

12 Body and mind

Glossary

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- 12.1 gathering** (n) /'gæðərɪŋ/
a meeting of people with a common interest • *We're looking forward to a family gathering at New Year.* > gather (v) ❖ تجمع
- 12.2 similar** (adj) /'sɪmələ(r)/
like sb/sth but not the same • *The two cousins look similar. They both have dark hair and blue eyes.* > similarly (adv), similarity (n)
❖ متشابه ✎ similar to sb/sth

Reading Pages 138–139

- 12.3 organ** (n) /'ɔ:gən/
a part of the body that has a particular function • *The heart is an essential organ in the body and you cannot live without it.* ❖ عضو
- 12.4 heart** (n) /hɑ:t/
the organ that sends blood around the body • *Her heart was beating fast with excitement.* ❖ قلب
- 12.5 lung** (n) /lʌŋ/
one of the two organs in your chest that you breathe with • *He has got pneumonia and his lungs are in a bad state.* ❖ رئة
- 12.6 brain** (n) /breɪn/
the organ in your head that you think with and that controls your body • *Human babies have big brains in relation to their bodies.* > brainy (adj) ❖ مُخ
- 12.7 skin** (n) /skɪn/
the organ that covers the body • *Don't sunbathe for too long as the sun may burn your skin.* ❖ بشرة/جلد
- 12.8 bone** (n) /bəʊn/
the hard parts of the body that form the skeleton • *Larry fell off his bike and broke two bones in his foot.* > boney (adj)
❖ عظام
- 12.9 weight** (n) /weɪt/
how heavy sb/sth is • *An average male African elephant can grow to a weight of over 6,000 kilos.* > weigh (v) ❖ وزن
- 12.10 weigh** (v) /weɪ/
to have a particular weight; to measure how heavy sb/sth is • *Your brother should eat more. He only weighs 50 kilos.* > weight (n) ❖ يزن
- 12.11 on average** (phr) /ɒn 'ævərɪdʒ/
generally • *On average, men are taller than women.* ❖ عموماً
- 12.12 microscopic** (adj) /maɪkrə'skɒpɪk/
tiny • *The cells in our body are microscopic so you can't see them using just your eyes.* > microscope (n) ❖ مجهري
- 12.13 nerve** (n) /nɜ:v/
the parts of the body that carry signals from the brain to the other organs and to the muscles • *I damaged a nerve in my arm when I was playing tennis.* > nervous (adj) ❖ أعصاب
- 12.14 cell** (n) /sel/
the smallest part of a living thing • *There are millions of cells in your body.* ❖ خلية
- 12.15 neuron** (n) /'nʊərɒn/
a cell which is part of the nervous system • *Without neurons our brains would not function.* ❖ الخلايا العصبية
- 12.16 breathe** (v) /bri:ð/
to take air into your lungs and send it out again through your nose or mouth • *Let's go to the countryside tomorrow and breathe some fresh air.* > breath (n) ❖ يتنفس
- 12.17 blink** (v) /blɪŋk/
to close and open your eyes quickly • *When I came out of the cave, the bright light made me blink.* > blink (n) ❖ يرمش
- 12.18 make sense of** (phr) /meɪk sens ɒv/
to understand • *I can't make sense of these instructions because they are so badly written!* ❖ يفهم
- 12.19 race** (v) /reɪs/
to move quickly • *The doctor raced to the emergency room to help a man who had had a heart attack.* > race (n) ❖ يتسابق
- 12.20 shake off** (phr v) /ʃeɪk ɒf/
to be free of sb/sth that is causing you difficulty • *There's a fly on your head, so try to shake it off and make it go away.* ❖ يتخلص من
- 12.21 sensory** (adj) /'sensəri/
relating to the senses • *The brain receives signals from the sensory organs such as the eyes and the tongue.* > sense, sensor (n)
❖ حسي / شعوري
- 12.22 light bulb** (n) /laɪt bʌlb/
the glass object inside a lamp that produces light • *I have to change the light bulb in my bedroom.* ❖ مُصباح كهربائي

