

(C0331)

Melissa: Hey Michelle, jump in quick. It's pouring out there!

Michelle: Oh hi Melissa. Are you going to the conference too? I was planning to pick up Mr. Campbell.

Melissa: Yes, he told me. We need to pick him up at his hotel and then go to the conference.

Michelle: Oh I see, okay. So I heard you got married. Congratulations!

Melissa: Ah thank you! I'm very excited. We were going to get married next year, but then we decided to get married on holiday instead. It was wonderful.

Michelle: That sounds so romantic! Jack and I were hoping to get married in Europe next year, but we had to postpone our plans. We just don't have the money!

Melissa: I know what you mean. I think Shanghai is getting more and more expensive, don't you?

Michelle: I sure do. In my opinion it's actually becoming more expensive than back home.

Melissa: Definitely. Oh there's Mr. Campbell. Driver can you stop here please?

pouring	<i>V</i>	flowing or falling, as from one container to another, or into, over, or on something
romantic	<i>A</i>	relating to a feeling of love between a couple
postpone	<i>V</i>	decide to do something at a later time
definitely	<i>R</i>	certainly
in my opinion	<i>P</i>	way to express your opinion

raincheck	<i>N</i>	an offered or requested postponement of an invitation until a more convenient
cute	<i>A</i>	pleasingly pretty
drizzle	<i>V</i>	to rain gently and steadily in fine drops
cancel	<i>V</i>	to decide or announce that a planned event will not take place

(C0332)

A: Can you help me set up my voicemail message? I just got this service and I am not really sure what I am supposed to say.

B: Sure! You just basically gotta let the caller know who they called, and ask them for their contact information so you can call them back.

A: Ok, so can I say, “ This is Abby’s voicemail. I will call you later, so leave me your name and number”.

B: That’s more or less the idea, but try something that sounds more friendly.

A: Ok, so how about this, “ This is Abby and I am really happy you called! I promise I will give you a ring as soon as I can, so please leave me your name and number. Talk to you soon!”.

B: A little too friendly Abby. Just say this, “ Hi, you have reached Abby. I am unable to answer your call right now, but if you leave me your name and phone number, I will get back to you as soon as possible. Thanks”.

A: That's perfect! Can you say that again and record it for me?

voicemail	<i>N</i>	an electronic system enabling the recording and storage of voice messages.
record	<i>N</i>	set down in writing or voice or the like
basically	<i>R</i>	essentially, fundamentally
service	<i>N</i>	the supplying or a supplier of something required by the public.
set up	<i>V</i>	prepare
fundamentally	<i>A</i>	a foundation or basis; basic
repair	<i>V</i>	to restore to a good or sound condition after decay or damage

available	<i>A</i>	accessible
tape	<i>N</i>	a ribbon of material used to record sound, images,data
static	<i>A</i>	atmospheric electricity interfering with radar, radio, the sending and receiving of wireless messages

(C0333)

A: OK class, so today we are going to continue with our anatomy class, today we will review everything we have learned. Can anyone tell me what the first major organ is?

B: The brain!

A: That's right the brain! It serves as a control center for the body, handling the processes of the central nervous system as well as cognition. Then what major organ is in our chest?

B: The heart!

A: Very good! It pumps blood throughout the body, using the circulatory system such as blood vessels and veins. Now let's not forget that our lungs provide oxygen to our heart and body to keep us alive! Now what about the organs that help us digest food?

B: The stomach and intestines!

A: Very good! Let's not forget that the stomach is the one that breaks down our food and our intestines process that food and then expel the waste. Are we forgetting anything?

B: Yeah! Our kidneys, liver and bladder!

A: Oh yes, you are right. Very important organs indeed.

B: So what do these organs do teacher?

A: Well, ummm, they...Time for a break! We can talk about it when you get back.

anatomy	<i>N</i>	the trunk of the body from the neck to the abdomen
organ	<i>N</i>	a grouping of tissues into a distinct structure e.g heart
brain	<i>N</i>	An organ enclosed in the skull that controls and co ordiates the body.
control	<i>N</i>	the ability to direct the actions of something

process	<i>N</i>	a planed series of steps or actions that leads to something
chest	<i>N</i>	The front of the body, from neck to the waist.
heart	<i>N</i>	An organ in the chest that pumps blood.
pump	<i>V</i>	To supply, to circulate.
blood	<i>N</i>	the fluid that circulates in the body.
lung	<i>N</i>	Body part that inflates with air and allows breathing
oxygen	<i>N</i>	a gas that we breath in order to live.
digest	<i>V</i>	to swallow and dissolve something.
stomach	<i>N</i>	the organ people use to digest food
expel	<i>V</i>	to release something.

liver	<i>N</i>	the organ used to produce blood
leg	<i>N</i>	lower limbs of the body
arm	<i>N</i>	the upper limbs of the human body
skull	<i>N</i>	the bony framework of the head, enclosing the brain and supporting the face
embalm	<i>V</i>	to treat a dead body so as to preserve it, as with chemicals, drugs.
spine	<i>N</i>	backbone of the body

(C0334)

Mr. Campbell: Hi ladies. Thanks for picking me up. It's awful weather out there!

Michelle: Absolutely. It's been raining for hours.

Mr. Campbell: How are you Melissa? Are you okay?

Melissa: I'm great thanks, Mr. Campbell.

Michelle: Do you have any business trips planned soon Mr. Campbell?

Mr. Campbell: Of course. I'm always travelling! I will leave for London next Monday, and then I'll fly to Boston from there. It's going to be a busy month. How about you Michelle? Any vacation plans?

Michelle: Yes. Mike and I will travel to Beijing to see Mikes parents for Spring festival, and hopefully next year we will visit London. I hear it's a wonderful city.

Mr. Campbell: I couldn't agree more. London is really fantastic. It's my favorite city. I'm sure you'll have a great time.

vacation	<i>N</i>	holiday
absolutely	<i>R</i>	to a complete degree
awful	<i>A</i>	really bad
plan	<i>V</i>	To have something set to do in the future.
festival	<i>N</i>	a day or time of religious or other celebration
random	<i>A</i>	without definite aim, purpose, method
terrible	<i>A</i>	extremely bad; horrible
parade	<i>N</i>	a large public procession

unsure

A

without sure knowl-
edge; uncertain

(C0335)

A: Hey honey! Where were you?

B: I decided to take Kenny to the park and get some fresh air.

A: How was it? Were there a lot of kids?

B: It wasn't too crowded, but we had a great time! We got on the see-saw together, the went on a couple of different slides and then I tried to go with him in the jungle gym, but I didn't fit.

A: Sounds like fun! When we go he always just likes to play in the sandbox.

B: Yeah, but today he was really hyper. He even got on the monkey bars and then he went on to go on the swings for a half hour. I'm exhausted!

