

Unit 1

accuse (v)	/ə'kju:z/
addicted (to) (adj)	/ə'dɪktɪd/
(be an) adult (n)	/ə'dʌlt/
advise (v)	/əd'vaɪz/
afford (v)	/ə'fɔ:d/
apologise (v)	/ə'pɒlədʒaɪz/
ask (v)	/ɑ:sk/
aware (of) (adj)	/ə'weə/
be born (v)	/bi bɔ:n/
be brought up (by) (phr v)	/bi brɔ:t ʌp/
become a grandparent (v)	/br'klʌm ə 'grænpəərənt/
beg (v)	/beg/
buy a house or flat (v)	/baɪ ə haʊs ɔ: flæt/
(be a) centenarian (n)	/,sentɪ'neəriən/
choose (v)	/tʃu:z/
continue (v)	/kən'tɪnju:z/
curious (about) (adj)	/'kjʊəriəs/
decide (v)	/dɪ'saɪd/
deny (v)	/dɪ'naɪ/
(be) elderly (adj)	/'eldəli/
emigrate (v)	/'emɪgreɪt/
end up (v)	/end ʌp/
expect (v)	/ɪk'spekt/
fall in love (v)	/fɔ:l ɪn lʌv/
forget (v)	/fə'get/
get divorced (v)	/get dɪ'vɔ:st/
get engaged (v)	/get ɪn'geɪdʒd/
get married (v)	/get 'mærid/
get your first job (v)	/get jɔ: fɜ:st dʒɒb/
go on (v)	/gəʊ ɒn/
go to university (v)	/gəʊ tə ,ju:nɪ'vɜ:səti/
good (at) (adj)	/gʊd/
grow up (phr v)	/grəʊ ʌp/
have a change of career (v)	/həv ə tʃeɪndʒ ɒv kə'riə/
hope (v)	/həʊp/
(be an) infant (n)	/'ɪnfənt/
inherit (money, a house, etc.) (v)	/ɪn'herɪt/
insist on (v)	/ɪn'sɪst ɒn/
keep (v)	/ki:p/
learn to drive (v)	/lɜ:n tə draɪv/
leave home (v)	/li:v həʊm/
leave school (v)	/li:v sku:l/
like (v)	/laɪk/
manage (v)	/'mænɪdʒ/
mention (v)	/'menʃn/
(be) middle-aged (adj)	/'mɪdl 'eɪdʒd/
mind (v)	/maɪnd/
move house (v)	/mu:v haʊs/
obsessed (with) (adj)	/əb'sest/
offer (v)	/'ɒfə/
pass away (phr v)	/pɑ:s ə'weɪ/
persuade (v)	/pə'sweɪd/
prefer (v)	/'pri:fə:/
promise (v)	/'prɒmɪs/
propose (v)	/prə'pəʊz/
remember (v)	/rɪ'membə/
remind of (v)	/rɪ'maɪnd ɒv/
retire (v)	/rɪ'taɪə/
sensitive (to) (adj)	/'sensətɪv/
settle down (phr v)	/'setl daʊn/
shocked (about) (adj)	/ʃɒkt/
spend (v)	/spend/
split up (phr v)	/splɪt ʌp/
start (v)	/stɑ:t/
start a business (v)	/stɑ:t ə 'bɪznəs/

start a family (v)	/stɑ:t ə 'fæməli/
start school (v)	/stɑ:t sku:l/
stop (v)	/stɒp/
suggest (v)	/sə'dʒest/
(be in your) teens (n)	/ti:nz/
tell (v)	/tel/
thank for (v)	/θæŋk fɔ:/
(be a) toddler (n)	/'tɒdlə/
try (v)	/traɪ/
unhappy (with) (adj)	/ʌn'hæpi/
want (v)	/wɒnt/
warn (v)	/wɔ:n/

