

4 It fits like a glove

Glossary

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- 4.1 fit like a glove** (expr) /fɪt laɪk ə glʌv/
fit perfectly and comfortably • *My new swimsuit fits like a glove.* ❖ يكون ملائمًا تمامًا
- 4.2 dramatic** (adj) /drə'mætrɪk/
sudden and surprising • *His new hair style made a dramatic change to his appearance.*
> dramatically (adv), drama (n) ❖ مُفَاجِئٌ
- 4.3 creation** (n) /kri'eɪʃn/
sth that has been made, especially showing artistic skill or imagination • *This painting was the artist's first creation.* > create (v), creator, creativity (n), creative (adj), creatively (adv)
❖ اِبْتِدَاع (تَخْلِيق)
- 4.4 casual** (adj) /'kæʒuəl/
everyday, not formal • *You can wear casual clothes because it isn't a formal meeting.*
> casually (adv) ❖ ملابس غير رسمية
📎 Opp: formal
- 4.5 meet-up** (n) /'mi:tʌp/
a social meeting • *We usually have a family meet-up with our cousins once a month.*
> meet up (phr v) ❖ لقاء على مواقع التواصل
📎 Also: meetup
- 4.6 formal** (adj) /'fɔ:ml/
serious and official • *She made a formal complaint about the service at the restaurant.*
> formally (adv) ❖ رسمي 📎 Opp: informal, casual

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- 4.7 constant** (adj) /'kɒnstənt/
continual • *The constant traffic noise kept them awake all night.* > constantly (adv)
❖ ثَابِت (مُتَوَاصِل)
- 4.8 critic** (n) /'krɪtɪk/
sb whose job is to judge the good and bad qualities of art, music, films, etc. • *Critics gave the film very bad reviews.* > criticise (v), critical (adj) ❖ نَاقِد
- 4.9 reviewer** (n) /rɪ'vju:ə(r)/
sb who writes a review that gives an opinion about a new film, book, play, performance • *Most of the reviewers recommend the book.*
> review (v, n) ❖ مُرَاجِع
- 4.10 narrate** (v) /nə'reɪt/
tell a story • *Our guide narrated the history of the building and its artworks.* > narrator, narration (n), narrative (adj, n) ❖ يروي (يسرد)
- 4.11 motivation** (n) /,məʊtɪ'veɪʃn/
the reason why sb wants to do sth • *What gave you motivation to become an artist?*
> motivate (v), motivating, motivated (adj)
❖ دافعية (تحفيز)
- 4.12 innovative** (adj) /ɪ'nɒvətɪv/
clever and new • *There are some innovative machines in this shop.* > innovate (v), innovation (n) ❖ حَدِيث (إِبْدَاعِي)
- 4.13 impact** (v) /ɪm'pækt/
have a strong effect on sb/sth • *The economic crisis has impacted most people's lives.*
❖ أثار (تأثير)
- 4.14 age-old** (adj) /,eɪdʒ 'əʊld/
which has existed for a long time • *The festival celebrations combined age-old traditions with modern music and dance.* ❖ أَزَلِي (بالي/عَتِيق)
- 4.15 imitate** (v) /ɪ'mɪteɪt/
copy how sb/sth looks or behaves • *Each performer in the talent show tried to imitate a singer they admired.* > imitation (n)
❖ قَلَد (حاكِي)
- 4.16 startling** (adj) /'stɑ:tɪlɪŋ/
surprising • *A startling number of artists died in poverty.* > startle (v), startlingly (adv)
❖ مُرِيع (مُجْفَل/مُرَوِّع)
- 4.17 heartbreak** (n) /'hɑ:tbreɪk/
deep sadness • *They suffered the heartbreak of seeing their home burn down.*
> heartbroken, heartbreaking (adj)
❖ أَسِي (حَسْرَة)
- 4.18 ribbon** (n) /'rɪbən/
a long narrow piece of material used to tie things or for decoration • *The parcel was tied with a red ribbon.* ❖ ثَابِت (مُتَوَاصِل)
- 4.19 combine** (v) /kəm'baɪn/
join or mix things together • *She joined a band to combine her love of music with performing.*
> combination (n) ❖ جَمَعَ (وَحَدَّ)
- 4.20 vast** (adj) /vɑ:st/
extremely large • *They have spent vast amounts of money on refurbishing their home.*
❖ فضفاض 📎 Syn: huge

