

4 INTERESTS

PAGES 34–35

baking /beɪkɪŋ/ Noun uncount

baking is the activity of making bread, cakes, pies etc that you cook in an oven

I did some baking for my sister's birthday party | I really enjoy cooking, especially baking | a baking tin (a special tin that you can cook cakes in) | place the pastry on a baking tray (a flat tray that will go into the oven)

Verb: *bake* | Noun: *baker*

bake the loaf for 40 minutes | freshly baked biscuits | my dad's a really good baker

block /blɒk/ Noun

a *block* is a group of buildings in a town or city with streets on all sides

we took a walk around the block | walk five blocks, then turn left | I live just three blocks away from my office

card /kɑː(r)d/ Noun

a *card* or a *playing card* is a small piece of cardboard that has numbers or pictures on it, used for playing games. A pack of *cards* usually has 52 cards in it. If you play *cards*, you play a game using a pack of cards

Collocates: play cards | a pack/deck of cards | shuffle the cards | deal the cards

I was playing cards until two in the morning | shuffle the cards before dealing them (mix them up so that no one knows what order they are in) | whose turn is it to deal? (to give the cards out to the players in a game) | I don't enjoy card games

end up /ˌend ʻʌp/ Phrasal verb

if you *end up* doing something, you eventually do it, although you probably did not want to or mean to do it

Collocates: end up doing something

I usually end up telling everybody everything | I went to Paris for a month and ended up staying there for five years | she ended up working through her lunch hour | be careful, or you'll end up losing your job

impressive /ɪmˈpresɪv/ Adjective

something that is *impressive* is very good and makes you admire it

his piano playing was really impressive | an impressive achievement | the view from the hotel towards the Eiffel Tower was impressive | it was a very impressive display

Verb: *impress*

what impressed me about the film was the quality of the acting

play /pleɪ/ Noun

a *play* is a story that is performed by actors who speak the words of the people who are in the story and who behave as if they are the people

Collocates: write a play | act in a play | see a play

we went to the theatre and saw an amazing play | she has written three plays for radio | the play was

performed for the first time last night | he's been writing and directing plays for television

sailing /ˈseɪlɪŋ/ Noun uncount

if you go *sailing*, you go on the water in a small boat that has sails, for pleasure or as a sport

Collocates: go sailing | a sailing club

I went sailing on a big lake near my house | I like sailing, but I prefer football | holiday activities such as fishing, sailing, and swimming | his hobbies include sailing, golf and tennis

trust /trʌst/ Verb

if you *trust* someone, you think they are honest, and you believe they will not try to do anything bad to you

Collocates: trust someone to do something | trust someone completely

most people seem to trust me | I trust you to bring the car back before 9 | she never completely trusted anyone | people trust their friends, but not politicians | he was the only man my father really trusted

Noun: *trust*

Collocates: earn/gain someone's trust | place/put your trust in someone

it's a slow process to gain his trust | it was a mistake to put my trust in him

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balance /ˈbæləns/ Noun uncount

your *balance* is your ability to stand still and not fall over. If you are *off balance*, your body is leaning on one side and you may fall

Collocates: lose your balance | be off balance | regain your balance

you need good balance for judo | she lost her balance and fell over backwards | the ball hit me hard and threw me off balance | he couldn't regain his balance, and fell back onto the chair

bang /bæŋ/ Verb

if you *bang* something, you hit it. If you *bang* a part of your body, you accidentally hit it against something

I fell off my bike and banged my head | I banged my knee on the side of the table | I was banging on the door for ages

Noun: *bang*

the door suddenly flew open and I got a bang on the head | I heard a bang at the door (the sound of someone banging on it)

bet /bet/ Verb

if you *bet*, you risk money on the result of a game, race, or other activity. If you say to someone "*I bet I can*" do something, you are telling them that you think you can do it, even if they think you can't

Collocates: bet someone (that) | bet against someone/ something | bet (something) on something

I bet I could throw you over | he bet me that Arsenal would win the match | I bet £5 on a horse race | If he reaches the final, I wouldn't bet against him winning it

Noun: bet | Noun: betting

Collocates: place a bet

a £5 bet | I want to place a bet on the next race | my father always warned me against betting

boast /bəʊst/ Verb

if you *boast*, you tell other people that you are very good at something or that you have very nice or expensive things in a way that is very annoying

Collocates: boast about something (to someone) | boast that

Rika never boasts about her success | he was always boasting to us about his swimming pool | he was boasting that he'd never failed an exam | she was boasting because her parents had just bought her a new car

bully /'bʊli/ Verb

if someone *bullies* you, they hurt you or laugh at you because you are different from them and weaker than them

the big kids used to bully me at school | she was bullied for wearing glasses | some children get bullied just because they're clever

Noun: bully | Noun: bullying

he's a horrible bully! | I don't want you to turn into a bully | bullying is a big problem in the school

champion /'tʃæmpiən/ Noun

a *champion* is the person who has won a sports competition

Collocates: a defending champion | a world champion
she's a famous judo champion | Murray is the defending champion (he won the competition last time and is competing in it again) | Hamilton is the world motor racing champion