A: You should go to the park more often since you don't go to the gym anymore!

park	<i>N</i>	an area of land, for the enjoyment of the public
crowded	<i>A</i>	filled to excess; packed.
see-saw	<i>A</i>	a plank used to balance
slide	<i>V</i>	a smooth surface for sliding on
sandbox	<i>N</i>	a box for holding sand, large enough for children to play in
hyper	<i>A</i>	overexcited; overstimulated
swing	<i>N</i>	the action of hitting the golf ball
exhausted	<i>A</i>	very tired
merry-go-round	<i>N</i>	a revolving, circular platform with wooden horses or other animals, benches, etc., on which people may sit or ride

hop scotch	<i>N</i>	a children's game in which one hops across square spaces
marbles	<i>N</i>	a game for children in which a marble is propelled by the thumb to hit another marble
skipping rope	<i>N</i>	a length of rope that is swung around while someone jumps over it

(C0336)

A: What are you doing awake?

B: I can't sleep...

A: But it's almost midnight!

B: Exactly. I'm too excited for Christmas morning. Also, I thought I heard Santa.

A: Really? How do you know it was Santa?

B: Well I heard that naughty boys and girls get coal in their stockings, so I thought I'd be nice and make Santa cookies. I even left out some milk. I heard someone in the kitchen eating the cookies, so I came downstairs!

A: Hmm... well I know that Santa won't come down the chimney with you hiding behind the tree, spying on him!

B: Really?

A: Really! Let's go back upstairs and get back to bed. That way, we can let Santa do his job. Then when you wake up, it will be Christmas already!

B: O-K...

A: Hey, honey! Is that you? Don't eat all the cookies
- I want some, too!

midnight	<i>N</i>	twelve AM
christmas	<i>N</i>	the annual festival of the Christian church commemorating the birth of Jesus
santa	<i>N</i>	a figure of Christmas who brings presents to kids
naughty	<i>A</i>	disobedient; mischievous
coal	<i>N</i>	a black or dark-brown mineral
stocking	<i>N</i>	large sock; traditionally Christmas gifts are put in

cookie	<i>N</i>	a sweet baked food
chimney	<i>N</i>	a usually vertical structure that allows the passage of smoke
spying	<i>V</i>	to observe secretly
elf	<i>N</i>	a creature with magical powers, often mischievous
reindeer	<i>N</i>	a type of large deer
angel	<i>N</i>	a spiritual being said to be from heaven
snow	<i>N</i>	ice crystals which fall from the sky
sled	<i>N</i>	a small vehicle consisting of a platform mounted on runners for use in traveling over snow or ice.

(C0337)

Tw'as the night before Christmas, when all through
the house

Not a creature was stirring, not even a mouse;

The stockings were hung by the chimney with
care,

In hopes that St. Nicholas soon would be there;

The children were nestled all snug in their beds,

And mama in her 'kerchief, and I in my cap,

Had just settled down for a long winter's nap,

When out on the lawn there arose such a clatter,

I sprang from the bed to see what was the matter.

Away to the window I flew like a flash,

Tore open the shutters and threw up the sash.

The moon on the breast of the new-fallen snow
Gave the lustre of mid-day to objects below,
When, what to my wondering eyes should appear,
But a miniature sleigh, and eight tiny reindeer,
With a little old driver, so lively and quick,
I knew in a moment it must be St. Nick.
More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by
name;
" Now, Dasher! now, Dancer! now, Prancer and
Vixen!
On, Comet! on Cupid! on, Donner and Blitzen!
To the top of the porch! to the top of the wall!
Now dash away! dash away! dash away all!

As dry leaves that before the wild hurricane fly,

When they meet with an obstacle, mount to the sky,

So up to the house-top the coursers they flew,

With the sleigh full of toys, and St. Nicholas too.

And then, in a twinkling, I heard on the roof

The prancing and pawing of each little hoof.

As I drew in my head, and was turning around,

Down the chimney St. Nicholas came with a bound.

He was dressed all in fur, from his head to his foot,

And his clothes were all tarnished with ashes and soot;

A bundle of toys he had flung on his back,

And he looked like a peddler just opening his pack.

His eyes – how they twinkled! his dimples how merry!

His cheeks were like roses, his nose like a cherry!

His droll little mouth was drawn up like a bow,

And the beard of his chin was as white as the snow;

The stump of a pipe he held tight in his teeth,

And the smoke it encircled his head like a wreath;

He had a broad face and a little round belly,

That shook, when he laughed like a bowlful of jelly.

He was chubby and plump, a right jolly old elf,

And I laughed when I saw him, in spite of myself;

A wink of his eye and a twist of his head,
Soon gave me to know I had nothing to dread;
He spoke not a word, but went straight to his work,
And filled all the stockings; then turned with a jerk,
And laying his finger aside of his nose,
And giving a nod, up the chimney he rose;
He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistle.
But I heard him exclaim, ere he drove out of sight,
"Christmas to all, and to all a good-night."

stir	<i>V</i>	to move, movement
hung	<i>V</i>	to fasten or attach (a thing) so that it is supported only from above or at a point near its own top
chimney	<i>N</i>	a vertical structure that allows the passage of smoke
nestle	<i>V</i>	to lie close and snug
snug	<i>A</i>	warmly comfortable or cozy
nap	<i>V</i>	to sleep for a short time
clatter	<i>N</i>	noise
tore	<i>V</i>	rip
lustre	<i>N</i>	radiance of beauty, excellence
sleigh	<i>N</i>	large
reindeer	<i>N</i>	large deer

rapid	<i>A</i>	with high speed
dash	<i>V</i>	to move with violence; rush
hurricane	<i>N</i>	very big rain and wind storm
obstacle	<i>N</i>	something that ob- structs or hinders progress.
courser	<i>N</i>	a thing suitable for run- ning or chasing
prance	<i>V</i>	to dance or move in a lively or spirited man- ner
paw	<i>V</i>	to strike or scrape with the paws or feet
hoof	<i>N</i>	an encasing protecting the foot of an animal such as horse
St Nicholas	<i>N</i>	another name for Santa clause

tarnish	<i>V</i>	to ruin, make dirty or destroy
soot	<i>N</i>	a black dirty substance
bundle	<i>N</i>	several objects or a quantity of material gathered or bound together
dimple	<i>N</i>	a small, natural hollow area or crease seen when smiling
stump	<i>N</i>	the lower end of a tree or plant left after the main part falls or is cut off
pipe	<i>N</i>	smoking utensil
wreath	<i>N</i>	a circular band of flowers, foliage, or any ornamental work, for adorning the head or for any decorative purpose
plump	<i>A</i>	well filled out or rounded in form

elf	<i>N</i>	a magical being
thistle	<i>N</i>	a prickly plant
eggnog	<i>N</i>	a drink made of eggs, milk or cream, sugar, and, usually, rum or wine.
white christ- mas	<i>P</i>	having Christmas with snow
snowman	<i>N</i>	a figure of a person made of packed snow.
carol	<i>N</i>	a Christmas song or hymn.

(C0338)

A: What's for dinner?

B: Leftovers.

A: What? Leftovers of what and from when?

B: From last night! I took the left over turkey, mixed it with some diced peppers and onions, added a little bit of mayonnaise and made some sandwiches!

A: Isn't that dangerous though? I mean bacteria and germs reproducing on food that was left out or reheated?

B: Well, I didn't leave the turkey out at room temperature for more than an hour and I refrigerated it soon after we finished eating. Also, when reheating, I put it in the oven for fifteen minutes at one hundred degrees Celsius.