- 4.21 the extent to which** (phr) /ðə ɪk'stɛnt tʊ wɪtʃ/
how much • *The extent to which some people will go to make money is startling.*
❖ المدى الذي ينطبق
- 4.22 sensationalise** (v) /sen'seɪʃənəlaɪz/
make a story or event sound more exciting or extreme than it is • *The mass media tend to sensationalise the everyday lives of celebrities.* > sensational, sensationalist (adj)
❖ يضفي الإثارة
- 4.23 suffering** (n) /'sʌfərɪŋ/
serious pain • *Despite her injuries, she managed to withstand her suffering.*
> suffer (v) ❖ ألم
- 4.24 crutch** (n) /krʌtʃ/
a kind of stick you put under your arm to help you walk when you have hurt your leg
• *Mandy has got a broken ankle and she's walking with crutches.* ❖ سَدَد (عُكَّاز)
- 4.25 quote** (n) /kwəʊt/
a piece of writing or statement repeated from a written or spoken text, which has a useful meaning • *The phrase 'to be or not to be' is a quote from a play by Shakespeare.*
> quote (v) ❖ اِقْتِباس
- 4.26 impose** (v) /ɪm'pəʊz/
force to suffer • *Climbing in freezing conditions imposed challenges on the climbers.* ❖ فَرَضَ (حَتَمَ عَلَى)
- 4.27 creativity** (n) /kri'eɪtɪvəti/
ability to make sth new and imaginative
• *He shows amazing creativity and paints beautiful portraits.* > create (v), creation (n), creative (adj) ❖ اِبْتِدَاع (اِبْتِكَار)
- 4.28 craft** (v) /kra:ft/
make something using artistic skills
• *The jewellery was crafted from seashells.*
> craft (n) ❖ يصنع بحرفية
- 4.29 crucial** (adj) /'kru:ʃl/
very important • *A source of financial support is crucial for any artist while they are creating new works.* ❖ حَاسِم (مُحْتَم)
- 4.30 fame** (n) /feɪm/
being well-known • *Fame comes with the price of having your personal life made public.*
> famous (adj) ❖ سُمْعَة (شُهْرَة)
- 4.31 trait** (n) /treɪt/
a quality, good or bad, in sb's character
• *Shyness was a personality trait he had learnt to overcome.* ❖ اَثْر (سِمَة)
- 4.32 fashion statement** (n) /'fæʃn steɪtmənt/
clothes or other possessions that are unusual and intended to make others notice you
• *John's decision to wear that hat was a real fashion statement.* ❖ علامة على الموضة
- 4.33 transform** (v) /træns'fɔ:m/
change the way sth is or looks • *The makeup artist completely transformed the actor's appearance.* > transformation (n)
❖ حَوَّلَ (مَسَخَ)
- 4.34 canvas** (n) /'kænvəs/
a material or place you can paint on
• *The wall was a canvas for graffiti artists.*
❖ جنفاص (خَيْش)
- 4.35 arguably** (adv) /'ɑ:gjuəbli/
used to describe an idea that can be supported • *It was arguably the ugliest painting I had ever seen.* > arguable (adj)
❖ على نحو مثير للجدل
- 4.36 take a backseat** (expr) /teɪk ə ,bæk 'si:t/
allow others to make the main decisions
• *As he got older, Andrew took a back seat and left his daughter to run the family business.* ❖ لعب دورا ثانويا او متواضعا
- 4.37 self-portraiture** (n) /'self ,pɔ:trəʃə(r)/
the art of creating pictures of yourself, especially your face • *It seems a huge waste of a good camera to use it for nothing but self-portraiture!* > (self-)portrait (n), portray (v)
❖ بورتريه ذاتي
- 4.38 endure** (v) /ɪn'dʒʊə(r)/
continue to exist through sth difficult • *He endured two years of working in the factory before he found another job.* > endurance (n), enduring (adj) ❖ تَحَمَّلَ (بَقِيَ)
- 4.39 blazing** (adj) /'bleɪzɪŋ/
full of strong feelings • *They broke up after a blazing argument.* > blaze (n, v)
❖ مُتَأَجِّج
- 4.40 take second place** (expr) /teɪk 'sekənd pleɪs/
be less important • *Nora refused to take second place to her brothers and became more successful than them in business.*
❖ أدنى منه مرتبة
- 4.41 iconic** (adj) /aɪ'kɒnɪk/
famous as a symbol of an idea • *The TV series was an iconic success, which changed the course of the author's career.* > icon (n)
❖ اَيْقُونِيّ (شَهِير)
- 4.42 secondary (to)** (adj) /'sekəndri (tə)/
less important (than) • *He believes that having a high salary is secondary to job satisfaction.*
> second (n, adj) ❖ فَرَعِيّ (ثَانَوِيّ)
- 4.43 charismatic** (adj) /,kærɪz'mætɪk/
having an attractive character • *His charismatic presentations make his lessons most enjoyable for his students.*
> charisma (n) ❖ فَاتِن (سَاحِر لِلْجَاهِير)
- 4.44 tomb** (n) /tu:m/
a large grave • *The ancient king's remains were found in a tomb discovered by archaeologists.* ❖ مقبرة

