

Core vocabulary/phrases	Extra vocabulary	Extended vocabulary	Part of speech	Pronunciation	Definition	Example	GSE	Unit	Topic	Notes & Queries
authority			n	ɔ: 'θɔrəti	the power you have because of your official position	I have no authority to make this decision – you'll have to ask the mayor.	56	1	Blue	
identity			n	aɪ 'dentəti	someone's identity is their name or who they are	The paramedics were unable to determine the man's identity after the accident.	42	1	Blue	
personality			n	ˌpɜː.sə 'næləti	someone's character, especially the way they behave towards other people	Despite their different personalities, they became the best of friends.	58	1	Blue	
probability			n	ˌprɒbə 'bɪləti	how likely something is, sometimes calculated in a mathematical way	The probability of winning the lottery is really very low.	64	1	Blue	
association			n	ə 'səʊsɪ 'eɪʃən	a feeling or memory that is related to a particular place, event, word etc	Vacationing in Scotland has all kinds of happy associations for me.	66	1	Blue	
position			n	pə 'zɪʃən	a job	Bill took up his new position as events manager in October.	55	1	Blue	
rainbow			n	'reɪnbəʊ	a large curve of different colours that can appear in the sky when there is both sun and rain	He had never seen anything like the rainbow he saw from the plane.	60	1	Blue	
rainfall			n	'reɪnfɔ:l	the amount of rain that falls on an area in a particular period of time	It's so dry because we've had a long period of low rainfall.	72	1	Blue	
seed			n	si:d	a small hard object produced by plants, from which a new plant of the same kind grows	We grew all our tomatoes from seed.	34	1	Blue	
soil			n	sɔɪl	the top layer of the earth in which plants grow	Most herbs grow well in dry soil.	56	1	Blue	
thunderstorm			n	'θʌndəstɔ:m	a storm with thunder and lightning	You'd better get inside because there's a thunderstorm approaching.	69	1	Blue	
tornado			n	tə 'neɪdəʊ	an extremely violent storm consisting of air that spins very quickly and causes a lot of damage	A tornado destroyed twelve homes in Ashport, Tennessee yesterday.	71	1	Blue	
add to			phr	ˌæd tə	to make a feeling or quality stronger and more noticeable	This show will no doubt add to his growing reputation.	-		1	Blue
appeal to			phr	ə 'pi:l tə	be attractive; if someone or something appeals to you, they seem attractive and interesting	The idea of working abroad really appeals to me.	70	1	Blue	
at least			phr	ət li:st	used when you are correcting or changing something that you have just said	I made everything perfectly clear – or at least I thought I did.	64	1	Blue	
belong to			phr	bɪ 'lɒŋ tə	if something belongs to someone, they own it	Who does this scarf belong to?	42	1	Blue	
by chance			phr	bai 'tʃɑ:ns	the way some things happen without being planned or caused by people	I happened to meet her quite by chance in Oxford Street.	60	1	Blue	
consist of			phr	kən 'sɪst əv	to be formed from two or more things or people	The buffet consisted of several different Indian dishes.	64	1	Blue	
devoted to			phr	dɪ 'vəʊtəd tə	dealing with, containing, or being used for only one thing	The new museum will be devoted to jazz photography.	73	1	Blue	
for the rest of			phr	fə ðə rest əv	for the duration of, for as long as something else is true/happening	He'll be in a wheelchair for the rest of his life.	53	1	Blue	
in addition to			phr	ɪn ə 'dɪʃən tə	used for saying that something extra exists or is happening together with the thing that you are talking about	In addition to his movie work, he is known as a champion of environmental causes.	55	1	Blue	
in contrast (to/with)			phr	ɪn 'kɒntrə:st (tə / wɪð)	things etc to show a difference	The stock lost 60 cents a share, in contrast to last year, when it gained 21 cents.	63	1	Blue	
(be) in pain			phr	(bi) ɪn peɪn	the feeling you have when (part of) your body hurts	Despite being in great pain, he managed to call for help.	45	1	Blue	
(be) on display			phr	(bi) ɒn dɪ 'splɛɪ	something that is on display is in a public place where people can look at it	Her photographs were first put on display in New York.	61	1	Blue	
reflect on			phr	rɪ 'flekt ɒn	to think carefully about something, or to say something that you have been thinking about	He had time to reflect on his successes and failures.	58	1	Blue	
succeed in			phr	sək 'si:d ɪn	to do what you tried or wanted to do	She was the first woman to succeed in climbing Mount Everest.	56	1	Blue	
work on			phr	wɜ:k ɒn	to do the activities and duties that are needed to complete a project or task	Several people worked on the report.	-		1	Blue
a fair number of			n phr	ə feə 'nʌmbə əv	quite a large number of something	I received a fair number of tips in response to my post, so I will start trying them out one after the other.	-		1	Blue
apparently			adv	ə 'pærəntli	used to say that you have heard that something is true, although you are not completely sure about it	Apparently the company is losing a lot of money.	66	1	Blue	
a while back			adv phr	ə waɪl bæk	used to show that something happened some time in the past	I don't remember the details because this happened a while back.	63	1	Blue	
be in the right place at the right time			phr	bi ɪn ðə raɪt pleɪs ət ðə raɪt taɪm	to be in the place where something useful becomes available or is being offered	Being a news photographer is all about being in the right place at the right time.	-		1	Blue
closer to home			adj phr	'kləʊsə tu: həʊm	affecting someone personally	Seeing the fire in person felt a lot closer to home than seeing it on TV.	-		1	Blue
face difficulties			v phr	feɪs 'dɪfɪkəltɪz	if you face or are faced with a difficult situation, or if a difficult situation faces you, it is going to affect you and you must deal with it	The hotel's owners were facing financial difficulties.	59	1	Blue	

get a sense of	v phr	get ə sens əv	to find out, to discover, to obtain an understanding of something	I got a much better sense of his complicated life after reading his biography.	62	1	Blue
get hold of	v phr	get həʊld əv	to obtain	If you can't get hold of the tickets for the concert, we'll just have to buy the album later.	64	1	Blue
last-minute	adj	ˌlɑːst ˈmɪn ɪt	happening or done as late as possible before something else happens	Let's make a few last-minute changes to the script before we start shooting the video.	66	1	Blue
make the most of (something)	v phr	meɪk ðə məʊst əv (ˈsʌmθɪŋ)	to gain the greatest possible advantage from something	You will make the most of your visit to the museum if you get a guided tour.	67	1	Blue
pretty common	adj phr	ˈprɪtɪ ˈkɒmən	very common, existing in large numbers	Daisies are pretty common flowers – you can see them in almost every park.	56	1	Blue
reflect	v	rɪ ˈflekt	to show or be a sign of a particular situation or feeling	How much you're paid reflects how important you are to the company.	-	1	Blue
the bare minimum	n phr	ðə beə ˈmɪnɪməəm	as little as possible	Jack does only the bare minimum needed to pass his classes.	55	1	Blue
announce	v	ə ˈnaʊns	to officially tell people about something, especially about a plan or a decision	They announced their engagement in 'The Times'.	67	1	Blue
be on camera	phr	biː ɒn ˈkæməərə	while a camera is recording	Everyone knew that Mark would become a reporter because he liked to be on camera since he was little.	-	1	Blue
electronic device	n	ɪlekˈtrɒnɪk dɪˈvaɪs	a piece of electronic equipment; a device that accomplishes its purpose electronically	A pager is one example of an electronic device that was once popular but is no longer used.	69	1	Blue
hype	v/n	haɪp	attempts to make people think something is good or important by talking about it a lot on television, the radio etc – used to show disapproval	Despite the hype, I found the film very disappointing.	82/73	1	Blue
influence	v/n	ˈɪnfluəns	the power to affect the way someone or something develops, behaves, or thinks, without using direct force or orders	His mentor's influence was clearly visible in his early paintings.	58/65	1	Blue
on a global scale	phr	ɒn ə ˈɡləʊbəl skeɪl	affecting or including the whole world	Anything the USA does is likely to have an impact on a global scale.	63	1	Blue
subscribe (to)	v	səbˈskraɪb (tə)	to pay money, usually once a year, to have copies of a newspaper or magazine sent to you, or to have some other service	It's a good idea to subscribe to a music service if you want to listen to a lot of different genres of music.	70	1	Blue
survey	n	ˈsʌːveɪ	a set of questions that you ask a large number of people in order to find out about their opinions or behaviour	We are conducting a class survey to find out which after-school activities are the most popular.	54	1	Blue
tabloid (headlines/newspapers)	n	ˈtæblɔɪd (ˈhedlaɪnz / ˈnjuːz,peɪpəz)	a newspaper that has small pages, a lot of photographs, and stories mainly about sex, famous people etc rather than serious news	The tabloid will do anything to get photographs from the famous couple's private wedding.	72	1	Blue
beauty	n	ˈbjʊːti	a quality that people, places, or things have that makes them very attractive to look at	The magnificent beauty of this landscape can't be adequately represented in a photograph.	60	1	Blue
deep (colour)	adj	diːp (ˈkʌlə)	a deep colour is dark and strong	The berries are a deep red colour.	52	1	Blue
dye	v/n	daɪ	a substance you use to change the colour of your clothes, hair etc	Dozens of eggs were boiled in bright red dye.	70/76	1	Blue
icon	n	ˈaɪkɒn	someone famous who is admired by many people and is thought to represent an important idea	The Swedish pop icon still draws a huge crowd for her concerts.	74	1	Blue
pale (colour)	adj	peɪl (ˈkʌlə)	a pale colour is very light	The pale blue curtains contrasted nicely with the darker wall colour.	54	1	Blue
photograph	v/n	ˈfəʊtəgrəːf	a picture obtained by using a camera and film that is sensitive to light	Mona always takes a photograph of the food she orders in a restaurant.	60/32	1	Blue
self-portrait	n	self ˈpɔːtreɪt	a drawing, painting, or description that you do of yourself	You can use a mirror to help you paint a self-portrait.	79	1	Blue
sold out (tickets)	adj	səʊld aʊt (ˈtɪkɪts)	if a concert, performance etc is sold out, all the tickets for that show have been sold	The group will play three sold-out shows at Wembley Stadium.	65	1	Blue
soundtrack	n	ˈsaʊndtræk	the recorded music from a film	Every time I listen to the soundtrack from 'Top Gun', I want to watch the film again.	67	1	Blue
stunning	adj	ˈstʌnɪŋ	extremely attractive or beautiful	The view from my hotel window in the mountains was absolutely stunning.	66	1	Blue
come up with (an idea)	phr v	kʌm ʌp wɪð (ən aɪˈdɪə)	to think of an idea, answer etc	Is this really the best excuse you can come up with for being late again?	67	1	Blue
go up (costs/profits)	phr v	ɡəʊ ʌp (kɒsts/ˈprɒfɪts)	to increase in price, amount, level etc	Train fares have gone up in the last year.	55	1	Blue
grow up	phr v	ɡrəʊ ʌp	to develop from being a child to being an adult	What do you want to be when you grow up?	44	1	Blue
keep up with (technology)	phr v	kiːp ʌp wɪð (tekˈnɒlədʒi)	to know about the latest facts, information, and products in a particular area	It's hard to keep up with all the changes in computer technology.	60	1	Blue
look up to (someone)	phr v	lʊk ʌp tə (ˈsʌmwʌn)	to admire or respect someone	I've always looked up to Marsha for her courage and determination.	55	1	Blue
pick up (something)	phr v	pɪk ʌp (ˈsʌmθɪŋ)	to lift something or someone up	He picked up the letter and read it.	39	1	Blue
split up with (partner)	phr v	splɪt ʌp wɪð (ˈpɑːtnə)	if people split up, or if someone splits them up, they end a relationship with each other	Tom split up with his business partner because they couldn't agree on the direction their company should go in.	64	1	Blue
turn up (on doorstep)	phr v	tɜːn ʌp (ɒn ˈdɔːstɛp)	to arrive at a place, especially in a way that is unexpected	You can't just turn up and expect a meal.	53	1	Blue
check out (something)	phr v	tʃek aʊt (ˈsʌmθɪŋ)	to look at something because it is interesting or attractive	If I hear about a website that sounds interesting, I check it out.	61	1	Blue

come across (something)	phr v	kʌm əˈkrɒs (ˈsʌmθrɪŋ)	to meet, find, or discover someone or something by chance	I came across an old diary in her desk.	54	1	Blue	
come from (somewhere)	phr v	kʌm frɒm (ˈsʌmwɛə)	originate in something; have something as its source	The word caviar comes from Italian.	-		1	Blue
find out (something)	phr v	fɑɪnd aʊt (ˈsʌmθrɪŋ)	to get information, after trying to discover it or by chance	To find out more, visit our website.	44		1	Blue
go through (a hard time)	phr v	ɡəʊ θruː (ə ˈhɑːd taɪm)	to experience a difficult or unpleasant situation, feeling etc	When you're going through a crisis, it often helps to talk to someone.	60		1	Blue
look back (at something)	phr v	lʊk bæk (æt ˈsʌmθrɪŋ)	to think about something that happened in the past	When I look back on those days I realise I was really unhappy.	57		1	Blue
stand for (something)	phr v	stænd fɔː (ˈsʌmθrɪŋ)	to represent something	Their uniforms aren't blue by accident – this colour stands for authority and truth.	-		1	Blue
take on (an idea)	phr v	teɪk ɒn (ən aɪˈdɪə)	to begin to have a particular quality or appearance	His life had taken on a new dimension when he finally found his passion.	-		1	Blue
turn out (that/to be something)	phr v	tɜːn aʊt (ðæt/tuː biː ˈsʌmθrɪŋ)	to happen in a particular way, or to have a particular result, especially one that you did not expect	That guy turned out to be Maria's second cousin.	53		1	Blue
(be) confused by	phr	(biː) kən ˈfjuːzɪd baɪ	unable to understand something, especially because it does not seem to make sense	He was totally confused by the tax form.	64		1	Blue
feel guilty (that)	phr	fiːl ˈɡɪltɪ (ðæt)	feeling very ashamed and sad because you know that you have done something wrong	I feel really guilty that I forgot her birthday again.	53		1	Blue
(be) reassured by	phr	(biː) riːə ˈʃʊəd baɪ	to be made to feel calmer and less worried or frightened about a problem or situation	The anxious parents were reassured by the teachers that their kids will be well prepared for the exams.	72		1	Blue
(be) relieved (that)	phr	(biː) riːlɪvd (ðæt)	feeling happy because you are no longer worried about something	I felt relieved that Ben would be there because I knew that he could deal with anything.	79		1	Blue
(be) attracted to the idea of	phr	(biː) ə ˈtræktɪd tuː ðɪ aɪˈdɪə ɒv	to like the idea of something	I'm really attracted to the idea of moving to a remote area after living in a big city for a few years.	59		1	Blue
(be) excited about	phr	(biː) ɪk ˈsaɪtɪd ə ˈbaʊt	happy, interested, or hopeful because something good has happened or will happen	He's excited about his new job.	53		1	Blue
chance of a lifetime	phr	ʃɑːns ɒv ə ˈlaɪftaɪm	an opportunity that you are very unlikely to have again	If you don't decide soon, you'll have missed the chance of a lifetime.	61		1	Blue
horrific	adj	hɒˈrɪfɪk	extremely bad, in a way that is frightening or upsetting	The traffic in the morning was horrific – I was an hour and a half late for work!	66		1	Blue
move to (a new house)	v	mʊːv tuː (ə ˈnjuː haʊs)	if a person or company moves, they go to live or work in a different place	When are you moving to Memphis?	40		1	Blue
include	v	ɪnˈkluːd	if one thing includes another, the second thing is part of the first	Does the price include shipping?	56		1	Blue
own	v	əʊn	to have something which belongs to you, especially because you have bought it, been given it etc and it is legally yours	The building is owned by the local council.	57		1	Blue
mild	adj	máɪld	not having a strong taste	The food was a little too mild for me – I prefer spicy dishes.	65		1	Blue
fluent	adj	ˈfluːənt	able to speak a language very well	She was fluent in English, French and German.	68		1	Blue
hard to follow	idiom	hɑːd tuː ˈfɒləʊ	The instructions were so hard to follow that I gave up and didn't put the sofa together.		40		1	Blue
crucial	adj	ˈkruːʃəl	difficult to understand something that is crucial is extremely important, because everything else depends on it	This aid money is crucial to the government's economic policies.	70		1	Blue
rare	adj	reə	not seen or found very often, or not happening very often	This species of plant is becoming increasingly rare.	56		1	Blue
vinyl (records)	adj	ˈvaɪn(ə)l (ˈrekɔːrdz)	records that are played on a record player – used especially when comparing them to CDs	The soundtrack was released as a vinyl record.	79		1	Blue
stream (films)	v	striːm (fɪlmz)	if you stream sound or video, you play it on your computer while it is being downloaded from the Internet, rather than saving it as a file and then playing it	My favourite thing to do on a Friday evening is to stream a good film.	75		1	Blue
night owl	n	naɪt ɔːl	someone who enjoys staying awake all night	Many writers are night owls because it's easier for them to focus on writing at night, when everything is quiet.	-		1	Blue
early bird	n	ˈɜːli baːd	someone who always gets up very early in the morning	Little kids are usually early birds who can wake up their parents at 5 a.m.	-		1	Blue
destress	v	diːˈstres	Physical activity is the best way to destress after a busy and stressful day at work.		-		1	Blue
cloudless (sky)	adj	ˈklaʊdləs (skaɪ)	to relax after a worrying or busy time	If there is a cloudless sky tonight, we'll be able to see the stars.	82		1	Blue
fame	n	feɪm	a cloudless sky is clear and has no clouds in it	He claims he is not really interested in fame – only in making good films.	69		1	Blue
the press	n	ðə ˈpreʃ	the state of being known about by a lot of people because of your achievements	She refused to talk to the press after making the announcement.	58		1	Blue
the headlines	n	ðə ˈhedlaɪnz	people who write reports for newspapers, radio, or television	I just have time to glance at the headlines before I leave for work.	43		1	Blue
tweet	v	twiːt	the headings at the top of an article or page in a newspaper or magazine	Please stop tweeting about your every move!	69		1	Blue
			to send a short message using the social networking service Twitter					