A: Well ok, I am just afraid of getting food poisoning.

B: Don't worry about it! Making a new meal out of leftovers is almost an art! Not only do you save money, but you also get to be creative and have something different to eat!

leftovers	<i>N</i>	food remaining uneaten at the end of a meal
turkey	<i>N</i>	a large American bird similar to the chicken
mix	<i>A</i>	of different kinds combined
dice	<i>V</i>	to cut into small cubes
bacteria	<i>N</i>	small organisms
germ	<i>N</i>	a microorganism
reheat	<i>V</i>	to make hot or warm again
refrigerate	<i>V</i>	to make or keep cold
food poisoning	<i>P</i>	becoming sick because of bacteria in food

sanitary	<i>A</i>	of or pertaining to health or the conditions affecting health
microwave	<i>V</i>	to cook, defrost, or otherwise prepare in a microwave oven
soap	<i>N</i>	a substance used for washing and cleansing purposes
contaminate	<i>V</i>	to make impure or unsuitable by contact or mixture with something unclean, bad

(C0339)

A: Thank you for coming tonight Mrs. Webber. As a teacher, it's great seeing the kid's parents assist our parent-teacher conference night.

B: Of course! I am very interested to know how my child is doing and also get some insight from you as to how he can improve.

A: Well Allen is a great student. He is a hard worker and very well behaved, however he does struggle a bit with math.

B: I guess he gets that from me, I never did well in math when I was a kid. What can I do at home to compliment what he is learning in the classroom.

A: Well, it's important that you sit with him and review his homework assignments and help him with math. I would also recommend he stay after school twice a week for tutoring sessions. It will really help a lot.

B: Thanks a lot! I will definitely do that. Is there anything else?

A: Um.. yes. Here is a notice from our financial department, seems your child's tuition is overdue.

B: Oh yes, I....

teacher	<i>N</i>	a person who teaches or instructs
conference	<i>N</i>	a formal meeting where many people talk about ideas
insight	<i>N</i>	an instance of apprehending the true nature of a thing
struggle	<i>V</i>	try very hard to do something that is difficult
compliment	<i>N</i>	an expression of praise
tutor	<i>N</i>	a person employed to instruct another in some branch or branches of learning, esp. a private instructor.

tution	<i>N</i>	the charge or fee for instruction
overdue	<i>A</i>	past due
repeat	<i>V</i>	to go through or undergo again
excel	<i>V</i>	to surpass others or be superior in some respect or area
bully	<i>N</i>	a person who intimidates smaller or weaker people.
fee	<i>N</i>	a sum paid or charged for a privilege

(C0340)

A:: It's almost midnight! We are about to start a brand new year!

B: I know it's so exciting! A new year is always like a clean slate.

A:: fresh start to accomplish any dreams, objectives and goals.

A: Do you have a New Year's resolution?

B: I was thinking about it, but I'm never able to keep my New Year's resolution. Last year for example I joined a gym and only went twice.

A: Yeah I know what you mean. That's why this year I am keeping things more simple. Maybe like getting together with friends I haven't seen in a long time, or doing some volunteering work.

B: That seems reasonable. We should get together and watch the ball drop in Times Square.

A: Sure, as long as you don't try to kiss me at midnight!

B: Well, we can't break tradition! It's bad luck!

midnight	<i>N</i>	twelve AM
brand new	<i>A</i>	completely new
accomplish	<i>V</i>	to bring to its goal or conclusion
volunteer	<i>N</i>	a person who performs a service willingly and without pay
tradition	<i>N</i>	special way of doing things that is accepted by a majority
resolution	<i>N</i>	a formal document stating the wishes of someone
new year	<i>N</i>	1st January

goal	<i>N</i>	the result or achievement toward which effort is directed
evening	<i>N</i>	the latter part of the day and early part of the night.
promise	<i>N</i>	a declaration that something will or will not be done
fireworks	<i>N</i>	combustible or explosive device for producing a striking display of light or a loud noise

(C0341)

A: Ok, so are you ready to learn how to bake a cake?

B: Almost, let me just put my apron on.

A: Ok, so the first thing we are going to do is pre-heat the oven, that way we have it at the desired temperature once we finish preparing everything. Set it to three hundred and seventy five degrees Fahrenheit.

B: Got it.

A: No we are gonna make the batter. Take some butter and sugar and mix it lightly until you have a nice consistency. Then add some vanilla extract and eggs and continue mixing.

B: Do I have to use a whisk or can I use the electric mixer?

A: Go ahead and use the mixer, but put it on medium speed. I'm gonna sift the flour and baking powder separately and then we can mix it with milk and the rest of the ingredients.

B: Ok, so now we need a baking pan right?

A: Yeah, but grease and flour it first so the cake won't stick to it when it bakes.

B: Done. So how long do we bake it for?

A: We can leave it in there for about twenty five minutes. Then we let it cool for ten minutes before we remove the cake from the pan.

B: Wow! This was a lot easier than I thought!

bake

bake

apron

apron

preheat

preheat

desired

desired

consistency

consistency

sift

sift

grease

grease

(C0342)

A: Wow! Look at all these books! I bet I can find a book about anything here!

B: Shhh!! Please keep your voice down. There are people reading and studying here.

A: Ok, I'm sorry. Are you the librarian? Maybe you can help me, I am looking for a book.

B: Yes I am. You can check our online catalog to search the book you want based on the genre, title or if you know the author, I can point you towards the right direction.

A: I am looking for a book that has nursery rhymes.

B: That would be in our children's section. That book shelf there on the right.

A: Ok, I would like to check out these books.

B: Do you have a library card?

A: No. How do I get one?

B: I just need to see your drivers license or utility bill to prove that you a resident of this state.

A: Here you go.

B: So you are all set. You can have these books for two weeks. If you need to have them longer, you can bring them here to renew them. If you don't, you get charged ten cents a day for each book.

A: Ok, thanks!

librarian	<i>N</i>	a person trained in library science and engaged in library service.
author	<i>N</i>	composer of a literary work, such as a novel or poem.
section	<i>N</i>	a distinct part or subdivision of anything

check out	<i>P</i>	to borrow (an item) by having it listed as one's temporary responsibility
renew	<i>V</i>	to cause something to continue to be effective
catalog	<i>N</i>	a complete, usually alphabetical list of items, often with notes giving details
genre	<i>N</i>	a certain type or style.
fiction	<i>N</i>	the class of literature comprising works of imaginative narration, esp. in prose form.
non-fiction	<i>N</i>	dealing with or offering opinions or conjectures upon facts and reality, including biography, history, and the essay

science
fiction

N

form of fiction that
draws imaginatively
on scientific knowledge
and speculation in its
plot, setting, theme

(C0343)

A: This is such a nice restaurant! I feel so classy!

B: Yeah, it's a little bit pricey, but they serve the best seafood in town.

C: May I Take your order?

B: Yes, I would like some marinated grilled shrimp for starters and I'll also have the lobster.

C: Excellent choice sir. And for you madame?

B: I would like the baked oysters and the seafood platter.

C: Very good madame.

B: That seafood platter sounds good. Excuse me, what does the platter have?