- 4.45 awe-inspiring** (adj) /'ɔ: ɪnspraɪɪŋ/ very impressive • *There was an awe-inspiring view of the Pyramids from the hotel room.* > awe (n) ❖ مهيب (مذهل)
- 4.46 moved** (adj) /mu:vd/ having strong feelings of sadness, pity or sympathy • *Harry was moved when I told him the story of my grandparents as immigrants.* > move (v), moving (adj) ❖ مُثقل بالحزن
- 4.47 wander** (v) /'wɒndə(r)/ walk in no particular direction • *We wandered around the village to get to know our surroundings.* ❖ يتجول
- 4.48 legacy** (n) /'legəsi/ a situation that is a result of past actions or events • *We're now suffering the legacy of waste left by the mass production of clothes in the last decades.* > legacy (adj) ❖ تراث
- 4.49 excessive** (adj) /ɪk'sesɪv/ more than is reasonable • *An excessive amount of stress can cause health issues.* > excess (n), excessively (adv) ❖ زائد (مُفْرِط)
- 4.50 (my) heart sinks** (expr) /('maɪ) hɑ:t sɪŋks/ (I) suddenly feel depressed or disappointed • *His heart sank when he saw the electricity bill.* ❖ غرق قلبه بالحزن
- 4.51 premise** (n) /'premɪs/ the basis for doing sth, e.g. a show • *The premise for the exhibition was to publicise his artwork.* ❖ مَكَان (مَوْقِع)
- 4.52 apparent** (adj) /ə'pærənt/ clear • *It was soon apparent that my parcel had got lost in the post.* > apparently (adv) ❖ وَاضِح (ظَاهِر)
- 4.53 separation** (n) /,sepə'reɪʃn/ a division; the state of being separate from sth else • *In British schools, there's usually no separation between male and female students. Both have the same education.* > separate, separated (adj), separately (adv) ❖ الإفراز (التفرقة)
- 4.54 one and the same** (expr) /'wʌn ənd ðə ,seɪm/ the same person or thing • *JK Rowling and Robert Galbraith are one and the same author. Rowling writes her detective novels as Galbraith.* ❖ الشيء نفسه تمامًا
- 4.55 spectacular** (adj) /spek'tækjʊlə(r)/ impressive • *The band's live performance was quite a spectacular show.* > spectacle (n) ❖ مُثِير (مُذْهِل)
- 4.56 essentially** (adv) /ɪ'senʃəli/ basically, mainly • *Rembrandt was essentially known for painting portraits.* > essential (adj) ❖ أساسيًا (جَوْهَرِيًّا)
- 4.57 trapped** (adj) /træpt/ stuck in a place/position and unable to move; prevented from getting away • *He felt trapped in his boring job and wanted to become an artist instead.* > trap (n, v) ❖ وقع في شرك (مُحاصر)
- 4.58 moving** (adj) /'mu:vɪŋ/ which causes strong feelings, usually sadness • *We watched a moving documentary about a family of wolves.* > move (n, v), moved (adj) ❖ شَجِيي
- 4.59 possession** (n) /pə'zefn/ sth that belongs to you • *When they were poor, they owned only a few essential possessions.* > possess (v) ❖ اِمْتِلَاك (حِيَازَة)
- 4.60 change your mind** (phr) /tʃeɪndʒ jɔ:(r) maɪnd/ change your opinion or decision • *She considered having a photo exhibition, but changed her mind when she realised the costs involved.* ❖ غَيَّر رَأْيَك
- 4.61 reflection** (n) /rɪ'flekʃn/ sth that shows the state or result of sth • *The plot was a reflection of the author's own childhood.* > reflect (v) ❖ عَكْس (اِنْعِكَاس)
- 4.62 output** (n) /'aʊtpʊt/ the amount of sth produced • *As sales dropped, the clothing factory has decreased its output.* > output (v) ❖ نِتَاج (مَحْصُول)
- 4.63 self-portrait** (n) /,self'pɔ:tret/ a picture or photograph of yourself • *In this self-portrait the artist made himself look much more attractive than he actually was.* ❖ بورتريه ذاتي
- 4.64 symbolise** (v) /'sɪmbəlaɪz/ represent sth • *The colour black symbolises sadness and death in many cultures.* > symbol (n), symbolic (adj) ❖ جَسَّدَ (رَمَزَ إِلَى)