journalism	n	'dʒɑ:nəl-ɪzəm	the job or activity of writing news reports for newspapers, magazines, television, or radio	Nick has always dreamed of a career in journalism.	63	1	Blue
publicity	n	pʌ'blɪsəti	the attention that someone or something gets from newspapers, television etc	Standards in education have received much publicity over the last few years.	59	1	Blue
image	n	'ɪmɪdʒ	the opinion people have of a person, organisation, product etc. or the way a person, organisation etc seems to be to the public	The minister's public image suffered when he was accused of corruption.	53	1	Blue
available	adj	ə'veɪləbəl	something that is available is able to be used or can easily be bought or found	Tickets are available from the box office.	56	2	Orange
best-selling	n	best 'selɪŋ	a very popular book or other product, that many people buy	This is the best-selling product in our store.	71	2	Orange
buying and selling	n	'baɪɪŋ ənd 'selɪŋ	the act of getting something by paying money for it and giving something to someone in exchange for money	He tried to make a living buying and selling antique furniture.	-	2	Orange
luxury	n	'lʌkʃəri	very great comfort and pleasure, such as you get from expensive food, beautiful houses, cars etc	He was leading a life of luxury in Australia.	58	2	Orange
make a prediction	phr	meɪk ə prɪ'dɪkʃən	to predict, to forecast, to guess something about the future	It's hard to make a prediction about who will win the championship this year.	65	2	Orange
(online) marketing	n	('ɒn.laɪn) 'mɑ:ktɪŋ	the activity of deciding how to advertise a product, what price to charge for it etc	Clever online marketing can help sell even a below-average product.	66	2	Orange
popularity	n	ˌpɒpjə'lærəti	when something or someone is liked or supported by a lot of people	The popularity of the Internet has grown dramatically.	61	2	Orange
trading	n	'treɪdɪŋ	the activity of operating as a business and buying and selling goods and services	Prices are set by the market and reflect international trading conditions.	68	2	Orange
trend	n	trend	a general tendency in the way a situation is changing or developing	Lately there has been a trend towards hiring younger, cheaper employees.	65	2	Orange
background	n	'bækgraʊnd	the area that is behind the main thing that you are looking at, especially in a picture	You can see some houses in the background.	56	2	Orange
be linked with	phr	bi: lɪŋkt wɪð	if two things are linked, they are related in some way	Poor exam performance has been linked with stress and sleep deprivation prior to taking the exam.	66	2	Orange
characteristic	n	ˌkærəktə'rɪstɪk	a quality or feature of something or someone that is typical of them and easy to recognise	He had several characteristics which made him different to the rest of his family.	66	2	Orange
colour contrast	n	'kɒlə 'kɒntrɑ:st	the difference in light between a thing in the foreground and its background	It was hard to make out details in the photo because of the poor colour contrast.	-	2	Orange
(film) critic	n	(fɪlm) 'krɪtɪk	someone whose job is to make judgments about the good and bad qualities of art, music, films etc	Her new film got very good reviews from the most prominent film critics.	59	2	Orange
demonstrate	v	'demənstreɪt	to show that something is true	The simulated accident demonstrated the importance of wearing seat belts.	58	2	Orange
depth	n	depθ	the distance from the top surface of something such as a river or hole to the bottom of it	The lake has an average depth of six to eight metres.	57	2	Orange
director	n	dɪ'rektə	the person who gives instructions to the actors and other people working on a film or play	Steven Spielberg is one of the most successful Hollywood film directors.	57	2	Orange
highlight	v	'haɪlaɪt	to make a problem or subject easy to notice so that people pay attention to it	Your résumé should highlight your skills and achievements.	66	2	Orange
place (in/on/around)	v	pleɪs (ɪn/ɒn/ə' raʊnd)	to put something somewhere, especially with care	She poured the doctor a cup of tea and placed it on the table.	54	2	Orange
refer to (something as)	v	rɪ'fə: tu: ('sʌmθɪŋ əz)	to mention or speak about someone or something	He likes to be referred to as 'the director'.	66	2	Orange
represent	v	ˌreprɪ'zent	to be a symbol of something	He hated the school and everything it represented.	-	2	Orange
scene	n	si:n	a single piece of action that happens in one place in a film, book etc	The opening scene in the film involves a car chase.	60	2	Orange
be surrounded by	phr	bi: sə' raʊndɪd baɪ	to be all around someone or something on every side; to have a lot of a particular type of people or things near you	The field was surrounded by trees.	53	2	Orange
warmth	n	wɔ:mθ	friendliness and happiness	Jake speaks of his father with great warmth and affection.	69	2	Orange
discontented	adj	ˌdɪskən'tentəd	unhappy or not satisfied with the situation you are in	She became increasingly discontented with her work.	80	2	Orange
disobedient	adj	ˌdɪsə' bi:diənt	deliberately not doing what you are told to do by your parents, teacher, etc	She said that if we were disobedient she would send us home immediately.	82	2	Orange
dishonest	adj	dɪs'ɒnəst	not honest, and so deceiving or cheating	People are no longer surprised to find that politicians are dishonest.	67	2	Orange
dissatisfied	adj	dɪ'sætɪsfɑɪd	not satisfied because something is not as good as you had expected	We have to do something about our quality control because we have more and more dissatisfied clients.	80	2	Orange
impatient	adj	ɪm'peɪjənt	annoyed because of delays, someone else's mistakes etc	We are growing impatient with the lack of results.	68	2	Orange
impolite	adj	ɪm'pɒlə't	not polite	I apologise for my sister's impolite remark.	79	2	Orange
impossible	adj	ɪm'pɒsəbəl	something that is impossible cannot happen or be done	'I want to speak to Mr Franks.' 'I'm afraid that's impossible if you don't have an appointment.'	36	2	Orange
impractical	adj	ɪm'præktɪkəl	not sensible or possible for practical reasons	The road toll scheme was dismissed as impractical.	76	2	Orange

improbable	adj	ɪmˈprɒbəbəl	not likely to happen or to be true	It's highly improbable that someone would win the lottery twice.	77	2 Orange
inconvenient	adj	ˌɪnkənˈviːniənt	causing problems, often in a way that is annoying	Monday's a bit inconvenient for me. How about Wednesday?	74	2 Orange
incorrect	adj	ˌɪnkəˈrekt	not correct or true	The information you gave us was incorrect.	51	2 Orange
inexperienced	adj	ˌɪnɪkˈspɪəriənst	not having had much experience not noticing, or not taking the care to notice, other people's feelings, and not realizing when they are upset or when something that you do will upset them	Inexperienced managers often have problems with their staff.	70	2 Orange
insensitive	adj	ɪnˈsensətɪv	too difficult, bad, annoying etc for you to accept or deal with	Doctors sometimes seem insensitive to their patients' feelings.	78	2 Orange
intolerable	adj	ɪnˈtɒlərəbəl	having a shape, surface, pattern etc that is not even, smooth, or balanced	Rufus had to go to the dentist because the pain had become intolerable.	76	2 Orange
irregular	adj	ɪˈregjələ	not useful or not relating to a particular situation, and therefore not important	It has a highly irregular shape, covered in bumps and indentations.	69	2 Orange
irrelevant	adj	ɪˈrɛləvənt	doing careless things without thinking or worrying about the possible bad results	We're focussing too much on irrelevant details.	71	2 Orange
irresponsible	adj	ˌɪrɪˈsponsəbəl	irreversible damage, change etc is so serious or so great that you cannot change something back to how it was before	When it comes to money, Dan is completely irresponsible.	71	2 Orange
irreversible	adj	ˌɪrɪˈvɜːsəbəl	so expensive that you can't afford it	Fossil fuels have caused irreversible damage to the environment.	-	2 Orange
unaffordable	adj	ˌʌnəˈfɔːdəbəl	not pleasant or attractive	I wish I could buy something here, but their prices are completely unaffordable.	-	2 Orange
unappealing	adj	ˌʌnəˈpiːlɪŋ	likely to make you ill	That cheese is delicious, but its smell is so unappealing!	-	2 Orange
unhealthy	adj	ʌnˈhelθi	boring, not interesting	Eating all that junk food is really unhealthy.	61	2 Orange
uninteresting	adj	ʌnˈɪntərəstɪŋ	different from what you would normally expect	I find this subject so uninteresting that it puts me to sleep.	78	2 Orange
unnatural	adj	ʌnˈnætʃərəl	unable to be trusted or depended on	It was very cold, which seemed unnatural for late spring.	70	2 Orange
unreliable	adj	ˌʌnrɪˈlaɪəbəl	cheap enough for most people to afford	The car's becoming very unreliable. It's time to think about buying a new one.	74	2 Orange
affordable	adj	əˈfɔːdəbəl	physical possessions that we acquire, usually by purchasing them	This is a top-quality product at a very affordable price.	62	2 Orange
material things	n	məˈtɪəriəl ˈθɪŋz	to buy something	Bobby doesn't attach much importance to material things such as clothes and furniture.	71	2 Orange
purchase	v/n	ˈpɜːtʃəs	someone who receives something	You can purchase insurance online.	55/72	2 Orange
recipient	n	rɪˈsɪpiənt	second-hand things are not new when you get them, because they were owned by someone else before you	The award recipients usually give a short speech to thank all the people who helped them achieve this honour.	74	2 Orange
second-hand	adj	ˌsekəndˈhænd	a table or a small shop with an open front, especially outdoors, where goods are sold	Buying second-hand clothes and furniture helps to reduce waste.	67	2 Orange
stall	n	stɔːl	used things are things that have already had an owner; second-hand	She was astonished to see hundreds of stalls at the antiques market.	61	2 Orange
used	adj	juːst	to look after and influence a child until he or she is grown up	He made his money buying and selling used cars.	70	2 Orange
bring up (children)	phr v	briŋ ʌp (ˈfɪldrən)	to make sure that something is actually true, correct, or acceptable	He was brought up by his grandparents.	57	2 Orange
check (something) out	phr v	tʃek (ˈsʌmθɪŋ) aʊt	to separate something by cutting it away from the main part	I made a phone call to check out his address.	70	2 Orange
cut off	phr v	kʌt ɒf	to have existed since a particular time in the past	First, cut the fat off the meat.	62	2 Orange
date back (to)	phr v	deɪt bæk (tuː)	to suggest a plan, proposal etc, especially in order to start discussions about something that needs to be decided	This old village church dates back to the 16th century.	-	2 Orange
put forward (a view / an idea)	phr v	put ˈfɔːwəd (ə vjuː / ən aɪˈdɪə)	to be a particular thing or have a particular quality at the beginning of something, especially when this changes later	The working party has put forward a number of interesting proposals.	66	2 Orange
start off	phr v	stɑːt ɒf	to become the main or central point of something, especially of attention or interest	The games start off as a social event, but players soon become competitive.	67	2 Orange
become the focus (of)	phr	bɪˈkʌm ðə ˈfəʊkəs (ɒv)	decide something after considering all the information you have	When you give a talk you become the focus of attention.	69	2 Orange
come to the conclusion (that)	phr	kʌm tuː ðə kənˈkluːʒən (ðæt)	express an important idea – used about books, films, art etc	I eventually came to the conclusion that I wanted to study law.	61	2 Orange
convey a message	phr	kənˈveɪ ə ˈmesɪdʒ	to come into contact with something that is dangerous or poses a threat	Do you think the poem conveys a message about society?	67	2 Orange
face danger	phr	feɪs ˈdeɪndʒə	to make someone think about something in a particular way	He has the courage to face danger in spite of fear.	59	2 Orange
give the impression (that)	phr	ɡɪv ðɪ ɪmˈpreʃən (ðæt)	if someone or something has a tendency to do or become a particular thing, they are likely to do or become it	Her speech definitely gave the impression that she was enthusiastic about the project.	69	2 Orange
have a tendency to	phr	hæv ə ˈtendənsi tuː	to have an effect or influence on something	Greg has a tendency to be critical, which makes him unpopular with his co-workers.	68	2 Orange
play a (significant) role (in)	phr	pleɪ ə (sɪɡˈnɪfɪkənt) rəʊl (ɪn)		A good diet and exercise play a large role in helping people live longer.	-	2 Orange

provoke a reaction (to)	phr	prəˈvʌk ə ri(ː)ˈækʃən (tu.)	to do something which causes someone to react	The decision provoked an angry reaction from the local tourist industry.	76	2 Orange
be of importance	phr	biː ɒv ɪmˈpɔːtəns	to be important or to have importance	Appearing professional is of great importance to him.	54	2 Orange
be native to (a country)	phr	biː ˈneɪtɪv tuː (ə ˈkʌntri)	place to grow, live, be produced etc in one particular	These fish are native to North America.	68	2 Orange
get changed	phr	get tʃeɪndʒd	to change one's clothing (usually for a specific purpose)	I need to get changed before I go out to work in the garden.	42	2 Orange
get dizzy	phr	get ˈdɪzi	to start feeling unable to stand steadily, for example because you are looking down from a high place or because you are ill	I got dizzy from standing up too fast.	65	2 Orange
have a genuine interest in	phr	hæv ə ˈdʒenjuɪn ˈɪntrɪst ɪn	to care and have a sincere interest in something	I have a genuine interest in helping people because at one time I also needed help.	63	2 Orange
in partnership with	phr	ɪn ˈpɑːtnəʃɪp wɪð	combined with, together with	The project was done in partnership with several international agencies.	55	2 Orange
laugh (your) head off	phr	lɑːf (jɔː) hɛd ɒf	to laugh very loudly	You'll laugh your head off when I tell you what my cat did yesterday.	-	2 Orange
learn to love (something)	phr	lɜːn tuː lʌv (ˈsʌmθɪŋ)	to develop a liking for something (e.g. food)	I learned to love spicy food after I'd moved to Mexico.	-	2 Orange
make (you) jump for joy	phr	meɪk (juː) dʒʌmp fɔː dʒɔɪ	to make someone extremely happy and pleased	The news that she got accepted to Stanford made Mary jump for joy.	68	2 Orange
disallow	v	ˌdɪsə ˈlaʊ	to officially refuse to accept something, because a rule has been broken	Manchester United's first goal was disallowed.	78	2 Orange
illegal	adj	ɪ ˈɪlɪɡəl	not allowed by the law	It's illegal to text while driving.	50	2 Orange
illogical	adj	ɪ ˈlɒdʒɪkəl	not sensible or reasonable	It is illogical to assume you can do the work of three people.	79	2 Orange
immature	adj	ˌɪmə ˈtʃʊə	someone who is immature behaves or thinks in a way that is typical of someone much younger	He forgave his son's immature behaviour.	72	2 Orange
indecisive	adj	ˌɪndɪˈsɪsɪv	unable to make clear decisions or choices	He was a weak and indecisive leader, especially in a crisis.	81	2 Orange
informal	adj	ɪn ˈfɔːməl	relaxed and friendly without being restricted by rules of correct behaviour	The atmosphere at work is fairly informal.	51	2 Orange
unfair	adj	ˌʌn ˈfeə	not right or fair, especially because not everyone has an equal opportunity	Many employers have recognised that age discrimination is unfair.	55	2 Orange
unlucky	adj	ʌn ˈlʌki	having bad luck	We were unlucky with the weather this weekend. It rained constantly.	61	2 Orange
(be) eager to	adj	(biː) ˈiːɡeɪ tuː	be very keen and excited about something that is going to happen or about something you want to do	I was eager to get back to work as soon as possible.	71	2 Orange
claim	v	kleɪm	to state that something is true, even though it has not been proved	The product claims that it can make you thin without dieting.	61	2 Orange
insist	v	ɪn ˈsɪst	to say firmly and often that something is true, especially when other people do not believe you	Mike insisted he had done nothing wrong.	58	2 Orange
object to	v	əb ˈdʒekt tuː	to feel or say that you oppose or disapprove of something	Rob strongly objected to the terms of the contract.	70	2 Orange
point out	v	pɔɪnt aʊt	to tell someone something that they did not already know or had not thought about	Some economists have pointed out that low inflation is not necessarily a good thing.	57	2 Orange
give (something) a try	phr	ɡɪv (ˈsʌmθɪŋ) ə traɪ	to try something, to attempt something	If your instinct is telling you to give it a try, then go ahead.	67	2 Orange
(be) buzzing (with excitement)	v	(biː) ˈbʌzɪŋ (wɪð ɪk ˈsaɪtmənt)	if a group of people or a place is buzzing, there is a lot of activity or excitement	The audience was buzzing with excitement waiting for the band to come out on stage.	76	2 Orange
let-down	n	let daʊn	something that disappoints you because it is not as good as you expected	The concert was a bit of a let-down because the band didn't perform their greatest hits.	83	2 Orange
puzzled	adj	ˈpʌzəld	confused and unable to understand something	John seemed puzzled about what the question meant.	64	2 Orange
headquarters	n	ˈhed ˌkwɔːtəz	the main building or offices used by a large company or organisation	The company moved its corporate headquarters to Houston.	56	2 Orange
management	n	ˈmænɪdʒmənt	the people who are in charge of a company or organisation	The factory is under new management.	67	2 Orange
production	n	prə ˈdʌkʃən	the process of making or growing things to be sold, especially in large quantities	Production of the new minivan will begin in February.	59	2 Orange
competition	n	ˌkɒmpə ˈtɪʃən	the people or groups that compete against you, especially in business or sport	Our aim is to be better than the competition.	56	2 Orange
on strike	phr	ɒn straɪk	during a period of time when a group of workers deliberately stop working because of a disagreement about pay, working conditions etc	Teachers are on strike again this week.	58	2 Orange
import	v	ɪm ˈpɔːt	to bring a product from one country into another so that it can be sold there	In 2001, Britain exported more cars than it imported.	59	2 Orange
bonus	n	ˈbəʊnəs	money added to someone's wages, especially as a reward for good work	Every employee received a \$200 Christmas bonus.	60	2 Orange
profitable	adj	ˈprɒfɪtəbəl	producing a profit or a useful result	The advertising campaign proved very profitable.	73	2 Orange
do something by hand	phr	duː ˈsʌmθɪŋ baɪ hænd	if something is done by hand, it is done or made by a person rather than a machine	All of the artwork on the posters was done by hand.	51	3 White
do us good	phr	duː ʌs ɡʊd	to have a useful effect	A little more exercise at the weekends would do us good.	-	3 White