Unit 1

a bit (adv)	/ə bɪt/
absolutely (adv)	/,æbsə'lu:tli/
accessibility (n)	/ək,sesə'bɪləti/
affectionate (adj)	/ə'fekʃənət/
afraid (adj)	/ə'freɪd/
alive (adj)	/ə'laɪv/
alone (adj)	/ə'ləʊn/
angry (adj)	/'æŋɡri/
annoyed (adj)	/ə'nɔɪd/
asleep (adj)	/ə'sli:p/
astonished (adj)	/ə'stɒnɪʃt/
awful (adj)	/'ɔ:fl/
bad-mannered (adj)	/,bæd 'mænəd/
bad-tempered (adj)	/,bæd 'tempəd/
be in the public eye (v)	/bi ɪn ðə 'pʌblɪk aɪ/
be in the public interest (v)	/bi ɪn ðə 'pʌblɪk 'ɪntrəst/
bossy (adj)	/'bɒsi/
cautious (adj)	/'kɔ:ʃəs/
celebrities (n)	/seɪ'lebrətɪz/
considerate (adj)	/kən'sɪdərət/
content (n)	/kən'tent/
creative (adj)	/kri'eɪtɪv/
critical (adj)	/'krɪtɪkl/
cruel (adj)	/'kru:əl/
delighted (adj)	/dɪ'laɪtɪd/
easy-going (adj)	/i:zi'ɡəʊɪŋ/
eccentric (adj)	/ɪk'sentɪrɪk/
ecstatic (adj)	/ɪk'stætɪk/
exhausted (adj)	/ɪɡ'zɔ:stɪd/
extremely (adv)	/ɪk'stri:mli/
fascinated (adj)	/'fæsɪneɪtɪd/
feedback (n)	/'fi:dbæk/
free press (n)	/fri: pres/
frightened (adj)	/'fraɪtnd/
furious (adj)	/'fjʊəriəs/
glad (adj)	/glæd/
happy (adj)	/'hæpi/
harass (v)	/'hærəs/
hardworking (adj)	/,hɑ:d 'wɜ:kɪŋ/
hilarious (adj)	/hɪ'leəriəs/
industrious (adj)	/ɪn'dʌstriəs/
insecure (adj)	/,ɪnsɪ'kjʊə/
interaction (n)	/,ɪntər'ækʃn/
invade someone's privacy (v)	/ɪn'veɪd 'sʌmwʌnz 'prɪvəsi/
investigative journalism (n)	/ɪn'vestɪɡətɪv 'dʒɜ:nəlɪzəm/
journalist (n)	/'dʒɜ:nəlɪst/
light-hearted (adj)	/,laɪt 'hɑ:tɪd/
living (adj)	/'lɪvɪŋ/
lonely (adj)	/'ləʊnli/
miserable (adj)	/'mɪzərəbl/
open-minded (adj)	/əʊpən 'maɪndɪd/
outgoing (adj)	/'aʊtɡəʊɪŋ/

paparazzi (n)	/ˈpæpəˈrætsi/
passionate (adj)	/'pæʃənət/
press regulators (n)	/pres 'regjuleɪtəz/
privacy laws (n)	/'prɪvəsi lɔːz/
provider (n)	/prəˈvaɪdə/
publicity scandal (n)	/pʌb'lɪsəti 'skændl/
pushy (adj)	/'pʊʃi/
quick-witted (adj)	/'kwɪk 'wɪtɪd/
self-confident (adj)	/'self 'kɒnfɪdənt/
selfless (adj)	/'selfləs/
shrewd (adj)	/'fruːd/
single-minded (adj)	/'sɪŋgl 'maɪndɪd/
sleeping (adj)	/'slɪpɪŋ/
spontaneous (adj)	/spɒn'teɪniəs/
stalk (v)	/stɔːk/
starving (adj)	/stɑːvɪŋ/
stingy (adj)	/'stɪndʒi/
subscriber (n)	/səb'skraɪbə/
sue for libel (v)	/suː fə 'laɪbl/
sympathetic (adj)	/'sɪmpəθetɪk/
tabloid press (n)	/'tæblɔɪd 'pres/
terrible (adj)	/'terəbl/
terrified (adj)	/'terɪfaɪd/
the press (n)	/ðə pres/
thick-skinned (adj)	/'θɪk 'skɪnd/
thrilled (adj)	/θrɪld/
totally (adv)	/'təʊtəli/
untrustworthy (adj)	/ʌn'trʌstwɜːði/
vain (adj)	/veɪn/
very (adv)	/'veri/
well behaved (adj)	/wel br'heɪvd/
wonderful (adj)	/'wʌndəfl/

Unit 2

alarmed (adj)	/ə'laːmd/
amused (adj)	/ə'mjuːzd/
anxious (adj)	/'æŋkʃəs/
ashamed (adj)	/ə'ʃeɪmd/
at fault	/ət fɔːlt/
at first	/ət fɜːst/
at once	/ət wʌns/
at stake	/ət steɪk/
be down in the dumps	/bi daʊn ɪn ðə dʌmps/
be fuming	/bi fjuːmɪŋ/
be green with envy	/bi grɪn wɪð 'envi/
be in two minds about something	/bi ɪn tuː maɪndz ə'baut 'sʌmθɪŋ/
be on edge	/bi ɒn edʒ/
be over the moon	/bi 'əʊvə(r) ðə muːn/
be tearing your hair out	/bi 'tiəriŋ jɔː heə(r) aʊt/
bitter (adj)	/'bɪtə/
blow your top	/bləʊ jɔː tɒp/
by mistake	/baɪ mɪ'steɪk/
combat (v)	/'kɒmbæt/
commit (v)	/kə'mɪt/
content (adj)	/kən'tent/
cut (v)	/kʌt/
deter (v)	/dɪ'tɜː/
disappointed (adj)	/dɪsə'pɔɪntɪd/
disillusioned (adj)	/dɪsluːʒnd/
envious (adj)	/'enviəs/
exasperated (adj)	/ɪg'zæspəreɪtɪd/
for good	/fə 'ɡʊd/
frustrated (adj)	/frʌ'streɪtɪd/
furious (adj)	/'fjuəriəs/
humiliated (adj)	/hjuː'mɪlietɪd/
hysterical (adj)	/'hɪsterɪkl/
in common	/ɪn 'kɒmən/