Noun: championship

she won the school table tennis championship

confidence /'kɒnfɪd(ə)ns/ Noun uncount

confidence is your belief in your ability to do something well

Collocates: lose confidence | regain/recover confidence
I lost a lot of confidence after he beat me | it took six months for him to regain his confidence | her confidence grew with every match she won | she approached the match with confidence

Adjective: confident | Adverb: confidently

he entered the tournament confident that he could win it | we confidently believed that we could succeed where others failed

defend /dɪ'fend/ Verb

to *defend* someone or something means to try and protect them by fighting against someone who is attacking them

I wanted to learn judo so I could defend myself | 100 soldiers successfully defended the city for three days | they brought in several large guns to defend the airport against the rebels

Noun: defence | Noun: self-defence

my grandfather died during the defence of Stalingrad | I decided to join a self-defence class (where people learn how to defend themselves if they are attacked)

fall off /fɔ:l 'ɒf/ Phrasal verb

if you *fall off* something that you are standing or sitting on, you accidentally drop to the ground from there

I fell off my bike and hurt myself | he fell off a horse and broke his shoulder | I fell off a ladder

PHRASAL VERBS WITH 'FALL'

If you slip or trip, you might fall over: *I slipped on the ice and fell over | I was running and I tripped and fell over.*

You fall down the stairs: *I slipped and fell down the stairs and broke my leg.*

You fall off something you are standing on or riding: *she fell off a motorbike and was lucky to survive.*

final /'faɪn(ə)l/ Noun

the *quarter-finals* are the four matches in a competition which are played when there are eight people or teams left in the competition. The two *semi-finals* are the matches that are played when there are only four people or teams left, and the *final* is the game or match between the last two players or teams. The winner of the *final* is the winner of the whole competition

she won the final of the women's national judo championship | I got tickets for the World Cup final | Liverpool were knocked out in the quarter-final (they lost the match and so didn't play again in the competition) | he reached the semi-final at Wimbledon

Noun: finalist/semi-finalist/quarter-finalist

the crowd cheered as the two finalists came onto the pitch | she was a semi-finalist in the national championship

go on /gəʊ 'ɒn/ Phrasal verb

if you *go on* to do something, you do it after you have done something else

Collocates: go on to do something

the girl who beat me went on to win the whole competition | he went on to become president of the United States | they went on to build a highly successful business

helmet /'helmt/ Noun

a *helmet* is a hard hat that you wear to protect your head

Collocates: put a helmet on | take a helmet off

luckily, I was wearing my helmet | a cycle helmet | always wear a helmet on a motorbike | put your helmet on | she took off her helmet

injury /'ɪndʒəri/ Noun

if you have an *injury*, a part of your body has been hurt and needs time to recover

Collocates: suffer an injury

I got a really bad knee injury | she suffered a serious injury in the accident | proper shoes can also help prevent injuries | his injuries took a long time to heal

Verb: *injure* | Adjective: *injured*

he injured his shoulder playing football | he came home with an injured foot

patience /ˈpeɪʃ(ə)ns/ Noun uncount

patience is the ability to do something that takes a long time without losing interest or becoming angry or upset

Collocates: *lose your patience | test/try/exhaust someone's patience | have/require patience*

I'm beginning to lose my patience | looking after the kids is really trying Anna's patience | learning to play the piano requires a great deal of patience

Adjective: *patient* | Adverb: *patiently*

Collocates: *be patient with someone/something*
thanks for waiting, you've been very patient | the teacher was so patient and helpful | Jack is always very patient with the children | they waited patiently until the bus arrived

persuade /pə(r)'sweɪd/ Verb

if you persuade someone to do something, you talk to them and give reasons so that they agree to do it

Collocates: *persuade someone to do something | persuade someone that*

her teacher persuaded her to start doing judo | she persuaded her father that it was a good idea | I tried to persuade him to change his mind | he was persuaded by her argument

Noun: *persuasion*

She has the power of persuasion to make people do whatever she wants

properly /ˈprɒpə(r)li/ Adverb

if you do something properly you do it correctly. If something happens properly, it happens in the way it is meant to happen

my injury has never properly healed | you should always warm up properly before a game | in judo, you need to know how to fall properly | the machine isn't working properly | he's not properly trained

Adjective: *proper*

make sure you get proper medical treatment

pull a muscle /ˌpʊl ə 'mʌs(ə)l/ Verb

if you pull a muscle, you injure it by stretching it too much

I pulled a muscle in my leg | I've pulled my hamstring (the muscle at the top of my leg) | she pulled her calf muscle (the muscle at the bottom of her leg)

recover /rɪ'kʌvə(r)/ Verb

if you recover a mental or physical state, you get it back again after you have spent some time without it

it took a while to recover my confidence | he recovered consciousness after ten minutes | she recovered the use of her fingers after the operation

slip /slɪp/ Verb

if you slip, your foot moves accidentally and you lose your balance or fall. You usually slip when the ground is wet

I slipped and fell backwards | I slipped on the ice | it's a bit muddy – be careful you don't slip