do us harm	phr	du: ʌs hɑ:m	to have a bad effect to live or do something without a particular thing	Too much salt in our diet can do us harm. You can do without a carpet but you've got to have somewhere to sit.	58	3 White
do without	phr	du: wɪð' aʊt	to reach an agreement or arrangement, especially in business or politics, that helps both sides involved	They made a deal to sell the land to a property developer.	49	3 White
make a deal	phr	meɪk ə di:l	to be earning money from a trade or business rather than losing it	It's very simple: we are in business to make a profit.	56	3 White
make a profit	phr	meɪk ə 'prɒfɪt	produced using a particular material (the material has not been changed and can still be recognised)	This table is made of solid wood.	-	3 White
(be) made of something	phr	(bi:) meɪd ɒv 'sʌmθɪŋ	to change something so that it has a different form or purpose	We can make your old room into a study.	58	3 White
make something into something	phr	meɪk 'sʌmθɪŋ 'ɪntu: 'sʌmθɪŋ	to cause a change in effect, change the nature of something	His score on this test will make the difference between passing and failing the course.	-	3 White
make the difference (between)	phr	meɪk ðə 'dɪfrəns (bi' twi:n)	the kind of food that a person or animal eats each day	It is important to have a balanced diet.	67	3 White
diet	n	'daɪət	official organisations such as the police or the fire service, that deal with crime, fires, and injuries	The driver was able to get out of his car and call emergency services on his mobile phone.	68	3 White
emergency services	n	ɪ'mɜ:dʒənsɪ 'sɜ:vɪsɪz	a disease that affects a particular part of your body and is caused by bacteria or a virus	Wash the cut thoroughly to protect against infection.	57	3 White
infection	n	ɪn'fekʃən	an action taken in advance to protect against possible danger, failure, or injury; a safeguard	You have to follow all safety precautions when operating heavy machinery.	73	3 White
safety precaution	n	'seɪftɪ prɪ'kəʃən	give medical care or attention to; try to heal or cure	She treated the cut on her hand with disinfectant.	44	3 White
treat	v	tri:t	an injury to your body that is made by a weapon such as a knife or a bullet	A nurse cleaned and bandaged the wound. We put out a blanket next to the river bank to have a picnic.	60	3 White
wound	n	wu:nd	land along the side of a river or lake	We sailed for three days before we saw dry land.	54	3 White
(river) bank	n	('rɪvə) bæŋk	land and not sea or water	-	-	3 White
dry land	n	draɪ lænd	a long and carefully organised journey, especially to a dangerous or unfamiliar place, or the people that make this journey	I accompanied the explorer on one of his Arctic expeditions.	58	3 White
expedition	n	ˌekspe'dɪʃən	an area of countryside or land of a particular type, used especially when talking about its appearance	The beauty of the New England landscape is breathtaking.	58	3 White
landscape	n	'lændskeɪp	a deep hole or holes in the ground that people dig so that they can remove salt, coal, gold, tin etc	The last coal mine in the country was just closed down. Vast areas of the Amazon rainforest have been destroyed.	53	3 White
(salt) mine	n	(sɒlt) maɪn	extremely large	Everyone was watching the little dog with interest and amusement.	66	3 White
vast	adj	vɑ:st	the feeling you have when you think something is funny	He's always boasting about how much money he has made.	74	3 White
amusement	n	ə'mju:zment	to talk too proudly about your abilities, achievements, or possessions	The bank eventually came clean and admitted they had made a mistake.	63	3 White
boast	v	bəʊst	to finally tell the truth about something you have been hiding	Yuri shows great determination to learn English.	72	3 White
come clean	phr	kʌm kli:n	the quality of trying to do something even when it is difficult	Her first reaction to winning the award was disbelief. We first met in primary school and became lifelong friends.	72	3 White
determination	n	dɪ,tɜ:mə'neɪʃən	a feeling that something is not true or does not exist	It was a relief when the cruise ended and he could step on dry land.	73	3 White
disbelief	n	'dɪsbə'li:f	someone who you've known and liked very much all through your life	It was a relief when the cruise ended and he could step on dry land.	66	3 White
lifelong friend	n	'laɪflɒŋ frend	a feeling of comfort when something frightening, worrying, or painful has ended or has not happened	The conference was an important social event. I can't say for sure who did it, but I certainly have my suspicions.	51	3 White
relief	n	rɪ'li:f	an event at which people can meet each other	What's the harm of a white lie if it will make him feel better?	70	3 White
social event	n	'səʊʃəl i'vɛnt	a feeling you have that someone is probably guilty of doing something wrong or dishonest	to think about a problem or situation until you find the answer or understand what has happened	82	3 White
suspicion	n	sə'spɪʃən	a lie that you tell someone in order to protect them or avoid hurting their feelings	If I have a map, I can figure out how to get there.	64	3 White
white lie	n	wʌɪt laɪ	to do something without experiencing any problems or difficulties, even though it is not the best thing to do	At school he had always got away with doing the bare minimum amount of work.	67	3 White
figure something out	phr v	'fɪɡə 'sʌmθɪŋ aʊt	to not do something that someone trusts or expects you to do	I'm really sorry that I've let you down but something came up and I couldn't come to help you move.	66	3 White
get away with	phr v	get ə'weɪ wɪð	to be as good as someone expects	The film has certainly lived up to my expectations.	62	3 White
let someone down	phr v	let 'sʌmwʌn daʊn	to make a bad situation better, or replace something that has been lost	The good days more than make up for the bad ones.	-	3 White
live up to	phr v	lɪv ʌp tu:				
make up for	phr v	meɪk ʌp fə				

mess up	phr v	mes ʌp	to make a mistake and do something badly if something you do pays off, it is successful or has a good result	Don't ask Dan to do it – he'll probably just mess it up.	67	3 White
pay off	phr v	peɪ ɒf	to learn something by watching or listening to other people	All that hard work finally paid off. Mary watched the other dancers to see if she could pick up any tips.	70	3 White
pick (a new skill) up	phr v	pɪk (ə nju: skɪl) ʌp	to trust or depend on someone or something to do what you need or expect them to do	Mary watched the other dancers to see if she could pick up any tips.	57	3 White
rely on	phr v	riː laɪ ɒn	to be very easy to see or notice	I knew I could rely on David.	56	3 White
stand out	phr v	stænd aʊt	to think carefully about the possible results of something	She always stood out in a crowd because of her blue hair. I need time to think things through before I make a decision.	61	3 White
think something through	phr v	θɪŋk ˈsʌmθɪŋ θruː	to try hard to improve something or achieve something		56	3 White
work at	phr v	wɜ:k æt	used to emphasize the real or exact truth of a situation, rather than what people may think	Learning a language isn't easy. You have to work at it.	-	3 White
actually	adv	ˈæktʃʊəli	used for suggesting something different	He may look 30, but he's actually 45. You can relax on the beach or alternatively try the bustling town centre.	53	3 White
alternatively	adv	ɔ:lˈtə.nətɪvli	more or less than a number or amount without any doubt		-	3 White
approximately	adv	əˈprɒksɪmətli		The plane will be landing in approximately 20 minutes.	56	3 White
certainly	adv	ˈsɜ:tnli		I certainly never expected to become a writer.	51	3 White
completely	adv	kəmˈpli:tli	to the greatest degree possible; in every way	I completely forgot that it's his birthday today.	57	3 White
correctly	adv	kəˈrektli	having no mistakes	If I remember correctly, he's Spanish.	59	3 White
currently	adv	ˈkʌrəntli	at the present time	He is currently working on his first novel.	53	3 White
desperately	adv	ˈdespəreɪtli	very or very much	The crops desperately needed rain.	71	3 White
eventually	adv	ɪˈventʃʊəli	after a long time, or after a lot of things have happened	He eventually escaped and made his way back to England.	52	3 White
fairly	adv	ˈfeəli	more than a little, but much less than very	The house had a fairly large garden.	56	3 White
honestly	adv	ˈɒnəstli	used to emphasise that what you are saying is true, even though it may seem surprising	I honestly don't know how old my parents are. Marketing techniques are becoming increasingly sophisticated.	66	3 White
increasingly	adv	ɪnˈkri:stɪŋli	more and more all the time	The name of the cheese is Dolcelatte, literally meaning 'sweet milk'.	61	3 White
literally	adv	ˈlɪtərəli	according to the most basic or original meaning of a word or expression		65	3 White
luckily	adv	ˈlʌkəli	used to say that it is good that something happened or was done because if it had not, the situation would be unpleasant or difficult	Luckily the museum was not damaged by the earthquake.	58	3 White
mainly	adv	ˈmeɪnli	used to mention the main part or cause of something, the main reason for something etc	Increased sales during the summer were mainly due to tourism. Expensive restaurants do not necessarily have the best food.	68	3 White
(not) necessarily	adv	(not) ˈnesəsətɪli	used to say that something is always true, or always happens		68	3 White
precisely	adv	priːsəɪsli	exactly	That's precisely what I mean.	61	3 White
properly	adv	ˈprɒpəli	correctly, or in a way that is considered right	I can't see properly without my glasses.	57	3 White
regularly	adv	ˈregjələli	at the same time each day, week, month etc	They are checked regularly, once a week.	59	3 White
sorely	adv	ˈsɔ:li	very much or very seriously	Jim will be sorely missed. Little Tommy confessed to the lie after his mum asked twice.	-	3 White
confess to a lie	phr	kənˈfes tu: ə laɪ	to admit that you have lied (of a thought or idea) occur to someone; be thought of	I just used the first excuse that came into my mind.	63	3 White
come into your mind	phr	kʌm ˈɪntə jə maɪnd	to laugh about something, especially together with other people	We all had a laugh when we remembered how comically he looked.	-	3 White
have a laugh	phr	hæv ə la:f	(of an action) to have a surprising and unforeseen result	Lies often have unexpected consequences, especially if you forget the original lie!	48	3 White
have unexpected consequences	phr	hæv ʌnɪksˈpektɪd kɒnsɪkwənsɪz	when someone is unwilling to do something, or when they do something slowly to show that they are not very willing		64	3 White
reluctance	n	riˈlʌktəns	a feeling that you are not as good, clever, skilled etc as other people	Wells finally agreed, but with reluctance. Unemployment can cause feelings of inadequacy and low self-esteem.	72	3 White
inadequacy	n	ɪnˈædəkwəsi	used to say that the opposite of what has just been said is true	'Are you bored?' 'Far from it. I could listen all night.'	78	3 White
far from it	phr	fɑ: frɒm ɪt	two people or groups of people who will always hate each other	We've been sworn enemies all through high school, ever since he made fun of my hair.	64	3 White
sworn enemies	n	swɔ:n ˈenɪmɪz	something that may happen as a result of a plan, action etc	What are the implications of these proposals?	-	3 White
implication	n	ˌɪmpləˈkeɪʃən	to make someone angry or upset by doing or saying something that they think is rude, unkind etc		70	3 White
offend	v	əˈfend	so surprising that it is difficult to believe	His remarks deeply offended many Scottish people.	63	3 White
astonishing	adj	əˈstɒnɪʃɪŋ		Their album has sold an astonishing 11 million copies.	71	3 White

(it's) a weight off my mind	phr	(ɪts) ə weɪt ɒf maɪ maɪnd	if something is a weight off your mind, a problem that has been worrying you stops or is dealt with	Finally selling that house was a weight off my mind.	73	3 White
(it's) a shame	phr	(ɪts) ə ʃeɪm	used when you wish a situation was different, and you feel sad or disappointed	It's a shame that you have to leave so soon.	59	3 White
(be) in two minds	phr	(bi:) ɪn tu: maɪndz	to be unable to decide what to do, or what you think about something	I'm still in two minds about how I'll vote tomorrow.	-	3 White
(it's) high time somebody did something	phr	(ɪts) haɪ taɪm ˈsʌmbədi dɪd ˈsʌmθɪŋ	used to say that something should be done now	It's high time we started working together and got the job done right.	-	3 White
hair-raising	adj	heə ˈraɪzɪŋ	frightening and dangerous in a way that is exciting	Bungee jumping was such a hair-raising experience!	84	3 White
tempting	adj	ˈtemptɪŋ	something that is tempting seems very good and you would like to have it or do it	I've recently received a very tempting job offer from the tech giant.	77	3 White
dinghy	n	ˈdɪŋɡi	a small open boat used for pleasure, or for taking people between a ship and the shore	He was transferred to the ship by dinghy.	79	3 White
aspect	n	ˈæspekt	one part of a situation, idea, plan etc that has many parts	Dealing with people is the most important aspect of my work.	67	3 White
life-jacket	n	laɪf ˈdʒækət	a piece of clothing that you wear around your chest so that you will float if you fall into water	You should wear a life-jacket every time you go out on a boat.	79	3 White
helmet	n	ˈhelmət	a strong hard hat that soldiers, motorcycle riders, the police etc wear to protect their heads	You cannot ride a motorcycle without a helmet.	60	3 White
exhilarating	adj	ɪɡ ˈzɪləreɪtɪŋ	making you feel happy, excited, and full of energy	I still remember the exhilarating freedom of driving my first car.	79	3 White
rush	n	rʌʃ	a sudden fast movement of things or people	She felt a cold rush of air as she wound down her window.	72	3 White
adrenaline	n	ə ˈdrenəl-ən	a chemical produced by your body when you are afraid, angry, or excited, which makes your heart beat faster	There's nothing like a good horror film to get the adrenaline going.	79	3 White
rapids	n	ˈræpɪd	part of a river where the water looks white because it is moving very fast over rocks	You have to be very careful when swimming in this river not to be taken by the rapids.	83	3 White
get trapped	v	ɡet træpt	to be prevented from escaping from somewhere, especially a dangerous place	Twenty miners got trapped underground after the explosion.	65	3 White
thoughtless	adj	ˈθɔ:tləs	not thinking about the needs and feelings of other people, especially because you are thinking about what you want	It was thoughtless of her not to tell you where she was going.	78	3 White
injure	v	ˈɪndʒə	to hurt yourself or someone else, for example in an accident or an attack	Angus injured his leg playing rugby.	58	3 White
ache	v	eɪk	if part of your body aches, you feel a continuous, but not very sharp pain there	My legs were aching from walking so far.	51	3 White
spot	n	spɒt	a small raised red mark on someone's skin, especially on their face; a pimple	He had a large red spot on his nose.	80	3 White
scar	n	skɑ:	a permanent mark that is left on your skin after you have had a cut or wound	The cut will leave a permanent scar.	74	3 White
itch	n	ɪtʃ	an uncomfortable feeling on your skin that makes you want to rub it with your nails	Please scratch my back – I have an itch.	78	3 White
scratch	v	skræʃ	to rub your skin with your nails because it feels uncomfortable	Try not to scratch those mosquito bites.	69	3 White
faint	v	feɪnt	to suddenly become unconscious for a short time	It was hot and crowded, and several people fainted.	66	3 White
unconscious	adj	ʌn ˈkɒnʃəs	unable to see, move, feel etc in the normal way because you are not conscious	She was found alive but unconscious.	70	3 White
strain	v	streɪn	to injure a muscle or part of your body by using it too much or making it work too hard	I've strained a muscle in my leg when I was jogging the other day.	67	3 White
bruise	v	bru:z	if part of your body bruises, or if you bruise part of your body, it gets hit or hurt and a bruise appears	She fell off her bike and bruised her knee.	68	3 White
take a deep breath	phr	teɪk ə di:p brɪθ	to breathe in deeply to fill your lungs with air	Take a deep breath counting to seven and let the air out slowly counting to ten.	66	3 White
hold your breath	phr	həʊld jɔ: brɪθ	to deliberately not breathe out for a short time	Can you hold your breath under water?	65	3 White
astronomer	n	ə ˈstrɒnəmə	a scientist who studies the stars and planets	The astronomer discovered a new star in the sky.	74	4 Pink
educational	adj	ˌedʒu ˈkeɪʃənəl	teaching you something you did not know before	If you need to buy him another toy, choose something educational.	61	4 Pink
evidence	n	ˈeɪvədəns	facts or signs that show clearly that something exists or is true	At present we have no evidence of life on other planets.	61	4 Pink
(the) majority (of)	n	(ði:) meɪ ˈdʒɔ:rtɪti (ɒv)	most of the people or things in a group	Money is a problem for the majority of students.	54	4 Pink
mathematical	adj	ˌmæθə ˈmæθɪkəl	relating to or using mathematics	Solving all the necessary mathematical equations on paper is rather impossible.	63	4 Pink
mechanical engineer	n	mɪ ˈkænzɪkəl ˌenʃɪːnɪə	someone whose job is to design or build machines	He joined the space agency as a mechanical engineer assigned to develop tools for astronauts.	-	4 Pink
melt	v	melɪt	if something solid melts or if heat melts it, it becomes liquid	It was warmer now, and the snow was beginning to melt.	57	4 Pink

