Glossary

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**12**

Body and mind

* 1. **gathering** (n) /ˈɡæðərɪŋ/

a meeting of people with a common interest ● *We’re looking forward to a family gathering at New Year.* ➣ gather (v) ❖ spotkanie, zebranie

* 1. **similar** (adj) /ˈsɪmələ(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)

* + - podobny ✎ similar to sb/sth

Reading **Pages 138–139**

* 1. **organ** (n) /ˈɔːgən/

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.* ❖ organ, narząd
  1. **heart** (n) /hɑːt/

the organ that sends blood around the body

* *Her heart was beating fast with excitement.*
  + - serce
  1. **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.* ❖ płuco

* 1. **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) ❖ mózg

* 1. **skin** (n) /skɪn/

the organ that covers the body ● *Don’t sunbathe for too long as the sun may burn your skin.*

* + - skóra
  1. **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) ❖ kość

* 1. **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) ❖ ciężar, masa

* 1. **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) ❖ ważyć

* 1. **on average** (phr) /ɒn ˈævrɪʤ/

generally ● *On average, men are taller than women.* ❖ średnio

* 1. **microscopic** (adj) /maɪkrəˈskɒpɪk/

tiny ● *The cells in our body are microscopic so you can’t see them using just your eyes.*

➣ microscope (n) ❖ mikroskopijny

* 1. **nerve** (n) /nɜːv/

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) ❖ nerw

* 1. **cell** (n) /sel/

the smallest part of a living thing ● *There are millions of cells in your body.* ❖ komórka

* 1. **neuron** (n) /ˈnʊərɒn/

a cell which is part of the nervous system

* *Without neurons our brains would not function.* ❖ neuron
  1. **breathe** (v) /briːð/

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) ❖ oddychać

* 1. **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) ❖ mrugać

* 1. **make sense of** (phr) /meɪk sens ɒv/

to understand ● *I can’t make sense of these instructions because they are so badly written!*

* + - zrozumieć
  1. **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) ❖ pędzić, ścigać się

* 1. **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.* ❖ strząsać, strzepywać

* 1. **sensory** (adj) /ˈsensəri/

relating to the senses ● *The brain receives signals from the sensory organs such as the eyes and the tongue.* ➣ sense, sensor (n)

* + - sensoryczny, czuciowy
  1. **light bulb** (n) /laɪt bʌlb/

the glass object inside a lamp that produces light ● *I have to change the light bulb in my bedroom.* ❖ żarówka

* 1. **chemical** (n) /ˈkemɪkl/

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) ❖ substancja chemiczna

* 1. **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) ❖ rozwiązywać

* 1. **after all** (phr) /ˈɑːftər ɔːl/

used when you are giving a reason or explaining sth ● *Don’t apologise. After all, it's just a minor accident.* ❖ w końcu, przecież

* 1. **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) ❖ nastrój

Vocabulary **Page 140**

* 1. **elbow** (n) /ˈelbəʊ/

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.*

* + - łokieć
  1. **heel** (n) /hiːl/

the back part of your foot ● *These new trainers rub against my heels and hurt my feet when I’m running.* ❖ pięta

* 1. **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.* ❖ warga

* 1. **shoulder** (n) /ˈʃəʊldə(r)/

the part of your body between the top of your arm and your neck ● *He hurt his shoulder playing basketball.* ❖ ramię

* 1. **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.*
  + - kciuk
  1. **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.*

* + - palec u nogi
  1. **chin** (n) /ʧɪn/

the part of your face under your mouth ● *Dad has grown a short beard on his chin and my mum doesn’t like it.* ❖ podbródek

* 1. **forehead** (n) /ˈfɔːhed/

the part of your head between your eyes and your hair ● *Dad rubbed his forehead while he was thinking.* ❖ czoło

* 1. **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)

* + - obolały
  1. **painful** (adj) /ˈpeɪnfl/

causing the feeling that you have been hurt

* *She hit her leg and now it’s very painful.*

➣ painfully (adv), pain (n) ❖ bolesny

✎ Opp: painless

* 1. **eyebrow** (n) /ˈaɪbraʊ/

the line of hair above your eye ● *We show feelings with our eyebrows by moving them up and down.* ❖ brew