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- 4.65 cuff** (n) /kʌf/ the end part of a sleeve on a shirt or coat • *The button fell off the cuff of my shirt, so I rolled up both sleeves.* ❖ ثنية البنطلون (القميص)
- 4.66 hood** (n) /hʊd/ a part of a coat, jacket, etc. that can cover your head • *He put his jacket hood up to keep his ears warm.* > hooded (adj) ❖ طَاقِيَّة (قلنسوة البُرْنُس)
- 4.67 buckle** (n) /'bʌkl/ a piece of metal or plastic you use to do up a belt or strap • *The buckle on my bag broke, so I can't fasten it.* > buckle (v) ❖ اِبْزِيم
- 4.68 lining** (n) /'laɪnɪŋ/ a layer of fabric on the inside of an item of clothing • *My winter boots have a soft thick lining.* > line (v) ❖ بَطَانَة (تَبْطِين)

- 4.69 zip** (n) /zɪp/
a metal fastener • *The zip broke on his jeans, so now he can't wear them.* ❖ سَخَاب
- 4.70 wrist** (n) /rɪst/
the part of the body which joins the hand to the arm • *She was wearing a watch on her left wrist.* ❖ مِعْصَم (رسغ اليد)
- 4.71 shoelace** (n) /'ʃuːleɪs/
a long string-like material for fastening a shoe • *Tie your shoelaces properly before you go running.* ❖ شِرَاك (رباط الحذاء)
- 4.72 sole** (n) /səʊl/
the bottom part of a shoe • *His shoes were so old that they had holes in the soles.* ❖ نَعْل الحذاء
- 4.73 catwalk** (n) /'kætwɔːk/
platform where models walk in fashion shows • *The model walked down the catwalk wearing a strange-looking suit.* ❖ منصة عرض الأزياء
- 4.74 heel** (n) /hiːl/
the raised part at the back of the bottom of a shoe • *The heel of her sandal came off, making it difficult to walk home.* ❖ كعب الحذاء
- 4.75 vest** (n) /vest/
a sleeveless T-shirt, sometimes worn under a shirt • *It was so cold that I wore a vest under my jumper.* ❖ صدرَة
- 4.76 bead** (n) /biːd/
a small ball of hard material with a hole through it that can be used to make jewellery • *The necklace was made from pink coral beads.* ❖ حَرَزَة
- 4.77 bow** (n) /bəʊ/
a shape made by tying a ribbon for decoration or for tying shoelaces, etc. • *The little girl had a red bow in her hair.* ❖ قَوْس
- 4.78 checked** (adj) /tʃekt/
a pattern of squares, usually of two colours • *Traditional Scottish fabric usually has a checked pattern.* ❖ ذو ترابيع أو مربّعات
- 4.79 waterproof** (adj) /'wɔːtəpruːf/
which stops water getting in • *I took a thin waterproof jacket, just in case it might rain.* ❖ ضد للماء
- 4.80 flowery** (adj) /'flaʊəri/
with a flower pattern • *Gemma wore a flowery dress for the summer beach party.* > flower (n) ❖ زَهْرِيّ (مُتَأَنِّق)
- 4.81 ragged** (adj) /'ræɡɪd/
worn out and torn • *Are you seriously going to wear those ragged old shorts to go camping again?* > rag (n) ❖ مُمَرَّق، بَال، مَلَائِم Opp: loose
- 4.82 fitted** (adj) /'fɪtɪd/
made to fit closely to the body • *Jim wore a fitted shirt and formal trousers.* > fit (n, v) ❖ ملائم Opp: loose
- 4.83 loose** (adj) /luːs/
not tight; wide-fitting • *I put on a loose cotton T-shirt to keep cool in the sun.* > loosen (v) ❖ مَفْكُوك Opp: tight, fitted
- 4.84 floaty** (adj) /'flaʊti/
thin and lightweight (material) • *She wore a floaty top with her jeans.* > float (v) ❖ عَائِم
- 4.85 browse** (v) /braʊz/
walk around a shop looking at different things before deciding what you want • *He likes browsing for bargains in the antiques market.* > browser (n) ❖ يستعرض [السَّلَح المعروضة للبيع]
- 4.86 price tag** (n) /'praɪs tæg/
a label showing how much sth costs • *Remember to cut off the price tag before you wrap the gift.* ❖ بطاقة التسعير (بطاقة الثمن)
- 4.87 bid** (n) /bɪd/
an amount offered to buy sth, e.g. at an auction • *The owners have accepted his bid for the house.* > bid (v), bidder (n) ❖ عَطَاء (عرض أسعار)
- 4.88 receipt** (n) /rɪ'siːt/
a piece of paper showing you have bought sth • *Keep your receipt in case there's a problem with your purchase.* ❖ إِيصَال (وَصَل)
- 4.89 purchase** (n) /'pɜːtʃəs/
sth you buy • *My purchases included a few books.* > purchase (v) ❖ اشْتَرَى
- 4.90 refund** (n) /'rɪːfʌnd/
money back for sth you have bought • *The shoes were the wrong size, so I sent them back and got a refund.* > refund (v) ❖ إعادة المبلغ المدفوع
- 4.91 debit card** (n) /'deɪt kɑːd/
a card used to take money out of a bank account or to pay for sth • *You can use your debit card to pay for purchases in most shops.* > debit (n, v) ❖ بطاقة المدين
- 4.92 loyalty card** (n) /'lɔɪəlti kɑːd/
a card that a shop gives to customers so they collect discount points when they shop there • *Remember to take your loyalty card when you go to the furniture shop. Buying a new bed will earn a lot of points.* ❖ بطاقة الولاء

