

5 I can use a dictionary productively

Dictionaries include a wide range of information that will help you to expand your vocabulary, and use words more effectively when you speak and write.

Dictionary entries*

reflect O-→ /rɪ'flekt/ verb

1 [VN] [usually passive] ~ sb/sth (in sth) to show the image of sb/sth on the surface of sth such as a mirror, water or glass: *His face was reflected in the mirror.*

4 ~ (on/upon sth) to think carefully and deeply about sth: [V] *Before I decide I need time to reflect.* ◇ *She was left to reflect on the implications of her decision.*

count O-→ /kaʊnt/ verb

► SAY NUMBERS 1 [V] ~ (from sth) (to/up to sth) to say numbers in the correct order: *Billy can't count yet.* ◇ *She can count up to 10 in Italian.*
► FIND TOTAL 2 ~ (sth)(up) to calculate the total number of people, things, etc. in a particular group: [VN] *The diet is based on counting calories.*
◇ [v wh-] *She began to count up how many guests they had to invite.*
► INCLUDE 3 [VN] to include sb/sth when you calculate a total: *We have invited 50 people, not counting the children.*

absorb O-→ /ə'bɔ:b/ verb [VN]

► LIQUID/GAS 1 to take in a liquid, gas or other substance from the surface or space around: *Plants absorb oxygen.* ◇ *This cream is easily absorbed into the skin.*
► INFORMATION 3 to take sth into the mind and learn or understand it
SYN TAKE IN: It's a lot of information to absorb all at once.

favour O-→ /'fevə(r)/ noun

► HELP 1 [C] a thing that you do to help sb: *Could you do me a favour and pick up Sam from school today?* ◇ *Can I ask a favour?* ◇ *I'm going as a favour to Ann, not because I want to.* ◇ *I'll ask Steve to take it.* **He owes me a favour.**

propose O-→ /prə'paʊz/ verb

► SUGGEST PLAN 1 (**formal**) to suggest a plan, an idea, etc. for people to think about and decide on: [VN] *The government proposed changes to the voting system.* ◇ [VN that] **It was proposed that** the president be elected for a period of two years. ◇ [V-ing] *He proposed changing the name of the company.*

circumstance O-→ /'sɜ:kəmstəns/ noun

1 [C, usually pl.] the conditions and facts that are connected with and affect a situation, an event or an action: *The company reserves the right to cancel this agreement in certain circumstances.* ◇ *changing social and political circumstances*

VOCABULARY BUILDING

actions expressing emotions

action	part of the body	you are ...
hang	head	ashamed
lick	lips	anticipating sth good, nervous
nod	head	agreeing
raise	eyebrows	inquiring, surprised
shrug	shoulders	doubtful, indifferent
stamp	foot	angry

Important information

- The key (O-→) tells you that **reflect** is in the Oxford 3000 and is an important word.
- The numbers tell you that **reflect** has different meanings.
- The information in bold tells you that **reflect** can be followed by different prepositions.

- The words in blue give a general idea of the different meanings of **count**.

- Dictionaries often provide synonyms (**take in** is a synonym for one meaning of **absorb**) and opposites: these help you expand your vocabulary.

- The phrases in bold show common phrasal structures and/or collocations; they will help you to use **favour** naturally in different contexts.

- **propose** is a *formal* word and more common in written English.
- It is followed by a noun, a **that** clause, or an -ing form, so you cannot say: *He proposed us to go.*

- **circumstance** is usually used in the plural (**circumstances**).

- The *Oxford Advanced Learner's Dictionary* has a number of features to increase your vocabulary or help you choose the right word in different situations. This list of actions is included beside the entry for **body**.

* These are adapted extracts from the *Oxford Advanced Learner's Dictionary*.



1 Complete the sentences with the correct verb, and use the numbers in the dictionary entries to say which meaning is being used.

- There were about twelve on the bus, not counting (3) the teachers.
1 I think she'll have to go away and _____ on what we've said to her.
2 There's no liquid at the bottom because the sponge _____ all the juice.
3 From the list, I _____ fifteen who still haven't replied to the invitation.
4 There was too much information to _____ in one session; I couldn't take it all in.
5 In this game, you close your eyes and _____ up to 50, while we all hide.
6 He was standing behind me, but I could see his face _____ in the water.

2 Complete the collocations.

- 1 She just looked at me and _____ her shoulders.
2 I'm sure Bob will do it. He _____ me a favour.
3 When I told him, he just _____ an eyebrow in mild surprise.
4 I only went to the party as a _____ to Anne.
5 He _____ his head, so I assume he agreed.
6 You can change the date in certain _____.
7 The little boy _____ his foot in anger.

3 Cross out the grammar mistake in each sentence and write the correction at the end.

- 1 We could see our faces reflected on the water. _____
2 She proposed to leave the children behind. _____
3 You can take dogs into shops in certain circumstance. _____
4 There were ten people there, no counting the two of us. _____
5 He proposed us to take the car. _____
6 I'll need to reflect in what he said. _____

4 Use the *Oxford Advanced Learner's Dictionary* to complete these sentences. You will find the answers in the full dictionary entries for the words shown on page 20.

- 1 Complete the collocation in this sentence with a word that can also mean 'consider':
I _____ myself lucky to have a job that I really enjoy.
2 Complete the idiom in this sentence with the correct prepositions:
I'm _____ favour _____ equal pay.
3 Complete the idiom in this sentence:
Under the _____, I would prefer not to say anything.
4 Complete the idiom in this sentence:
The whole incident _____ badly on everyone involved.

5 **ABOUT YOUR DICTIONARY** Look up the meaning of these adjectives and the preposition which normally follows each one. Then, write a sentence example for each.

- conducive _____ example: _____
fraught _____ example: _____
devoid _____ example: _____
immune _____ example: _____



Remember to test yourself

6 I can build word families

A Making one word from another

By learning words that are part of the same word family, you can often increase your vocabulary quickly and easily. For example, you will already know the words in the left-hand column below, but do you know the related forms with similar meanings?