in fact	/ɪn fækt/
in trouble	/ɪn 'trʌbl/
indecisive (adj)	/'ɪndɪ'saɪsɪv/
irritated (adj)	/'ɪrɪteɪtɪd/
lose face	/luːz feɪs/
miserable (adj)	/'mɪzrəbl/
of course	/ɒv kɔːrs/
on purpose	/ɒn 'pʊːpəs/
petty (adj)	/'peti/
prevention (n)	/'prɪ'venʃn/
record (v)	/'rɪkɔːd/
something gets on your nerves	/'sʌmθɪŋ gets ɒn jɔː nɜːvz/
stressed (adj)	/strest/
stunned (adj)	/stʌnd/
under age	/'ʌndəreɪdʒ/
upbeat (adj)	/'ʌpbɪt/
violent (adj)	/'vaɪələnt/
wave (n)	/weɪv/

Unit 3

annoyance (n)	/ə'noɪəns/
anxiety (n)	/æŋ'zaɪəti/
bill (n)	/bɪl/
biscuit (n)	/'bɪskɪt/
bite your fingernails (v)	/baɪt jɔː 'fɪŋɡəneɪlz/
boredom (n)	/'bɔːdəm/
bow your head (v)	/baʊ jɔː hed/
candy (n)	/'kændi/
cell phone (n)	/'selfəʊn/
check (n)	/tʃek/
clear your throat (v)	/kliə(r) jɔː θrəʊt/
confusion (n)	/kən'fjuːʒn/
cookie (n)	/'kʊki/
cough (v)	/kɒf/
cover your mouth (v)	/'kʌvə(r) jɔː maʊð/
cross your fingers (v)	/krɒs jɔː 'fɪŋɡəz/
cross your legs (v)	/krɒs jɔː legz/
deep-throated (adj)	/diːp 'θrəʊtɪd/
disapproval (n)	/dɪsə'pruːvl/
disgust (n)	/dɪs'ɡʌst/
event (n)	/'ɪvent/
exchange presents (v)	/ɪks'tʃeɪndʒ 'preznts/
family gathering (n)	/'fæməli 'ɡæðərɪŋ/
fear (n)	/'fiə/
fidget (v)	/'fɪdʒɪt/
film (n)	/'fɪlm/
flashlight (n)	/'flæʃlaɪt/
flat (n)	/'flæt/
fold your arms (v)	/fəʊld jɔː(r) ɑːmz/
friendliness (n)	/'frendlɪnəs/
frown (v)	/'fraʊn/
gasp (v)	/'ɡɑːsp/
give a thumbs up (v)	/'ɡɪv ə θʌmz ʌp/
give presents (v)	/'ɡɪv 'preznts/
grimace (v)	/'ɡrɪməs/
grin (v)	/'ɡrɪn/
happiness (n)	/'hæpɪnəs/
harelipped (adj) (Old-fashioned – now considered offensive. The accepted medical term is <i>left lip</i> /kleft lɪp/)	/'heə lɪpt/
hiccup (v)	/'hɪkʌp/
highway (n)	/'haɪweɪ/
ignorance (n)	/'ɪɡnərəns/
indifference (n)	/'ɪndɪfrəns/
interest (n)	/'ɪntrəst/
lift (n)	/'lɪft/