process	n	'prəuses	a series of actions that are done in order to achieve a particular result	Repetition can help the learning process.	49	4 Pink
reflection	n	rɪ'flekʃən	an image that you can see in a mirror, glass, or water	Can you see your reflection in the glass?	60	4 Pink
relate to	v	rɪ'leɪt tu:	to be directly connected with something or affected by it	Everything we are going to discuss today basically relates to customer-service issues.	68	4 Pink
structure	n	'strʌktʃə	something that has been built, especially something large such as a building or a bridge	The stone arch is one of the town's oldest existing structures.	66	4 Pink
theory	n	'θəri	an idea or set of ideas that is intended to explain something about life or the world, especially an idea that has not yet been proved to be true	There are many different theories about how the brain works.	63	4 Pink
colleague	n	'kɒli:ɡ	someone you work with - used especially by professional people	This is Mona, a colleague of mine from the bank.	59	4 Pink
commercial	adj	kə'mɜ:ʃjəl	related to the ability of a product or business to make a profit	The film was a huge commercial success.	63	4 Pink
conduct a survey	v	'kɒndʌkt ə'sʌ:veɪ	to ask a large number of people questions in order to find out their attitudes or opinions	We conducted a survey of people's eating habits.	54	4 Pink
cover (a topic)	v	'kʌvə (ə'tɒpɪk)	deal with (a subject) by describing or analysing its most important aspects or events	This subject was already covered in last week's lecture.	43	4 Pink
develop a skill	phr	dɪ'veləp ə'ski:l	if you develop a skill or ability, or if it develops, it becomes stronger or more advanced	The course is designed to help students develop their speaking skills.	56	4 Pink
present (an idea)	v	pri'zent (ən'aɪ'diə)	to show people facts or information for them to consider	We'll present the information using a chart.	53	4 Pink
workforce	n	'wɜ:kfɔ:s	all the people who work in a particular industry or company, or are available to work in a particular country or area	Women now represent almost 50% of the workforce.	59	4 Pink
make a discovery	phr	meɪk ə'dɪs'kʌvəri	to find out a fact or thing when it was not known about before	By making new discoveries we expand our understanding of the natural world.	65	4 Pink
make a good impression	phr	meɪk ə'ɡʊdɪm'preʃən	to impress; to create a good feeling, to give people a good opinion	He desperately wanted to make a good impression on his boss.	69	4 Pink
make an excuse	phr	meɪk ənɪk'skju:z	to invent a reason in order to explain, justify or get out of doing something	I made an excuse to avoid having to go to the party.	58	4 Pink
make someone proud	phr	meɪk'sʌmʌnpraʊd	to cause someone to feel pleased about something that you or they have done	It made the teacher proud to know that all of her students had passed their exams.	54	4 Pink
make sense	phr	meɪk'sens	if something makes sense, there seems to be a good reason or explanation for it	Why did she do a thing like that? It doesn't make sense.	54	4 Pink
make a sound	phr	meɪk ə'saʊnd	make a noise	The machine made a strange hissing sound.	32	4 Pink
make a decision	phr	meɪk ə'di'sɪʒən	make a choice or judgment after a period of discussion or thought; the act or process of deciding	Do you ever wonder if you made the right decision?	45	4 Pink
artistic	adj	ɑ:'tɪstɪk	relating to art or culture	Opinion about the artistic merit of his paintings has been mixed.	62	4 Pink
impressive	adj	ɪm'prestɪv	something that is impressive makes you admire it because it is very good, large, important etc	The cathedral is very impressive.	64	4 Pink
obsession	n	əb'seʃən	an extreme unhealthy interest in something or worry about something, which stops you from thinking about anything else	The game quickly became a national obsession.	66	4 Pink
optimistic	adj	ˌɒptəmɪstɪk	believing that good things will happen in the future	Bankers are optimistic about the country's economic future.	61	4 Pink
pessimistic	adj	ˌpesə'mɪstɪk	expecting that bad things will happen in the future or that something will have a bad result	He was pessimistic about the team's chances of winning the championship.	71	4 Pink
sympathetic	adj	ˌsɪmpə'tetɪk	caring and feeling sorry about someone's problems	My friends were very sympathetic when I lost my job.	67	4 Pink
talented	adj	'tæləntəd	having a natural ability to do something well	The show has talented actors, but the writing is poor.	61	4 Pink
a bad temper	n	ə'bæd'tempə	anger, bad mood	Be careful what you say – he's been in a bad temper all day.	63	4 Pink
be concerned about	phr	bi:kən'sʌnd ə'baut	be worried about something	World governments are becoming increasingly concerned about rising global temperature levels.	63	4 Pink
be over the moon	phr	bi:'əʊvəðə'mu:n	be very happy	I was so over the moon that I walked all the way home with a huge smile on my face.	71	4 Pink
blush	v	blʌʃ	to become red in the face, usually because you are embarrassed	Wilson saw she was watching him and blushed.	75	4 Pink
be fascinated by	phr	bi:'fæsɪneɪtɪd baɪ	be extremely interested by something or someone	I am fascinated by space travel.	63	4 Pink
do something in anger	phr	du:'sʌmθɪŋɪn'æŋɡə	to do something because you feel angry at something that happened	'That's a complete lie!' he shouted in anger.	52	4 Pink
feel at peace	phr	fi:læt'pi:s	to feel calm and contented, and have no emotional conflicts	I understand your doubts but I feel at peace with my decision.	60	4 Pink
feel (pure) joy	phr	fi:l(pjʊə)'dʒɔɪ	feel great happiness and pleasure	I felt pure joy when I heard the news.	61	4 Pink

give someone a funny look	phr	gɪv 'sʌmwʌn ə 'fʌni lʊk	if you give someone a funny look, you look at them in a way that shows you think they are behaving strangely	The cashier gave her a funny look when she tried to pay with small change.	51	4 Pink
mind goes blank	phr	maɪnd ɡəʊz blæŋk	if your mind goes blank, you suddenly cannot remember something	When she saw the exam questions, her mind went blank.	72	4 Pink
want the floor to swallow you	phr	wɒnt ðə flo: tu: 'swɒləʊ ju:	to wish you could have an escape or some instant relief from being mortified or extremely embarrassed	I wanted the floor to swallow me after I realised that I'd been singing in the car with the windows rolled down.		4 Pink
cool down	phr v	ku:l daʊn	to make something slightly colder, or to become slightly colder	It's been hot all summer, but it's finally starting to cool down a little.	66	4 Pink
cut down on	phr v	kʌt daʊn ɒn	to eat or drink less of a particular thing, usually in order to improve your health	I'm trying to cut down on the amount of sugar I eat.	69	4 Pink
eat out	phr v	i:t aʊt	to eat in a restaurant instead of at home	We often eat out at the weekends instead of cooking at home.	62	4 Pink
eat up	phr v	i:t ʌp	to eat all of something	You still haven't finished your pizza? Come on, eat up!	62	4 Pink
go for	phr v	ɡəʊ fə	to choose or prefer something	I'm not very hungry, but I'd go for some fruit if you have any.	63	4 Pink
go off	phr v	ɡəʊ ɒf	if food goes off, it becomes too bad to eat	The milk's gone off – we have to go to the shops to get some more.		4 Pink
heat up	phr v	hi:t ʌp	to make something become warm or hot	I heated up the leftovers from yesterday's dinner.	56	4 Pink
live on	phr v	lɪv ɒn	to eat a lot of a particular type of food the way someone or something looks to other people	He practically lives on fish and chips!	65	4 Pink
appearance	n	ə'piərəns	lack of knowledge or information about something	They've changed the appearance of the whole building.	61	4 Pink
ignorance	n	'ɪɡnərəns		Excuse my ignorance, but how does it actually work?	72	4 Pink
inconvenience	n	ˌɪnkən'vi:niəns	when something causes problems for you	We apologise for the delay and any inconvenience caused.	72	4 Pink
insistence	n	ɪn'sɪstəns	when you demand that something should happen and refuse to let anyone say no	His insistence that they discuss the issue again annoyed everyone.	77	4 Pink
patience	n	'peɪʃəns	the ability to continue waiting or doing something for a long time without becoming angry or anxious	You'll need patience and understanding if you're going to be a teacher.	64	4 Pink
residence	n	'rezɪdəns	a house, especially a large or official one	10 Downing Street is the British Prime Minister's official residence.	71	4 Pink
significance	n	sɪɡ'nɪfɪkəns	the importance of an event, action etc, especially because of the effects or influence it will have in the future	What is the significance of this new evidence?	65	4 Pink
creativity	n	ˌkri:ə'tɪvəti	the ability to use your imagination to produce new ideas, make things etc	Companies need to encourage creativity and innovation.	72	4 Pink
curiosity	n	ˌkjʊəri'ɒsəti	the desire to know about something	Children have a natural curiosity about the world around them.	71	4 Pink
hospitality	n	'hɒspə'tæləti	friendly behaviour towards visitors	Thanks for your hospitality over the past few weeks.	74	4 Pink
inaccessibility	n	ˌɪnæksesə'bɪləti	the fact of being very difficult or impossible to travel to or to reach	Most of the forests are being cut down, but this region has been protected by its inaccessibility.	78	4 Pink
originality	n	ə'ɹɪdʒə'næləti	when something is completely new and different from anything that anyone has thought of before	I was impressed by the originality of the plan.		4 Pink
reality	n	ri'æləti	what actually happens or is true, not what is imagined or thought	Some people use TV as an escape from reality.	60	4 Pink
responsibility	n	rɪ'spɒnsə'bɪləti	a duty to be in charge of someone or something, so that you make decisions and can be blamed if something bad happens	Kelly's promotion means more money and more responsibility.	54	4 Pink
attraction	n	ə'trækʃən	something interesting or enjoyable to see or do	The beautiful beaches are the island's main attraction.	58	4 Pink
combination	n	ˌkɒmbə'neɪʃən	two or more different things that exist together or are used or put together	A combination of factors may be responsible for the increase in unemployment.	61	4 Pink
completion	n	kəm'pli:ʃən	when something is finished	The project has a completion date of December 22nd.	65	4 Pink
conservation	n	ˌkɒnsə'veɪʃən	the protection of natural things such as animals, plants, forests etc, to prevent them from being spoiled or destroyed	It is important that nature conservation issues are taken into account.	59	4 Pink
decoration	n	ˌdeɪkə'reɪʃən	something pretty that you put in a place or on top of something to make it look attractive	Half a dozen students volunteered to put up decorations for the dance.	67	4 Pink
explanation	n	ˌeksplə'neɪʃən	the reasons you give for why something happened or why you did something	Can you think of any explanation for this failure?	57	4 Pink
imagination	n	ɪˌmædʒə'neɪʃən	With a little imagination, you can find inexpensive gifts.		66	4 Pink
objection	n	əb'dʒekʃən	the ability to form pictures or ideas in your mind			
regulation	n	ˌregjə'leɪʃən	a reason that you have for opposing or disapproving of something, or something you say that expresses this	Her objection was that he was too young to go to work.	72	4 Pink
agreement	n	ə'ɡri:mənt	an official rule or order	There seem to be so many rules and regulations these days.	59	4 Pink
	n		an arrangement or promise to do something, made by two or more people, companies, organisations etc	They had made an agreement that they would share the profits equally.	52	4 Pink