Parts of clothing

bead	heel	shoelace
bow	hood	sole
buckle	lining	vest
cuff	ribbon	zip

Adjectives describing clothes

casual	flowery	ragged
checked	formal	tailor-made
fitted	loose	waterproof
floaty	made to measure	

- 4.93 process** (v) /'prəʊses/
deal with sth in a systematic way • *I had to wait a few minutes while the online shop processed my debit card details.* > process (n)
❖ يُعالج
- 4.94 credit** (v) /'kredit/
put money into an account • *Bill's bank account is automatically credited with his salary at the end of each month.* > credit (n)
❖ قيد له حساب
- 4.95 account** (n) /ə'kaʊnt/
a record of money owed to or by a bank or other business • *She puts aside a little money every month in her savings account.*
❖ حساب
- 4.96 mend** (v) /mend/
repair, fix • *The heel of her shoe broke off, so she had it mended.* ❖ يُصلح
- 4.97 invoice** (n) /'ɪnvoɪs/
a bill showing what you must pay for goods or a service • *The phone company sent us an invoice which required immediate payment.*
❖ فاتورة
- 4.98 knit** (v) /nit/
make clothes using two long thin needles to join e.g. wool together following a pattern • *Liz knitted little woollen jackets for her grandchildren.* > knitting, knitter, knit (n), knitted (adj) ❖ حَبَكَ (حَاك)
- 4.99 promote** (v) /prə'məʊt/
give sb a higher position at work • *After working hard for years, Sandie was promoted to head teacher.* > promotion (n)
❖ يُرقي
- 4.100 stock** (n) /stɒk/
a supply of things available for sale in a shop • *The shop didn't have the shoes I wanted in stock, so I ordered a pair to collect next week.*
❖ مَحْزُون
- 4.101 force** (v) /fɔ:s/
make sb do sth they don't want to do • *Nobody is forcing you to spend so much on designer clothes! There are plenty of cheaper options.* > force (n) ❖ يُجبر
- 4.102 conscience** (n) /'kɒnʃəns/
a feeling of having done sth wrong; a natural sense that tells you what is right or wrong • *She confessed to her part in the crime to clear her conscience.* ❖ صَمِير
- 4.103 head** (v) /hed/
go in a certain direction • *We were hungry, so we headed towards the nearest restaurant.*
❖ يتوجه

- 4.104 consumer** (n) /kən'sju:mə(r)/
a person who buys and uses goods • *Most consumers are unaware of where the goods they buy are produced.* > consume (v), consumerism, consumption (n) ❖ مُسْتَهْلِك

Shopping

account	invoice	receipt
bid	loyalty card	refund
browse	panic buying	self-service
consumer	price tag	stock
credit	process	window
debit card	purchase	shopping