line (n)	/laɪn/
longhaired (adj)	/lɒŋ 'hɛəd/
low-set (adj)	/ləʊ set/
mobile (n)	/'məʊbaɪl/
motorway (n)	/'məʊtəweɪ/
nod your head (v)	/nɒd jɔː hed/
pain (n)	/peɪn/
pavement (n)	/'peɪvmənt/
petrol (n)	/'petrəl/
point (v)	/pɔɪnt/
pout (v)	/paʊt/
prepare (a meal) (v)	/'prɪ'peə/
public holiday (n)	/'pʌblɪk 'hɒlədeɪ/
purse your lips (v)	/'pɜːs jɔː lɪps/
queue (n)	/'kjuː/
raise your eyebrows (v)	/reɪz jɔː(r) 'aɪbraʊz/
scowl (v)	/skaʊl/
scratch your head (v)	/'skrætʃ jɔː hed/
shake your head (v)	/'ʃeɪk jɔː hed/
shame (n)	/'ʃeɪm/
shock (n)	/'ʃɒk/
shrug your shoulders (v)	/'ʃrʌg jɔː 'ʃəʊldəz/
sidewalk (n)	/'saɪdwɔːk/
sigh (v)	/saɪ/
slurp (v)	/slɜːp/
sneakers (n)	/'sniːkəz/
sneeze (v)	/'sniːz/
sniff (v)	/'snɪf/
snore (v)	/'snɔː/
souvenirs (n)	/'suːvə'nɪəz/
special dishes (n)	/'speʃl dɪʃɪz/
special occasion (n)	/'speʃl ə'keɪʒn/
surprise (n)	/'sə'praɪz/
sweets (n)	/'swiːts/
tap (n)	/tæp/
thin-boned (adj)	/θɪn bəʊnd/
toilet (n)	/'tɔɪlət/
torch (n)	/tɔːtʃ/
traditional (meal/custom/ gift) (n)	/trə'dɪʃənəl/
trainers (n)	/'treɪnəz/
tut (v)	/tʌt/
wave (v)	/weɪv/
wink (v)	/wɪŋk/
yawn (v)	/jɔːn/

Unit 4

adventure holiday (n)	/əd'ventʃə 'hɒlədeɪ/
B&B (n)	/'biː ən 'biː/
backpacking (n)	/'bækpækɪŋ/
be physically active (v)	/'bi 'fɪzɪklɪ 'æktɪv/
beach holiday (n)	/'biːtʃ 'hɒlədeɪ/
beach house (n)	/'biːtʃ haʊs/
boredom (n)	/'bɔːdəm/
breathtaking (adj)	/'breθetɪŋ/
broaden your horizons (v)	/'brɔːdn jɔː hə'raɪznz/
cabin (n)	/'kæbɪn/
campervan (n)	/'kæmpə væn/
camping (n)	/'kæmpɪŋ/
campsite (n)	/'kæmpsɑɪt/
caravan (n)	/'kærəvæn/
city break (n)	/'sɪti breɪk/
closely	/'kləʊsli/
come across (phr v)	/kʌm ə'krɒs/
comfort (n)	/'kʌmfət/
commercialised (adj)	/'kɜːmɜːʃəlaɪzd/
convenience (n)	/'kɒn'viːniəns/
cost (n)	/kɒst/

cottage (n)	/'kɒtɪdʒ/
couch-surfing (n)	/kaʊtʃ 'sɜːfɪŋ/
cruise (n)	/'kruːz/
cycling holiday (n)	/'saɪklɪŋ 'hɒlədeɪ/
dingy (adj)	/'dɪndʒi/
do some volunteer work (v)	/duː səm 'vɒləntɪə wɜːk/
dull (adj)	/dʌl/
early	/'ɜːli/
eat out (v)	/iːt aʊt/
ecotourism (n)	/'iːkəʊtʊərɪzəm/
enjoy the nightlife (v)	/ɪn'dʒɔɪ ðə 'naɪtlaɪf/
fast	/fɑːst/
find adventure (v)	/faɪnd əd'ventʃə/
friendly	/'frendli/
get around (phr v)	/get ə'raʊnd/
get away from it all (v)	/get ə'weɪ frəm ɪt ɔːl/
get back (phr v)	/get bæk/
go off (phr v)	/gəʊ ɒf/
go off the beaten track (v)	/gəʊ ɒf ðə 'biːtn træk/
guest house (n)	/'gest haʊs/
hang out with your friends (v)	/hæŋ aʊt wɪð jɔː frendz/
have a lovely view (v)	/hæv ə 'lʌvli vjuː/
have new experiences (v)	/hæv njuː ɪk'spiəriənsɪz/
help with your bags (v)	/help wɪð jɔː bægz/
holiday camp (n)	/'hɒlədeɪ kæmp/
holiday home (n)	/'hɒlədeɪ həʊm/
hospitable (adj)	/hɒ'spɪtəbl/
hotel (n)	/'həʊtel/
house swap (n)	/haʊs swɒp/
houseboat (n)	/'haʊsbəʊt/
inaccessible (adj)	/'ɪnæk'sesəbl/
lately	/'leɪtli/
light the campfire (v)	/laɪt ðə 'kæmpfaɪə/
luggage (n)	/'lʌɡɪdʒ/
meet people (v)	/miːt 'piːpl/
mind-blowing (adj)	/'maɪnd bləʊɪŋ/
overcrowded (adj)	/'əʊvə'kraʊdɪd/
package holiday (n)	/'pækɪdʒ 'hɒlədeɪ/
pamper yourself (v)	/'pæmpə jɔː'self/
pull up (phr v)	/'pʊl ʌp/
put up the tent (v)	/pʊt ʌp ðə tent/
recharge your batteries (v)	/'riːtʃəːdʒ jɔː 'bætərɪz/
remote (adj)	/'riːməʊt/
run-down (adj)	/'rʌndaʊn/
safety (n)	/'seɪfti/
see the sights (v)	/siː ðə saɪts/
self-catering apartment (n)	/self 'keɪtərɪŋ ə'pɑːtmənt/
set off	/set ɒf/
sleep rough (v)	/sliːp rʌf/
stop over (phr v)	/'stɒpəʊvə/
take in (phr v)	/teɪk ɪn/
take it easy (v)	/teɪk ɪt 'iːzi/
taste a local dish (v)	/teɪst ə 'ləʊkl dɪʃ/
tent (n)	/tent/
time (n)	/taɪm/
time-share apartment (n)	/taɪm ʃeə(r) ə'pɑːtmənt/
travel light (v)	/'trævl laɪt/
travel sickness (n)	/'trævl 'sɪknəs/
try local food (v)	/traɪ 'ləʊkl fuːd/
unique (adj)	/'juːniːk/
unspoiled (adj)	/'ʌn'spɔɪld/
vibrant (adj)	/'vaɪbrənt/
villa (n)	/'vɪlə/
volunteering (n)	/'vɒləntɪərɪŋ/
weekly	/'wiːkli/
winter sports holiday (n)	/'wɪntə spɔːts 'hɒlədeɪ/
youth hostel (n)	/'juːθ hɒstl/