argument	n	'ɑ:ɡjəmənt	a situation in which two or more people disagree, often angrily	She had a big argument with her husband.	40	4 Pink
development	n	dɪ'veləpmənt	the process of gradually becoming bigger, better, stronger, or more advanced	My new employer offers a lot of opportunities for professional development.	55	4 Pink
improvement	n	ɪm'pru:vmənt	the act of improving something, or the state of being improved	Our results have shown some improvement this month.	58	4 Pink
investment	n	ɪn'vestmənt	the use of money to get a profit or to make a business activity successful, or the money that is used	We plan to buy some property as an investment.	60	4 Pink
	v	pæd	to walk softly and quietly	She padded barefoot down the stairs.	-	4 Pink
the latter	n	ðə 'lætə	the second of two people or things just mentioned	Both the oatmeal cookie and the granola bar were good, but I preferred the latter.	73	4 Pink
revel in	v	'revəl ɪn	to enjoy something very much	He was secretly revelling in his new fame.	82	4 Pink
rattle off	v	'rætl əf	to say several pieces of information or a list quickly and easily from memory	She rattled off the names of all the American states.	80	4 Pink
bring the house down	phr	briŋ ðə haus daʊn	to make a lot of people laugh, especially when you are acting in a theatre	The clown sang a duet with the talking horse, which brought the house down every night.	-	4 Pink
adulthood	n	'ædʌlθud	the time when you are an adult	Nowadays young people want to leave home as soon as they reach adulthood.	71	4 Pink
motherhood	n	'mʌðəhʊd	the state of being a mother	It is not easy trying to combine motherhood and a job.	76	4 Pink
neutral	adj	'nju:trəl	not supporting any of the people or groups involved in an argument or disagreement	I always tried to remain neutral when they started arguing.	59	4 Pink
in actual fact	phr	ɪn 'æktʃʊəl fækt	really	I thought she was Portuguese, but in actual fact she's Brazilian.	54	4 Pink
bland	adj	blænd	bland food has very little taste	The soup is very bland, it could use more herbs and spices.	75	4 Pink
breathtaking	adj	'breθ'teɪkɪŋ	very impressive, exciting, or surprising	The view from my bedroom window was absolutely breathtaking.	74	4 Pink
dull	adj	dʌl	not interesting or exciting	Life is never dull when Elizabeth is here.	62	4 Pink
overcrowded	adj	ˌəʊvə'kraʊdəd	filled with too many people or things	Staff had to work in overcrowded conditions.	63	4 Pink
remarkable	adj	rɪ'mɑ:kəbəl	unusual or surprising and therefore deserving attention or praise	She has made remarkable progress.	62	4 Pink
rubbish	adj	'rʌbɪʃ	not skilful at a particular activity	I'm rubbish at arithmetic.	69	4 Pink
uninspiring	adj	ˌʌnɪn'spaɪərɪŋ	not at all interesting or exciting	No one deserved to win this uninspiring game.	-	4 Pink
not to be missed	phr	nɒt tu: bi: mɪst	used to say that someone should do something while they have the opportunity	A journey on one of the steam trains is certainly not to be missed!	-	4 Pink
agent	n	'eɪdʒənt	a person who represents a company in business	Our agent in Rio deals with all our Brazilian business.	58	4 Pink
candidate	n	'kændɪdət	someone who is being considered for a job or is competing in an election	We'll be interviewing all candidates for this position tomorrow.	61	4 Pink
chief	n	tʃi:f	the leader of a group or organisation	He was recently appointed chief of the Los Angeles police.	53	4 Pink
client	n	'klaɪənt	someone who pays a person or organisation for a service	This is an important client and we do not want to lose her.	47	4 Pink
consultant	n	kən'sʌltənt	someone whose job is to give advice on a particular subject	The company employed management consultants to help with their strategy for the future.	67	4 Pink
crew	n	kru:	a group of people working together with special skills	The film crew arrived just in time to film the volcano erupting.	65	4 Pink
partner	n	'pɑ:tnə	one of the owners of a business	She's a partner in a law firm.	50	4 Pink
professional	n	prə'feʃənəl	someone who works in a job that needs special education and training, such as a doctor, lawyer, or architect	I you have any questions about your condition, you should ask a health care professional.	55	4 Pink
a bitter row	adj + n coll	ə 'bɪtə rəʊ	a bitter row is an argument in which people feel very strong anger or hatred towards each other	Jess hasn't spoken to her mother since their bitter row last week.	70	5 Black
(have) a bright future	adj + n coll	(hæv) ə braɪt 'fju:tʃə	a bright future is one that is likely to be successful	She has a bright future as a tennis player.	67	5 Black
(be) common knowledge	adj + n coll	(bi:) 'kɒmən 'nɒlɪdʒ	something everyone knows	It is common knowledge that travel broadens the mind.	-	5 Black
the early days	adj + n coll	ði 'ɜ:lɪ deɪz	in the first part of a period of time, event, or process in the past	In the early days, the railways mainly carried goods.	-	5 Black
(have) exclusive rights (to)	adj + n coll	(hæv) ɪks'klu:sɪv raɪts (tu:)	if someone has exclusive rights to a book, film, television programme etc, only they are allowed to sell it or show it	Patent protection gives us exclusive rights to market the product.	71	5 Black
(have) great admiration for	adj + n coll	(hæv) greɪt ˌædmə'reɪʃ(ə)n fɔ:	a feeling of great respect and liking for something or someone	She had great admiration for the work of Russian writers.	72	5 Black
high(er) percentage	adj + n coll	haɪ(ə) pə'sentɪdʒ	a high number or amount expressed as part of a total which is 100	A high percentage of our students pass the exam.	50	5 Black
a rough idea	adj + n coll	ə rʌf aɪ'dɪə	a general, not very exact idea	Can you give me a rough idea of how much the repairs will cost?	61	5 Black
strong criticism	adj + n coll	strɒŋ 'krɪtɪsɪzɪz	remarks that say what you think is bad about someone or something	Despite strong criticism, the new system is still in place.	67	5 Black

(be) a vast improvement (on)	adj + n coll	(bi:) ə vɔ:st ɪm'pru:vmənt (on)	a very big improvement	This version of the software is a vast improvement on its predecessor.	66	5 Black
absence (of something)	v	'æbsəns (ɒv 'sʌmθɪŋ)	the lack of something or the fact that it does not exist	In the absence of any evidence, the police had to let him go.	61	5 Black
absorb	v	əb'sɔ:b	if something absorbs light, heat, energy, or noise, it takes it in	Darker surfaces absorb heat.	67	5 Black
carbon	n	'kɑ:bən	a chemical substance that is found in all living things, and in coal, diamonds, petrol etc	All organic substances contain the element carbon.	65	5 Black
cut out (light)	phr v	kʌt aʊt (laɪt)	to prevent light, sound etc from reaching somewhere	You'll need sunglasses that will cut out harmful UV rays from the sun.	-	5 Black
invisible	adj	ɪn'vɪzəbəl	impossible to see	The house was surrounded by trees, and invisible from the road.	65	5 Black
man-made	adj	'mæn 'meɪd	not made naturally, or not made of natural materials	Lake Kariba in Zimbabwe is the world's largest man-made lake.	70	5 Black
release	v	rɪ'li:s	to let a substance flow out	Oil was released into the sea.	-	5 Black
satellite	n	'sætələɪt	a machine that has been sent into space and goes around the Earth, moon etc, used for radio, television, and other electronic communication	The satellite will observe objects that are particularly interesting astronomically.	71	5 Black
be admired for (doing)	v	bi: əd'maɪəd fɔ: ('du(:)tɪŋ)	to be respected and liked because you have done something good, or to be respected for your qualities or skills	Lewis was admired for his work on medieval literature.	66	5 Black
attempt to (do)	v	ə'tempt tu: ('du:)	to try to do something, especially something difficult	In this chapter I will attempt to explain what led up to the revolution.	60	5 Black
feel like (doing)	v	fi:l laɪk ('du(:)tɪŋ)	to want to have something or do something	He didn't feel like going to work.	51	5 Black
involve (doing)	v	ɪn'vɒlv ('du(:)tɪŋ)	if an activity or situation involves something, that thing is part of it or a result of it	Running your own business usually involves working long hours.	56	5 Black
make someone (do)	v	meɪk 'sʌmwʌn (du:)	to cause someone to do something; to cause something to happen, or cause a particular state or condition	I like him because he makes me laugh.	52	5 Black
(would) recommend somebody (do)	v	(wʊd) rɪkə'mɛnd 'sʌmbədi (du:)	to advise someone to do something, especially because you have special knowledge of a situation or subject	I would recommend you don't do any more running until your ankle has stopped hurting.	59	5 Black
require somebody to (do)	v	rɪ'kwəɪə 'sʌmbədi tu: (du:)	to officially demand that people do something, because of a law or rule	This law requires companies to publish their financial results at least once a year.	62	5 Black
tend to (do)	v	tend tu: (du:)	if something tends to happen, it happens often and is likely to happen again	People tend to need less sleep as they get older.	52	5 Black
elegant	adj	'elɛɡənt	beautiful, attractive, or graceful	All the dancers looked so elegant as they moved slowly round the room.	64	5 Black
exclusive	adj	ɪk'sklu:sɪv	available or belonging only to particular people, and not shared	Our figure skating club has exclusive use of the rink on Mondays.	69	5 Black
fit in	phr v	fi:t ɪn	to find room or have sufficient space for someone or something	Can you fit in another person in the back seat?	69	5 Black
leather jacket	n	'leðə 'dʒækɪt	a short light coat made of leather (animal skin used for making shoes, bags etc)	Pilots used to be famous for wearing leather jackets and aviator sunglasses.	60	5 Black
lipstick	n	'lɪp.stɪk	something used for adding colour to your lips, in the shape of a small stick	Karen put on her favourite colour lipstick before she went to the wedding.	66	5 Black
little black dress (LBD)	n	'lɪtl blæk dres (əl-bɪ-di:)	a woman's short or medium-length black dress suitable for almost any social engagement (of clothes) directed only to the goal of doing their intended work, and often plain in style or character	Coco Chanel made the little black dress fashionable.	-	5 Black
practical	adj	'præktɪkəl		I wear clothes that are practical rather than fashionable.	57	5 Black
skin type	n	skɪn taɪp	a particular type of a person's complexion	With your skin type, you should always wear suntan lotion.	-	5 Black
uniform	n	'ju:nəfɔ:m	a type of clothing worn by all the members of a group or organisation such as the police, the army etc	He was still wearing his school uniform.	41	5 Black
unique	adj	ju: 'ni:k	unusually good and special	This is a unique opportunity to study these rare creatures.	60	5 Black
(have an) allergy	n	(hæv ən) 'ælədʒɪ	a medical condition in which you become ill or in which your skin becomes red and painful because you have eaten or touched a particular substance	I have an allergy to cats.	62	5 Black
bitter	adj	'bɪtə	having a strong sharp taste, like black coffee without sugar	The dessert is made with a slightly bitter chocolate.	56	5 Black
boil	v	bɔɪl	when a liquid boils, or when you boil it, it becomes hot enough to turn into gas	The solution boiled at 57.4°C.	61	5 Black
crush	v	kraʃ	to press something in order to break it into very small pieces or into a powder	First, crush two cloves of garlic.	66	5 Black
date	n	deɪt	a sweet sticky brown fruit with a long hard seed inside	George brought home a box of delicious dates from his trip to Turkey.	61	5 Black
flavour	n	'fleɪvə	the particular taste of a food or drink	Which flavour do you want – chocolate or vanilla?	62	5 Black
roast	v	rəʊst	to cook something, such as meat, in an oven or over a fire, or to cook in this way	Roast the chicken for three hours in a hot oven.	68	5 Black

serve	v	sə:v	to give someone food or drink, especially as part of a meal or in a restaurant, bar etc	The waiter was serving another table.	50	5 Black
strong (coffee)	adj	strɒŋ ('kɒfi)	having a taste or smell that you notice easily to make food or drink go down your throat and towards your stomach	This cheese has a very strong flavour.	55	5 Black
swallow	v	'swɒləʊ	the feeling that is produced by a particular food or drink when you put it in your mouth	He swallowed the last of his coffee and asked for the bill.	63	5 Black
taste	n	teɪst		The medicine had a slightly bitter taste.	44	5 Black
vending machine	n	'vɛndɪŋ mə'ʃɪn	a machine that you can get snacks, chocolate, drinks etc from by putting money in to use a particular style of speaking, writing, or behaving, especially one that you do not usually use	I usually just get a packet of crisps from a vending machine if I don't have time for lunch.	75	5 Black
adopt (a style)	v	ə'dɒpt (ə stɑɪl)	something you buy cheaply or for less than its usual price	Kim adopts a southern accent when speaking to family back home.	68	5 Black
bargain	n	'bɑ:gən	(of goods) available for immediate sale in a shop	This table was a real bargain – it's solid wood and it cost only £15!	57	5 Black
be in stock	phr	bɪ 'ɪn stɒk	a statement, document etc that says that something is definitely true	I need to check if this size is in stock.	68	5 Black
confirmation	n	'kɒnfə'meɪʃən	someone whose job is to give advice on a particular subject	There has still been no official confirmation of the report.	57	5 Black
consultant	n	kən'sʌltənt	to eat or drink something	Tim works as a marketing consultant.	67	5 Black
consume	v	kən'sju:m		For example, how many calories a day do you consume?	71	5 Black
(the best) deal	n	(ðə beɪst) di:l	a good price, offer, or arrangement; a bargain	The best deals always disappear in seconds.	-	5 Black
debit card	n	'deɪbɪt kɑ:d	a plastic card with your signature on that you can use to pay for things. The money is taken directly from your bank account.	I don't have enough money in my account to pay for this by debit card.	65	5 Black
discount	n	'dɪskɑʊnt	a reduction in the usual price of something	Some hotels offer special discounts during the winter.	46	5 Black
(make a) loss	n	(meɪk ə) lɒs	if a business makes a loss, it spends more than it earns	The company made a loss of \$250,000 last year.	59	5 Black
retailer	n	'ri:teɪlə	a person or business that sells goods to customers in a shop	Retailers face their slowest business period in January and February.	68	5 Black
bright	adj	braɪt	bright colours are strong and easy to see	You can't miss him – he's wearing a bright red jumper.	37	5 Black
depressing	adj	dɪ'preʃɪŋ	making you feel very sad	If you wear black all the time, it can be a bit depressing.	64	5 Black
grief	n	grɪf	extreme sadness, especially because someone you love has died	The grief she felt over Helen's death was almost unbearable.	71	5 Black
intelligent	adj	ɪn'telədʒənt	an intelligent person has a high level of mental ability and is good at understanding ideas and thinking clearly	The top universities aim to select the most intelligent students.	54	5 Black
primary colours	n	'praɪməri 'kɒləz	the three colours red, yellow, and blue, which you can mix together to make any of the other colours	Children learn how to use primary colours to create other colours.	82	5 Black
romantic	adj	rəʊ'mæntɪk	showing strong feelings of love	'Tom always sends me red roses on my birthday.' 'How romantic!'	61	5 Black
sadness	n	'sædnəs	the state of feeling sad	She sensed Beth's deep sadness.	69	5 Black
shade	n	ʃeɪd	a particular type of red, green, blue etc	Valerie's eyes are a beautiful shade of blue.	69	5 Black
sophisticated	adj	sə'fɪstəkeɪtəd	having a lot of experience of life, and good judgment about socially important things such as art, fashion etc	Mark is a great fashion designer because his taste in clothes is very sophisticated.	72	5 Black
widow	n	'wɪdəʊ	a woman whose husband has died and who has not married again	Mr Jarvis died yesterday, leaving a widow and four children.	66	5 Black
a boost of energy	phr	ə bu:st ɒv 'enədʒi	a short sudden increase in energy	He tried to summon up one final boost of energy, but his legs wouldn't respond.	72	5 Black
go hand in hand (with)	phr	gəʊ hænd ɪn hænd (wɪð)	if two things go hand in hand, they are closely connected	Wealth and power go hand in hand in most societies.	69	5 Black
How on earth ... ?	phr	haʊ ɒn ɜ:θ	used to ask a question when you are very surprised or angry	How on earth did you get in here?	-	5 Black
in an instant	phr	ɪn ən 'ɪnstənt	very rapidly	In the desert, the temperature drops in an instant after sundown.	69	5 Black
idiomatic (English)	adj	'ɪdiə'mætɪk ('ɪŋglɪʃ)	idiomatic language is typical of the way people usually talk and write when they are using their own language	Their books are translated into idiomatic English.	81	5 Black
admit	v	əd'mɪt	to agree unwillingly that something is true or that someone else is right	'Okay, so maybe I was a little bit scared,' Jenny admitted.	62	5 Black
beg	v	beg	to ask for something in an anxious or urgent way, because you want it very much	He begged them until they finally agreed.	73	5 Black
deny	v	dɪ'naɪ	to say that something is not true, or that you do not believe something	I've never denied that there is a housing problem.	59	5 Black
warn	v	wɔ:n	to tell someone that something bad or dangerous may happen, so that they can avoid it or prevent it	'Be careful, the rocks are slippery,' Alex warned.	56	5 Black

