

# 5 Wellbeing

## PAGE 57

### **fist** /fɪst/ Noun

your **fist** is your hand when your fingers are bent tightly inwards, making a sort of ball shape  
clench your fist | a clenched fist

*I clenched my fist (tightly bent my fingers inwards) getting ready to punch him | he held up his clenched fist | his fists were too small for him to be a good boxer | Graham banged his fist angrily on the table | the driver shook his fist at me (made a gesture with his fist to show that he was angry)*

### **guide** /gaɪd/ Noun

a **guide** is something that helps you make a decision or judgement about something

a rough guide

*use your body as a guide when working out how much to eat | your heart rate is a rough guide (not precise) to your general state of health | the temperature of the water is a useful guide to what sort of fish there are likely to be*

### **handful** /'hæn(d)ful/ Noun

a **handful** is the amount of something you can hold in your hand

a handful of something

*eat a handful of peanuts in the middle of the afternoon | two handfuls of popcorn | they each took a handful of sweets from the jar*

### **palm** /pɑ:m/ Noun

the **palm** of your hand is the inside surface of your hand that does not include your fingers or thumb

the palm of someone's hand

*the piece of meat should be no bigger than the palm of your hand | he swept the crumbs off the table with the palm of his hand | she held out two coins in the palm of her hand*

### **portion** /'pɔ:(r)(ə)n/ Noun

a **portion** of food is an amount that is served to one person at a meal

a portion of something

*it was quite expensive and the portions were very small | the portions there are very generous | you need two slices of chicken per portion | I ordered a sandwich and a portion of chips*

### **squash** /skwɒʃ/ Noun

a **squash** is a vegetable that has a hard, thick skin  
*my sister made squash soup with salad | I tried growing tomatoes and squashes last year | the squash had a nice flavour but the potatoes were horrible*

### **sweet potato** /swi:t pə'tetəʊ/ Noun

a **sweet potato** is a vegetable that looks rather like a

potato, has brown skin and yellow flesh, and tastes sweeter than a potato

*peel the sweet potatoes while they're still warm | I usually boil sweet potatoes, but you can also roast them | a recipe for sweet potato pie*

## PAGES 58–59

### **ban** /bæn/ Verb

if someone in authority **bans** something, they make a law to say that it is not allowed. If they **ban** someone from doing something, they do not allow them to do it

ban someone from doing something

*they're going to completely ban smoking next year | cigarette advertizing was banned years ago | my parents banned me from playing computer games for a week | he was banned from driving for five months*

Noun: *ban* | Adjective: *banned*

a ban on something

*the government has introduced a ban on smoking | two cyclists tested positive for banned substances (had taken drugs that were not allowed)*

### **crust** /krʌst/ Noun

the **crust** of a loaf or piece of bread or of the bottom of a pizza is the outside edge of it that is harder than the softer inside

*the crust has a really nice flavour | the crust mustn't be more than two centimetres thick | I made some bread yesterday but the crust was like rock | the crust was burnt*

Adjective: *crusty*

a crusty loaf (with a crisp crust)

### **ferment** /fə(r)'ment/ Verb

when food or drink **ferments**, or when you **ferment** it, a chemical change happens to it, for example when the sugar in something changes to alcohol

*you have to ferment it before you can eat it | the apple juice had started to ferment because I forgot to put it back in the fridge | fermenting some foods actually increases the vitamin content*

Adjective: *fermented* | Noun: *fermentation*

*fermented grape juice | kimchi is a Korean dish of fermented cabbage | the fermentation process takes two or three days*

### **manuscript** /'mænɪʃkript/ Noun

a **manuscript** is an old document that has been written by hand rather than being printed

*it's difficult to read these old manuscripts because the handwriting is very strange | we had to wear gloves when examining the older manuscripts | the manuscript was found four hundred years after*

*it vanished | the manuscript is full of interesting information about the Norfolk family in the fourteenth century*

**millennium** /mɪˈleniəm/ Noun

a **millennium** is a period of one thousand years. The plural of millennium is **millennia**

*the region has been inhabited for millennia | a millennium later, the whole village had disappeared | the city's history goes back at least three millennia*

**rival** /ˈraɪv(ə)/ Noun

a **rival** is a person or organisation who is competing with you to achieve the same things

someone's main/nearest/chief/closest/fiercest rival | a bitter rival

*his closest rival was injured two weeks before the race | they'd been bitter rivals for 20 years, but now they've found friendship | Radcliffe finished the race nearly two minutes ahead of her nearest rival*