Unit 5

admire (v)	/əd'maɪə/
adore (v)	/ə'dɔː/
background (n)	/'bækgraʊnd/
be (very) close (to) (v)	/bi 'kləʊs/
be on the same wavelength (as) (v)	/bi ɒn ðə seɪm 'weɪvləŋθ æz/
be wary of (v)	/bi 'weəri ɒv/
compliment (sb on sth) (v)	/'kɒmplɪmənt/
confirm (v)	/kən'fɜːm/
despise (v)	/drɪ'spaɪz/
envy (v)	/'envi/
feel sorry for (v)	/fiːl 'sɔːri fɔː/
findings (n)	/'faɪndɪŋs/
flatter (sb) (v)	/'flætə/
gene (n)	/dʒiːn/
guinea pig (n)	/'ɡɪni piɡ/
have a lot in common (with) (v)	/həv ə lɒt ɪn 'kɒmən/
have nothing in common (with) (v)	/həv 'nʌθɪŋ ɪn 'kɒmən/
immune system (n)	/ɪ'mjuːn sɪstəm/
in depth	/ɪn 'depθ/
insult (sb) (v)	/ɪn'sʌlt/
lecture (sb about sth) (v)	/'lektʃə/
look down on (v)	/lʊk daʊn ɒn/
look up to (v)	/lʊk ʌp tə/
mate (n)	/meɪt/
nag (sb about sth) (v)	/næg/
not see eye to eye (with) (v)	/nɒt siː aɪ tə aɪ wɪð/
offend (sb) (v)	/ə'fend/
offspring (n)	/'ɒfsprɪŋ/
organ (n)	/'ɔːɡən/
paper (n)	/'peɪpə/
praise (sb for sth) (v)	/'preɪz/
proof (n)	/'pruːf/
release (v)	/'rɪliːs/
respect (v)	/'rɪspekt/
tease (sb about sth) (v)	/tiːz/
tell (sb) off (for sth) (v)	/tel ɒf/
trust (v)	/trʌst/
warn (sb about sth) (v)	/'wɔːn/

Unit 6

absent-minded (adj)	/əbsənt 'maɪndɪd/
ache (v)	/eɪk/
ache (n)	/eɪk/
addictive (adj)	/ə'dɪktɪv/
adrenalin (n)	/ə'drenəlɪn/
antacid (n)	/ænt'æsɪd/
antibiotics (n)	/æntɪbaɪ'ɒtɪks/
antihistamine (n)	/æntɪ'hɪstəmiːn/
anti-inflammatories (n)	/'æntɪ ɪn'flæmətrɪz/
antiseptic cream (n)	/æntɪ'septɪk kriːm/
attend a fitness class (v)	/ə'tend ə 'fɪtnəs klɑːs/
badly paid (adj)	/'bædli peɪd/
bandage (n)	/'bændɪdʒ/
be competitive (v)	/bi kəm'petətɪv/
beat an opponent (v)	/biːt æn ə'pəʊnənt/
bruise (n)	/'bruːz/
burn (v)	/'bɜːn/
burst (n)	/'bɜːst/
calcium (n)	/'kælsiəm/
calories (n)	/'kælərɪz/
carbohydrate (n)	/'kɑːbəʊ'haidreɪt/
cheap (adj)	/tʃiːp/