C: It's a great combination of clams, scallops, squid mussels, calamari and fillets of salmon and tuna. It comes with a side of butter sauce and french fries.

B: That sounds great! Cancel the lobster and give me one of the same please.

C: Very well sir. Anything to drink?

A: Can we get a bottle of your house white wine please?

C: Superb choice. I will be back shortly with the wine.

class	<i>A</i>	high class
pricey	<i>A</i>	expensive
marinated	<i>N</i>	To leave something to be soaked in a sauce for its flavour
starter	<i>N</i>	as the first step or part
platter	<i>N</i>	a course of a meal, usually consisting of a variety of foods served on the same plate.

clams	<i>N</i>	Edible sea creature that buries it self in the sand.
scallops	<i>N</i>	Edible sea creature similar to oysters that move in the water by opening and closing their shell.
squid	<i>N</i>	a sea creature having a having a torpedo-shaped body
mussels	<i>N</i>	Edible sea creature that attaches it to something such as a rock
calamari	<i>N</i>	cooked squid cut into rings.
eel	<i>N</i>	a creature with a long snakelike body, a smooth slimy skin

sushi	<i>N</i>	cold boiled rice moistened with rice vinegar, usually shaped into bite-size pieces and topped with raw seafood
dodgy	<i>A</i>	something not good
crab	<i>N</i>	A hard shelled sea creature

(C0344)

A: Madison Suites, how may I help you?

B: Yes, I'm calling from Mexico. I will be in town next week and would like to know if you have availability.

B: OK ma'am, can you tell me the date you expect to check in?

A: Yes, July ninth. I will be there for seven nights.

B: We have a junior single suite or a superior double suite available for those dates.

A: What's the difference?

B: The junior suite is smaller and has one twin bed, while the superior suite has a double bed and mini-bar.

A: OK, I would like to reserve the superior suite. Is breakfast included?

B: Yes, a buffet breakfast is served every morning. I will need your name and your credit card details in order to complete the reservation.

A: Sure, my credit card number is...

buffet	<i>N</i>	a meal laid out on a table or sideboard so that guests may serve themselves
reservation	<i>N</i>	an arrangement to secure accommodations at a restaurant or hotel
availability	<i>N</i>	the quality of being at hand when needed
check in	<i>V</i>	confirm details at front desk
superior	<i>A</i>	better than others
suite	<i>N</i>	a connected series of rooms to be used together
reserve	<i>V</i>	to keep back or save for future use

room service	<i>N</i>	Food and beverages served to a guest in his or her hotel room.
concierge	<i>N</i>	some one who handles luggage and mail, makes reservations, and arranges tours
maid	<i>N</i>	A woman servant employed in cleaning.
chauffeur	<i>N</i>	To serve as a driver for another person

(C0345)

A: Do you want to go catch a movie tonight?

B: I can't, I have to go to the gym.

A: Come on! You can go tomorrow, just skip it today. It's not as if you are gonna get in trouble!

B: Actually I will! I am working out with a personal trainer that gets on my case if I don't go. I like it, because it makes me feel more obligated to go and get healthy.

A: That's cool, does your personal trainer basically teach you how to work out?

B: Yeah. He makes a workout plan depending on the areas I want to work on, or the muscles I want to build. Like for example in order to get better muscle tone in my abs, pecs and biceps, he makes me work out with free weights. Then for my quads, calves and hamstrings, I do leg lifts or squats.

A: Sounds like you are really getting in shape!

gym	<i>N</i>	a place where you go to exercise
personal trainer	<i>A</i>	professional who educates people about physical fitness.
case	<i>N</i>	argument
obligate	<i>V</i>	do something because you feel it is the right thing to do
to work out	<i>V</i>	to find a solution or create a plan by thinking
muscle	<i>N</i>	tissue composed of fibers capable of contracting to effect bodily movement
muscle tone	<i>N</i>	strength or firmness of muscles and skin
abdominals	<i>N</i>	muscles of the front area of the stomach
pectoral	<i>N</i>	the chest or breast area

bicep	<i>N</i>	a large muscle at the front of the upper arm
hamstring	<i>N</i>	Any of the tendons at the rear of the human knee
squat	<i>N</i>	A lift or a weightlifting exercise in which one squats and stands while holding a weighted barbell supported by the back of the shoulders
steroids	<i>N</i>	compounds that help to grow muscles at a fast rate and help in recovery.
deadlift	<i>N</i>	A lift in which one pulls a bar from the ground to the waist.
bodybuilder	<i>N</i>	a person who practices bodybuilding.

locker
room

N

oom containing lockers, as in a gymnasium, factory, or school, for changing clothes and for the storage and safe-keeping of personal belongings.

(C0346)

Salesperson: Hello there, welcome to Wine World. Let me know if I can help you out at all.

Customer: Um, yes, please, I could really use some help. I'm going over to my boss' house for dinner tonight and don't know what kind of wine I should bring.

Salesperson: OK, do you know what kind of food will be served?

Customer: Well, his wife is Japanese. He said she makes really good sushi.

Salesperson: Hmm, that's a bit of a challenge. Sushi is notoriously difficult to pair with wine. Well, let's see. have to be a white wine, of course.

Customer: Why? Wouldn't a red wine go well with sushi?

Salesperson: No, I don't think so. Sushi is a very delicately flavored food, and red wine would be a jarring contrast. You need a white wine, which has more subtle flavors, to complement the fish.

Customer: I see. So should I get a bottle of Chardonnay? That's a white wine, right?

Salesperson: Yes, Chardonnay is a white wine, but I'm not sure it'd be your best bet. Chardonnay is one of the more full-bodied whites, and tends to be a bit oaky. I'd suggest that you go for something brighter, like this Sauvignon Blanc from New Zealand.

Customer: Sauvignon Blanc? What's that?

Salesperson: That's another varietal, or type of grape, just like Chardonnay.

Customer: Let's see. The label says it's got "attractive citrus and grassy aromas that give way to crisp, mineral flavors and a bone-dry finish. Serve chilled." Oh, no, how long will it take to chill the wine? I'm on my way to the dinner now.

Salesperson: It's OK, don't worry, we'll just choose a wine from the cooler. We don't have quite as extensive a selection over here, but...this Rhone Valley white would be lovely.

Customer: All right. What varietal is that?

Salesperson: Well, this is a French wine, so they don't always specify the varietal on the label. The French believe that the soil a grape is grown in is one of the most important factors in the final flavor of the wine. This wine is probably a blend of a few different types of grapes, mostly Viognier, I'd guess.

Customer: And you think this is a good wine?

Salesperson: Yes, this is one of our best-sellers. It's not quite as dry as the Sauvignon Blanc we were looking at earlier, which means it's more approachable. It's light and crisp, with a bit of a vanilla aroma.

Customer: Perfect! I'll take it!

notoriously	<i>A</i>	publicly or generally known, as for a particular trait
aroma	<i>N</i>	the way something smells
crisp	<i>A</i>	invigorating
bone-dry	<i>A</i>	no moisture, dry
subtle	<i>A</i>	Fine or delicate
chardonnay	<i>N</i>	a dry white wine made from this grape
grape vine	<i>N</i>	A vine on which grapes grow.
acidity	<i>N</i>	The state, quality, or degree of being acid.
zesty	<i>A</i>	affecting the organs of taste or smell with a strong and often harsh sensation

sharp

A

quick, acute, or penetrating

(C0347)

A: Good afternoon, passport and arrival card please.