Noun: *rivalry*

fierce/bitter rivalry | sibling rivalry | rivalry between people

*the rivalry between the two cities occasionally erupted into violence | a bitter rivalry that lasted 20 years | sibling rivalry is quite normal (rivalry between brothers or sisters)*

**sparkling** /ˈspɑː(r)k(ə)lɪŋ/ Adjective

liquid, especially water or wine, that is **sparkling** has lots of little bubbles in it that make it pleasant to drink sparkling wine/water

*a bottle of sparkling wine | we ordered one bottle of sparkling and one bottle of still water*

**spiral** /ˈspaɪrəl/ Noun

a **spiral** is a line that curves round and round a central point with each curve getting further from the central point

in a spiral

*bend the wire round the post in a tight spiral | she drew a spiral with a triangle in the centre of it | the stones were laid out on the ground in a spiral*

Adjective: *spiral*

*a spiral staircase*

**status** /ˈsteɪtəs/ Noun

the **status** of someone or something is the particular way they are seen by other people

high/low status

*my grandfather's family had very low social status | an Oxford degree gave her increased status when she went back to her home town | the book achieved the status of a masterpiece*

**suitable** /ˈsuːtəb(ə)/ Adjective

if something is **suitable**, it is right for a particular person, situation, or purpose

suitable for someone or something

*this smaller one might be more suitable | the film isn't suitable for young children | it's going to be cold, so make sure to bring suitable clothes | it's*

*not really suitable for a family car | the classes are suitable for complete beginners*

Adverb: *suitably* | Noun: *suitability*

*we couldn't find a suitably large house in the area that we could afford | she questioned his suitability for the job*

## PAGES 60–61

**avoid** /əˈvɔɪd/ Verb

if you **avoid** something, you make sure you do not do it or experience it

*avoid going outdoors in bright sunlight | try to avoid repeating words when you write | I managed to avoid the rush hour by leaving an hour early | I think Sam is avoiding me (trying not to see me or speak to me)*

Noun: *avoidable*

*the accident was perfectly avoidable – he just wasn't careful enough*

**chew** /tʃuː/ Verb

when you **chew** food, you use your teeth to squash the food in your mouth so that you can then swallow it

*he carried on chewing the crust without speaking | it's polite to chew with your mouth closed | I chewed the sweet and found it tasted of lemon*

**cut down on** /kʌt daʊn ɒn/ Phrasal verb

if you **cut down on** something, you reduce the amount of it that there is, or that you eat or drink of it

*you need to cut down on fatty foods | I'm trying to cut down on sweets | she cut down on coffee and stopped smoking altogether*

**cut out** /kʌt aʊt/ Phrasal verb

if you **cut** something **out**, you stop eating it or doing it because you think it is bad for your health

*starting next week, I'm going to cut out chips and crisps | she tried to cut out chocolate for a week, but found it too difficult | you can carry on drinking tea, just cut out the sugar*

**fatty** /ˈfæti/ Adjective

**fatty** food has a lot of fat in it and is considered to be unhealthy

*you should cut down on fatty food | he had too much fatty meat in his diet | cut down on fatty milk products*

**give up** /ɡɪv ʌp/ Phrasal verb

if you **give up** something that you do regularly, you stop doing it

give up doing something

*It's really hard to give up smoking | I used to collect stamps, but I gave it up when I went to university | my parents gave up their restaurant business and went back to Scotland*

**junk food** /dʒʌŋk fuːd/ Noun uncount

**junk food** is cheap food that is quick and easy to buy and eat but that is not very good for you

*I spent my three years at university eating junk food | don't eat too much junk food | it's all right to have junk food occasionally, but not regularly | no wonder you're so fat! You eat junk food and never take any exercise*

**obesity** /əʊ'bi:əsəti/ Noun uncount

**obesity** is the serious physical condition of someone being so heavy that it has a dangerously bad effect on their health

obesity rates | childhood obesity

*rising obesity rates are a major concern | childhood obesity is a global health concern | worldwide, obesity has more than doubled since 1980*

Adjective: obese

*morbidly obese | clinically obese*

*her mother is morbidly obese (so obese that her life is at risk) | currently 10% of children worldwide are either overweight or obese | none of these women is clinically obese (obese according to the medical definition of the word)*

**overweight** /,əʊvə(r)'weɪt/ Adjective

someone who is **overweight** is not healthy because they weigh more than they should do

*I was overweight and needed to lose at least ten kilos | more and more people are overweight these days | I was overweight when I was younger, but playing tennis has helped me stay a healthier weight | overweight children tend to grow up to be overweight adults*