chest infection (n)	/tʃest ɪn'fekʃn/
cholesterol (n)	/kə'lestərɒl/
(be) congested (adj)	/kən'dʒestɪd/
convenient (adj)	/kən'viːniənt/
convert (v)	/kən'vɜːt/
cough (n)	/kɒf/
cough medicine (n)	/kɒf 'medɪsn/
cut (n)	/kʌt/
dairy products (n)	/'deəri 'prɒdʌkts/
densely populated (adj)	/densli 'pɒpjuleɪtɪd/
(feel) dizzy (adj)	/'dɪzi/
do aerobics (v)	/duː əə'rəʊbɪks/
energy (n)	/'enədʒi/
English-speaking (adj)	/'ɪŋɡlɪʃ -spiːkɪŋ/
expensive (adj)	/'ɪkspensɪv/
far-reaching (adj)	/'fɑː 'riːtʃɪŋ/
fat (n)	/fæt/
(feel) fatigued (adj)	/fə'tiːɡd/
fever (n)	/'fiːvə/
fibre (n)	/'faɪbə/
flu (n)	/fluː/
fracture (n)	/'fræktʃə/
free choice (n)	/'friː tʃɔɪs/
fresh (adj)	/'frefʃ/
go running (v)	/ɡəʊ 'rʌnɪŋ/
heartburn (n)	/'hɑːtbɜːn/
high-calorie (adj)	/haɪ 'kæləri/
highly paid (adj)	/'haɪli peɪd/
ingredient (n)	/ɪn'ɡrɪdiənt/
insect sting (n)	/'ɪnsekt stɪŋ/
intensity (n)	/'ɪntensəti/
keep fit (v)	/kiːp fɪt/
lift weights (v)	/lɪft weɪts/
light-hearted (adj)	/'laɪt 'hɑːtɪd/
lots of liquids (n)	/lɒts ɒv 'lɪkwɪdɪz/
low-calorie (adj)	/ləʊ 'kæləri/
mineral (n)	/'mɪnərəl/
mouth-watering (adj)	/'maʊθ wɔːtərɪŋ/
much-needed (adj)	/'mʌtʃ niːdɪd/
(feel) nauseous (adj)	/'nɔːziəs/
nose bleed (n)	/'nəʊzbliːd/
nutrient (n)	/'njuːtriənt/
nuts (n)	/'nʌts/
oil (n)	/ɔɪl/
old-fashioned (adj)	/'əʊld 'fæʃənd/
painkillers (n)	/'peɪnkɪləz/
pedal on a bike (v)	/'pedl ɒn ə baɪk/
penicillin (n)	/'penɪsɪlɪn/
play a team sport (v)	/'pleɪ ə tiːm spɔːt/
poultry (n)	/'pəʊltri/
preservative (n)	/'preɪzəvətɪv/
processed (adj)	/'prəʊsest/
processed food (n)	/'prəʊsest fuːd/
processed meat (n)	/'prəʊsest miːt/
protein (n)	/'prəʊtiːn/
pump (v)	/'pʌmp/
push myself to the limit (v)	/'pʊʃ maɪ'self tə ðə 'lɪmɪt/
rash (n)	/ræʃ/
record-breaking (adj)	/'rekɔːd breɪkɪŋ/
rest (n)	/rest/
salt (n)	/sɒlt/
seeds (n)	/'siːdz/
sore throat (n)	/'sɔː θrəʊt/
sprain (n)	/'spreɪn/
(feel) stiff (adj)	/'stɪf/
sugar (n)	/'ʃʊɡə/
(be) swollen (adj)	/'swəʊlən/
tablets (n)	/'tæbləts/

tasty (adj)	/ˈteɪsti/
temperature (n)	/ˈtemprətʃə/
throat sweets (n)	/θrəʊt swi:ts/
time-saving (adj)	/taɪm ˈseɪvɪŋ/
value for money (adj)	/ˈvæljuː fə ˈmʌni/
virus (n)	/ˈvaɪrəs/
vitamins (n)	/ˈvɪtəmiːnz/
well-respected (adj)	/wel rɪˈspektɪd/
well-written (adj)	/wel ˈrɪtɪn/
wholegrain (n)	/ˈhəʊlɡreɪn/
will power (n)	/ˈwɪlpəʊə/
wound (n)	/wu:nd/
X-ray (n)	/ˈeks reɪ/