(air) pollution	n	(eə) pə'lu:ʃən	damage caused to air, water, soil etc by harmful chemicals and waste	Air pollution can cause breathing problems for some people.	45	5 Black
(traffic) congestion	n	('træfɪk kən'dʒesʃən	a large amount of traffic that makes it difficult for vehicles to move around	The city's efforts to cut traffic congestion involved raising prices for parking in the city centre.	73	5 Black
conduct an experiment	v	ɪks'perɪmənt	do an experiment	They conducted a series of experiments to test the theory.	74	5 Black
examine	v	ɪg'zæməɪn	to look at something carefully and thoroughly because you want to find out more about it	A team of divers was sent down to examine the wreck of the ship.	65	5 Black
observe	v	əb'zɜ:v	to see and notice something	Scientists have observed a drop in ozone levels over the Antarctic.	58	5 Black
element	n	'elɪmənts	a simple chemical substance that consists of only one kind of atom	If you combine certain elements, you can create incredibly strong materials.	64	5 Black
procedure	n	prə'si:dʒə	a way of doing something, especially the correct or usual way	What's the procedure for applying for a visa?	64	5 Black
lab	n	læb	a laboratory; a special room where a scientist does tests	We do a lot of experiments in the school science lab.	59	5 Black
analyse	v	'ænləɪz	to examine or think about something carefully, in order to understand it	We're trying to analyse what went wrong.	63	5 Black
findings	n	'faɪndɪŋz	the information that people have learned as a result of their study, work etc	The Commission's findings are presented in a report.	63	5 Black
fireworks	n	'faɪəwɜ:ks	small containers filled with powder that burns or explodes to produce coloured lights and noise in the sky	Let's watch the New Year's Eve fireworks display from the balcony!	54	6 Red
homemade	adj	'həʊm'meɪd	made at home and not bought from a shop	Try one of these homemade cookies. They're delicious.	70	6 Red
lifetime	n	'laɪftaɪm	the period of time during which someone is alive or something exists	It's the sort of opportunity you see only once in a lifetime.	61	6 Red
never-ending	adj	'nevə'endɪŋ	seeming to continue for a very long time	Keeping the house neat and clean is a never-ending battle.	-	6 Red
teaspoon	n	'ti:spu:n	a small spoon that you use for mixing sugar into tea and coffee	If you want to add honey to your tea, you can use the teaspoon on the counter.	66	6 Red
underestimate	v	ˌʌndər'esteɪmət	to think or guess that something is smaller, cheaper, easier etc than it really is	We underestimated how long it would take to get there.	73	6 Red
well aware	adj	wel ə'weə	having full knowledge of a situation or fact existing or happening in many places or situations, or among many people	They were well aware that the company was losing money.	63	6 Red
widespread	adj	'waɪdspred	to bite something many times with your teeth so that you can make it smaller or softer and swallow it	The storm caused widespread damage.	60	6 Red
chew (up)	v	tʃu: (ʌp)	a small thin red or green pepper with a very strong hot taste	The dog's chewed up my slippers again.	64	6 Red
chilli pepper	n	'tʃɪli 'pepə	a type of powder or seed, taken from plants, that you put into food you are cooking to give it a special taste	I didn't use chilli peppers in this dish because I know you don't like spicy food.	-	6 Red
spice	n	spɑ:s	to have drops of salty liquid coming out through your skin because you are hot, ill, frightened, or doing exercise	Add oregano and other Italian spices to the mixture.	65	6 Red
sweat	v/n	swet	a small piece of sweet food made of sugar or chocolate	I was sweating a lot despite the air conditioning.	62/60	6 Red
(a packet of) sweet(s)	n	(ə 'pækɪt əv) swi:t(ɪs)	all of something	Eating sweets is bad for your teeth.	55	6 Red
whole	adj	həʊl	money that you have to pay as a punishment the right to do what you want without being controlled or restricted by anyone	You have your whole life ahead of you!	49	6 Red
fine	n	faɪn	regulations and procedures intended to prevent accident or injury in workplaces or public environments	He got a \$75 fine for speeding.	58	6 Red
freedom	n	'fri:dəm	exceeding the allowed speed limit	People here like their freedom and privacy.	33	6 Red
health and safety	phr	helθ ənd 'seɪfti	the offence of driving faster than the legal limit	Tonight's performance had to be cancelled for health and safety reasons.	-	6 Red
over the (speed) limit	phr	'əʊvə ði: (spi:d) 'lɪmɪt	the legal agreements between a service provider and a person who wants to use that service	Too many people go over the speed limit in residential areas.	-	6 Red
speeding	n	'spi:dɪŋ	to admit that you are wrong or that you have lost an argument	She got stopped for speeding in a residential area.	79	6 Red
terms and conditions	n	ta:mz ənd kən'dɪʃənz	to do something deliberately	Very few people read the terms and conditions before installing software.	57	6 Red
back down	phr v	bæk daʊn	a lack of success in achieving or doing something	Even though it was obvious Emma's demands were unrealistic, she wouldn't back down.	64	6 Red
do something on purpose	phr	du: 'sʌmθɪŋ ɒn 'pɜ:pəs	to succeed in communicating an idea or piece of information to someone	Will always pronounces my name wrong. Do you think he does it on purpose?	55	6 Red
failure	n	'feɪljə		Successful people often aren't very good at dealing with failure.	53	6 Red
get (a point) across	phr v	get (ə pɔɪnt) ə'krɒs		It is important that we get this message across to voters.	66	6 Red

invade your privacy	phr	ɪn 'veɪd jɔː 'prɪvəsi	try to find out personal things about someone, or disturb someone when they want to be alone	She complained that the magazine had invaded her privacy by printing the photos.	64	6 Red
lose your temper	phr	luːz jɔː 'tɛmpə	to suddenly become very angry so that you cannot control yourself	Did he ever lose his temper and raise his voice?	63	6 Red
respond	v	rɪ 'spond	to say or write something as a reply	Dave didn't respond to any of my emails.	53	6 Red
scream (at)	v	skriːm (æt)	to shout something in a very loud high voice because you are angry or frightened	He screamed at his brother to go away.	58	6 Red
anger	n	'æŋgə	a strong feeling of wanting to hurt or criticize someone because they have done something bad to you or been unkind to you	Emily was filled with anger at the way she had been treated.	52	6 Red
anxiety	n	æŋ'zætəti	the feeling of being very worried about something	There is considerable anxiety among staff about job losses.	58	6 Red
appreciate	v	ə'priːʃiət	to understand how serious or important a situation or problem is or what someone's feelings are	He did not fully appreciate the significance of signing the contract.	70	6 Red
expectation	n	ˌɛkspek'teɪʃən	what you think or hope will happen	The office party didn't meet the manager's expectations.	72	6 Red
frustration	n	frʌ'streɪʃən	the feeling of being annoyed, upset, or impatient, because you cannot control or change a situation, or achieve something	People often feel a sense of frustration that they are not being promoted quickly enough.	67	6 Red
get on my nerves	phr	get ɒn maɪ nɜːvz	if someone gets on your nerves, they annoy you, especially by doing something all the time	I hope Emma isn't going to be there – she really gets on my nerves.	68	6 Red
(your) heart sinks	phr	(jɔː) hɑːt sɪŋks	used to say that you lose hope or confidence; used to say that someone suddenly becomes very sad or disappointed	Bert's heart sank when he saw the mess.	75	6 Red
irritated	adj	'ɪrɪteɪtəd	feeling annoyed and impatient about something	John was getting irritated by all her questions.	80	6 Red
irritating	adj	'ɪrɪteɪtɪŋ	an irritating habit, situation etc keeps annoying you	He's the most irritating man I've ever met.	74	6 Red
passionate about	adj + prep	'pæʃənət ə 'baʊt	if you are passionate about something, you like it a lot and spend a lot of time doing it	I've always been passionate about football.	69	6 Red
pressure	n	'preʃə	an attempt to persuade someone by using influence, arguments, or threats	I was under pressure from my parents to become a teacher.	67	6 Red
thrilling	adj	'θrɪlɪŋ	interesting and exciting	The helicopter trip over the mountains was a thrilling end to a fantastic holiday.	73	6 Red
cheer	v	tʃɪə	to shout as a way of showing happiness, praise, approval, or support of someone or something	Everybody cheered when the firemen arrived.	63	6 Red
loyal (fans)	adj	'lɔɪəl (fænz)	always supporting your friends, principles, country etc	Loyal fans support their team even when the team is not winning.	62	6 Red
a mass (of fans)	n	ə mæs (ɒv fænz)	a large crowd	There was a mass of people around the stadium entrance.	75	6 Red
opponent	n	ə'pəʊnənt	someone who you try to defeat in a competition, game, fight, or argument	Murray's opponent in today's final will be Nadal.	58	6 Red
(sports) results	n	(spɔːts) rɪ'zʌlts	the final number of points, votes etc at the end of a competition, game, or election	Turn to BBC1 for the latest football results.	34	6 Red
a season ticket	n	ə'siːzn 'tɪktɪt	a ticket that you can use for several journeys or events during a fixed period of time, without having to pay for each one	I have a season ticket for all the home games.	75	6 Red
support (a team)	v	sə'pɔːt (ə tiːm)	to like a particular sports team and want them to win	I've supported Manchester United all my life.	48	6 Red
controversial	adj	ˌkɒntre'vɜːʃəl	causing a lot of disagreement, because many people have strong opinions about the subject being discussed	A recent government paper on education contains some controversial new ideas.	69	6 Red
financial	adj	fə'næŋjəl	relating to money or the management of money	Buyers need a financial incentive to choose more efficient cars.	52	6 Red
practical	adj	'præktɪkəl	practical plans, methods etc are likely to succeed or be effective in a situation	It doesn't sound like a very practical solution.	57	6 Red
psychological	adj	ˌsaɪkə'lɒdʒɪkəl	relating to the way that your mind works and the way that this affects your behaviour	Sleep disorders are a serious psychological problem.	63	6 Red
cheerful	adj	'tʃɪəfəl	happy, or behaving in a way that shows you are happy	She's feeling more cheerful today.	65	6 Red
colourful	adj	'kɒləfəl	having bright colours or a lot of different colours	The garden was full of colourful and fascinating flowers.	49	6 Red
doubtful	adj	'daʊtəl	probably not true or not likely to happen	It's doubtful that we'll finish this tonight.	67	6 Red
dreadful	adj	'dredfəl	extremely unpleasant	We've had some dreadful weather lately.	72	6 Red
harmful	adj	'hɑːmfəl	causing harm	Scientists tend to agree that most diets don't work and can be harmful.	57	6 Red
academic	adj	ˌæke'demɪk	relating to education, especially at college or university level	He had no academic qualifications but had years of practical experience.	53	6 Red
athletic	adj	æθ'letɪk	physically strong and good at sport	He can play any sport – he's naturally athletic.	67	6 Red
dramatic	adj	drə'mætɪk	great and sudden	Computers have brought dramatic changes to the workplace.	62	6 Red

enthusiastic	adj	ɪn θjuːzɪ æstɪk	feeling or showing a lot of interest and excitement about something	All the staff are enthusiastic about the project.	63	6 Red	
encouraging	adj	ɪn kʌrədʒɪŋ	giving you hope and confidence	It's very encouraging for the players to hear their fans cheer during the match.	69	6 Red	
threatening	adj	ˈθreɪnɪŋ	if someone's behaviour is threatening, you believe they intend to harm you	His voice sounded threatening.	72	6 Red	
worrying	adj	ˈwɒrɪŋ	something that is worrying makes you feel anxious or worried	The possibility that I might lose my job is very worrying.	71	6 Red	
aggressive	adj	ə ˈɡresɪv	behaving in an angry or violent way towards someone	Kids who play violent video games show much more aggressive behaviour than those who don't.	61	6 Red	
competitive	adj	kəm ˈpetətɪv	determined or trying very hard to be more successful than other people or businesses	Some US industries are not as competitive as they have been in the past.	58	6 Red	
effective	adj	ɪ ˈfektɪv	and working in the way that was intended	The company launched a highly effective advertising campaign.	60	6 Red	
impressive	adj	ɪm ˈpresɪv	something that is impressive makes you admire it because it is very good, large, important etc	The cathedral is very impressive.	64	6 Red	
representative	adj	ˌreprɪ ˈzentətɪv	typical of a particular group or thing	The latest incident is representative of a wider trend.	74	6 Red	
adventurous	adj	əd ˈventʃərəs	not afraid of taking risks or trying new things	Andy isn't a very adventurous cook – he doesn't experiment in the kitchen.	71	6 Red	
ridiculous	adj	rɪ ˈdɪkjələs	very silly or unreasonable	I'd look ridiculous in this hat.	6 Red		
suspicious	adj	sə ˈspɪʃəs	thinking that someone might be guilty of doing something wrong or dishonest	Some of his colleagues at work became suspicious of his behaviour.	66	6 Red	
various	adj	ˈveəriəs	if there are various things, there are several different types of that thing	The jacket is available in various colours.	54	6 Red	
	instructive	adj	ɪn ˈstrʌktɪv	providing a lot of useful information	The book is filled with instructive drawings.	76	6 Red
	moan	v	məʊn	to complain in an annoying way, especially in an unhappy voice and without good reason	'I feel seasick already,' she moaned.	76	6 Red
	realistic	adj	rɪə ˈlɪstɪk	judging and dealing with situations in a practical way according to what is actually possible rather than what you would like to happen	It's just not realistic to expect a promotion so soon.	67	6 Red
	delightful	adj	dɪ ˈlaɪtfl	very pleasant	A simple salad and fresh bread can make a delightful meal.	67	6 Red
	doubtless	adv	ˈdaʊtləs	used when saying that something is almost certain to happen or be true	There will doubtless be someone at the party that you know.	75	6 Red
	eventful	adj	ɪ ˈventfl	full of interesting or important events	She's led an eventful life.	80	6 Red
	hopeful	adj	ˈhəʊpfl	believing that what you hope for is likely to happen	Everyone's feeling pretty hopeful about the future.	63	6 Red
	hopeless	adj	ˈhəʊpləs	if something that you try to do is hopeless, there is no possibility of it being successful	We tried to stop the flames from spreading, but we knew it was hopeless.	67	6 Red
	painful	adj	ˈpeɪnfl	if a part of your body is painful, it hurts	Jim's knee was still painful two weeks after he had fallen on it.	68	6 Red
	painless	adj	ˈpeɪnləs	causing no pain	This medical procedure is completely painless.	77	6 Red
	peaceful	adj	ˈpiːsfəl	a peaceful time, place, or situation is quiet and calm without any worry or excitement	It's very peaceful out here in the woods.	50	6 Red
	pointless	adj	ˈpɔɪntləs	without any useful purpose or effect	It's pointless to take notes and then never look at them again.	73	6 Red
	powerful	adj	ˈpaʊəfl	a powerful person, organisation, group etc is able to control and influence events and other people's actions	He was one of the most powerful men in Bohemia.	30	6 Red
	powerless	adj	ˈpaʊələs	unable to stop or control something because you do not have the power, strength, or legal right to do so	Although we all thought the decision was unfair, we were powerless to change it.	73	6 Red
	priceless	adj	ˈpraɪsləs	worth a lot of money	The house was full of priceless antiques.	69	6 Red
	skilful	adj	ˈskɪfl	good at doing something, especially something that needs special ability or training	After a few years, he became very skilful at drawing.	73	6 Red
	tactful	adj	ˈtæktfl	careful not to say or do something that will upset someone	My parents tried to be tactful about my new boyfriend, but I knew they didn't like him.	81	6 Red
	tactless	adj	ˈtæktləs	likely to upset or embarrass someone without intending to	I thought it would be tactless to ask about her divorce.	83	6 Red
	thoughtful	adj	ˈθɔːtfl	always thinking of the things you can do to make people happy or comfortable	It was really thoughtful of you to remember my birthday.	65	6 Red
	useful	adj	ˈjuːsfəl	helping you to do or get what you want	Keeping lists of the words you learn is a useful way of remembering vocabulary.	35	6 Red
	useless	adj	ˈjuːsləs	not useful or effective in any way	The map was so out-of-date that it was completely useless.	55	6 Red
	wonderful	adj	ˈwʌndəfl	very good; making you feel very happy	We had a wonderful time in Spain.	38	6 Red
	worthless	adj	ˈwɜːθləs	something that is worthless has no value, importance, or use	The house was full of worthless junk.	70	6 Red
	grumpy	adj	ˈɡrʌmpɪ	bad-tempered and easily annoyed	Mina's always a bit grumpy first thing in the morning.	76	6 Red
	annoyance	n	ə ˈnɔɪəns	a feeling of slight anger	A look of annoyance crossed her face.	76	6 Red

pros and cons	n	prəʊz ænd kɒnz	the advantages and disadvantages of something	We discussed the pros and cons of going to university.	-	6	Red
carry out	v	'kæri aʊt	to do something that has been planned or discussed, or that someone has told you to do	We need to carry out more research.	67	6	Red
outline	v	'aʊtlɑ:n	to describe something in a general way, giving the main points but not the details	The new president outlined plans for a new educational reform.	67	6	Red
red tape	n	red teɪp	official rules that seem unnecessary and prevent things from being done quickly and easily	You would not believe the red tape involved in starting your own company!	75	6	Red
assume	v	ə'sju:m	to think that something is true, although you do not have definite proof	I didn't see your car, so I assumed you'd gone out.	69	6	Red
gossip	v	'gɒsəp	to talk about other people's behaviour and private lives, often including remarks that are unkind or untrue	The whole town was gossiping about them.	76	6	Red
boast	v	bəʊst	to talk too proudly about your abilities, achievements, or possessions	He's always boasting about how much money he has.	63	6	Red
discourage	v	dɪs'kʌrɪdʒ	to persuade someone not to do something, especially by making it seem difficult or bad	Higher taxes are likely to discourage investment.	62	6	Red
assure	v	ə'ʃʊə	to tell someone that something will definitely happen or is definitely true so that they are less worried	Her doctor has assured us that she'll be fine.	70	6	Red
insult	v	ɪn'sʌlt	to offend someone by saying or doing something they think is rude	You should apologise for insulting her.	69	6	Red
cheer up	v	'tʃɪər ʌp	to become less sad, or to make someone feel less sad	I tried to cheer him up by telling a joke.	60	6	Red
talk over	v	tɔ:k 'əʊvə	to continue to talk even while the other person is talking	Please don't talk over me. You can speak when I've finished presenting my argument.	-	6	Red
congratulate	v	kən'grætʃəleɪt	to tell someone that you are happy because they have achieved something or because something nice has happened to them	She congratulated me warmly on my exam results.	65	6	Red
reveal	v	rɪ'veɪl	to make known something that was previously secret or unknown	Doctors are not allowed to reveal confidential information.	60	6	Red
propose	v	prə'pəʊz	to suggest something as a plan or course of action	The changes were first proposed last year.	58	6	Red
reassure	v	ˌri:ə'ʃʊə	to make someone feel calmer and less worried or frightened about a problem or situation	Teachers reassured anxious parents.	72	6	Red
come out in (red spots)	phr v	kʌm aʊt ɪn (red spots)	if you come out in spots etc, spots appear on your body	If I eat eggs, I come out in a rash.	-	7	Green
come up against (a problem)	phr v	kʌm ʌp ə'geɪnst (ə 'prɒbləm)	to have to deal with problems or difficulties	We may come up against quite a lot of opposition from local people.	62	7	Green
come up with (an idea)	phr v	kʌm ʌp wɪð (ən aɪ'dɪə)	to think of an idea, answer etc	Is that the best excuse you can come up with?	67	7	Green
do away with	phr v	du: ə'weɪ wɪð	to get rid of something or stop using it	People thought that the use of robots would do away with boring low-paid factory jobs.	67	7	Green
face up to (a problem)	phr v	feɪs ʌp tə (ə 'prɒbləm)	to accept and deal with a difficult fact or problem	They'll never offer you another job; you might as well face up to it.	-	7	Green
get over (an illness)	phr v	get 'əʊvə (ən 'ɪlnɪs)	to become well again after an illness	It's taken me weeks to get over the flu.	65	7	Green
give off (a gas)	phr v	ɡɪv ɒf (ə ɡæs)	to produce a smell, light, heat, a sound etc	The wood gave off a sweet, perfumed smell as it burned.	59	7	Green
go down with (an illness)	phr v	ɡəʊ daʊn wɪð (ən 'ɪlnɪs)	disease	Half the team had gone down with flu.	-	7	Green
put (you) off	phr v	put (ju:) ɒf	to make you dislike something or not want to do something	Don't be put off by the title – it's a really good book.	61	7	Green
show off	phr v	ʃəʊ ɒf	to try to make people admire your abilities, achievements, or possessions – used to show disapproval	He couldn't resist showing off on the tennis court.	-	7	Green
work something out	phr v	wɜ:k 'sʌmθɪŋ aʊt	to think about something and manage to understand it	The plot of the novel is very complicated – it'll take you a while to work it out.	-	7	Green
address (an issue)	v	ə'dres (ən 'ɪʃu:)	if you address a problem, you start trying to solve it	We are now starting to address the problem of oil on the beaches.	65	7	Green
affect	v	ə'fekt	to do something that produces an effect or change in something or in someone's situation	This decision will really affect our lives so we have to think it through.	52	7	Green
alternative	adj	ɔ:l'tɜ:nətv	an alternative idea, plan etc is different from the one you have and can be used instead	The main road is blocked, so drivers should choose an alternative route.	59	7	Green
banned	adj	bænd	not officially allowed to meet, exist, or be used	Car traffic in the city centre should be banned to lower pollution in the area.	48	7	Green
carbon footprint	n	'kɑ:bən 'fʊtprɪnt	the amount of carbon dioxide that a person or organization produces by the things they do, used as a way of measuring the amount of harm they do to the environment	We have partnered with nearby farms, hoping to reduce the carbon footprint of our delivery trucks.	79	7	Green
cut down	phr v	kʌt daʊn	to cut through the main part of a tree so that it falls on the ground	They cut down a lot of trees along the road to build a tram line.	-	7	Green