B: Here you are.

A: Where are you coming from?

B: China.

A: Is this your country of birth or residence.

B: I just work there.

A: What is the purpose of your visit to the United States?

B: I'm here on vacation.

A: How long do you plan to stay in the United States?

B: Almost three weeks.

A: Sir, you didn't fill out the information on your arrival card of where you will be staying.

B: Oh, I'm sorry, but there are a couple of different places I will travel to within the United States, so I wasn't sure what to put.

A: You must specify an address of the place where you will spend most of your time.

B: Ok, here you are.

A: Do you have enough means to support yourself while you are here?

B: Yes. I have some travellers cheques and two credit cards.

A: Very good. Do you have anything to declare?

B: Nope. I only have my clothes and camera!

A: Very well sir, welcome to the United States, enjoy your visit.

passport	<i>N</i>	A form of identification that allows someone to travel.
arrival	<i>N</i>	n act of arriving; a coming
residence	<i>N</i>	the place, esp. the house, in which a person lives or resides; dwelling place; home
traveller	<i>N</i>	a person or thing that travels.
declare	<i>V</i>	to state something officially
purpose	<i>N</i>	reason for doing something
vacation	<i>P</i>	have holidays
metal detector	<i>N</i>	an electronic device for detecting the presence of metal objects

luggage	<i>N</i>	baggage such as suit cases and personal belongings.
Terroist	<i>N</i>	a person, usually a member of a group, who uses or advocates terrorism.
body scanner	<i>N</i>	a device that virtually strip searches a person in order to look for hidden objects without physically removing clothes or making physical contact

(C0348)

A: You want to go get a facial with me today?

B: Dude, what are you talking about? Only girls do that.

A: Not at all, guys also get facials, manicures and pedicures. There is nothing wrong with looking after your skin and looking good.

B: True. So what do they do to you at your beauty spa?

A: Well, first they exfoliate my face, getting rid of all the dead skin. Then I get a face mask with nutrients that keep my skin healthy and young. Afterwards, they apply some moisturizer and you leave feeling like a million bucks.

B: That doesn't really sound like something I would be interested in. In any case, I just wash my face every night and use sunscreen during the day.

A: Well you should come with me one day, I'm sure you'll love it.

B: Uh... no.

facial	<i>N</i>	a treatment to beautify the face.
manicure	<i>N</i>	a cosmetic treatment of the hands and fingernails, including trimming and polishing of the nails.
pedicure	<i>N</i>	professional care and treatment of the feet
spa	<i>N</i>	a luxurious resort or resort hotel.
exfoliate	<i>N</i>	to remove the surface of. such as skin and dirt
sunscreen	<i>N</i>	a substance formulated to prevent sunburn, skin cancers, and other conditions caused by excessive exposure to the sun

massage	<i>N</i>	the act or art of treating the body by rubbing, kneading, patting
tranquil	<i>A</i>	free from commotion or tumult; peaceful; quiet
sunburn	<i>N</i>	inflammation of the skin caused by overexposure to the sun or a sunlamp.
tan	<i>N</i>	A brown color on the skin caused by the rays of the sun

(C0349)

A: What's wrong?

B: I have a headache. These past few days I've been living off painkillers. Man, I feel like my head is going to explode.

A: You should get acupuncture treatment. My mom was always having headache issues and it was acupuncture that cured her.

B: The results are too slow. On top of that, just the thought of smoking needles poking into my flesh frightens me.

A: They don't just randomly stick you, they find your pressure points. The heat allows the body to immediately respond to the treatment, restoring the body's "chi".

B: But I get scared the moment I see a needle. How could I stand having needles in my body for hours on end?

A: The needles are very thin, and as long as the doctor's technique is good, and the patient himself is relaxed, it won't hurt—on the contrary it will actually alleviate pain. Now there are high-tech needles that are micro thin; they don't hurt at all. However, if you are really scared of acupuncture, scraping or cupping are also options.

B: Scraping is too terrifying. When they finish scraping, your body is all red, as if you were just tortured. Cupping is the same, your body ends up with red circles all over it—looks like someone beat you up.

A: This only signifies that the toxins have left the body. Actually, there is only discomfort during the treatment process. Once it's over you feel very comfortable.

B: Chinese medicine is strange. The patients are already ill, and then the doctor makes them suffer more.

A: This is the only way to get at the problem. Anyway, if you want to relieve the pain, You are just going to have to be tough and do it.

B: Forget it. I don't want to inflict any more pain on myself. In a little while I'll go and buy some more painkillers and take a nap.

acupuncture	<i>N</i>	Chinese Medical practice or procedure that treats illness or provides local anesthesia by the insertion of needles at specified sites of the body.
pressure point	<i>N</i>	a point on the skin that is extremely sensitive to pressure because of the presence of pressure-sensing organs.
treatment	<i>N</i>	an act or manner of treating.
needle	<i>N</i>	a small, slender, rod-like instrument, usually of polished steel, with a sharp point at one end

cupping	<i>V</i>	the process of drawing blood from the body and the application of a cupping glass
flesh	<i>N</i>	the soft substance of a human or other animal body, consisting of muscle and fat.
painkiller	<i>N</i>	a drug, treatment, or anything else that relieves pain
meditation	<i>N</i>	devout religious contemplation or spiritual introspection.
tai chi	<i>N</i>	a meditative exercise, characterized by slow circular and stretching movements and positions of bodily balance.
herb	<i>N</i>	a plant when valued for its medicinal properties

incense

N

the perfume or smoke
arising from a sub-
stance when burned

(C0350)

A: What are you doing this weekend?

B: My brother in law is having a small get together at his house and he invited me.

A: Is it a family thing or just friends?

B: A bit of both. Some cousins, aunts and uncles will be there, but also some friends from the neighborhood.

A: Is your great uncle Rick going to be there? He is really funny.

B: Yeah he is going to be there with his step-son and his ex-wife.

A: You mean your sister?

B: No, Rick is actually my great uncle, so he is my grandmother's brother.

A: You lost me.

B: I'll explain later, let's go.

brother	<i>N</i>	a male sibling
uncle	<i>N</i>	a brother of one's father or mother.
cousin	<i>N</i>	the son or daughter of an uncle or aunt.
aunt	<i>N</i>	the sister of one's father or mother.
step son	<i>N</i>	a son of one's husband or wife by a previous marriage.
ex-wife	<i>N</i>	a woman who was formerly a particular man's wife
Niece	<i>N</i>	a daughter of a person's brother or sister.

family re-union	<i>N</i>	a gathering of relatives, friends, or associates at regular intervals or after separation
biological	<i>N</i>	Being of the same genes and blood as another family member
adopted	<i>N</i>	to take and rear (the child of other parents) as one's own child.

(C0351)

A: Hello Mrs Parker, how have you been?

B: Hello Dr Peters. Just fine thank you. Ricky and I are here for his vaccines.