Word	Example of related word	Meaning of related word
mistake N	I mistook her for a friend.	mistake sb/sth for sb/sth wrongly think that sb/sth is sb/sth else.
excellent ADJ	The university excels at/in sciences.	be very good at sth.
final ADJ	I haven't finalized my plans.	complete the last part of a plan/an arrangement.
point N	The exercise was completely pointless .	having no purpose.
follow V	Chelsea have a large following in Asia.	a group of supporters.
house N	We need more family housing .	buildings for people to live in.
heart N	It was a heartless thing to say.	showing no kindness or consideration. SYN cruel .
handle V	The situation needs careful handling .	the way sb deals with sth/sb.
emotion N	Cancer is a very emotive subject.	causing people to have strong emotions.
apologize V	It's his fault and he's very apologetic .	showing you are sorry.
forgive V	His behaviour was unforgivable .	so bad it cannot be forgiven. SYN inexcusable .
describe V	The pain in my arm was indescribable .	so extreme it is impossible to describe.
notice V	The scar on his face is quite noticeable .	easily noticed.
include V	Bed and breakfast is £80, fully inclusive .	(of a price or cost) including everything.
compare V	This year's figures look good. Are there comparable figures for last year?	similar; able to be compared.
reputation N	It's a very reputable company, so you should be OK.	having a good reputation; known to be good.
furniture N	Are they going to furnish the flats? ~ One is fully furnished already; the other will be unfurnished .	furnish sth put furniture in a place. furnished containing furniture. OPP unfurnished .
event N	I hear you had a very eventful trip in China.	full of interesting or important things that happen. OPP uneventful .
explain V	His behaviour was inexplicable .	that cannot be explained.
recognize V	There is a growing recognition that we can't go on polluting the atmosphere.	acceptance that sth is true or legal.

spotlight Different related forms

There may be several related forms with different meanings.

I thought the meeting was very **worthwhile** (= important, interesting, etc.)

The necklace is **worthless**. (= without value) He's a **worthy** champion. (= one who deserved to win)



1 Circle the correct word.

- 1 The company is very *reputative / reputable*, so I'm sure you can rely on it.
- 2 You get flights, accommodation, and food; it's fully *included / inclusive*.
- 3 I don't know why the brakes failed; it's *unexplainable / inexplicable*.
- 4 We're amateurs and they're professionals, so we're not *comparable / comparative*.
- 5 The way he treated Jan was *inexcusable / unexcusable*.
- 6 Nothing much happened; it was rather an *eventless / uneventful* evening.
- 7 The delay was his fault, but he wasn't very *apologizing / apologetic* about it.
- 8 The whole thing was *undescribable / indescribable*.

2 Rewrite the sentences using the correct form of the word in capitals. The meaning must stay the same.

- 1 They have a great reputation for sport. EXCEL _____
- 2 I think he deserved to win. WORTHY _____
- 3 Nothing much happened at the party. EVENT _____
- 4 The flat hasn't got any furniture. FURNISH _____
- 5 The trip was a waste of time. POINT _____
- 6 It's an interesting vase but it has no value. WORTH _____
- 7 A lot of people support the movement. FOLLOWING _____
- 8 People are increasingly aware of its value. RECOGNIZE _____

3 Complete the dialogues with a suitable word.

- | | |
|---------------------------------------|--------------------------------|
| 1 Are there enough homes? | ~ No, we need more _____. |
| 2 Can you still see the marks? | ~ Yes, they're quite _____. |
| 3 Was she sorry? | ~ Yes, she was very _____. |
| 4 Is that £65 for everything? | ~ Yes, it's fully _____. |
| 5 Her behaviour was dreadful. | ~ Yes, absolutely _____. |
| 6 Was there any reason to do that? | ~ No, it was completely _____. |
| 7 Do they have a lot of support here? | ~ Oh yes, a massive _____. |
| 8 Do you need to buy furniture? | ~ No, it's fully _____. |

4 Complete the sentences with a suitable word.

- 1 Jan and Brad still have to _____ the arrangements for the wedding reception.
- 2 It's a very good school and they _____ at languages.
- 3 Capital punishment is a very _____ issue; people have strong feelings about it.
- 4 I was impressed with the police; their _____ of the situation was just right.
- 5 He never listens to anyone, so it's _____ giving him advice.
- 6 I walked off with someone else's coat; I _____ it for my own.
- 7 Flats in big cities are expensive in England. A _____ flat in Spain would cost less.
- 8 Stephen's remarks were very cruel. How could he be so _____?

5 ABOUT YOUR COUNTRY. Write answers to the questions or ask another student.

- 1 If you rent a flat, is it usually furnished or unfurnished? _____
- 2 Which football team has the largest following? _____
- 3 Do hotels usually give a fully inclusive price for a room and breakfast? _____
- 4 Is housing a particular problem in any part of the country? _____
- 5 Are prices generally comparable with other countries nearby, or are they very different? _____



B Saying things another way

If you know different parts of a word family, you can express ideas in different ways. Notice the words in bold which go together, e.g. **keep yourself occupied**.

How does she **occupy** her time?
Did he **confess** to the robbery?
He won't **commit himself**, will he?
What's the **origin** of the disease?
Did he **assure** you it would be OK?
Should we try to **simplify** things?
Was he **abused** when he was young?
Couldn't you **defend yourself**?
Are the injuries **severe**?
What does the report **indicate**?

~ She **keeps herself occupied** with work.
~ Yes, he eventually **made a confession**.
~ No, he just can't **make a commitment**.
~ Nobody knows where it **originated**.
~ Yes, he **gave** us his full **assurance**.
~ Yes, we need a **simplification of** the rules.
~ Yes, he **suffered** physical **abuse** as a child.
~ No, I was completely **defenceless**.
~ We don't know the **severity of** them yet.
~ Well, it **gives** some **indication of** progress.

Glossary

occupy sth	fill or use a space, area, or amount of time. occupied ADJ.
confess (to sth)	admit formally that you have done sth wrong or illegal. confession N.
commit yourself	promise to do sth that requires time and loyalty. commitment N.
origin	the cause of sth, or the place where it starts to exist. originate V.
assure sb (that / of sth)	tell sb that sth is definitely true or definitely going to happen. assurance N.
simplify sth	make sth easier to do or understand. simplification N.
abuse sb	treat sb in a cruel or violent way, often sexually. abuse N.
defend sb/yourself	protect sb or yourself. defenceless ADJ.
severe	extremely bad or serious. severity N.
indicate sth	show that sth exists or is likely to be true. indication N.

6 Find the missing word in each sentence and show where it goes.

- It was a simplification of the facts. of _____
1 He needs something to himself occupied. _____
2 When he attacked me, I couldn't defend. _____
3 What's the origin this idea? _____
4 When did he the confession? _____
5 She assured it would be fine. _____
6 He just wasn't able to commit. _____

7 Rewrite the sentences using a related form of the underlined word.

- 1 What's the origin of this? _____
2 I want a simplification of the procedure. _____
3 A lot of people abuse alcohol. _____
4 Does the research indicate a link? _____
5 He's got to commit himself. _____
6 Did she confess? _____
7 The boy was racially abused. _____
8 I was surprised at how severe the conditions were. _____

8 Test yourself. Cover the answers at the top of the page and look at the questions. Can you ask the questions using a related word form?