environmentally friendly	adj	ɪn vaɪərən'mentli 'frendli	not harmful to the environment	Is there such a thing as an environmentally friendly car?	73	7 Green
filter	n/v	'fɪltə	something that you pass water, air etc through in order to remove unwanted substances and make it clean or suitable to use	The mechanic said that he needs to change the oil filter in my car.	59/69	7 Green
impact	v	ɪm'pækt	to have an important or noticeable effect on someone or something	The Food Safety Act will progressively impact on the way food businesses operate.	73	7 Green
natural disaster	n	'nætʃrəl dɪ'zɑːstə	a sudden event caused by nature such as a flood or storm which causes great damage or suffering	In recent years there has been an increase in weather-related natural disasters.	56	7 Green
poison	n	'pɔɪzən	a substance that can cause death or serious illness if you eat it, drink it etc	Belladonna and red arsenic are deadly poisons.	66	7 Green
polluted	adj	pə'lu:təd	dangerously dirty and not suitable for people to use	Large parts of the Mediterranean are still polluted with toxic waste.	72	7 Green
solar	adj	'səʊlə	using the power of the sun's light and heat	The first solar panels were developed by Bell Laboratories in 1954 as part of the space program.	57	7 Green
supply	n/v	sə'plʌɪ	an amount of something that is available to be used	I've only got a week's supply of tablets left.	60/-	7 Green
survival kit	n	sə'vaɪvəl kt	a set of things in a special container that you need to help you stay alive if you get hurt or lost	He survived for 5 days with only minimal water and a small survival kit.	-	7 Green
water filter	n	'wɔ:tə 'fɪltə	something that you pass water through in order to remove unwanted substances and make it clean or suitable to use	In most areas, you can drink tap water safely if you use a water filter.	59	7 Green
water shortage	n	'wɔ:tə 'ʃɔ:tɪdʒ	a situation in which there is not enough water to meet people's needs	The water shortage was reaching crisis proportions.	65	7 Green
accident	n	'æksɪdənt	an event in which a car, train, plane etc is damaged and often someone is hurt	Over 70,000 people are seriously injured every year in road accidents.	33	7 Green
classic	adj	'klæsɪk	very typical of its kind	Many students make the classic mistake of revising too much.	67	7 Green
classical	adj	'klæsɪkəl	using traditional styles and ideas and considered to be serious and important	Most ballets are performed to classical music.	63	7 Green
economic	adj	ˌe.kə'nɒmɪk	relating to trade, industry, and the management of money	Economic growth is slow.	52	7 Green
economical	adj	ˌe.kə'nɒmɪkəl	using money, time, goods etc carefully and without wasting any	A small car is more economical to run.	68	7 Green
especially	adv	ɪ'speʃəli	used to emphasize that something is more important or happens more with one particular thing than with others	I never liked long walks, especially in winter.	56	7 Green
incident	n	'ɪnsɪdənt	an event, especially one that is unusual, important, or violent	Apart from the incident in Las Vegas our vacation was completely trouble-free.	59	7 Green
opportunity	n	ˌɒpə'tju:nəti	a chance to do something or an occasion when it is easy for you to do something	Games and songs provide an opportunity for classroom interaction.	58	7 Green
possibility	n	ˌpɒsə'bɪləti	if there is a possibility that something is true or that something will happen, it might be true or it might happen	There's always a possibility that he might go back to Seattle.	57	7 Green
recall	v	rɪ'kɔ:l	to remember a particular fact, event, or situation from the past	You don't happen to recall his name, do you?	71	7 Green
remind	v	rɪ'maɪnd	to make someone remember something that they must do	Yes, I'll be there. Thanks for reminding me.	56	7 Green
sensible	adj	'sensəbəl	reasonable, practical, and showing good judgement	It's sensible to keep a note of your passport number.	59	7 Green
sensitive	adj	'sensətɪv	able to understand other people's feelings and problems	This experience has made me much more sensitive to the needs of the disabled.	58	7 Green
specially	adj	'speʃəli	for one particular purpose, and only for that purpose	We're introducing a new range of beauty products specially designed for teenagers.	63	7 Green
be designed to	v	bɪ'dɪ'zaɪnd tu:	to be planned or developed for a specific purpose	These exercises are designed to strengthen muscles.	57	7 Green
brand new	adj	brænd nju:	new and not yet used	The dress is brand new – still has the sales tags on it!	64	7 Green
cottage	n	'kɒtɪdʒ	a small house in the country	He lived all his life in a small cottage by the river.	66	7 Green
demolish	v	dɪ'mɒlɪʃ	to completely destroy a building	The developer demolished several old buildings to build a shopping centre.	67	7 Green
exotic	adj	ɪg'zɒtɪk	something that is exotic seems unusual and interesting because it is related to a foreign country – use this to show approval	A tropical bird is a really exotic pet!	65	7 Green
facilities	n	fə'sɪlɪtɪz	rooms, equipment, or services that are provided for a particular purpose	The building has parking facilities for twenty cars.	54	7 Green
go out (i.e. power)	v	gəʊ aʊt (aɪ.i.: 'paʊə)	to lose power or energy suddenly	The power went out because of the freezing weather.	46	7 Green
interior	n	ɪn'tɪəriə	the inner part or inside of something	The interior of the church was dark.	60	7 Green
remote area	n	rɪ'məʊt 'eəriə	far from towns or other places where people live	The helicopter crashed in a remote desert area.	66	7 Green
vivid	adj	'vɪvɪd	(of a colour) intensely deep or bright	She was wearing a vivid pink shirt.	73	7 Green

wallpaper	n	'wɔ:l,peɪpə	paper that you stick onto the walls of a room in order to decorate it	We want to put up some wallpaper in the children's bedroom to make it brighter.	70	7 Green
warehouse	n	'weəhəʊs	a large building for storing large quantities of goods	The goods have been sitting in a warehouse for months because a strike has prevented distribution.	61	7 Green
be colour-blind / colour deficient	adj	bi:'kɒlə-blænd / 'kɒlə di:'fɪjənt	be unable to see the difference between all or some colours	My uncle couldn't get a driving licence because he's colour-blind.	83	7 Green
cell	n	sel	the smallest part of a living thing that can exist independently	The red blood cells carry the oxygen.	58	7 Green
cure	n	kjʊə	a medicine or medical treatment that makes an illness go away	Scientists are still hoping to find a cure for the common cold.	54	7 Green
deficiency	n	di:'fɪjənsi	a lack of something that is necessary	Some elderly people suffer from iron deficiency in their diet.	65	7 Green
have a serious effect on something	phr	hæv ə 'sɪəriəs i' fekt ɒn 'sʌmθɪŋ	to affect something to an important degree	My parents' divorce had a serious effect on me and my relationships.	58	7 Green
muscle	n	'mʌsəl	one of the pieces of flesh inside your body that you use in order to move, and that connect your bones together	Relax your stomach muscles, then stretch again.	55	7 Green
pass down	v	pɑ:s daʊn	to give or teach something to people who are younger than you or live after you	The tradition has been passed down from father to son for generations.	64	7 Green
severe (illness)	adj	si:'viə ('ɪlɪz)	severe problems, injuries, illnesses etc are very bad or very serious	His injuries were quite severe.	60	7 Green
(red) spots	n	(rɛd) spɒts	a small round red area on someone's skin that shows that they are ill	He had a high fever and was covered in spots.	-	7 Green
vision	n	'vɪʒən	the ability to see	Her vision was quite poor and she always wore glasses.	70	7 Green
animation	n	,æneɪ'meɪʃən	the process of making animated films, television programmes, computer games etc	They used computer animation in the film.	73	7 Green
costume	n	'kɒstjʊm	a set of clothes worn by an actor or by someone to make them look like something such as an animal, famous person etc	My daughter wore a witch costume in the Halloween parade.	61	7 Green
dub	v	dʌb	to change the original spoken language of a film or television programme into another language	The British film was dubbed into French.	72	7 Green
expression	n	ɪk'spreʃən	a look on someone's face that shows what they are thinking or feeling	The expression on his face became more serious as he listened to her story.	57	7 Green
green screen	n	grɪn skri:n	a green background in front of which moving subjects are filmed and which allows a separately filmed background to be added to the final image	The video was filmed entirely in front of a green screen and the background effects were digitally inserted later.	-	7 Green
technique	n	tek'ni:k	a special way of doing something	Researchers hope to develop more accurate testing techniques.	57	7 Green
technological advances	n	,tekneɪ'ɒdʒɪk(ə)l əd'vɑ:nsɪz	a change, discovery, or invention that brings technological progress	The technological advances in modern medicine have saved many lives.	68	7 Green
trick	adj/n/v	trɪk	something you do in order to deceive someone	He didn't really lose his wallet – that's just a trick.	-/61/-	7 Green
be long gone	phr	bi: lɒŋ gɒn	be far in the past; having ended or disappeared at a distant time in the past	The days of sending information by fax are long gone.	-	7 Green
come a long way since	phr	kʌm et lɒŋ weɪ sɪns	to have made a lot of progress	Computer technology has come a long way since the 1970s.	70	7 Green
go from place to place	phr	gəʊ frəm pleɪs tə pleɪs	to go to many different places one after the other	When you go from place to place like that, you can't really get to know any of them.	-	7 Green
gone are the days when	phr	gɒn ə ðə deɪz wen	used to mean that what is being described was true once but is no longer true	Gone are the days when you would look in a phone book to find a number.	-	7 Green
significantly	adv	stɪŋ'nɪfɪkəntli	in an important way or to an important degree	Health problems can be significantly reduced by careful diet.	62	7 Green
extreme	adj	ɪk'stri:m	very great in degree	Extreme poverty still exists in many rural areas.	68	7 Green
life-threatening	adj	'laɪf θreɪtən_ɪŋ	a life-threatening situation, illness, or injury could cause a person to die	Slipping and injuring yourself in the bath is not only painful but life-threatening.	73	7 Green
(coastal) erosion	n	('kəʊstəl) i' rəʊʒən	the process by which rock or soil is gradually destroyed by wind, rain, or the sea	The maps show that the average rate of coastal erosion is about four metres per year.	73	7 Green
derelict	adj	'derəlɪkt	a derelict building or piece of land is in very bad condition because it has not been used for a long time	The derelict building was declared unsafe and marked for demolition.	79	7 Green
briefly	adv	'brɪ:flɪ	for a short time	We stopped off briefly in London before continuing for our destination.	59	7 Green
shortly	adv	'ʃɔ:tlɪ	soon	Ms Jones will be back shortly.	58	7 Green
damage	n	'dæmɪdʒ	physical harm that is done to something or to a part of someone's body, so that it is broken or injured	Too much sun can do severe damage to your skin.	56	7 Green
harm	n	hɑ:m	damage, injury, or trouble caused by someone's actions or by an event	They were afraid that he would do them some actual physical harm.	58	7 Green
decline	v	di:klaɪn	to decrease in quantity or importance	Spending on information technology has declined.	70	7 Green
reject	v	rɪ'dʒekt	to refuse to accept, believe in, or agree with something	Sarah rejected her brother's offer of help.	53	7 Green
lastly	adv	'lɑ:stli	used when telling someone the last thing at the end of a list or a series of statements	Lastly, could I ask all of you to keep this information secret.	67	7 Green

lie	v	laɪ	to be in a position in which your body is flat on the floor, on a bed etc	He was lying on the bed staring into the ceiling.	46	7 Green
lay	v	leɪ	to put someone or something down carefully into a flat position	He laid his hand on my shoulder.	64	7 Green
cope (with)	phr v	kəʊp (wɪð)	to succeed in dealing with a difficult problem or situation	Local authorities have to cope with the problems of homelessness.	60	7 Green
broke	adj	brəʊk	having no money	I can't pay you now – I'm broke.	77	7 Green
bounce	v	bəʊns	to jump up and down on a soft surface	Don't bounce on the bed.	70	7 Green
crawl	v	kroʊl	to move along on your hands and knees with your body close to the ground	The baby crawled across the floor.	67	7 Green
float	v	fləʊt	to stay or move on the surface of a liquid without sinking	Oil floats on water.	56	7 Green
grab	v	græb	to take hold of someone or something with a sudden or violent movement	I grabbed my bag and ran off.	-	7 Green
pop up	v	pɒp ʌp	to appear, sometimes unexpectedly	Click here, and a list of files will pop up.	65	7 Green
rush	v	rʌʃ	to move very quickly, especially because you need to be somewhere very soon	There's no need to rush – we have plenty of time.	62	7 Green
slide	v	slaɪd	to move smoothly over a surface while continuing to touch it, or to make something move in this way	The children were sliding along the ice.	64	7 Green
wander	v	'wɒndə	to walk slowly across or around an area, usually without a clear direction or purpose	I'll wander around the mall for half an hour.	67	7 Green
exclaim	v	ɪk 'skleɪm	to say something suddenly and loudly because you are surprised, angry, or excited	'No!' she exclaimed in shock.	73	7 Green
enquire	v	ɪn 'kwaɪə	to ask someone for information	'Why are you doing that?' the boy enquired.	66	7 Green
shriek	v	'fri:k	to make a very high loud sound, especially because you are afraid, angry, excited, or in pain	Pam shrieked when she saw a mouse.	79	7 Green
whisper	v	'wɪspə	to speak or say something very quietly, using your breath rather than your voice	You don't have to whisper, no one can hear us.	64	7 Green
yell	v	jel	to shout or say something very loudly, especially because you are frightened, angry, or excited	'Help me!' she yelled hysterically.	63	7 Green
mumble	v	'mʌmbəl	to say something too quietly or not clearly enough, so that other people cannot understand you	He bumped into someone and mumbled an apology.	77	7 Green
venue	n	'venju:	a place where an organised meeting, concert etc takes place	The first thing to do when you're organising a wedding is to book a venue.	55	7 Green
storey	n	'stɔ:ri	a floor or level of a building	Since it was a six-storey building, the developer decided to install a lift.	64	7 Green
brick	n	brɪk	a hard block of baked clay used for building walls, houses etc	A house made of brick tends to be cooler in the summer.	47	7 Green
construction	n	kən'strʌkʃən	something that has been built	This house is a perfect example of a modern construction which still looks warm and cosy.	59	7 Green
lobby	n	'lɒbi	a wide passage or large hall just inside the entrance to a public building	The restroom is in the lobby, just to the right of the reception desk.	58	7 Green
setting	n	'setɪŋ	the place where something is or where something happens, and the general environment	Cyprus is the perfect setting for a beach holiday.	68	7 Green
atmosphere	n	'ætməsfə	the feeling that an event or place gives you	The hotel had a lovely relaxed atmosphere.	58	7 Green
terrace	n	'terəs	a flat outdoor area next to a building or on a roof, where you can sit outside to eat, relax etc	The hotel has a roof terrace with a wonderful view of the sea.	72	7 Green
closely associated	adv + adj coll	'kleʊsli ə'səʊʃɪətɪd	things that are closely associated have some properties which link them in a meaningful way	No holiday is more closely associated with music than Christmas.	76	8 Yellow
closely linked	adv + adj coll	'kleʊsli lɪŋkt	things that are closely linked are connected to a high degree in some way	A successful career is often closely linked with a high salary.	-	8 Yellow
closely related	adv + adj coll	'kleʊsli rɪ'leɪtɪd	things that are closely related are connected to a high degree in some way	Scientists now believe that the three events could be closely related.	70	8 Yellow
completely different	adv + adj coll	kəm'pli:tli 'dɪfrənt	not like something or someone else, or not like before	The place looks completely different now.	57	8 Yellow
completely normal	adv + adj coll	kəm'pli:tli 'nɔ:məl	usual, typical, or expected	It's completely normal to feel nervous before an exam.	57	8 Yellow
completely separate	adv + adj coll	kəm'pli:tli 'sepərt	not related to or not affected by something else	He tries to keep his professional life completely separate from his private life.	58	8 Yellow
deeply affected	adv + adj coll	'di:pli ə'fektɪd	1) influenced in a harmful way, e.g. by climate or disease 2) (of the mind or feelings) impressed, moved, touched	She was deeply affected by their generosity.	-	8 Yellow
deeply concerned	adv + adj coll	'di:pli kən'sɜ:nd	very worried about something	Sarah is deeply concerned about your safety.	66	8 Yellow
deeply hurt	adv + adj coll	'di:pli hɜ:t	very upset or unhappy because someone has said or done something unkind, dishonest, or unfair	Alice was deeply hurt that she hadn't been invited.	82	8 Yellow
fully awake	adv + adj coll	'fʊli ə'weɪk	completely awake = not sleeping	I'm never fully awake until I've had a cup of coffee.	60	8 Yellow