A: Very well. Let's see, according to his vaccination record, Ricky has received his Polio, Tetanus and Hepatitis B shots. He is 14 months old, so he is due for Hepatitis A, Chickenpox and Measles shots.

B: What about Rubella and Mumps?

A: Well, I can only give him these for now, and after a couple of weeks I can administer the rest.

B: Ok great. Doctor, I think I also may need a Tetanus booster. Last time I got it was maybe fifteen years ago!

A: We will check our records and I'll have the nurse administer the booster as well. Now, please hold Ricky's arm tight, this may sting a little.

vaccine	<i>N</i>	a medical substance that protects people or animals
Polio	<i>N</i>	acute viral disease, usually affecting children and young adults
Tetanus	<i>N</i>	an infectious, often fatal disease caused by a specific bacterium that enters the body through wounds
Hepatitis	<i>N</i>	inflammation of the liver, caused by a virus or a toxin
Rubella	<i>N</i>	a mild contagious viral disease characterized by fever, mild upper respiratory congestion, and a fine red rash lasting a few days
Chickenpox	<i>N</i>	A disease common of children, characterized by mild headache and fever, and eruption of blisters on the skin

Measles	<i>N</i>	an acute infectious disease occurring mostly in children. red spots being a common symptom
Mumps	<i>N</i>	characterized by inflammatory swelling of the usually other salivary glands
administer		administer

(C0352)

A: Have you seen this news article? Apparently an organization has made a list to name the new seven wonders of the world and people could vote for them online.

B: Wow, that's really interesting. So who won?

A: Well, the Great Wall of China, the Taj Mahal in India.

B: I've been there! It really is an amazing work of architecture and art. The entire complex is made of white marble and in the interior of the tomb, the walls are covered with gems and emeralds!

A: Cool! Also amongst the winners is Petra, in Jordan, Machu Picchu in Peru and the pyramid in Chichenitza in Mexico.

B: Wait a minute! It also says that the Christ Redeemer statue in Brazil and the Colosseum in Rome are wonders. I would love to go to Italy and see the Colosseum, stand in the middle like a gladiator!

A: Well, let's see if we can find some cheap airfare and we can go towards the end of the year.

B: Good idea!

Taj Mahal	<i>N</i>	A mausoleum located in India made entirely of white marble.
Great Wall	<i>N</i>	An extensive wall in China that kept invaders at bay
architecture	<i>N</i>	the art and science of designing buildings
Petra	<i>N</i>	A historical city in Jordan which was carved out of the mountain,
Machu Pichu	<i>N</i>	An Inca ancient city set high in the Andes mountains in Peru
pyramid	<i>N</i>	a structure where the outer surfaces are triangular and converge at a point

Colosseum	<i>N</i>	An ancient amphitheater located in Rome
wonder	<i>N</i>	A monumental human creation that is amazing
gladiator	<i>N</i>	A person trained to entertain the public by engaging in mortal combat
tomb	<i>N</i>	A grave or other place of burial
world heritage site	<i>N</i>	an area or structure designated by UNESCO as being of global significance
Mausoleum	<i>N</i>	an external free-standing building constructed as a monument enclosing the interment space or burial chamber of a deceased person

Temple	<i>N</i>	a structure reserved for religious or spiritual activities, such as prayer and sacrifice
Ruins	<i>N</i>	the remains of human-made architecture: structures that were once complete, as time went by, have fallen into a state of partial or complete deterioration
Ancient	<i>A</i>	having been of long duration; of great age; very old.

(C0353)

A: Hey, Jordan, is that you? Long time no see!

B: Oh, hey, no kidding! I haven't seen you since orientation three months ago! So how've you been? Settling into college life OK?

A: Yeah, I think so! I pledged Phi Iota Alpha, so I'm living at the frat house now.

B: Oh, so you're a frat boy now, huh?

A: Yeah, yeah, I know, it's totally cliché, but really, I think it's been a good decision. I've got a lot of support and good suggestions from the guys. What about you? What have you been up to?

B: Not much. I'm still living at home and commuting to school. I ended up dropping that metalworking class I was so excited about. It just wasn't as interesting as I'd hoped. The guidance counselor suggested that I focus on my prerequisite courses so that I can make sure the credits count.

A: That sounds smart... but kind of boring.

B: Yeah, it is, a little bit. I joined the Great Outdoors Club, though, which has been a lot of fun. We've gone on two camping trips already, and I've made some good friends.

A: That's cool. Hey, so have you decided on your major yet?

B: Definitely pre-med. What about you?

A: I still have no clue. . . but we don't have to declare a major 'til our sophomore year, so I've got time! Oops, I'm late for class. Gotta run!

B: OK, take care! Hey, nice running into you!

A: Yeah, you too!

Long	V	phrase used to express
time	no	that you haven't seen
see		someone in a very long
		time

orientation	<i>N</i>	a class where instructions are given on the first day at school
settle into	<i>V</i>	to become accustomed to one's new surroundings
frat house	<i>N</i>	Fraternity house, place where members of a fraternity live and socialize
frat boy	<i>N</i>	a term used to call people that are part of a fraternity
drop	<i>V</i>	to quit or not continue a class
credit	<i>N</i>	academic mark
major	<i>N</i>	the specific focus of your undergraduate program
gap year	<i>N</i>	A temporary one year absence from university

thesis	<i>N</i>	A dissertation advancing an original point of view as a result of research
minor	<i>N</i>	secondary course of study
pre-law	<i>N</i>	any course of study taken by an undergraduate in preparation for study at a law school
freshman	<i>N</i>	a first year student in high school or university

(C0354)

A: I think we should home school our children when we decide to have kids.

B: What? Why?

A: Well, our public schools here are not very good and private school are just too expensive. I have been reading up on home schooling and it has a lot of advantages.

B: Like what? I think that by doing something like that we would be isolating our children from social interaction.

A: Well, first of all, I would be able to teach them everything they learn in school in a more relaxed and fun way. I also think that having a one-on-one class is much better since you can focus more on his or her strengths or weaknesses.

B: I think neither your parents or mine would agree to such an idea.

A: I will bring it up over Sunday brunch.

B: Good luck with that!

home school	<i>V</i>	to educate kids at home by a parent or tutor
first of all	<i>P</i>	firstly
read up	<i>V</i>	to do research or instruct yourself on a topic
isolate	<i>V</i>	to set apart from others; place alone
social interaction	<i>N</i>	meeting, talking, doing activities with people
one-on-one	<i>P</i>	a meeting or class between two people
strengths	<i>N</i>	a quality that makes someone effective or useful
weakness	<i>N</i>	the quality or state of being weak

bring some- thing up	<i>P</i>	to mention or open for discussion
GED	<i>N</i>	general education diploma which is the equivalent of a high school diploma
SAT	<i>N</i>	Scholastic Aptitude Test is a test which is taken throughout the US as an admission test to US colleges
tutor	<i>N</i>	a person employed in the education of others, either individually or in groups.
recess	<i>N</i>	a short period of free time between school classes.
quiz	<i>N</i>	a short quick test

(C0355)

A: Can I borrow five bucks?

B: No!

A: Come on! I'll pay you back on Tuesday.