**take up** /teɪk ʌp/ Phrasal verb

if you **take up** a new activity, you start doing it  
*she took up tennis when she was 50 | you should take up swimming – it's a great way to stay fit | after my mum died, my dad took up bird watching | I was so overweight I decided to take up running*

**willpower** /'wɪl,pəʊə(r)/ Noun uncount

your **willpower** is your ability to make yourself do things that you know you need to do but that you do not enjoy and do not really want to do

strong willpower

*giving up smoking takes a lot of willpower | she has strong willpower and I'm sure she'll succeed | you need to show some willpower if you're going to finish the task on time*

## PAGES 62–63

**alertness** /ə'lɜ:tnəs/ Noun uncount

**alertness** is the state of being awake and able to think quickly and intelligently

*his mental alertness improved when he started drinking coffee | activities such as driving that require alertness | he reacts to his surroundings with great alertness | alertness drops as the evening progresses*

Adjective: alert

*you need to stay alert during the exam | stress can happen if you are constantly alert | he lay in the hospital bed, conscious and alert, but physically very weak*

**asthma** /'æsmə/ Noun uncount

**asthma** is a medical condition which affects someone's chest. People who have **asthma** cough a lot and sometimes have difficulty breathing

suffer from asthma | an asthma attack | severe/acute/chronic asthma

*one in seven primary-school children now suffers from asthma | she was taken to hospital after an asthma attack | her daughter has chronic asthma (asthma that never goes away properly) | cases of asthma are rising by about 5% every year*

Adjective: asthmatic | Noun: asthmatic

an asthmatic attack | an asthmatic patient

*I'm asthmatic, and so are my children | provision of care for asthmatic patients | a bad asthmatic attack | this medicine should not be given to children or asthmatics | she's been an asthmatic for the last 20 years*

**beneficial** /,benɪ'fɪj(ə)l/ Adjective

something that is **beneficial** has a good effect on someone or something

prove beneficial | highly beneficial

*there are many beneficial effects of eating less meat | getting a good night's sleep will be very beneficial | everyone knows that regular exercise is beneficial to your health | changing jobs proved highly beneficial*

**blood pressure** /bləd 'preʃə/ Noun uncount

your **blood pressure** is the force with which blood moves around your body. If your blood pressure is too high or too low, it can make you ill

high/low blood pressure | take someone's blood pressure

*if your blood pressure drops too much it can be dangerous | I'm taking pills for high blood pressure | the doctor took my blood pressure (measured it) | she suffers from low blood pressure*

**disease** /dɪ'zi:z/ Noun

a **disease** is a serious illness

heart disease

*rats can cause disease | he died of heart disease | she suffers from a blood disease | I don't want to catch the disease*

Adjective: diseased

*he had a transplant to replace his diseased heart with a healthy one from another person*

**habit-forming** /'hæbɪt-'fɔ:mɪŋ/ Adjective

a **habit-forming** drug or activity is one that you keep using or doing even though you know it is bad for you

*a habit-forming drug | swimming is habit-forming – the more you do it the more you want to do it | watching daytime TV can be habit-forming*

**harmful** /'hɑ:(r)mf(ə)l/ Adjective

something that is **harmful** can cause harm or damage to someone or something

*coffee can have several harmful effects on the body | smokers expose themselves to a range of harmful chemicals | too much rainwater can be harmful to buildings*

Verb: *harm* | Noun: *harm*

come to harm

*looking directly at the sun can harm your eyes | no animals were harmed in the making of the film | the factory has already caused great harm to the environment | these drugs can cause serious harm to the body | luckily, we didn't come to any harm when we were caught out in the storm*

**ingredient** /ɪn'ɡri:diənt/ Noun

the **ingredients** of a dish of food or a drink are all the different things that go into it

*I haven't got all the ingredients I need to make the cake | mix the ingredients thoroughly | a list of ingredients | our chef uses fresh, local ingredients | add the rest of the ingredients after 10 minutes*

**mood-changing** /mu:d-'tʃeɪndʒɪŋ/ Adjective

something that is **mood-changing** has the effect of making you feel different, for example feeling more awake and alert, feeling happier, feeling more depressed, etc

*caffeine is the world's most popular mood-changing drug | it was a mood-changing moment when they turned the lights down*

**neuroscientist** /,njʊərəʊ'saɪəntɪst/ Noun

**neuroscience** is the study of the way the brain and the nervous system works. Somebody who studies this subject or who is an expert in this subject is a **neuroscientist**

*a neuroscientist at Harvard Medical School | 200 neuroscientists gathered for a conference in Munich | neuroscientists still can't agree about the the answer to this question*

Noun: *neuroscience*

*she has degrees in mental health and neuroscience | neuroscience offers several solutions to these problems*