Listening Page 46

- 4.105 sustainable** (adj) /sʌs'teɪnəbl/
conserving an ecological balance by not depleting natural resources • *Solar power is a more sustainable form of energy than some fossil fuels.* > sustain (v) ❖ مستدام
📌 Opp: unsustainable
- 4.106 unsure** (adj) /ʌn'sʊə(r)/
not sure about sth • *He was unsure about whether to take the factory job.* ❖ مشكوك فيه
📌 Opp: sure
- 4.107 ethical** (adj) /eθɪkl/
right or acceptable • *For ethical reasons, she refuses to eat meat.* > ethics (n pl), ethically (adv) ❖ أخلاقي 📌 Opp: unethical
- 4.108 deny** (v) /dɪ'naɪ/
say that sth isn't true • *Julian denied that he had stolen the files, but somebody found them in his backpack.* > denial (n) ❖ يُنكر (يجحد)
- 4.109 regret** (v) /rɪ'ɡret/
feel sorry about sth you did or did not do • *She never regretted leaving her secure job to travel the world.* > regret (n), regretful (adj)
❖ يندم
- 4.110 defend** (v) /dɪ'fend/
support • *He defended his decision to close the company when the costs kept rising.* > defence (n), defensive (adj) ❖ دَافَع عن
- 4.111 justified** (adj) /'dʒʌstɪfaɪd/
having a good reason, being acceptable and reasonable • *Her complaints at the restaurant were completely justified.* > justification (n), justify (v) ❖ يبرر
- 4.112 uncertain** (adj) /ʌn'sɜ:tɪn/
not sure about sth; doubtful • *I was uncertain about giving the company my debit card details.* ❖ غير مُتأكد 📌 Opp: certain 📌 Syn: unsure

- 4.113 structure** (n) /'strʌktʃə(r)/
the way that sth is made • *His unemployment had changed the structure of his daily life.*
❖ هَيْكَل (تَشْيِيد)
- 4.114 beneficial** (adj) /benɪ'fɪʃl/
good or helpful • *A good night's sleep is beneficial to health.* > benefit (v, n)
❖ مُفِيد (نافع)
- 4.115 frustrating** (adj) /frʌ'st্রেইটিŋ/
annoying because it makes sth impossible or difficult • *It was so frustrating that the local shops closed at midday.* > frustrate (v), frustration (n), frustrated (adj)
❖ مثير للإحباط
- 4.116 rewarding** (adj) /rɪ'wɔ:diŋ/
making you feel satisfied because you are doing sth useful or important • *Seeing your own creations on display in an exhibition is a rewarding experience.* > reward (v, n)
❖ مُجْرٍ
- 4.117 pointless** (adj) /'pɔɪntləs/
with no purpose • *It is pointless getting a huge mortgage from the bank. You'll never be able to repay it.* > point (n)
❖ غير ضروري (لا حاجة له)
- 4.118 poorly** (adv) /'pɔ:li/
badly • *The child's toy was so poorly made that it broke within a day.* > poor (adj)
❖ على نحو فقير /سيء
- 4.119 inefficient** (adj) /ɪnɪ'fɪʃnt/
not having or producing the best results; wasteful or unproductive • *Cars are the most inefficient way to travel in the city centre.* > inefficiency (n), inefficiently (adv)
❖ غير فعال (غير كفؤ) ❖ Opp: efficient
- 4.120 eco-friendly** (adj) /'i:kəʊ'frendli/
not harmful to the environment • *They must find more eco-friendly ways to produce energy without destroying the countryside.*
❖ صديق للبيئة
- 4.121 cautious** (adj) /kɔ:ʃəs/
avoiding risk • *We are being very cautious about cooking outdoors in summer. We don't want to start a wildfire.* > caution (n), cautiously (adv) ❖ حَذِر (مُتَحَفِّظ)
- 4.122 fabric** (n) /'fæbrɪk/
material or cloth for making clothes, etc. • *Organic cotton is quite a common fabric these days.* ❖ نَسِيَج (قَمَاش)

Speaking Page 47

- 4.123 speculate** (v) /'spekjʊleɪt/
think and guess • *Many people speculate about whether we will find life on other planets in the future.* > speculation (n) ❖ تَأَمَّل (نَظَرَ)
- 4.124 alter** (v) /'ɔ:lteɪ(r)/
change sth to make it different • *These trousers are too long for me, so I'll have to alter them to make them fit.* > alteration (n)
❖ عَدَّل (غَيَّرَ)

Grammar Page 48

- 4.125 assume** (v) /ə'sju:m/
think that sth is true but without having proof • *I assume everyone is coming to the party, but I'll check.* > assumption (n)
❖ حَسِبَ (إِفْتَرَضَ)
- 4.126 trending** (adj) /'trendɪŋ/
which is popular on social media • *The elections are the trending topic this week on Twitter.* > trend (n, v), trendy (adj)
❖ الأكثر تداولاً على الإنترنت
- 4.127 claim** (v) /kleɪm/
say sth is true • *The shop claims to have the widest range of goods in the country, but that sounds doubtful.* > claim (n) ❖ ادَّعَى (زَعَمَ)
- 4.128 failure** (n) /'feɪljə(r)/
lack of success • *The film was so bad that it was a complete box-office failure.* > fail (v)
❖ فَشَل (إِخْفَاق)
- 4.129 waistcoat** (n) /'weɪskəʊt/
a piece of clothing like a short jacket without a collar or sleeves • *He felt too warm as he was wearing a waistcoat on top of his shirt.*
❖ صَدْرِيَّة