B: Last time I lent you money, you never paid me back.

A: I promise if you lend me five dollars today, I will repay you in full next week.

B: Ok, but I'm taking your skateboard as collateral.

A: Fine! I can't believe you don't trust me.

B: It's nothing personal, just business.

borrow	<i>V</i>	to take or have something temporarily
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bucks	<i>N</i>	dollar (slang)
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lend	<i>V</i>	to give something to someone temporarily
repay	<i>V</i>	pay back
trust	<i>V</i>	confident expectation of something; hope.
collateral	<i>N</i>	security pledged for the payment of a loan
barter	<i>V</i>	the act of exchanging goods for other goods
mooch	<i>N</i>	a person that is always asking to borrow money or food
loan	<i>N</i>	Something lent for temporary use
interest	<i>N</i>	a percentage added to a loan as a fee for lending money

past due

A

the status of a scheduled loan payment that has not been paid on time.

(C0356)

A: Help me organize these coins.

B: That's a lot of money! What did you do? Break the piggy bank?

A: Yeah, I'm gonna go to the bank and change it for bills, but first I have to separate them into little piles.

B: Ok, I'll find all the quarters and dimes while you sort the nickels and pennies.

A: Great, then we can add everything up and take it to the bank.

B: I found some coins that are not from here.

A: Oh yeah, those are from my trip to London. I have a couple of different pence, but in all it won't add up to one pound.

B: Are you sure the bank will change these coins for you?

A: Hopefully!

coin	<i>N</i>	a small round piece of money usually made from met
piggy bank	<i>N</i>	a small container used to store coins
bill	<i>N</i>	form of money that is made from paper
quarter	<i>N</i>	a coin worth one fourth of a dollar
dime	<i>N</i>	a coin worth one tenth of a dollar
nickel	<i>N</i>	a coin worth one twentieth of a dollar
penny	<i>N</i>	a coin that is worth one cent or one one hundredth
Mint	<i>V</i>	To make or fabricate coins

Treasury	<i>N</i>	A place in which private or public funds are kept
Safe	<i>N</i>	A large metallic vault used to store money safely
Bling	<i>N</i>	Slang term used for money, gold and jewel-ery
Money Press	<i>N</i>	Machine that prints and produces bills

(C0357)

A: Bruno Bistro, how may I help you?

B: Yes hello, I would like to make a reservation please.

A: Certainly sir, For which day and time please?

B: Tonight at seven.

A: I'm sorry sir, but we are fully booked tonight until eight.

B: In that case, eight o'clock is fine.

A: Very well, and how many people will attend tonight?

B: Four people.

A: Lastly, may I please know what name I should make the reservation under?

A: Mark.

bistro	<i>N</i>	mid-priced restaurant
make a reservation	<i>P</i>	to make an arrangement to hold something for later
fully booked	<i>P</i>	all sold out or full of reservations
in that case	<i>P</i>	if something said earlier is true
attend	<i>V</i>	go to
reservation	<i>N</i>	Something that is kept back or withheld
steakhouse	<i>N</i>	a restaurant that specializes in beef steaks.
diner	<i>N</i>	A place that offers a wide range of foods, mostly American, a casual atmosphere and late operating hours.

Soup Kitchen	<i>N</i>	a place where food is offered to the hungry for free or at a reasonably low price
saltshaker	<i>N</i>	a container with a perforated top for sprinkling salt
Cutlery	<i>N</i>	Utensils such as knives, forks, and spoons used as tableware

(C0358)

A: Why didn't you text me last night?

B: What? I sent you three or four messages!

A: I didn't get any of them. I was waiting for you to text me the address of where the party was and I never got your message.

B: Why didn't you just call? I hate sending SMS messages.

A: Well, because I didn't have any credit on my phone. I used it all up this month.

B: I thought you had an unlimited SMS plan?

A: I do, but if I don't have any credit in my phone, it won't let me call or send messages.

B: No wonder you didn't get my texts!

text	<i>V</i>	act of sending a text message via a mobile phone
SMS	<i>N</i>	abbreviation for Short Message Service
credit	<i>N</i>	amount of money that you have available to make ca
use it up	<i>V</i>	to completely finish or extinguish something
unlimited	<i>A</i>	without limits or restrictions
no wonder	<i>P</i>	not surprisingly
voicemail	<i>N</i>	A service that allows you to leave a recorded message
calling card	<i>N</i>	A prepaid card that allows you to make international phone calls

pay as you go	<i>P</i>	Credit purchased in advance in order to make phone calls on a mobile phone
coverage	<i>N</i>	The area that the mobile phone operator covers or allows for making phone calls
drop a call	<i>V</i>	To lose connection of a call

(C0359)

A: I got an urgent email from Tom! He says he is in London and got robbed and needs us to wire him some money for his hotel.

B: What? That sounds really dodgy tome.

A: No way, Tom is an honest person, he wouldn't lie tome.

B: No I mean, it seems like someone may have hacked his email account and sent that out. I mean think about it, why would he email you instead of calling you.

A: Do you really think someone is trying to scam people into sending money?

B: For sure! There are so many con artists out there, you never really know.

urgent

A

important

get
robbed

A

to be victim of a robbery,
something stolen

wire	<i>V</i>	to send money electronically
dodgy	<i>A</i>	questionable, suspicious
hack	<i>V</i>	to gain access illegally or without authorization
scam	<i>V</i>	to swindle (someone) by means of a trick
con artist	<i>N</i>	a swindler who exploits the confidence of his victim
swindle	<i>V</i>	To cheat or defraud of money or property
Ponzi Scheme	<i>N</i>	is an investment fraud that involves the payment of purported returns to existing investors from funds contributed by new investors.

con	<i>V</i>	to persuade by deception
Fraud	<i>N</i>	a person who makes deceitful pretenses
Pirate	<i>N</i>	a person who uses or reproduces the work or invention of another without authorization.

(C0360)

A: Have you read all these crazy things that are going on around the world?

B: What do you mean?

A: I was reading about how some people get tricked or drugged in their hotel rooms and have their organs removed! Then they are sold on the black market.

B: Don't tell me you actually believe all that? Don't be so gullible, they are just urban legends. They are just stories people make up to scare you.

A: Well, I was also reading about how some popular songs have subliminal or even satanic messages if you play them backwards! Can you believe that?

B: You really think an artist or songwriter is going to go through the trouble of putting subliminal or satanic messages in a song? Don't be so naive!

A: Well maybe you are right, but how about the story of how KFC has rows of headless chickens which are super grown in order to get bigger chickens faster!

B: Sounds a bit too far fetched to be true don't you think?

black market	<i>N</i>	any system in which goods are sold and bought ille
gullible	<i>A</i>	easily believing something that is not true
urban legend	<i>N</i>	stories that are exaggerated or not true
make up	<i>P</i>	invent
subliminal	<i>N</i>	something that persuades in a sub conscious way
satanic	<i>A</i>	relating to Satan or the devil
naive	<i>A</i>	having or showing a lack of experience, judgment,

far fetched	<i>A</i>	improbable; not naturally pertinent
Myth	<i>N</i>	an untrue story
boogie man	<i>N</i>	a fictional being that scares children
cynical	<i>A</i>	a person who believes that only selfishness motivates human actions
grounded	<i>A</i>	quality of not letting emotions or impulses get the best of you
realist	<i>N</i>	a person who tends to view or represent things as they really are.