Unit 7

addiction (to) (n)	/əˈdɪkʃn/
admit (v)	/ədˈmɪt/
angry (adj)	/ˈæŋɡri/
announce (v)	/əˈnaʊns/
belief (in) (n)	/brɪˈli:f/
biased (adj)	/ˈbaɪəst/
cheat (v)	/tʃi:t/
control (over) (n)	/kənˈtrəʊl/
deceive sb (v)	/dɪˈsi:v ˈsambədi/
demand (for) (n)	/dɪˈmɑ:nd/
deny (v)	/dɪˈnaɪ/
dependence (on) (n)	/dɪˈpendəns/
difference (between) (n)	/ˈdɪfrəns/
direct (adj)	/daɪˈrekt/
disguise (the truth, the fact that, etc.) (v)	/dɪsˈɡaɪz/
dishonest (adj)	/dɪsˈɒnɪst/
effect (on) (n)	/ɪˈfekt/
enthusiastic (adj)	/ɪnθju:zɪˈæstɪk/
ethical (adj)	/ˈeθɪkəl/
evidence (of) (n)	/ˈeɪvɪdəns/
exaggerate (v)	/ɪɡˈzædʒəreɪt/
exaggerate (the truth, a difficulty, etc.) (v)	/ɪɡˈzædʒəreɪt/
existence (of) (n)	/ɪɡˈzɪstəns/
explain (v)	/ɪkˈspleɪn/
fabricate (a story, evidence, etc.) (v)	/ˈfæbrɪkeɪt/
fib (v)	/fɪb/
find out (phr v)	/faɪnd aʊt/
fool sb (v)	/fu:l ˈsambədi/
hole up (phr v)	/həʊl ʌp/
honest (adj)	/ˈɒnɪst/
hypocritical (adj)	/ˌhɪpəˈkrɪtɪkəl/
increase (in) (n)	/ɪnˈkri:s/
insist (v)	/ɪnˈsɪst/
interest (in) (n)	/ɪnˈtrəst/
let on (phr v)	/let ɒn/
lie (about sth / to sb) (v)	/laɪ/
make an excuse (v)	/meɪk ən ɪkˈskju:s/
make out (phr v)	/meɪk aʊt/
manipulate (sb) (v)	/məˈnɪpjuleɪt ˈsambədi/
manipulative (adj)	/məˈnɪpjələtɪv/
mislead sb (v)	/ˌmɪsˈli:d ˈsambədi/
need (for) (n)	/ni:d/
nervous (adj)	/ˈnɜ:vəs/
objection (to) (n)	/əbˈdʒekʃn/
obsession (with) (n)	/əbˈseʃn/
open (adj)	/ˈəʊpən/
own up (to sth) (v)	/əʊn ʌp/
pass sth/sb off as (v)	/pɑ:s ˈsəmθɪŋ / ˈsambədi ɒf æz/
patient (adj)	/ˈpeɪʃnt/

photoshop (a picture, an image, etc.) (v)	/ˈfəʊtəʊʃɒp/
play on (phr v)	/pleɪ ɒn/
preference (for) (n)	/ˈprefərəns/
promise (v)	/ˈprɒmɪs/
reason (for) (n)	/ˈri:zn/
reveal (a secret, the truth, etc.) (v)	/rɪˈvi:l/
rise (in) (n)	/raɪz/
sarcastic (adj)	/sɑːˈkæstɪk/
set up (phr v)	/ˌset ʌp/
solution (to) (n)	/səˈlu:ʃn/
surprised (adj)	/səˈpraɪzd/
swear that / to do sth (v)	/swəə ðæt / tə du: ˈsʌmθɪŋ/
take in (phr v)	/teɪk ɪn/
tell a lie (v)	/tel ə laɪ/
tell the truth (v)	/tel ðə tru:θ/
zoom in on (phr v)	/zu:m ɪn ɒn/

Unit 8

arrest (v)	/əˈrest/
ban (v)	/bæn/
campaign against (v)	/kæmˈpeɪn əˈɡeɪnst/
censorship (n)	/ˈsensəʃɪp/
corruption (n)	/kəˈrʌpʃn/
decide (v)	/dɪˈsaɪd/
demonstrate (v)	/ˈdemənstreɪt/
demonstrate/protest against (sth) (v)	/ˈdemənstreɪt / ˈprəʊtest əˈɡeɪnst/
disease (n)	/dɪˈzi:z/
famine (n)	/ˈfæmɪn/
gang (n)	/ɡæŋ/
gender inequality (n)	/ˈdʒendə(r) ɪnɪˈkwələti/
get ahead (phr v)	/get əˈhed/
global warming (n)	/ˌɡləʊbl ˈwɔ:ɪmɪŋ/
globalisation (n)	/ˌɡləʊbəlaɪˈzeɪʃn/
go on a demonstration/a march (v)	/ɡəʊ ɒn ə ˈdeməˈstreɪʃn / ə mɑ:ʃ/
help out (phr v)	/help aʊt/
hide (v)	/haɪd/
hold a rally (v)	/həʊld ə ˈræli/
hold up placards (v)	/həʊld ʌp ˈplækɑ:dz/
homelessness (n)	/ˈhəʊmləsnes/
immigration (n)	/ˌɪmɪˈɡreɪʃn/
investigate (v)	/ɪnˈvestɪgeɪt/
keep (v)	/ki:p/
listen to speeches (v)	/ˈlɪsn tə ˈspi:tʃɪz/
misunderstood (adj)	/ˌmɪsʌndəˈstʊd/
nuclear weapons (n)	/ˈnju:kliə ˈwepənz/
organise a protest (v)	/ˈɔ:ɡənəɪz ə ˈprəʊtest/
put in (phr v)	/pʊt ɪn/
racism (n)	/ˈreɪsɪzəm/
resign (v)	/rɪˈzaɪn/
set up (phr v)	/ˌset ʌp/
shout slogans (v)	/ʃaʊt ˈsləʊɡənz/
sign (v)	/saɪn/
sign a petition (v)	/saɪn ə pəˈtɪʃn/
social conscience (n)	/ˌsəʊʃl ˈkɒnʃəns/
squeeze in (phr v)	/skwi:z ɪn/
stand for election (v)	/stænd fɔ:(r) ɪˈlekʃn/
step down (phr v)	/step daʊn/
support a campaign (v)	/səˈpɔ:t ə kæmˈpeɪn/
take on (phr v)	/teɪk ɒn/
tell (v)	/tel/
terrorism (n)	/ˈterəɪzəm/
think up (phr v)	/θɪŋk ʌp/
thoughtful (adj)	/ˈθɔ:tfʊl/