- 12.23 chemical** (n) /'kemɪkl/
a substance resulting from a reaction between two substances • *There are many chemicals in processed foods so I don't eat them.*
> chemical (adj), chemist (n) ❖ كيميائي
- 12.24 solve** (v) /sɒlv/
to find a way to do sth • *Talking to a friend might help you find a way to solve your problem.* > solution (n) ❖ يحل
- 12.25 after all** (phr) /'ɑːftər ɔːl/
used when you are giving a reason or explaining sth • *Don't apologise. After all, it's just a minor accident.* ❖ بعد كل شيء
- 12.26 mood** (n) /muːd/
the way you feel at a particular time • *Mum is in a bad mood because she's got a headache.*
> moody (adj) ❖ مزاج

- 12.35 sore** (adj) /sɔː(r)/
sth which gives pain because of illness or injury • *I carried some heavy boxes yesterday and now I have a sore back.* > soreness (n) ❖ مؤلم
- 12.36 painful** (adj) /'peɪnfl/
causing the feeling that you have been hurt • *She hit her leg and now it's very painful.*
> painfully (adv), pain (n) ❖ مؤلم
📌 Opp: painless
- 12.37 eyebrow** (n) /'aɪbrəʊ/
the line of hair above your eye • *We show feelings with our eyebrows by moving them up and down.* ❖ حاجب
- 12.38 beard** (n) /'biəd/
hair that grows on a man's cheeks and chin • *Santa Claus has got a long white beard.*
❖ لحية
- 12.39 sneeze** (v) /sniːz/
to suddenly blow air out of your nose • *I've had a cold for three days and can't stop sneezing.* > sneeze (n) ❖ عطس
- 12.40 cough** (v) /kɒf/
to force air from your lungs • *Please put your hand in front of your mouth when you cough.*
> cough (n) ❖ سعال /كحة
- 12.41 right-handed** (adj) /raɪt-'hændɪd/
using your right hand in preference to your left to do things • *I write with my right hand because I'm right-handed.* ❖ أيمن
📌 Opp: left-handed
- 12.42 automatically** (adv) /ɔːtə'mætɪkli/
without needing sb to do sth to make an action happen • *The lights went on automatically when they entered the house.* ❖ بصورة تلقائية
- 12.43 swallow** (v) /'swɒləʊ/
when sth goes from your mouth to your stomach • *Drink some water to help you swallow the medicine.* ❖ يبتلع
- 12.44 stomach** (n) /'stʌmək/
the organ where food goes when you swallow it • *I must have eaten something bad because my stomach really aches.* ❖ معدة

Vocabulary Page 140

- 12.27 elbow** (n) /'elbəʊ/
the joint that connects the lower part of your arm to the upper part • *I hit my elbow on the table when I stood up and it really hurt.*
❖ كوع
- 12.28 heel** (n) /hiːl/
the back part of your foot • *These new trainers rub against my heels and hurt my feet when I'm running.* ❖ كاحل
- 12.29 lip** (n) /lɪp/
one of the two soft edges on the outside of your mouth • *She lifted the water bottle to her lips and took a drink.* ❖ شفاه
- 12.30 shoulder** (n) /'ʃəʊldə(r)/
the part of your body between the top of your arm and your neck • *He hurt his shoulder playing basketball.* ❖ كتف
- 12.31 thumb** (n) /θʌm/
the short, thick finger on the side of your hand • *Humans can pick things up and hold them because they have fingers and thumbs.*
❖ إبهام
- 12.32 toe** (n) /təʊ/
one of the five parts like small fingers on the end of your foot • *I hit my foot on the leg of the table and I almost broke my big toe.*
❖ إصبع قدم
- 12.33 chin** (n) /tʃɪn/
the part of your face under your mouth • *Dad has grown a short beard on his chin and my mum doesn't like it.* ❖ ذقن
- 12.34 forehead** (n) /'fɔːhed/
the part of your head between your eyes and your hair • *Dad rubbed his forehead while he was thinking.* ❖ جبهة

Parts of the face

beard	eyebrow	lip
chin	forehead	

Parts of the body

bone	lung	skin
brain	nerve	stomach
cell	neuron	thumb
collar bone	organ	toe
elbow	shoulder	
heart	skeleton	