(C0361)

A: I'm hungry, let's order up something to eat.

B: Ok, maybe we can order a soup and a salad from the restaurant down the street.

A: I was thinking of getting a hamburger, fries and a chocolate sundae.

B: You eat too much junk food. That sort of stuff clogs up your arteries and is very high in cholesterol.

A: Well I never seem to gain weight so I don't mind.

B: It's not only about getting fat or not, it's about being healthy. You could really have some health problems later on.

A: How about pizza or maybe some fried chicken! Better yet, let's order some hot dogs!

B: You are a lost cause.

salad	<i>N</i>	mixed vegetables served cold
french fries	<i>N</i>	deep fried strips of potato
hamburger	<i>N</i>	a type of sandwich with a beef patty
junk food	<i>N</i>	food that is not healthy
clog	<i>V</i>	to block or get in the way of something
cholesterol	<i>N</i>	a fatty substance found in animal tissue
how about	<i>P</i>	what do you think
pizza	<i>N</i>	bread with tomato sauce and cheese on top
fried chicken	<i>N</i>	chicken pieces cooked in hot oil
hot dog	<i>N</i>	a food with bread and a sausage in the middle

lost cause	<i>N</i>	a useless or hopeless situation
tofu	<i>N</i>	A protein-rich food coagulated from an extract of soybeans and used in salads and various cooked foods.
MSG	<i>N</i>	a flavor enhancer used in food
greasy	<i>A</i>	Having a lot of grease or oil
Take out	<i>P</i>	Taking food away or having it delivered,
doggy bag	<i>N</i>	a bag or box used to take left over food home from a restaurant

(C0362)

A: Are you ok? You seem a bit anxious.

B: Yeah I'm OK, I have been having a lot of mood swings lately. I think it has to do with the pills my doctor prescribed that are causing chaos on my hormones.

A: So you mean you feel ecstatic one minute and then blue the next?

B: Yeah, it's weird. For example just this morning I was feeling detached and lonely, even though there was really no reason to feel that way.

A: Well, maybe your mood will swing positively and you will feel confident, brave and hopeful!

B: I hope you are right.

anxious	A	worried or nervous of what may happen
mood swing	N	rapid or successive change of your mood

ecstatic	<i>A</i>	feeling very excited or happy
blue	<i>A</i>	feeling sad, depressed
detached	<i>A</i>	feeling of showing lack of emotional involvement
lonely	<i>A</i>	sad from being apart from other people
confident	<i>A</i>	assurance: freedom from doubt
brave	<i>A</i>	Not feeling any fear
maniac depressive	<i>N</i>	suffering from a disorder characterized by alternating mania and depression
anxiety	<i>N</i>	An abnormal sense of fear, nervousness, and apprehension
self esteem	<i>N</i>	Personal feelings or opinions of oneself

emotional	A	determined or actuated by emotion rather than reason
overwhelming	A	overpowering in effect or force

(C0363)

A: Why did your girlfriend break up with you?

B: I don't know, she said she was tired of me not manning up and being more independent, which I think is all a bunch of crap.

A: Well, you still live with your parents, so she does have a point.

B: What do you mean? Lots of people live with their parents, especially when rent is so expensive and the slump in the economy.

A: Yeah, but you are almost forty! Plus, you make good money so there is really no excuse. It's simply because you are a momma's boy.

B: Whatever dude, I have everything I need, why would I move out! Have a great roof over my head, my mom does my laundry and cooks for me, what else could a guy ask for!

A: Let's agree to disagree.

girlfriend	<i>N</i>	a female romantic partner
break up	<i>P</i>	end a romantic relationship
man up	<i>P</i>	take responsibility for your actions
crap	<i>N</i>	an unpolite way of saying something is foolish
momma's boy	<i>N</i>	A grown male still dependent on his mother
move out	<i>V</i>	change the place where you live, leave a house
wimp	<i>N</i>	a weak, cowardly, or ineffectual person
pamper	<i>V</i>	To treat with excessive care, attention or indulgence
Mooch	<i>N</i>	someone that tries to get something free

immature	A	characteristic of a lack of maturity
needy	A	demanding or needing attention, affection, or reassurance to an excessive degree

(C0364)

A: Can you help me write a newspaper ad?

B: Sure, what are you looking to buy or sell?

A: Actually, I want to hire someone to help me around the house.

B: Oh, you want to get a maid?

A: Well, I think it's better if you call her a cleaning lady or domestic help.

B: Ok, so what do you want her to do?

A: Well, let's see. I want her to come in three times a week for a couple of hours to clean the kitchen, bathroom and maybe do some cooking.

B: Got it. And how much do you offer per month?

A: I would pay her hourly, I don't know what the going rate is though.

B: I know for sure it's more than minimum wage but maybe you should just negotiate with the person that answers the ad.

A: Great! Thanks for your help!

ad	<i>N</i>	and advertisement or advert
hire	<i>V</i>	to give work
maid	<i>N</i>	a female who's job is to clean and cook
cleaning lady	<i>V</i>	a person that is hired to clean, a maid
domestic help	<i>N</i>	a servant who is paid to perform tasks around the
hourly	<i>R</i>	per hour
going rate	<i>N</i>	the current price or fee of something

negotiate	<i>V</i>	discuss and reach a mutual deal
minimum wage	<i>N</i>	the lowest legal salary a person can earn
servant	<i>N</i>	One who is privately employed to perform domestic services.
cook	<i>N</i>	A person who prepares food for eating.
gardener	<i>N</i>	One who works in or tends a garden for pleasure or hire.
plumber	<i>N</i>	One that installs and repairs pipes and plumbing.
electrician	<i>N</i>	a person whose occupation is the installation, maintenance, and repair of electrical devices

(C0365)

A: Kevin, what is this mess? It looks like a pigsty in here! Clean this up!

B: Ok dad, I will do it in a minute, let me just finish this level of this game.

A: No, I said now! Plus, you are grounded, you're not allowed to play video games. I want you to make your bed, do the laundry and then come downstairs and sweep the floors.

B: That's so unfair!

A: You have to pull your weight around here young man. My house, my rules.

B: But I already mopped the floors, dusted the furniture and vacuumed the rugs!

A: That's great, but you still have work to do, so get to it.

mess

N

disorder

grounded	<i>A</i>	to be punished and not allowed to go outside
sweep	<i>s</i>	to clean the floor with a broom or brush
pull your weight	<i>N</i>	to help or collaborate in the household
dust	<i>V</i>	to remove dust and dirt
mop	<i>V</i>	to clean the floor with water and a mop
vacuum	<i>V</i>	to use an electric device to suction dust and dirt
wax	<i>V</i>	to put a greasy substance on a surface to make it shiny
polish	<i>V</i>	To make smooth and shiny by rubbing or chemical action.
take out the trash	<i>V</i>	action of taking the trash outside to be collected

do the
dishes

V

to wash the dishes

iron

V

action of using a hot
flat surface to remove
wrinkles from clothes