Use your English Page 49

- 4.130 at the drop of a hat** (expr) /æt ðə ,drɒp əv ə 'hæt/
straight away, without delay • *I can't simply leave my job at the drop of a hat. I'll need to think it over first.* ❖ حالاً (على الفور)
- 4.131 set up** (phr v) /set ʌp/
create, start • *Why not set up a shop where people can exchange second-hand clothing instead of buying more?* ❖ نَصَبَ (وَضَعَ / ثَبَّتَ)
- 4.132 pull your socks up** (expr) /pʊl jɔ: 'sɒks ʌp/
work, perform or behave better • *If you want to get into university, you'll have to pull your socks up and study more.*
❖ اعمل بجهد أكبر (شِمِر عن ساعديك)

- 4.133 burn a hole in my pocket** (expr) /bɜːn ə ˈhəʊl ɪn maɪ ˈpɒkɪt/
 (money that you) can't wait to spend
 • *The minute Frank gets his pay, it burns a hole in his pocket and he has nothing left the next day.* ❖ لا أطيع صبراً لإنفاقها
- 4.134 below the belt** (expr) /bələʊ ðə belt/
 unfair • *Your comment about him getting a promotion because his father is the manager was below the belt.* ❖ غير عادل
- 4.135 roll up my sleeves** (expr) /rəʊl ʌp maɪ sliːvz/
 get ready to work hard • *It's time to roll our sleeves up and get on with the project.*
 ❖ يُشمر عن ساعديه
- 4.136 too big for my boots** (expr) /tuː bɪɡ fə maɪ bʊts/
 acting like you are more important than you really are • *I'm glad you got promoted, but don't get too big for your boots.*
 ❖ التظاهر بأكبر من قدرك
- 4.137 keep your hair on** (expr) /kiːp jɔː heər ɒn/
 don't get angry; calm down • *Keep your hair on! I didn't spend all your money at the shops.*
 ❖ لا تفقد السيطرة على أعصابك!
- 4.138 cope (with)** (v) /kəʊp (wɪð)/
 deal with something difficult successfully
 • *When the sales began, the shop assistants were unable to cope with the number of customers.* ❖ يتلاءم مع
- 4.139 window shopping** (n) /ˈwɪndəʊ ʃɒpɪŋ/
 looking at things for sale in shop windows, often without going inside to buy sth • *It's a rather expensive area for us, so we're just window shopping. We won't buy anything!*
 ❖ الفرجة على المحلات (نافذة التسوق)
- 4.140 panic buying** (n) /ˈpænɪk baɪɪŋ/
 buying a large number of things suddenly, because you think there might not be enough or prices might rise soon • *There was a wave of panic buying at petrol stations when the rise in fuel costs was announced.* ❖ هلع الشراء
- 4.141 on trend** (expr) /ɒn trend/
 fashionable • *Black is back on trend this season.* ❖ سائر، على الموضة
- 4.142 fashion-conscious** (adj) /ˈfæʃn ˌkɒŋʃəs/
 knowing what's in fashion and wanting to dress fashionably • *Stella is quite fashion-conscious and always wears shoes and accessories to match her clothes.* ❖ علي دراية بالموضة
- 4.143 tailor-made** (adj) /ˈteɪlə ˈmeɪd/
 made to fit one person in particular • *All the costumes for the dance performance have been tailor-made so each one is unique.*
 ❖ صنع لشخص خصيصاً
- 4.144 self-service** (adj) /ˌself ˈsɜːvɪs/
 in which the customers themselves pick up the goods they want and then pay for them
 • *We stopped for a snack at a self-service restaurant.* ❖ خدمة ذاتية
- 4.145 profit margin** (n) /ˈprɒfɪt mɑːdʒɪn/
 the percentage difference between the production cost and the final selling price
 • *These shirts cost very little to make, so the company has a huge profit margin of 70%.*
 ❖ هامش الربح
- 4.146 made to measure** (adj) /ˌmeɪd tə ˈmeɪzə(r)/
 made to fit one person or place in particular
 • *We have very large windows, so we got curtains made to measure.* ❖ مصمم بمقاييس
- 4.147 turn out** (phr v) /tɜːn aʊt/
 end in a particular way • *The day started out well, but turned out badly when he failed the audition.* ❖ يقلب ظهرًا لبطن
- 4.148 compliment (on)** (v) /ˈkɒmplɪment (ɒn)/
 say sth nice to sb • *We complimented the chef on the delicious meal.* > compliment (n)
 ❖ تَمَلَّق (مَدْح)
- 4.149 disapprove (of)** (v) /ˌdɪsəˈpruːv (ɒv)/
 say you don't think sth/sb is good enough; not give permission (for sth) • *At first, his parents disapproved of him becoming a musician.*
 > disapproval (n) ❖ ترفض Opp: approve
- 4.150 addicted (to)** (adj) /ˈædɪktɪd (tuː)/
 unable to stop doing sth • *So many people have become addicted to watching TV series and they waste so much time on them.*
 > addiction, addict (n), addictive (adj)
 ❖ مُدْمِن
- 4.151 hesitation** (n) /ˌhezɪˈteɪʃn/
 a pause before doing sth because you feel uncertain or worried • *After a moment's hesitation, she began to speak.* > hesitate (v)
 ❖ تَرَدَّد (تَدَبُّب)