Grammar Page 141

- 12.45 straw hat** (n) /'strɔː hæʔ/ a hat made from dried stems of wheat or other plants • *She wore a large straw hat to protect her head from the sun.* ❖ قبعة من القش
- 12.46 gorgeous** (adj) /'gɔːdʒəs/ very attractive • *You look gorgeous in that red dress.* ❖ خلّاب
- 12.47 rollercoaster** (n) /'rɒləkəʊstə(r)/ a track with very steep slopes, which people ride on in a small train at amusement parks • *Janine got scared on the rollercoaster because she hates going really fast.* ❖ أفعوانية (لعبة في الملاهي)
- 12.48 funfair** (n) /'fʌnfɛə(r)/ an area with organised fun rides and games • *They love going to the funfair and especially going on the rollercoaster.* ❖ مدينة ملاه
- 12.49 healthily** (adv) /'helθɪli/ in a way that is good for sb's health • *I've started eating more healthily by having less bread and more fresh fruit.* > health (n), healthy (adj) ❖ بشكل صحي ❖ Opp: unhealthily
- 12.50 webinar** (n) /'webɪnɑː(r)/ an online class or meeting for a small group of people • *The university is holding a webinar for science teachers next week.* ❖ ويبينار

Listening Page 142

- 12.51 step** (v) /step/ to lift your foot and move it to put it down in another place • *My boots were dirty because I stepped in some mud.* > step (n) ❖ خطوة
- 12.52 nail** (n) /neɪl/ a thin piece of metal with a sharp point at one end, used to join things together • *She put a nail in the wall to hang a painting on it.* > nail (v) ❖ أظافر
- 12.53 disability** (n) /dɪsə'bɪlɪti/ an illness or injury of the body • *The Paralympics are an inspirational sports event for people with disabilities.* > disabled (adj) ❖ إعاقة

Speaking Page 143

- 12.54 lifestyle** (n) /'laɪfstɑɪl/ the way that you choose to live • *People in central Africa have a different lifestyle from those in Europe because the weather is hotter.* ❖ أسلوب حياة

- 12.55 baking** (n) /'beɪkɪŋ/ preparing food and then cooking it in an oven • *Christina enjoys baking and she makes bread for all her family and friends.* > bake (v), baker (n) ❖ طهي
- 12.56 diet** (n) /'daɪət/ the food you normally eat and drink • *A diet rich in vegetables, fruit and olive oil is good for you.* > diet (v) ❖ نظام غذائي

Vocabulary Page 144

- 12.57 recover** (v) /rɪ'kʌvə/ get better from an illness • *Luke has recovered from his bad cold and now he feels much better.* > recovery (n) ❖ يشفي
- 12.58 tablet** (n) /'tæblɪt/ a pill • *If you have a headache, take two of these tablets and it will go away.* ❖ جهاز لوحي

LOOK!

The word **tablet** has two meanings.

- *The doctor told me to take two **tablets** a day.* (= pill, medicine)
- *She checks her emails on her **tablet** while she's on the train.* (= a small, flat computer that is controlled by touching the screen)

- 12.59 injury** (n) /ɪndʒəri/ damage to part of a person's or an animal's body caused by an accident or attack • *He had a car accident, but luckily his injuries weren't serious.* > injure (v) ❖ جرح
- 12.60 operation** (n) /ɒpə'reɪʃn/ cutting into sb's body to repair a part or remove it • *Nancy has broken her arm badly in three places and she needs an operation to fix it.* > operate (v) ❖ عملية جراحية
- 12.61 illness** (n) /'ɪlnɪs/ a disease • *Cancer is a very serious illness.* > ill (adj) ❖ مرض
- 12.62 prescription** (n) /prɪ'skrɪpʃn/ a piece of paper which a doctor writes saying what medicine sb needs so that they can get it from a pharmacist • *Sally had a throat infection, so the doctor gave her a prescription for some tablets.* > prescribe (v) ❖ وصفة طبية
- 12.63 pharmacy** (n) /'fɑːməsi/ a shop where you can buy medicines • *Judy bought some suncream from the pharmacy.* > pharmacist (n) ❖ صيدلية ❖ Syn: chemist's
- 12.64 earache** (n) /'ɪərətʃ/ a pain in the ear • *You should contact the doctor tomorrow if the earache continues.* ❖ ألم الأذن