* 1. **beard** (n) /ˈbɪəd/

hair that grows on a man’s cheeks and chin

* *Santa Claus has got a long white beard.*
  + - broda
  1. **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) ❖ kichać

* 1. **cough** (v) /kɒf/

to force air from your lungs ● *Please put your hand in front of your mouth when you cough.*

➣ cough (n) ❖ kaszleć

* 1. **right-handed** (adj) /raɪt-ˈhændɪd/

using your right hand in preference to your left to do things ● *I write with my right hand because I’m right-handed.* ❖ praworęczny

✎ Opp: left-handed

* 1. **automatically** (adv) /ˌɔːtəˈmætɪkli/

without needing sb to do sth to make an action happen ● *The lights went on automatically when they entered the house.* ❖ automatycznie

* 1. **swallow** (v) /ˈswɒləʊ/

when sth goes from your mouth to your stomach ● *Drink some water to help you swallow the medicine.* ❖ połykać

* 1. **stomach** (n) /ˈstʌmək/

the organ where food goes when you swallow it ● *I must have eaten something bad because my stomach really aches.* ❖ brzuch

**Parts of the face**

beard chin

eyebrow forehead

lip

**Parts of the body**

bone brain cell

collar bone elbow heart

lung nerve neuron organ shoulder skeleton

skin stomach thumb toe

Grammar **Page 141**

* 1. **straw hat** (n) /ˈstrɔː hæt/

a hat made from dried stems of wheat or other plants ● *She wore a large straw hat to protect her head from the sun.* ❖ słomiany kapelusz

* 1. **gorgeous** (adj) /ˈgɔːʤəs/

very attractive ● *You look gorgeous in that red dress.* ❖ przepiękny

* 1. **rollercoaster** (n) /ˈrəʊləkəʊstə(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.*
  + - rollercoaster, kolejka górska
  1. **funfair** (n) /ˈfʌnfeə(r)/

an area with organised fun rides and games

* *They love going to the funfair and especially going on the rollercoaster.* ❖ wesołe miasteczko
  1. **healthily** (adv) /ˈhelθɪli/

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) ❖ zdrowo ✎ Opp: unhealthily

* 1. **webinar** (n) /ˈwebɪnɑː(r)/

an online class or meeting for a small group of people ● *The university is holding a webinar for science teachers next week.* ❖ webinarium

Listening **Page 142**

* 1. **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)

* + - stąpać, wdepnąć
  1. **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) ❖ gwóźdź

* 1. **disability** (n) /dɪsəˈbɪlɪti/

an illness or injury of the body ● *The Paralympics are an inspirational sports event for people with disabilities.* ➣ disabled (adj)

* + - niepełnosprawność

Speaking **Page 143**

* 1. **lifestyle** (n) /ˈlaɪfstaɪl/

the way that you choose to live ● *People in central Africa have a different lifestyle from those in Europe because the weather is hotter.*

* + - styl życia
  1. **baking** (n) /ˈbeɪkɪŋ/

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) ❖ pieczenie
  1. **diet** (n) /ˈdaɪət/

the food you normally eat and drink ● *A diet rich in vegetables, fruit and olive oil is good for you.* ➣ diet (v) ❖ dieta, sposób odżywiania się

Vocabulary **Page 144**

* 1. **recover** (v) /rɪˈkʌvə/

get better from an illness ● *Luke has recovered from his bad cold and now he feels much better.* ➣ recovery (n) ❖ zdrowieć

* 1. **tablet** (n) /ˈtæblɪt/

a pill ● *If you have a headache, take two of these tablets and it will go away.* ❖ tabletka

**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)
  1. **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) ❖ uraz, obrażenie

* 1. **operation** (n) /ɒpəˈreɪʃn/

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) ❖ operacja

* 1. **illness** (n) /ˈɪlnɪs/

a disease ● *Cancer is a very serious illness.*

➣ ill (adj) ❖ choroba

* 1. **prescription** (n) /prɪˈskrɪpʃn/

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) ❖ recepta

* 1. **pharmacy** (n) /ˈfɑːməsi/

a shop where you can buy medicines ● *Judy bought some suncream from the pharmacy.*