**relieve** /rɪ'li:v/ Verb

if something **relieves** pain or an illness, it reduces the pain or illness or makes it go away altogether

*a good way to relieve stress | this should help relieve the pain | having a neck massage is one way to relieve headaches | caffeine can relieve pain, apparently*

Noun: *relief*

relief from something | pain/stress relief | effective relief

*effective methods of pain relief | the medicine provided temporary relief from stress and helped her sleep | he felt relief spread through his body as the drugs took effect*

**shift work** /ʃɪft wɜ:k/ Noun uncount

the period of time someone spends at work, for example in a factory, is a **shift**. If someone is on **shift work**, they work at different times of the day over a period of time, for example working during the night for a week, then working during the day for a week

do shift work | be on shift work

*it's hard doing shift work, especially when you have young children | I chose to do shift work because the pay is better | he'd been on shift work for nearly a year | shift work can cause problems with sleeping patterns*

**PAGES 64–65**

**bill** /bɪl/ Noun

a **bill** is a list which shows you how much you have to pay for something that you have received

pay a bill

*could we have the bill please? | I forgot to pay the electricity bill | they sent me a bill for £300 | our gas bills are now paperless (they come by email and are not sent to us through the post) | the restaurant made a mistake with the bill*

**course** /kɔ:(r)s/ Noun

in a meal, the **courses** are the separate dishes that you eat, one after the other. You usually have a starter as the first course, then the main course, then a dessert

first course | main course

*a three-course meal | I won't have a first course, thank you | the first two courses were lovely, but the dessert was horrible | what are you having for your main course?*

**dessert** /dɪ'zɜ:(r)t/ Noun

a **dessert** is a dish of sweet food that you eat at the end of a meal

*I never eat desserts | would you like to see the dessert menu? | what's for dessert? | all the desserts were delicious*

**fritter** /'frɪtə(r)/ Noun

a **fritter** is a thin piece of food that is dipped in a mixture of flour and eggs and then fried

*have you ever tried plantain fritters? | I'm going to make fritters tonight | the fritters had got cold | you can freeze the fritters then have them next week*

**inedible** /ɪn'edəb(ə)l/ Adjective

food that is **inedible** cannot be eaten, either because it does not taste nice or because it is rotten or poisonous

*they put bleach on the food to make it inedible | the fruit looks pretty but it's actually inedible | the grapes were small, hard, and inedible | my last attempt at cooking was completely inedible*



Opposite – Adjective: *edible*

*all these plants have edible fruit | it's not always easy to identify edible mushrooms*

**profit** /'prɒfɪt/ Noun

**profit** is money that you get by selling something or doing business. Your **profit** is the difference between the amount it cost you to produce the thing you sold and the amount you received when you sold it  
make a profit | sell something at a profit | profits rise/fall

*this will lead to less waste and more profit for you | companies are always trying to increase their profits | I sold my history textbooks on eBay at a huge profit | the company made a profit of £10m last year | profits rose for the third year in a row | profits fell because the cost of paper went up*

**savoury** /'seɪvəri/ Adjective

something that is **savoury** tastes of salt or spice rather than tasting sweet

*a savoury snack | I much prefer savoury food to sweet food | plantain is a sort of savoury banana | I like to finish a meal with something savoury*

**scrap** /skræp/ Verb

if you **scrap** something such as a plan, project, or activity, you decide not to carry on with it

*my favourite TV show has been scrapped | the university scrapped several of its language courses | the project was scrapped at the last minute because of lack of money | the government has decided to scrap its plans to introduce ID cards*

**sell-by date** /sel-baɪ deɪt/ Noun

the **sell-by date** of food, flowers, etc., is the date after which they should not be sold because they will not be fresh any more

*most food is still fit to eat a few days after the sell-by date | I always check the sell-by date before I buy a carton of milk | these doughnuts are past their sell-by date*

**soak** /səʊk/ Verb

if you **soak** something, or if you let it **soak**, you put it into water or another liquid and leave it there for a time, often as part of food preparation

soak something in something | soak in something  
*soak the beans overnight | leave them to soak for a few hours | soak them in cold water for two hours | in another pot, soak the salted fish*

Noun: *soak*

*they cook very quickly after a soak overnight*

**starter** /'stɑː(r)tə(r)/ Noun

a **starter** is a small dish that you eat at the beginning of a meal, before the main course

for starters

*would you like a starter, sir? | the starters were very expensive | I won't have a starter – I'll have a dessert later instead | the price includes a starter, main dish, and dessert | who's having a starter? | I'm having soup for starters*