Review: Expanding your vocabulary

Unit 1

1 Complete the dialogues using a suitable word that isn't used in the question.

- 1 You can explain this in different ways, can't you? ~ Yes, it's a bit _____.
- 2 Is the meaning obvious? ~ Yes, it's completely _____.
- 3 Is this word rather dated now? ~ Yes, it's quite _____.
- 4 She gets upset when he mocks her. ~ I know; he shouldn't _____ at her.
- 5 Is this word quite negative? ~ Yes, dictionaries mark it as _____.
- 6 Is that the exact meaning? ~ To be honest, I can't give you a _____ definition.
- 7 Can I use 'miserable' instead of 'sad'? ~ Yes. In this context, they're _____.
- 8 Do they mean the same? ~ Not exactly, but _____ the same. (Don't use *almost* or *nearly*!)

A Z more words: *derivative, taboo, dialect, satirical, pun, archaic, overtones*

Unit 2

1 Rewrite the sentences using the words in capitals. Make any necessary changes, but the meaning must remain the same.

- 1 I suddenly realized who had stolen my mobile. DAWN _____
- 2 I can't decide what to do about the job. TWO MINDS _____
- 3 In his haste, he knocked the vase over. FLYING _____
- 4 She ate some chocolate, which was enough until she was rescued. KEEP _____
- 5 The laptop's a bargain and includes free software. COME _____
- 6 Do many people try to avoid paying tax? GET _____
- 7 You were so kind to do that for me. SWEET _____
- 8 Changing his job is his least likely option. MIND _____

A Z more words: look up these words in a dictionary and see if you can find at least one new meaning for each one, or a new idiom containing the word: *break, settle, pull, stick, hold*

Unit 3

1 Tick the word(s) in italics that are possible. One or two may be possible.

- 1 He had a panic-stricken *look* *occasion* .
- 2 Look at his worn out *shoes* *equipment* .
- 3 It was an *off-putting* *single-minded* remark.
- 4 We had a long *hold-up* *dropout* .
- 5 The police spoke to the *passer-by* *next of kin* .
- 6 The car *exercise* was a write-off.
- 7 It was a terrible *setback* *break-up* .
- 8 Use that *drawing pin* *paper clip* in the wall.

2 Make compounds using a word on the left with a word on the right. Then use them to complete the sentences below.

barbed break last
nursery open shake
turn short absent spare

part out down
cut minded minded
minute wire rhymes up

- 1 You need to be more _____ and listen to new ideas.
- 2 We made a _____ booking on the internet and flew out the following day.
- 3 She thinks she's too old to listen to _____.
- 4 We were a bit late, so I decided to take a _____. What a silly idea that was!
- 5 There was an impressive _____ for the meeting – over 100, in fact.
- 6 I'm a bit worried about my grandmother – she's getting rather _____.
- 7 We need a _____ for the coffee machine – I'll order one on the internet.
- 8 There's been a management _____ so I think things will start looking up soon.
- 9 If you have car _____ insurance, you can get help very quickly on the road.
- 10 The _____ is designed to keep the animals in and people out.

A Z more words: use your dictionary to find more compound nouns and adjectives starting with these items: *birth* (e.g. *birthplace*), *paper*, *public*, *life*, *short*, and *nail*

Unit 4

1 One word is missing in each line. What is it, and where does it go?

TAUNTON HOTEL GOES / IN FLAMES

UP

Firefighters were called out last night to a Taunton hotel which fire
at around midnight. It appeared that the fire had broken on the first
floor and rapidly throughout the building. Unfortunately it coincided
with gale winds which fuelled the flames. Although they had no
advance, the guests were able to get out and the hotel manager felt
they had had a escape. Firefighters fought the blaze for several
hours but eventually put it. This fire comes at a time when
there is growing about the health and safety regulations in holiday
accommodation; the hotel owners now face the of an enquiry into
the causes of the fire, and if they are held, they could face prosecution. 10 _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

2 Complete the speech with a suitable word.

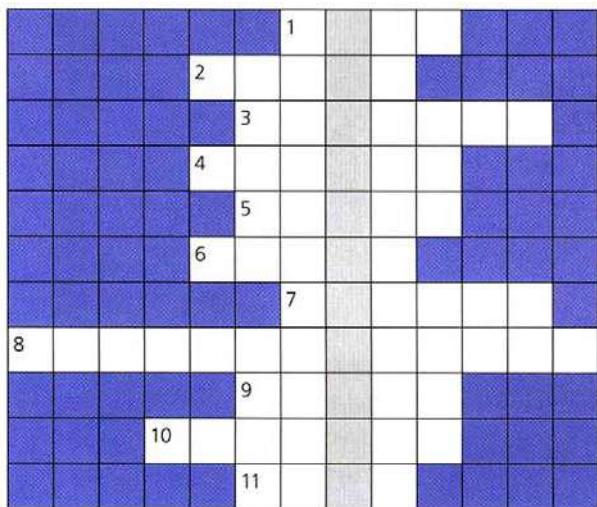
'Over the years, our city has had (1) _____ difficulty in raising the finance to pull down the ugly bus station which is a (2) _____ eyesore, and replace it with something far more attractive and practical. At last, it seems, we have managed to (3) _____ an agreement with the banks, and we are now reaching the (4) _____ where we can start to work on the design in more detail. We know there has been (5) _____ criticism of the initial plans, but I would like to (6) _____ it absolutely clear that our main (7) _____ has always been to find a design which will be acceptable to everyone; to that end we hope we can reach a (8) _____ with all parties involved. It is therefore an (9) _____ that the distinguished architect, A. C. Rally, who

also happens to be a (10) _____ face in the city, has agreed to give us a (11) _____ summary of his proposed plans. Mr Rally, over to you.'

A Z more collocations: **extensive** research, sounds **familiar**, **widespread** support, **settle** the bill, face the **consequences**, **catch** sb by surprise

Unit 5

Complete the crossword. The letters in the grey squares spell a word. What is it?



- 1 You _____ your lips when you are nervous or expect something good to happen.
- 2 There are fifteen of us, though I didn't _____ the babies as they travel free.
- 3 I need time to _____ on this before I make a decision.
- 4 There was far too much information for me to _____ on the spot.
- 5 You don't seem to care – don't just _____ your shoulders and walk away!
- 6 Children sometimes _____ their feet when they're angry or frustrated.
- 7 I'll ask Sue to give me a lift home; she owes me a _____ anyway.
- 8 You are only allowed to take dictionaries into the exam under certain _____.
- 9 If you _____ your eyebrows like that, you look surprised.
- 10 We _____ these changes in the belief that they will be beneficial to everyone.
- 11 She _____ her head in shame.