➣ pharmacist (n) ❖ apteka ✎ Syn: chemist’s

* 1. **earache** (n) /ˈɪəreɪk/

a pain in the ear ● *You should contact the doctor tomorrow if the earache continues.*

* + - ból ucha
  1. **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.*
  + - grypa ✎ NB: *flu* is the abbreviated form of

*influenza*

* 1. **injured** (adj) /ˈɪnʤəd/

hurt ● *The climber needed help to get down the mountain because of his injured ankle.*

➣ injury (n), injure (v) ❖ ranny

* 1. **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.*

* + - ból gardła
  1. **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.*

* + - stracić na wadze, schudnąć
  1. **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.* ❖ przybierać na wadze, utyć

* 1. **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.*

* + - przeziębić się
  1. **go on a diet** (phr) /ɡəʊ ɒn ə ˈdaɪət/

to eat less food or different food in order to lose weight ● *He went on a diet and lost six kilos.* ❖ przejść na dietę

* 1. **keep fit** (phr) /kiːp fɪt/

to do exercise to stay fit ● *Martha goes to ballet lessons to keep fit.* ❖ utrzymywać formę

* 1. **ambulance** (n) /ˈæmbjələns/

a vehicle that takes injured or sick people

to hospital ● *Someone called an ambulance to take the injured person to hospital.*

* + - karetka pogotowia

**Injuries and illnesses**

ambulance operation

disability pharmacy

earache prescription

flu recover

illness sore throat

injured tablet

injury

Grammar **Page 145**

* 1. **collarbone** (n) /ˈkɒlə bəʊn/

one of the pair of bones that go from the bottom part of your neck to your shoulders

* *He broke his collarbone playing rugby.*
  + - obojczyk

Writing **Pages 146–147**

* 1. **recipe** (n) /ˈresəpi/

instructions for how to cook sth ● *Can you give me your recipe for chocolate cake?*

* + - przepis
  1. **summarise** (v) /ˈsʌməraɪz/

say in a few words ● *In the last paragraph of your composition, you should summarise your main ideas in a few words.* ➣ summary (n)

* + - streszczać, podsumowywać
  1. **awake** (adj) /əˈweɪk/

not sleeping ● *I got up early this morning, so I’ve been awake since 6 a.m.* ➣ awaken (v)

* + - przebudzony
  1. **routine** (n) /ruːˈtiːn/

a pattern of doing the same things regularly

* *His daily routine includes doing his homework after lunch and finishing it before dinner.* ❖ ruytna
  1. **meditation** (n) /ˌmedɪˈteɪʃn/

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) ❖ medytacja

Video **Page 148**

* 1. **uncomfortable** (adj) /ʌnˈkʌmftəbl/

not feeling physically or mentally relaxed

* *He felt uncomfortable about speaking in an oral exam for the first time.*
  + - skrępowany, zakłopotany

✎ Opp: comfortable

* 1. **privilege** (n) /ˈprɪvɪlɪʤ/

a special advantage ● *In the past, education was a privilege for the rich only.*

➣ privileged (adj) ❖ przywilej

* 1. **rank** (n) /ræŋk/

**Expressions**

catch a cold do meditation go on a diet keep fit

lose weight make sense of put on weight

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)

* + - ranking, stopień
  1. **specific** (adj) /spəˈsɪfɪk/

particular ● *There are specific instructions to follow for this recipe.* ➣ specify (v), specification (n), specifically (adv)

* + - określony, konkretny
  1. **struggle** (n) /ˈstrʌgl/

something very difficult to do ● *It was a struggle to get into university, but he managed it.*

➣ struggle (v) ❖ zmaganie, walka

* 1. **position** (n) /pəˈzɪʃn/

a job or social level ● *He worked in the company for years before reaching the position of manager.* ❖ stanowisko, pozycja

* 1. **powerful** (adj) /ˈpaʊəfʊl/

very strong ● *A dog's powerful sense of smell helps it find illegal objects in people’s luggage.*

➣ powerfully (adv), power (n) ❖ silny