**tip** /tɪp/ Noun

a **tip** is an extra amount of money that you give when you pay for a meal in a restaurant or for a service that you have had to thank the person who has dealt with you  
leave a tip

*shall we leave a tip, or is the service included? | we left a generous tip (a large amount of money) | most hairdressers rely on tips because their pay is very low | taxi drivers in Japan don't expect a tip*

Verb: *tip*

*it's usual to tip the waiter | did you tip the porter at the hotel?*

**unsold** /ʌn'səʊld/ Adjective

things that are **unsold** were available for people to buy, but no one bought them

remain unsold

*the unsold food could be given to homeless people | a pile of unsold copies of Jeffrey Archer's latest novel | there were still over 1,000 unsold tickets on the morning of the concert | the house remained unsold for another year*

**unwanted** /ʌn'wɒntɪd/ Adjective

something that is **unwanted** is not wanted by someone

*unwanted food should not be thrown away but given to people in need | we tried to sell some of our unwanted furniture | he felt unwanted as he listened to his parents arguing*

## PAGES 66–67

**annually** /'ænjuəli/ Adverb

something that happens **annually** happens once a year

*I used to go to the dentist every six months but now I just go annually | the event was held annually until 2012 | the mayor is elected annually | St George's Day is celebrated annually on April 23rd*

Adjective: *annual*

*an annual trip to the dentist | our annual summer holiday*

**breathe in** /briːð ɪn/ Phrasal verb

if you **breathe in**, you take air into your lungs

breathe in deeply

*if you feel nervous, breathe in slowly, then breathe out again | he sat up and breathed in deeply | she breathed in slowly, concentrating hard*

Opposite – Phrasal verb: *breathe out*

*raise your head and shoulders and breathe out slowly | measure your waist just after you breathe out*

**crowd** /kraʊd/ Verb

if people **crowd** a place or **crowd** into it, large numbers of them go in there so that there is not much room for any more people

*thousands of fish sellers crowd the seafood market in Tokyo | demonstrators crowded the streets around the Parliament building | forty journalists crowded into the tiny courtroom*

Noun: *crowd* | Adjective: *crowded*

*the crowd outside was larger than we'd expected | a crowd of curious tourists watched the Queen arrive at the palace | Oxford Street is the most crowded street in London | the shop was crowded with people wanting to buy the new iPhone*

**cute** /kju:t/ Adjective

something that is **cute** is small and attractive, in a slightly childish way

*what a cute little dog | it's such a cute little teddy bear | she's so cute*

**fool** /fu:l/ Verb

if something **fools** you, it tricks you into believing something that is not true

fool someone into doing something

*we're not trying to fool you – we really did win the lottery! | you might be able to fool your father, but you can't fool me | I had to fool people into thinking they were hearing a full orchestra | he wasn't fooled a second time*

**licence** /'laɪs(ə)ns/ Noun

a **licence** is an official document that gives you permission to do something

*fugu chefs need a licence to prepare and sell puffer fish | do you need a licence to ride a motorbike? | you must have a full driving licence to hire a car | he was found guilty of dangerous driving and lost his licence for two years (he wasn't allowed to drive as a punishment)*

**major** /'meɪdʒə(r)/ Adjective

**major** means important, significant, and serious

*sugar is a major cause of ill health | her death had a major effect on my life | three major sporting events will take place in the city next year | global warming is the major issue that will be discussed at the conference | there were demonstrations in all major cities across the country*

**poison** /'pɔɪz(ə)n/ Noun uncount

**poison** is a substance that can make you ill or kill you if you eat, drink, or breathe it

*some snakes have poison in their teeth | rat poison (for killing rats) | the poison had already entered his bloodstream*

Adjective: *poisonous* | Verb: *poison*

*some types of mushroom are poisonous | he was bitten by a poisonous snake | poisonous gases | chemicals are poisoning our lands and rivers | approximately 2 million people are accidentally poisoned each year*

**regulation** /ˌregjʊ'leɪʃ(ə)n/ Noun

**regulations** are the rules that apply to a particular process or activity

*check the regulations before you enter the competition | the regulations say you have to be over 16 to take part in the race | the regulations covered 12 pages when I printed them off! | new safety regulations were introduced after the accident*

**sick** /sɪk/ Adjective

if you are **sick**, you are not well and become ill

get sick | be off sick | sick leave

*I was too sick to go to school | what happens if I get sick while I'm in America? | Jack's off sick again today (not at work or school because of being ill) | he had to take a week's sick leave (a week of not going to work because of illness)*

Noun: *sickness*

*there's a strange sickness going around the school at the moment | he never had a day's sickness in his life*