A Z more words: look at the dictionary entry for a very common word such as *face*, *head*, or *take*.

Note down five or six new collocations, phrases, or phrasal verbs that include your target word.

Unit 6

1 Complete the tables.

Verb	Adjective
apologize	
occupy	
forgive	
defend	
	final
	excellent

Adjective	Noun
	point
	emotion
	heart
severe	

A Z more words: you will know the following words in bold, but do you know the related forms in brackets? **authority** (*authoritarian, authoritative, unauthorized*); **escape** (*escapism, inescapable*); **man** (*manly, mankind, unmanned*); **standard** (*substandard, standardize*)

7 I can describe the human body

A Physical features



My niece Keira's so **cute**. She's got **chubby cheeks**¹ and huge blue eyes.

My nephew Tom's got **ginger**² hair and **freckles**³.

My cousin Jessica's wearing a **brace**⁴ to **straighten** her teeth.

My sister has a **gorgeous** figure – and she **shows** it **off** at every opportunity.

My uncle's got a **paunch**⁵ which really **sticks out**. He needs to lose weight.

Gran's **getting on** for 80. She's got lots of **wrinkles**⁶ and looks a bit **frail**.

Glossary

cute	(of babies, puppies, etc.) pretty and attractive.
chubby	slightly fat, but in an attractive way (chubby cheeks/fingers) .
gorgeous	INF very beautiful and attractive. SYN lovely .
show sth off	show sth you are proud of.
paunch	a fat stomach on a man.
stick out	1 be or push out further than sth else. 2 be noticeable.
be getting on for sth	be nearly a particular age, time, or number.
frail	(especially of an old person) physically weak and thin. frailty N. (A person who is doddery walks slowly and shakily because they are frail .)

spotlight Suffix -en

We add **-en** to some adjectives to form verbs: **straighten**, **loosen**, **tighten**, **weaken**; and occasionally to some nouns: **lengthen**, **strengthen**.

- 1 Find six more pairs of words in the box and explain the connection.

babies ✓ frail paunch doddery freckles stomach hair
chubby brace cute ✓ skin ginger teeth fat

► Babies are often described as **cute**.

- 2 Complete the sentences.

- 1 My daughter wants to go out and _____ her new clothes to her friends.
- 2 My mum's _____ 50, but still has a _____ figure.
- 3 Most babies seem to have a round face and chubby _____.
- 4 I don't like my hair curly: I want to _____ it.
- 5 He's got big ears that _____ and make him look rather funny.
- 6 There's a picture of the two kittens asleep on a chair. They look very _____.



B The body and clothes

Dress FOR YOUR shape

The key to dressing for your body shape is to **enhance** your best features and **discreetly conceal** the not-so-good ones.

Here are a few **guidelines**.

- Wearing dark colours or vertical **stripes**¹ will **create the illusion** of being slimmer.
- For women, high heels are **flattering** because they **exaggerate** the length of the legs.
- If you are pear-shaped (narrow shoulders and broad **hips**²), jeans that sit below the waist are flattering, as they **draw attention to** the waistline and make the bottom look smaller.
- For women with broad shoulders and narrow hips, a V-neck dress **draws attention** down and in, and away from the shoulders and arms.



Glossary

the key to sth	the thing that makes you able to understand or achieve sth. SYN the secret of sth .
enhance sth	increase or improve the quality, value, or status of sth.
feature	a part of sb's face or body.
discreetly	in a way that others will not notice. discreet ADJ. OPP indiscreet .
conceal sth	FML hide sth.
guidelines	information that can help you, e.g. to make a decision.
create an illusion	make sth which is false appear true.
flattering	making sb look more attractive. OPP unflattering .
exaggerate sth	make sth seem bigger, better, worse, or more important than it really is. exaggeration N.

spotlight

Expressions with attention

He drew my attention to the mistakes. = He made me see the mistakes.

Attract the waiter's attention. = Do sth to make the waiter notice you.

He never pays attention to me. = He never listens to or considers what I say.

3 Circle the correct word(s).

- 1 If you create an illusion, you make something appear true / false.
- 2 Guidelines usually stop you doing something / help you.
- 3 If you enhance something, it's positive / negative.
- 4 If you attract someone's attention, they like / notice you.
- 5 If you exaggerate something, you make it seem more / less important than it really is.
- 6 If you do things in a discreet way, people usually notice / don't notice.
- 7 If you wear something that is flattering, it makes you look worse / better.
- 8 If you conceal something, others can / can't see it.

4 Complete the sentences with a suitable word from above.

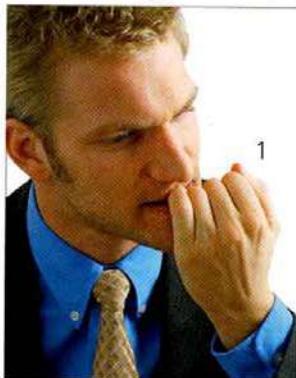
- 1 If you don't _____ attention, you won't learn anything.
- 2 Those trousers are very _____: they make her look fat.
- 3 The right clothes can show off your best _____, e.g. long legs or a slim waist.
- 4 I don't look good in jeans: my waist is quite small but I've got broad _____.
- 5 Clothes with vertical _____ tend to make you look slimmer.
- 6 The _____ to her success is good looks, not talent!
- 7 He wears a hat because he doesn't want to _____ attention to the fact he's bald.
- 8 To say he's the best-looking man in the world is a bit of an _____!



Remember to test yourself

8 I can talk about body language

A Reading the signs



1

BODY LANGUAGE can be very informative, but if you **jump to conclusions** when you interpret a particular **gesture**, you may **misinterpret** what it means. For example, people who look away to avoid **eye contact** may not **necessarily** be lying: they could just be very shy. To understand body language, therefore, we need to

observe a combination of behaviour that a person displays. With lying, for example, look out for any or all of these:

- 1 avoidance of eye contact
- 2 going red
- 3 biting fingernails¹
- 4 sweating a lot
- 5 excessive hand gestures.

Glossary

jump to conclusions	make a decision about sth too quickly, before you have thought about all the facts. SYN leap to conclusions .
gesture	a body movement you make to show a particular meaning.
misinterpret sth	If you misinterpret sth , you understand it wrongly.
eye contact	the action or moment of looking into another person's eyes.
not necessarily	used to say that sth is possibly true but is not always true.
observe sth	FML see or notice sth; an observant person is good at noticing things. observation N.
combination	a mix of two or more things. combine V.
display sth	show signs of sth, often a quality or a feeling. display N.
look out for sth/sb	look and try to see or find sth/sb.
go red	become red in the face, often when you're angry or embarrassed.
sweat	If you sweat , water appears on the surface of your skin because you are hot. SYN perspire FML. (The related nouns are sweat and perspiration .)
excessive	more than is reasonable or necessary. excess N. exceed V.