- 12.65 flu** (n) /fluː/
an illness that makes you feel tired and weak, makes you cough and gives you a sore throat
• *If you've got the flu, you should stay in bed.*
❖ إنفلونزا NB: *flu* is the abbreviated form of *influenza*
- 12.66 injured** (adj) /'ɪndʒəd/
hurt • *The climber needed help to get down the mountain because of his injured ankle.*
> injury (n), injure (v) ❖ مُصاب
- 12.67 sore throat** (n) /sɔː θrəʊt/
when the area at the back of your mouth and inside your neck hurts • *A spoonful of honey might help your sore throat go away.*
❖ التهاب الحلق
- 12.68 lose weight** (phr) /luːz weɪt/
to have less weight than before • *Dana lost a lot of weight when she was ill and couldn't eat.*
❖ يفقد الوزن
- 12.69 put on weight** (phr) /pʊt ɒn weɪt/
to become heavier than before • *Sotiria is putting on weight because she's going to have a baby soon.* ❖ يزداد وزنه
- 12.70 catch a cold** (phr) /kætʃ ə kəʊld/
to get an illness that affects the nose and throat with coughing or sneezing • *I can't stop sneezing! I think I've caught a cold.*
❖ يُصاب بالبرد
- 12.71 go on a diet** (phr) /gəʊ ɒn ə 'daɪət/
to eat less food or different food in order to lose weight • *He went on a diet and lost six kilos.* ❖ يلتزم بنظام غذائي
- 12.72 keep fit** (phr) /ki:p fɪt/
to do exercise to stay fit • *Martha goes to ballet lessons to keep fit.*
❖ يحافظ على لياقته البدنية
- 12.73 ambulance** (n) /'æmbjələns/
a vehicle that takes injured or sick people to hospital • *Someone called an ambulance to take the injured person to hospital.*
❖ إسعاف

Injuries and illnesses

ambulance	operation
disability	pharmacy
earache	prescription
flu	recover
illness	sore throat
injured	tablet
injury	

Expressions

catch a cold	lose weight
do meditation	make sense of
go on a diet	put on weight
keep fit	

Grammar Page 145

- 12.74 collarbone** (n) /'kɒlə bæʊn/
one of the pair of bones that go from the bottom part of your neck to your shoulders
• *He broke his collarbone playing rugby.*
❖ الترقوة

Writing Pages 146–147

- 12.75 recipe** (n) /'resəpi/
instructions for how to cook sth • *Can you give me your recipe for chocolate cake?*
❖ وصفة طعام
- 12.76 summarise** (v) /'sʌməraɪz/
say in a few words • *In the last paragraph of your composition, you should summarise your main ideas in a few words.* > summary (n)
❖ يُلخص
- 12.77 awake** (adj) /ə'weɪk/
not sleeping • *I got up early this morning, so I've been awake since 6 a.m.* > awaken (v)
❖ يستيقظ
- 12.78 routine** (n) /ruː'tiːn/
a pattern of doing the same things regularly
• *His daily routine includes doing his homework after lunch and finishing it before dinner.* ❖ نمط
- 12.79 meditation** (n) /,medɪ'teɪʃn/
the act of focussing your thoughts in a quiet place to clear your mind and relax • *He sat looking at the sea for a few minutes and did some meditation to calm his mind.*
> meditate (v), meditative (adj) ❖ تأمل

Video Page 148

- 12.80 uncomfortable** (adj) /ʌn'kʌmfɪtəbl/
not feeling physically or mentally relaxed
• *He felt uncomfortable about speaking in an oral exam for the first time.*
❖ غير مُريح Opp: comfortable
- 12.81 privilege** (n) /'prɪvɪlɪdʒ/
a special advantage • *In the past, education was a privilege for the rich only.*
> privileged (adj) ❖ امتياز/حق ممنوح
- 12.82 rank** (n) /ræŋk/
the position of sb in an organisation or in society based on importance • *She had good experience and qualifications, so she was given a high rank in the army.* > rank (v)
❖ رتبة

12.83 specific (adj) /spə'sɪfɪk/
particular • *There are specific instructions to follow for this recipe.* > specify (v), specification (n), specifically (adv)
❖ مُحدد

12.84 struggle (n) /'strʌgl/
something very difficult to do • *It was a struggle to get into university, but he managed it.*
> struggle (v) ❖ يُكافح

12.85 position (n) /pə'zɪʃn/
a job or social level • *He worked in the company for years before reaching the position of manager.* ❖ منصب

12.86 powerful (adj) /'paʊəfʊl/
very strong • *A dog's powerful sense of smell helps it find illegal objects in people's luggage.*
> powerfully (adv), power (n) ❖ قوي للغاية