Expressions

at the drop of a hat	my heart sinks
below the belt	on trend
burn a hole in my pocket	one and the same
change your mind	pull your socks up
fashion conscious	roll our sleeves up
fit like a glove	too big for my boots
keep your hair on	

Writing Pages 50–51

- 4.152 dress code** (n) /'dres kəʊd/
rules about what you should wear in a certain situation, e.g. for work, school, an event
• *Nobody had told him about the dress code for the party, so he was the only person wearing a formal suit.* ❖ قواعد الزي
- 4.153 enforce** (v) /ɪn'fɔːs/
make sure people follow a law or rules • *The government is looking into higher fines in order to enforce the law against using a phone while driving.* > enforcement (n) ❖ يُجبر
- 4.154 experiment** (v) /ɪks'perɪmənt/
do a scientific test to find out if an idea is true • *Researchers are still experimenting to find a cure for the virus.* > experiment (n), experimental (adj) ❖ تجربة
- 4.155 occasional** (adj) /ə'keɪʒənəl/
happening only sometimes • *They don't go out often, but they enjoy an occasional trip to the theatre.* > occasion (n), occasionally (adv) ❖ عَرَضيّ
- 4.156 exclude** (v) /ɪk'skluːd/
not allow sb to take part in sth • *After breaking the club rules, he was excluded from playing in the match.* > exclusion (n), exclusive (adj) ❖ استبعد (استثنى)
- 4.157 end up** (phr v) /end ʌp/
find yourself somewhere you didn't want or expect to be • *If you use your credit card too often, you'll end up spending more than you earn.* ❖ انتهى به الحال
- 4.158 appalling** (adj) /ə'pɔːlɪŋ/
shocking, very bad • *The film was a disappointment as the acting was appalling.* ❖ مُريع (مَهُول)
- 4.159 affordability** (n) /ə'fɔːdə'bɪləti/
how affordable sth is • *One factor affecting the running costs of electric cars is the affordability of electricity.* > afford (v), affordable (adj) ❖ المقدرة الاقتنائية
- 4.160 opponent** (n) /ə'pəʊnənt/
sb who is against an idea; sb who is fighting or playing against sb • *Opponents of the government had organised the demonstration.* > oppose (v) ❖ خصم

Other adjectives

age-old	dramatic	pointless
appalling	eco-friendly	rewarding
apparent	ethical	secondary
awe-inspiring	excessive	spectacular
beneficial	frustrating	startling
blazing	iconic	sustainable
cautious	inefficient	trapped
charismatic	innovative	unsure
constant	moving	vast
crucial	occasional	

Video Page 52

- 4.161 persuade** (v) /pə'sweɪd/
talk sb into doing sth or believing sth is true
• *Have you persuaded your parents to buy tickets for the concert?* > persuasion (n), persuasive (adj) ❖ يُقنع
- 4.162 evolution** (n) /iːvə'lʊːʃn/
gradual change and development • *At some point in their evolution, dolphins returned to the sea.* > evolve (v), evolutionary (adj) ❖ نظرية التطور
- 4.163 utility bill** (n) /juː'tɪləti bɪl/
the charge you pay for gas, electricity, water, etc. • *Her income is very low, so she just manages to pay all her utility bills.* ❖ فاتورة خدمات
- 4.164 wastewater** (n) /'weɪstwɔːtə(r)/
used water that comes from homes and other buildings • *Wastewater from our city is processed to clean it before being released into the sea.* ❖ مخلفات سائلة
- 4.165 stand in the way (of)** (expr) /stænd ɪn ðə weɪ (əv)/
prevent sth from happening; prevent sb from doing sth • *When the local residents complained about the destruction of the forest, the developers accused them of standing in the way of progress.* ❖ يحول دون (يمنع)