1 Good or bad? Write G or B.

- 1 He sweats a great deal. _____
- 2 She goes red all the time. _____
- 3 She has strong powers of observation. _____
- 4 She never bites her fingernails. _____
- 5 She's covered in perspiration. _____
- 6 He always leaps to conclusions. _____
- 7 He can't make eye contact with me. _____
- 8 The cost didn't exceed his ability to pay. _____

2 Complete the sentences with a suitable word.

- 1 You should stop and think before _____ to conclusions.
- 2 The teacher said she'd _____ for more articles on body language.
- 3 My brother is very _____ : he always notices people's body language.
- 4 Even when he's very angry, he doesn't _____ any sign of emotion.
- 5 It's easy to _____ someone's body language if you don't know them very well.
- 6 If you go red, does it mean you're angry? ~ No, _____.
- 7 I use hand _____ a lot, but I hope they're not _____.
- 8 The increase in the number of students is the result of a _____ of different factors.



B Interpreting gestures

Here are some common interpretations of gestures, although **bear in mind** the danger of **making generalizations about** body language (as stated on the previous page).



1



2



3

A **clenched fist**¹ shows anger; **folded arms**² may **imply stubbornness**.

People who **lean towards**³ each other are displaying an interest in each other.



Women who **fancy** someone often **fiddle with** their hair; men **stroke** an earlobe. Women lift their heads to show more of their neck when they're **flirting**.

Glossary

bear sth in mind

remember to consider sth.

make generalizations about sth

make general statements about sth that may only be based on a few examples. **generalize** v.

imply sth

suggest that you feel or think sth without saying so directly. **implication** n. a determination not to change your opinion or attitude. SYN **obstinacy**. (The related adjectives are **stubborn** and **obstinate**.)

stubbornness

INF be attracted to sb.

fancy sb

keep moving or touching sth with your hands.

fiddle with sth

move your hand or fingers gently over the surface of sth.

stroke sth

behave towards sb as if you find them sexually attractive, but not in a serious way.

3 Cross out the wrong word.

1 make / do generalizations

4 fold your arms / legs

2 a clenched hand / fist

5 fiddle with / on something

3 stroke / fancy someone's arm

6 flirt with someone / something

4 Complete the words in each sentence.

1 He didn't actually say I was being rude, but that was the i_____.

2 Both girls like Conrad, and they're always f_____ with him.

3 She l_____ towards him and whispered in his ear. I think she f_____ him.

4 If my dad decides something, he won't change his mind; he's very s_____ / o_____.

5 When a man talks to a woman and strokes his ear, it i_____ that he fancies her. But bear in m_____ that it is very dangerous to g_____ about body language.

6 Girls often f_____ with their hair when they fancy someone, or they're bored.

5 ABOUT YOU Write your answers or ask another student.

Do you do any of these things? If so, what do you think they often mean?

- stroke your ear, chin, or the back of your head? _____

- fiddle with your hair, jewellery, or watch strap? _____

- fold your arms or cross your legs? _____

- clench your fist or bite your nails? _____



1 Remember to test yourself

9 I can describe physical movement

A Walking and running

Word	Example	Meaning
creep	I crept up the stairs, so that I wouldn't wake anyone.	move slowly and quietly so you are not seen or heard (also tiptoe = walk on your toes so you are not heard).
stroll	We stroked along the beach.	walk casually for pleasure.
limp	He limped quite badly after his accident.	walk slowly and with difficulty because one leg or foot is injured.
stagger	Despite his injury, he staggered to the nearest house and phoned for help.	walk with difficulty, being almost unable to stand up.
hike	They hiked across the countryside.	walk long distances in the country.
march	The soldiers marched for over 20 kms.	walk with stiff regular steps.
chase sb/sth	Police chased the man for miles.	run, drive, etc. after sb/sth to catch them.
dash	I dashed across the road for the bus.	run quickly and suddenly.
gallop	The horse galloped across the field.	(of a horse or rider) run quickly.
charge	An angry section of the crowd charged towards the security men.	move quickly in a particular direction, often to attack sb/sth.

1 Correct the underlined verb in the sentences.

- 1 He obviously had a bad leg; he was hiking. _____
- 2 The man was clearly drunk, but managed to gallop home after the party. _____
- 3 The car appeared suddenly, so I had to stroll across the road. _____
- 4 I got nervous as the horse crept towards me. _____
- 5 My dog loves to charge rabbits. _____
- 6 The victorious army tiptoed into town. _____
- 7 I limped to the door when the alarm went off. _____
- 8 I marched upstairs, so he wouldn't know I was there. _____

spotlight

Verbs and nouns

Many of the verbs above are also used as nouns. The words in bold below are often used with them.

We decided to **go for a stroll**.
He had a **pronounced limp**.
I **went for** a ten-mile **hike**.
He **made a dash for** the door.
The horse **broke into a gallop**.
Who **led the charge**?
The film has a high-speed **car chase**.

2 Rewrite the sentences using the underlined verbs as nouns.

Make any other changes that are necessary.

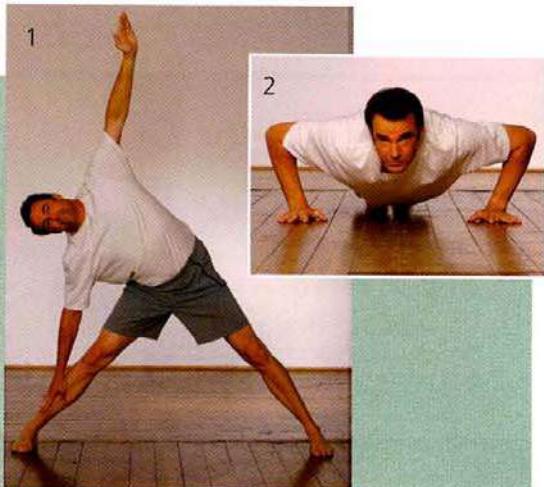
- We hiked across the valley. / We went for a **hike** across the valley.
- 1 He limped badly. / He _____.
 - 2 It was raining, so we dashed for cover. / It was raining, so we _____.
 - 3 They stroked along the beach. / They _____.
 - 4 The horses soon started galloping. / The horses soon _____.
 - 5 Who was at the front when they charged? / Who _____?
 - 6 Did you see the car chasing the other one? / Did you see _____?