fully aware	adv + adj coll	'fuli ə'weə	if you are aware that a situation exists, you realise or know that it exists	They were fully aware that the company was losing money.	63	8	Yellow
fully responsible	adv + adj coll	'fuli ri'spɒnsəbəl	responsible with respect to all aspects of a situation	The department head is fully responsible for all projects in this area.	56	8	Yellow
fully understand	adv + adj coll	'fuli ,ʌndə'stænd	to know the meaning of what someone is telling you	I didn't fully understand the consequences of my actions at the time.	60	8	Yellow
highly effective	adv + adj coll	'haɪli ɪ'fektɪv	working well and producing the results that were intended	This is a highly effective cure for a headache.	63	8	Yellow
highly likely	adv + adj coll	'haɪli 'laɪkli	something that is likely will probably happen or is probably true	Snow showers are highly likely tomorrow.	63	8	Yellow
highly unusual	adv + adj coll	'haɪli ʌn'ju:ʒuəl	very different from what is usual or normal	We had snow in June, which is highly unusual.	63	8	Yellow
incredibly interesting	adv + adj coll	ɪn'kredəbli 'ɪntrɪstɪŋ	interesting to a very high degree	Mark found the experiment to be incredibly interesting since it was in his field of expertise.	62	8	Yellow
widely believed (to be)	adv + adj coll	'wɪdli bɪ'li:vɪd (tu: bi:)	believed by a lot of people	At one time it was widely believed that the sun revolved around the Earth.	57	8	Yellow
widely considered (to be)	adv + adj coll	'wɪdli kən'sɪdəd (tu: bi:)	generally or commonly thought (to be) to be famous or known about by a lot of people	The Mona Lisa is widely considered to be one of the greatest paintings of all time.		8	Yellow
widely known (for)	adv + adj coll	'wɪdli nəʊn (fɔ:)	because of something	Doctor Samuel is widely known for discovering a cure for that disease.	59	8	Yellow
a balanced diet	n	ə'beɪlənst 'daɪət	a diet including all the types of food that people need	It is important for your health to have a balanced diet.	57	8	Yellow
a healthy lifestyle	n	ə'heɪli 'laɪf'staɪl	a way of living that helps to keep and improve people's health and well-being	Regular exercise is part of a healthy lifestyle.	63	8	Yellow
ingredient	n	ɪn'grɪ:diənt	one of the foods that you use to make a particular food or dish	Combine all the ingredients in a large bowl.	58	8	Yellow
mental well-being	n	'mentl wel-'bi:ɪŋ	a feeling of being comfortable in mind, healthy, and happy	It's very important for your mental well-being to have a good work-life balance.	70	8	Yellow
physical well-being	n	'fɪzɪkəl wel-'bi:ɪŋ	a feeling of being healthy, fit and physically capable	After the skiing accident, doctors were focused on the patient's physical well-being.	70	8	Yellow
sunlight	n	'sʌnlɑ:t	natural light that comes from the sun	The water sparkled in the bright sunlight.	62	8	Yellow
vitamin	n	'vɪtəmɪn	a chemical substance in food that is necessary for good health	Try to eat foods that are rich in vitamins and minerals.	65	8	Yellow
considerable	adj	kən'sɪdərəbəl	fairly large, especially large enough to have an effect or be important	We've saved a considerable amount of money.	68	8	Yellow
memorable	adj	'memərəbəl	very good, enjoyable, or unusual, and worth remembering	We want to make this a truly memorable day for the children.	65	8	Yellow
recognisable	adj	'rekəgnəzəbəl	able to be recognised or identified from previous encounters or knowledge	The Eiffel Tower in Paris is an instantly recognisable landmark.		8	Yellow
understandable	adj	ʌndə'stændəbəl	understandable behaviour, reactions etc seem normal and reasonable because of the situation you are in	Of course she's upset. It's a perfectly understandable reaction.	66	8	Yellow
apparent	adj	ə'pærənt	easy to notice	It soon became apparent that we had a major problem.	71	8	Yellow
evident	adj	'evɪdənt	easy to see, notice, or understand	It was evident that she was unhappy.	70	8	Yellow
significant	adj	stɪ'gnɪfɪkənt	having an important effect or influence, especially on what will happen in the future	Please inform us if there are any significant changes in your plans.	53	8	Yellow
violent	adj	'vaɪələnt	aggressive; likely to attack, hurt or kill people	My father was a violent and dangerous man.	57	8	Yellow
cheeky	adj	'tʃi:ki	rude or disrespectful, sometimes in a way that is amusing	I don't like teaching that class – the kids are all so cheeky.	72	8	Yellow
chilly	adj	'tʃɪli	chilly weather or places are cold enough to make you feel uncomfortable	The mornings in September can already be quite chilly.	69	8	Yellow
smiley	adj	'smɑ:li	smiling; cheerful	Her smiley face always cheered me up on Monday mornings.		8	Yellow
stormy	adj	'stɔ:mi	with strong winds, heavy rain, and dark clouds	We should head home – the sky is starting to look stormy.	63	8	Yellow
tricky	adj	'trɪki	something that is difficult to deal with or do because it is complicated and full of problems	I can get you tickets for the show but it'll be tricky.	66	8	Yellow
wealthy	adj	'welθi	having a lot of money, possessions etc	He left as a poor, working class boy and returned as a wealthy man.	60	8	Yellow
(maintain a) bond	n	(meɪn'teɪn et) bɒnd	a bond is something that unites two or more people or groups, such as love, or a shared interest or idea	My best friend and I have had a strong bond ever since the first day of middle school.	71	8	Yellow
emoji	n	ɪ'məʊdʒi	an icon, similar to an emoticon, used in electronic messages and on websites, originally in Japan	Young people tend to use emojis when they text much more than older people.		8	Yellow
facial expression	n	'feɪʃəl ɪk'spreʃən	a look on someone's face that shows what they are thinking or feeling	Her facial expression said that she didn't like our idea.	57	8	Yellow
friendship	n	'frendʃɪp	a relationship between friends	Friendship often develops on the basis of shared interests.	60	8	Yellow
have something in common with (someone)	phr	hæv 'sʌmθɪŋ ɪn 'kɒmən wɪð ('sʌmwʌn)	to have the same interests, attitudes etc as someone else	After a longer discussion, I found I had a lot in common with these people.	55	8	Yellow

get in touch (with someone)	v	get ɪn tʌʃ (wɪð 'sʌmwʌn)	start talking or writing to someone	Can I have your phone number in case I need to get in touch with you?	52	8	Yellow
mess around (with)	v	mes ə 'raʊnd (wɪð)	to spend time lazily, doing things slowly and in a way that is not planned	He spent his vacation messing around on the farm.	65	8	Yellow
(mutual) respect	n	('mju:tʃʊəl) rɪ 'spekt	knowledge, or skills	Their relationship is based on mutual respect.	54	8	Yellow
social skills	n	'səʊʃəl skɪlz	the skills that are necessary in order to communicate and interact with others	He's not liked in school because of his poor social skills.	53	8	Yellow
(mutual) trust	n	('mju:tʃʊəl) trʌst	a strong belief in the honesty, goodness etc of someone or something	At first there was a lack of trust between them.	59	8	Yellow
adapt	v	ə 'dæpt	to gradually change your behaviour and attitudes in order to be successful in a new situation	The children are finding it hard to adapt to the new school.	63	8	Yellow
climate change	n	'klaɪmət tʃeɪndʒ	a permanent change in the Earth's weather conditions	The President called for urgent action on climate change.	58	8	Yellow
darkness	n	'dɑ:knes	when there is no light	The lamp suddenly went out, leaving us in darkness.	62	8	Yellow
daylight	n	'deɪlaɪt	the light produced by the sun during the day	They're shy animals and don't often come out in daylight.	65	8	Yellow
frost	n	frost	very cold weather, when water freezes	Even in May we can sometimes get a late frost.	66	8	Yellow
get bitten	v	get 'bɪtn	if you get bitten by an insect, it injures you by making a small hole in your skin	Mosquitoes seem to like my blood so I get bitten a lot!	-	8	Yellow
growth	n	grəʊθ	the development of the physical size, strength etc of a person, animal, or plant over a period of time	Vitamins are essential for healthy growth.	50	8	Yellow
habitat	n	'hæbɪtæt	the natural home of a plant or animal	She studies gorillas in their natural habitat.	63	8	Yellow
hedge	n	hedʒ	a row of small bushes or trees growing close together, usually dividing one field or garden from another	She kicked the ball so hard that it flew over the hedge and into the neighbour's garden.	59	8	Yellow
hedgehog	n	'hedʒhɒg	a small brown European animal whose body is round and covered with sharp needle-like spines	In many countries, hedgehogs are protected animals.	75	8	Yellow
hurricane	n	'hʌrəkən	a storm that has very strong fast winds and that moves over water	The state of Florida was hit by a hurricane that did serious damage.	63	8	Yellow
loss (of)	v	lɒs (ɒv)	the fact of no longer having something, or of having less of it than you used to have, or the process by which this happens	The disease causes fever and a loss of appetite.	61	8	Yellow
mate	v	meɪt	(of animals or birds) come together for breeding	Zoo officials are hoping the pandas will mate.	70	8	Yellow
mosquito	n	mə 'ski:təʊ	a small flying insect that sucks the blood of people and animals, sometimes spreading the disease malaria	Some types of mosquito transmit malaria to humans.	66	8	Yellow
nest	n/v	nest	a place made or chosen by a bird to lay its eggs in and to live in	Young eagles leave the nest after only two months.	62/74	8	Yellow
significantly	adv	stɪg'nɪfɪkəntli	Health problems can be significantly reduced by careful diet.		62	8	Yellow
species	n	'spi:ʃi:z	in an important way or to an important degree	Seven species of birds of prey have been observed.	60	8	Yellow
cost a fortune	phr	kɒst ə 'fɔ:ʃən (tu: bi: 'eɪbl tu:) kaʊnt	a group of animals or plants whose members are similar and can breed together to produce young animals or plants	It'll cost a fortune if we go by taxi.	57	8	Yellow
(to be able to) count on one hand	phr	hæv ə 'jeəd 'hɪstəri wɪð 'sʌmwʌn	used to emphasise that something is scarce, lacking, or rare	She could count on one hand the people she actually enjoyed spending time with.	-	8	Yellow
have a shared history with someone	phr	ki:p ən ət aʊt fə 'sʌmwʌn	Kevin and I have a shared history of competing successfully at university.		-	8	Yellow
keep an eye out for someone	phr	ki:p ən ət aʊt fə 'sʌmwʌn	to have spent time together in the past	They should be arriving any minute, so keep an eye out for them.	-	8	Yellow
claim on (insurance)	v	kleɪm ɒn (ɪn 'ʃʊərəns)	to officially demand or receive money from an organisation because you have a right to it	You can claim on the insurance if you have an accident while on holiday.	63	8	Yellow
noticeably	adv	'nəʊtɪsəbɪl	in a way that is easily seen or noticed	She has become noticeably more confident.	-	8	Yellow
overcooked	adj	ˌəʊvə kʊkt	cooked for too long	The chicken was overcooked and dry.	-	8	Yellow
overlook	v	ˌəʊvə lʊk	to not notice something, or not see how important it is	It is easy to overlook a small detail like that.	66	8	Yellow
overdo	v	ˌəʊvə du:	to do something in a way that is too extreme	He thinks that he probably overdid it in the gym tonight.	78	8	Yellow
oversleep	v	ˌəʊvə sli:p	to sleep for longer than you intended	Sorry I'm late. I overslept.	81	8	Yellow
overworked	adj	ˌəʊvə wɜ:k	made to work too hard or too much	I'd been six months without any holiday, and I was tired and overworked.	74	8	Yellow
overthink	v	ˌəʊvə θɪŋk	to think about something too much, in a way that is not useful	I overthink everything and worry too much.	-	8	Yellow
overcharge	v	ˌəʊvə tʃɑ:dʒ	to charge someone too much money for something	They were being overcharged for cheap materials.	78	8	Yellow
overestimate	v	ˌəʊvə estəmeɪt	to think something is better, more important etc than it really is	He tends to overestimate his own abilities.	78	8	Yellow

immunity	n	ɪ'mju:nəti	when someone cannot get a disease	Babies fed on breast milk have more immunity to infection.	69	8 Yellow
rejection	n	rɪ'dʒekʃən	the act of not accepting, believing in, or agreeing with something	What are the reasons for his rejection of the theory? He is old and unpopular. Furthermore, he has at best only two years of political life ahead of him.	64	8 Yellow
furthermore	adv	ˌfɜːðə'mɔː	in addition to what has already been said	Owing to a lack of funds, the project will not continue next year.	65	8 Yellow
owing to	phr	ˈəʊɪŋ tuː	because of something		71	8 Yellow
vital	adj	ˈvaɪtəl	extremely important and necessary for something to succeed or exist	The work she does is absolutely vital.	68	8 Yellow
nutrition	n	njuːˈtrɪʃən	the process of giving or getting the right type of food for good health and growth	Nutrition and exercise are essential to fitness and health.	66	8 Yellow
nutrient	n	ˈnjuːtrɪənts	a chemical or food that provides what is needed for plants or animals to live and grow	The plant absorbs nutrients from the soil.	74	8 Yellow
vitally important	phr	ˈvaɪtəli ɪmˈpɔːtənt	very important or necessary for something	A sensible diet is vitally important if you want to remain in good health.	77	8 Yellow
carbon dioxide	coll	ˈkɑːbən daɪˈɒksaɪd	the gas formed when carbon is burned, or when people or animals breathe out	The increased use of natural gas will help reduce carbon dioxide emissions.	60	8 Yellow
coastal town	coll	ˈkəʊstəl taʊn	a town on the land near the coast	Brighton is a coastal town with significant tourist business.	57	8 Yellow
endangered species	coll	ɪnˈdeɪndʒəd ˈspiːʃɪz	an endangered animal, bird etc is one that may soon no longer exist because there are so few of them	These lizards are classed as an endangered species.	74	8 Yellow
organic fruit	coll	ɔːˈɡæɪnɪk fruːt	fruit grown without using artificial chemicals	Once a week I make a special trip to the open market to buy organic fruit.	67	8 Yellow
rural area	coll	ˈruərəl ˈeəriə	countryside; area located outside towns and cities	Their cottage is in a peaceful rural area.	56	8 Yellow
tropical storm	coll	ˈtrɒpɪkəl stɔːm	a localized, very intense low-pressure wind system, forming over tropical oceans and with winds of hurricane force	The tropical storm smashed through the Bahamas.	63	8 Yellow