
sadly; unluckily; used to show that you're unhappy about sth that happens or doesn't happen • *Unfortunately, he didn't win the competition.* > unfortunate (adj)
- 10.106 following** (adj) /'fɒləʊɪŋ/
next in time; that will be mentioned next
• *Judy went for an interview and started work at the company the following day.* > follow (v), follower (n)
- 10.107 reschedule** (v) /,ri:'ʃedjuːl/
change the time of an event • *The weather was terrible, so we rescheduled the trip for the following week.* > schedule (v, n)

- 10.108 explain** (v) /ɪk'spleɪn/
give details or describe sth for sb to understand • *Malcolm explained how to get to the restaurant.* > explanation (n)

Verbs

apologise	last
brush	permit
cancel	reschedule
cause	reserve
confirm	rest
dislike	reuse
explain	stretch

Video 10

Tasty Snacks!

Page 132

- 10.109 honey pot** (n) /'hʌni pɒt/
a container for honey • *There's a honey pot in the bottom of the cupboard.*
- 10.110 ant** (n) /ænt/
a very small insect that makes holes under the ground and lives in large groups • *We've got lots of ants in our garden.*
- 10.111 grub** (n) /grʌb/
a young insect when it comes out of its egg and looks like a kind of worm • *A group of beetle grubs were walking in a line across the grass.*
- 10.112 tree bark** (n) /triː bɑːk/
the thick skin on the outside of a tree • *The insects made their home in the tree bark.*
- 10.113 cicada** (n) /sɪ'kɑːdə/
a large insect that makes a noise with its legs when it's hot • *The sound of cicadas filled the evening air outside our hotel balcony.*
- 10.114 underground** (adv) /ʌndə'graʊnd/
under surface of the ground • *Can you imagine living in a house that's underground?*
> underground (adj)
- 10.115 fear** (n) /fɪə(r)/
the feeling of being frightened of/by sth
• *Harry has a fear of snakes and he won't go near them.* > fear (v), fearful, fearless (adj)
- 10.116 nest** (n) /nest/
a place that an animal, especially a bird, builds to have its babies • *The eagle's nest was on the rocks high up on the side of the mountain.*
> nest (v)
- 10.117 treetop** (n) /'tri:tɒp/
the top part of a tree • *The birds flew down and landed on the treetop.*

- 10.118** **crispy** (adj) /'krɪspi/
describing food that has a thin hard surface
that is tasty • *We ate some crispy biscuits and
cheese.* > crisp (n)
- 10.119** **past** (n) /pɑːst/
the time before now • *Village life was very
difficult in the past.* > past (adj)
- 10.120** **local** (n) /'ləʊkl/
sb who lives in an area • *Brian is a local, so
he knows the streets very well.* > local (adj),
locally (adv)