B Physical exercise

My 20-minute workout

I'm not as **supple** or **agile** as I used to be, and I was beginning to feel quite **stiff** and **sluggish** first thing in the morning, so I asked a friend to **devise** a workout routine for me. First I **loosen up** with some **stretching** and **bending**, then I go on to something more **strenuous**. I don't like **press-ups**² – I find them **relentless**, and I also have a **recurrent** elbow problem. I prefer to **alternate** between jogging and **sprinting** because I enjoy the **constant** change of activity.



Glossary

workout

a period of physical exercise you do to keep fit. **work out** v.

supple

able to bend and move parts of your body easily.

agile

able to move quickly and easily. **agility** n.

stiff

feeling some pain and unable to move easily. **stiffness** n.

sluggish

moving slowly, below your normal activity level. **sluggishness** n.

devise sth

invent a method or plan of doing sth. SYN **think sth up**.

loosen up

do physical activities to prepare the muscles for exercise. SYN **warm up**.

bend

lean over at the waist (also **bend** your knee, elbow, etc.).

strenuous

needing effort and energy. SYN **arduous**.

relentless

A thing that is **relentless** never seems to stop or get any easier.

recurrent

happening or appearing again and again. **recur** v.

alternate between A and B

do A, then B, then do A again, and so on.

sprint

run a short distance very fast.

- 3 Circle the correct word(s). Sometimes both are correct.

- 1 I slept badly, so I feel a bit **stiff** / **sluggish** today.
- 2 **Stretch** / **Bend** your knees and touch your toes.
- 3 Gymnasts always look so **supple** / **agile**.
- 4 I **recur** / **alternate** between swimming and cycling.
- 5 My brother **thought up** / **devised** this new training method last year.
- 6 The garage is in **relentless** / **constant** use.
- 7 Lifting weights is quite **strenuous** / **arduous**.
- 8 I have this **recurrent** / **constant** back problem, but I'm fine at the moment.

spotlight Expressions with constant

Constant means happening all the time or a lot of the time. It is commonly used with particular nouns.

*There were **constant interruptions**.*

*The phone is in **constant use**.*

*His wife needs **constant attention**.*

*They live in **constant fear**.*

- 4 Complete the sentences with a suitable word or phrase.

- 1 I couldn't do any work because of the _____ interruptions.
- 2 For breakfast I usually _____ between cereal and toast.
- 3 It's important to _____ first before you do any strenuous exercise.
- 4 My brother used to do 50 _____ - _____ every day.
- 5 I could _____ when I was younger but I can't run very fast now.
- 6 They've been burgled three times and now live in constant _____.



Remember to test yourself

10 I can describe sounds

A A sound story



It was a dark and stormy night; I shut my eyes ...

The windows **rattled** in the wind and there was a distant **rumble** of thunder. Trees **rustled** and big raindrops **splashed onto** the windows.

Then someone **beeped** their horn and a car stopped with a **screech** of brakes. Someone **slammed** the car door **shut** ... footsteps **squelched** through the mud ... a floorboard on the stairs **creaked** ... and there was a **high-pitched** scream – from me!

Glossary

rattle	make or cause sth to make short, loud sounds. rattle N.
rumble	a long, deep sound or series of sounds. rumble v.
rustle	make or cause sth to make a noise like paper, leaves, etc. rubbing together. rustle N.
splash on/onto sth	(of a liquid) fall onto sth in large drops and make it wet. splash N.
beep	If a car horn beeps it makes a short high or loud sound. beep N.
screech	a loud, high, unpleasant sound. screech v.
slam sth (shut)	shut sth with a lot of force so that it makes a loud noise.
squelch	make a wet, sucking sound, e.g. when you walk through mud.
creak	make the sound that an old door or floor makes. creak N.
high-pitched	(of sounds) very high in the register of sound. OPP low-pitched .

spotlight Ergative verbs

Ergative verbs, e.g. *slam*, *splash*, *rattle*, *rustle*, *beep*, can be used in a transitive and intransitive way, with the object in the transitive structure (e.g. *the door*) being the subject in the intransitive structure.

Marta slammed the door.
The door slammed.

1 Complete the sentences with a word describing the sound you might hear.

- A badly played violin, tyres, and brakes can all make a screeching noise.
- 1 Computers, reversing lorries, and cameras all make a sound.
- 2 Bottles in a bag, stones in a box, and old cars can make a noise.
- 3 Feet walking through muddy fields make a noise.
- 4 You can the lid of a box, a fridge door, or a gate.
- 5 An old staircase and a bedroom door may .
- 6 A mobile phone ring tone, a whistle, and a child screaming make a high- sound.
- 7 Newspapers or autumn leaves make a noise.
- 8 Distant traffic, gunfire, or thunder can make a noise.

2 Complete the text with a suitable word.

I share an office with two colleagues and it's really hard to work with the constant noise. One of them sits on a wooden chair that (1) every time he moves; the other is constantly (2) bits of paper as he works. Plus he has a mobile phone which is always (3) . Across the corridor, there's a man who has a very (4) -pitched voice and he always seems to be (5) at his secretary, poor woman. He's extremely bad-tempered and can't even leave his office without (6) the door. It drives me mad. To make matters worse, there's a constant low (7) of traffic outside, and as our windows don't fit properly, they (8) when it's windy. I think I'm in the wrong job.



B Animal sounds, human behaviour

Words describing animal sounds are often used figuratively to describe human behaviour.

Animal + sound	Meaning	Human behaviour
dogs bark	make a short loud sound.	<i>My boss's bark is worse than his bite.</i> INF = He's not really as angry or aggressive as he sounds.
wolves howl	make a long loud cry.	<i>He was howling in pain.</i> = crying loudly with pain. <i>The audience howled with laughter.</i> = laughed loudly.
dogs growl	make a deep, angry sound.	'What are you doing here?' he growled. = said in a low, angry voice. SYN snarl.
bees buzz	make a continuous low sound.	<i>After the meeting, my head was buzzing for hours.</i> = I was thinking about it continuously. <i>I was buzzing about all day.</i> = moving around continuously from place to place.
lions roar	make a very loud deep sound.	<i>There was a huge roar when Drogba scored.</i> = a huge noise from the crowd. <i>We roared with laughter.</i> = laughed loudly.
mice squeak	make a short high but not loud sound.	'I've won the cup!' she squeaked down the phone. = spoke in a high-pitched, excited voice. squeaky ADJ.
cocks crow	make repeated loud sounds especially in the morning.	<i>He was crowing about his victory all night.</i> = talking too proudly about. SYN boast (about sth).
owls hoot	make a long 'oo' sound.	<i>She hooted at me.</i> = sounded her car horn. <i>There were hoots of derision from the audience.</i> = loud cries suggesting sb is stupid.