W

Wordlist

thoughtless (adj)	/ˈθɔːtləs/	
threatening (adj)	/ˈθreɪnɪŋ/	
throw (v)	/θrəʊ/	
unemployment (n)	/ˌʌnɪmˈplɔɪmənt/	
vandalism (n)	/ˈvændəlɪzəm/	
volunteer (n)	/ˌvɒləntɪə/	
vote in elections (v)	/vəʊt ɪn ɪˈleɪʃnz/	
wait (v)	/weɪt/	
wonder (v)	/ˈwʌndə/	
write to a politician (v)	/raɪt tuː ə ˌpɒləˈtɪʃn/	

Unit 9

afford (v)	/əˈfɔːd/	
basket (n)	/ˈbɑːskɪt/	
be a rip-off	/bi ə ɪp ɒf/	
be broke	/bi brəʊk/	
be dirt cheap	/bi dɜːt tʃiːp/	
be hard up	/bi hɑːd ʌp/	
be rolling in it	/bi ˈrəʊlɪŋ ɪn ɪt/	
be well off	/bi wel ɒf/	
brand (n)	/brænd/	
budget (v)	/ˈbʌdʒɪt/	
burglar (n)	/ˈbɜːglə/	
burglary (n)	/ˈbɜːgləri/	
burgle (v)	/ˈbɜːgl/	
check out (phr v)	/ˈtʃek aʊt/	
checkout (n)	/ˈtʃek aʊt/	
commercial (n)	/kəˈmɜːʃl/	
consumer (n)	/kənˈsjuːmə/	
delivery (n)	/dɪˈlɪvəri/	
endorsement (n)	/ɪnˈdɔːsmənt/	
fork out (v)	/fɔːk aʊt/	
get into debt (phr v)	/get ˈɪntə det/	
haggle (v)	/ˈhægl/	
item (n)	/aɪtəm/	
jingle (n)	/ˈdʒɪŋɡl/	
knock down (phr v)	/nɒk daʊn/	
launch (n)	/lɔːntʃ/	
logo (n)	/ˈləʊɡəʊ/	
notification (n)	/nəʊtɪfɪˈkeɪʃn/	
overcharge (v)	/əʊvəˈtʃɑːdʒ/	
overspend (v)	/əʊvəˈspend/	
pick up a bargain (v)	/ˈpɪk ʌp ə ˈbɑːɡɪn/	
review (n)	/rɪˈvjuː/	
rip off (phr v)	/ɪp ɒf/	
rob (v)	/rɒb/	
robber (n)	/ˈrɒbə/	
robbery (n)	/ˈrɒbəri/	
scan (v)	/skæn/	
shop around (phr v)	/ʃɒp əˈraʊnd/	
shoplift (v)	/ˈʃɒplɪft/	
shoplifter (n)	/ˈʃɒplɪftə/	
shoplifting (n)	/ˈʃɒplɪftɪŋ/	
slogan (n)	/ˈsləʊɡən/	
snap up (phr v)	/snæp ʌp/	
splash out (phr v)	/splæʃ aʊt/	
steal (v)	/stiːl/	
theft (n)	/θeft/	
thief (n)	/θiːf/	
track (v)	/træk/	
vandal (n)	/ˈvændl/	
vandalise (v)	/ˈvændəlaɪz/	
vandalism (n)	/ˈvændəlɪzəm/	
wishlist (n)	/wɪʃlɪst/	