3 Write the correct animal for each noise.

- | | | | | | |
|---------------|-------------------------|--------------|-------------------------|---------------|-------------------------|
| ► dogs roar | <u>lions roar</u> | 3 mice bark | <u> </u> | 6 dogs crow | <u> </u> |
| 1 cats squeak | <u> </u> | 4 bees howl | <u> </u> | 7 wolves buzz | <u> </u> |
| 2 lions hoot | <u> </u> | 5 owls growl | <u> </u> | | |

4 Positive or negative? Write P or N.

- | | | | |
|--------------------------------------|-------------------------|----------------------------------|-------------------------|
| 1 We were howling with laughter. | <u> </u> | 5 She roared with laughter. | <u> </u> |
| 2 There were hoots of derision. | <u> </u> | 6 She growled at me. | <u> </u> |
| 3 He boasts a lot. | <u> </u> | 7 His head's buzzing with ideas. | <u> </u> |
| 4 She was crowing about her results. | <u> </u> | 8 He snarled at me. | <u> </u> |

5 Complete the sentences.

- 1 We were a long way away, but we could hear the _____ from the stadium.
- 2 The tiger was lying there, _____ in pain, but we couldn't get nearer to help.
- 3 Don't worry about Mrs Clarkson – her _____ is worse than her _____.
- 4 The speaker had a high-pitched, _____ voice which was a bit annoying to listen to.
- 5 The driver behind _____ at me but I just sat waiting for the children to cross the road.
- 6 Ella was _____ about, passing drinks and handing out snacks to the party guests.



Remember to test yourself

11 I can describe sight

A Are computers bad for your eyesight? 🔊



eyesIGHT

Many of us spend hours every day working at a computer. As a result, **eye strain**, **discomfort**, and **blurred vision** are common complaints. Most people also **blink** less frequently when they are concentrating, resulting in poor **tear** production and dry, **irritated** eyes. Here's how you can change your computer use and **ease** your discomfort:

- ▶ **adjust** your computer screen so that it is 50–65 cm from your eyes, just below eye level
- ▶ adjust lighting to **eliminate glare**
- ▶ take frequent breaks, blink often to keep your eyes **moist**, and let your eye muscles relax by looking into the distance every 15 minutes.

Glossary

spotlight -sighted

eyesight	the ability to see. SYN sight . (You may have good/poor eyesight .)	<p>If you are short-sighted, you are only able to see things if they are near you. OPP long-sighted. A partially sighted person can see very little.</p>
eye strain	a slight pain in your eyes, e.g. from reading a lot.	
discomfort	a feeling of slight pain.	
blurred vision	If your vision is blurred you cannot see clearly.	
blink	shut and open your eyes quickly.	
tear	a drop of liquid that comes out of your eye when you cry.	
irritated	painful, red, or swollen. irritation N.	
ease sth	make sth less unpleasant or painful. SYN alleviate sth .	
adjust sth	change sth slightly to make it more suitable. adjustment N.	
eliminate sth	remove or get rid of sth. elimination N.	
glare	a bright, unpleasant light. (To glare at sb is to look at sb in an angry way.)	
moist	slightly wet, often in a way that is useful or pleasant. (Damp means slightly wet, often in a way that is unpleasant.)	

1 Circle the correct word(s). Sometimes both words are correct.

- 1 Did you know that pigs often have really poor **sight** / **eyesight**?
- 2 If you suffer from **discomfort** / **irritation**, try to get a better office chair.
- 3 His eyes are **irritated** so he keeps **blinking** / **glaring**.
- 4 We are currently trying to **eliminate** / **adjust** theft from our offices.
- 5 These sunglasses are great because they reduce **glare** / **tears**.
- 6 I'm seeing my optician tomorrow because I'm suffering from **moist** / **blurred** vision.

2 One word is missing in each line. What is it, and where does it go?

- ▶ The wood feels **/** so you won't be able to burn it. **damp**
- 1 Sore, tired, or burning eyes are classic symptoms of **eye**.
- 2 If your eyes are dry and try using eye drops.
- 3 He must be **very** because he can't read the dictionary definitions.
- 4 You should get up and walk about to the problem of back pain.
- 5 Make a conscious effort to **more** often to prevent dry eyes.
- 6 Whenever I make too much noise in the office, my colleague **glares** me.



B A peaceful sight

We stood at the top of the hill for ages, gazing at the breathtaking view below. In the distance, the port was barely visible through the early morning haze, but we could just make out the island. As we drove back down, I caught a glimpse of a waterfall and asked Marcello to stop. Suddenly, a deer came into view, and then we spotted two of her young. They stood completely still, eyeing us warily, then ran off and vanished into thin air.



Glossary

gaze at sth	look at sth for a long time because you are interested in it or are thinking about sth else.
breathtaking	very impressive. SYN spectacular.
barely	only with great difficulty or effort. SYN only just.
visible	A thing that is visible can be seen. OPP invisible.
haze	smoke, dust, or mist in the air which is hard to see through. hazy ADJ.
make sth/sb out	see, hear, or understand sth/sb with difficulty.
come into view/sight	appear. OPP disappear from view/sight.
stand still	stand without moving (also keep/stay/sit still).
eye sb/sth	look at sb/sth carefully or because you are suspicious of them/it.
warily	carefully, because you think there may be danger or a problem.
vanish into thin air	disappear suddenly or in a way you cannot explain.

spotlight Ways of seeing

To **catch a glimpse of sth/sb** or **glimpse sth** means to see them for a very short time and not clearly or completely. To **catch sight of sb/sth** means to see them suddenly, often when you have been hoping to see them. To **spot sb/sth** means to see them suddenly, especially when they are hard to see.

We **caught a glimpse of the actress as she left the theatre.**
She **caught sight of her cousin in the crowd.**

I **spotted several mistakes in my work before I handed it in.**

3 Tick the words which are possible. More than one word may be possible.

- 1 She spotted him through the haze hazy gaze of cigarette smoke.
- 2 The scenery was absolutely visible spectacular breathtaking .
- 3 After an hour's wait, we finally caught sight of spotted eyed the rare bird.
- 4 Could you please stand wait keep still?
- 5 We could warily only just barely see the church in the distance.
- 6 The Grand Palace finally came into disappeared from caught sight.

4 Rewrite the sentences using the word in capitals. The meaning must stay the same.

► He sat without moving while I drew him. STILL He sat still while I drew him.

1 I was only just able to see the boat on the horizon. MAKE _____

2 As I turned the corner, I suddenly saw the house. CAME _____

3 Those stars can't be seen without a telescope. INVISIBLE _____

4 We could barely see the trees through the fog. ONLY _____

5 She looked at me very suspiciously. EYE _____

6 The thief left the building and disappeared from view. AIR _____

7 I saw the thief as he ran out of the building. GLIMPSE _____

8 We watched the boat until eventually it vanished. SIGHT _____



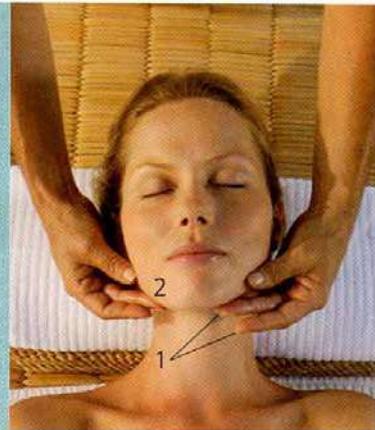
Remember to test yourself

12 I can describe touch, smell, and taste

A Touching

A Simple Face Massage

- 1 Start by **gently stroking** the whole face. With both hands, work up the neck, across the cheeks, **sliding steadily** up and over the forehead. **Apply** gentle **pressure** to the temples.
- 2 **Stimulate** the skin by gently **patting** the cheeks, neck, and under the chin.
- 3 Use your **fingertips¹** to **lightly pinch** the skin along the line of the **jaw²** and under the chin.
- 4 To **release tension** around the eyes, **firmly squeeze** the eyebrows with your fingertips.
- 5 **Massage** the scalp **vigorously** as if shampooing the hair. This involves no risk of harm.



Glossary

massage	<i>see picture.</i> have a massage. massage sb v. move your hand over the skin, hair, etc.
stroke sth	gently and slowly.
slide	move or make sth move easily over a smooth or wet surface.
apply pressure to sth	press on sth hard with your hand, foot, etc.
stimulate sth	make a part of the body or skin more active.
pat sth	touch sth lightly several times with your hand flat.
pinch sth	hold sth tightly between the thumb and finger.
tension	the feeling you have if your muscles are tight and not relaxed (release the tension = allow or cause the muscles to relax).
squeeze sth	press sth firmly with your fingers.

spotlight Adverbs of manner

Gently and **lightly** describe soft, relaxed movements; **firmly** is much stronger. If you move your hands **steadily** you make regular, controlled movements. **Vigorously** means in a very energetic and active way. SYN **energetically**.

1 Are these movements pleasant or unpleasant? Write P or U.

- 1 She stroked the child's face. _____
- 2 She rubbed my nose energetically. _____
- 3 She massaged my scalp gently. _____
- 4 She applied pressure firmly to my neck. _____
- 5 She pinched my skin vigorously. _____
- 6 She released the tension in my back. _____
- 7 She patted my face lightly. _____
- 8 She slid her fingertips across my back. _____

2 Complete the sentences.

- 1 Don't _____ that tube too firmly – the toothpaste will come out all over you.
- 2 You can use certain products when showering to _____ your skin.
- 3 She sat staring into the distance, gently _____ the cat.
- 4 He _____ his hand over the magnificent marble statue.
- 5 He was nervous, but he concentrated on breathing _____, which calmed him down.
- 6 My horrible brother used to _____ my arms and legs when our mum wasn't looking.
- 7 The doctor _____ pressure to the wound to stop the bleeding.
- 8 Don't use the whole of your fingers for massage, just the _____.



B Smelling and tasting

Pleasant smells/flavours	Meaning
<i>What a delicate flavour/ fragrance.</i>	delicate light and pleasant. SYN subtle . fragrance 1 a pleasant smell. fragrant ADJ. 2 a perfume.
<i>It has a faint smell of pear.</i>	faint just possible to smell, see, or hear.
<i>The book has lots of appetizing recipes.</i>	appetizing making you feel hungry. OPP unappetizing . (Lose your appetite = lose your desire for food.)
<i>The smells from the kitchen were making my mouth water.</i>	water If your mouth waters , you produce saliva (= the liquid produced in the mouth) and you want to eat. mouth-watering ADJ.
<i>The aroma of fresh coffee.</i>	aroma a pleasant, distinctive smell.
Less pleasant smells/flavours	
<i>This soup is insipid.</i>	insipid not having much taste. SYN bland .
<i>Garlic has a pungent smell.</i>	pungent very strong smelling.
<i>The house has a musty odour.</i>	musty smelling unpleasant or damp; without freshness. SYN dank . odour a smell, especially an unpleasant one.
<i>This fish smells revolting. I think it's gone off.</i>	revolting very unpleasant. SYN disgusting . go off (of food and drink) go bad and be unfit to eat or drink.
<i>There was a nauseating stench in the basement.</i>	nauseating making you feel you want to vomit. stench a strong, very unpleasant smell.

3 Circle the correct word.

- 1 a nutty fragrance / flavour
- 2 an appetizing / unappetizing odour
- 3 a pungent / bland smell of burning rubber
- 4 the musty / salty smell of old books
- 5 a delicate aroma / stench
- 6 it makes your mouth saliva / water
- 7 a fragrant / nauseating smell of old fish
- 8 meat without salt is revolting / insipid

spotlight Adjectives ending in -y

Lemony, fishy, woody, nutty, peppery, salty, fruity are often used to describe smells and flavours. The **-y** suffix can mean 'full of something', e.g. *This soup's very salty*; or it means 'having a flavour/smell similar to sth', e.g. *a lemony perfume; cheese with a nutty flavour*.

4 Complete the text.

We found a table by the window and looked at the menu. It all looked very (1) a _____ and the smells coming from the kitchen were (2) m_____. I chose the steamed fish with herbs, which I expected to have quite a (3) d_____ flavour, but when it arrived, it had an unpleasant, almost (4) p_____ smell. I took a mouthful and realized that the fish had actually (5) g_____ ; it tasted absolutely (6) d_____. The waiter was extremely apologetic, but by this time I had lost my (7) a_____. I couldn't get the (8) s_____ of that horrid fish out of my mind. My brother's meal, however, was more successful: he had a chicken soup which was delicious, with delicate, (9) s_____ flavours.

5 ABOUT YOU Write your answers, or ask another student.

- What makes your mouth water? _____
- What's your favourite smell? _____
- What food do you find bland or insipid? _____
- What odour do you find nauseating or revolting? _____
- Is there a dank or musty smell in any buildings you know? _____



Remember to test yourself