Adjective: *slippery*

the river bank is very slippery | the roads were icy and slippery

stiff /stɪf/ Adjective

if something is stiff, it is difficult to move. If your muscles are stiff, they hurt because you have used them too much

my legs are really stiff after the long walk yesterday | I feel a bit stiff | I've got a stiff neck | the window is a bit stiff (it won't open easily)

Adverb: *stiffly* | Noun: *stiffness*

he marched stiffly to the door and went out | some stiffness is to be expected after that sort of exercise

tournament /'tʊə(r)nəmənt/ Noun

a tournament is a competition with several rounds. When a team or player loses, they leave the competition. At the end, just two teams or players are left and they play the final to decide who is the winner of the whole tournament

Rika won the judo tournament | a tennis tournament | they got knocked out of the tournament in the first round (they lost and had to leave the tournament)

training /'treɪnɪŋ/ Noun uncount

training is doing exercises and practice in order to become fit and to develop the skills needed for a sport

I had an injury which stopped me doing any training | a training session | he picked up an injury in training | I go to football training on Wednesday evenings

Verb: *train*

Collocates: *train for something*

he trains hard every day | I'm training for a marathon

warm up /ˌwɔː(r)m 'ʌp/ Phrasal verb

when you warm up, you move your body gently so that you are ready to start doing exercise or a sport

you need to warm up properly before you start your run | the players are warming up in the changing room

Noun: *warm-up*

I always do a ten-minute warm-up before a match

PAGES 38–39

challenge /'tʃæləndʒ/ Noun

a challenge is something difficult which you want to try and do

Collocates: *set (someone) a challenge*

we want to set our readers a challenge | climbing this mountain will be a real challenge | my job's become boring – I need a new challenge | do you enjoy a challenge? | teachers have to provide a challenge for their students

Adjective: *challenging*

it's a very challenging job

commercial /kə'mɜː(r)ʃ(ə)/ Adjective

Commerce is business. If something is *commercial*, it is related to business or making money. When you say music or a film is *commercial*, you're suggesting that it isn't very good because it was only made in order to make money

their first album was good, but this new one is very commercial | dance music became very commercial in the 1970s | a commercial TV channel (run as a business, not paid for by the government)

energetic /ˌenə(r)'dʒetɪk/ Adjective

something or someone that is *energetic* does things in a very lively and enthusiastic way

the band were loud and energetic on stage | the dogs were very active and energetic | he had been much more energetic when he was younger

Adverb: *energetically*

the children were playing energetically in the garden

funeral /'fjuːn(ə)rəl/ Noun

a *funeral* is the ceremony that takes place when someone who has died is put into the ground, or when their body is burned

Collocates: hold a funeral | attend a funeral

I'd like this music to be played at my funeral | her funeral will be held on Wednesday | Otto's funeral was organised by his sons Karl and George | her funeral was attended by 150 family and friends

generation /ˌdʒenə'reɪʃ(ə)n/ Noun

a *generation* is all the people in a country of the same age. A *generation* is also a period of time of about 30 years, usually thought of as the time it takes for a family to have children and for the children to grow up and become adults. If you say something has been true for *generations*, you mean it has been true for a long time

my family have lived here for generations | the younger generation are keen to protect the environment | today's generation is living longer than previous generations | if we don't act now, the area could be under water within a generation

jump /dʒʌmp/ Verb

if you *jump*, you move very quickly or suddenly, for example because you are surprised or you want to start doing something quickly

we all jumped up and started dancing | I jumped out of bed when I heard the alarm | he jumped in the car and drove off | I jumped when I heard the door bang | you made me jump! (you frightened me)

live /laɪv/ Adverb

a *live* concert or other performance is one that is happening as you are watching it, not a recording. If you see a performer *live*, you are present at the performance

I saw Madonna live last year | they'll be performing live in the concert hall | the match was shown live on television

Adjective: *live*

a live TV show | a live performance

match /mætʃ/ Verb

if something *matches* something else, the two things go well together because there are similarities

this music matches my mood tonight | those trousers don't match your jacket | his experiences at school matched mine

remind /rɪ'maɪnd/ Verb

to *remind* someone about something means to make them remember it. Be careful – you cannot use *remember* with this meaning

Collocates: remind someone about something | remind someone to do something | remind someone of someone or something

she reminded me about my doctor's appointment | can you remind me to phone home? | he reminds me of my brother (he looks like my brother) | that song reminds me of my wedding (it makes me think about my wedding)

Noun: *reminder*

we'll send you a reminder a month before your subscription runs out

repetitive /rɪ'petətɪv/ Adjective

something that is *repetitive* happens again and again, often in a very boring way

working in the factory involved doing a series of repetitive tasks | his poetry is very repetitive | the repetitive nature of his job

Verb: *repeat*

my music practice involves repeating the same exercise several times

set /set/ Verb

if you *set* someone a challenge or something similar, you give it to them to do

Collocates: set (someone) a challenge

we want to set our readers a challenge | the teacher always sets us too much homework | she set an essay for next week | the company always sets high sales targets

sing along /ˌsɪŋ ə'lɒŋ/ Phrasal verb

if you *sing along*, or *sing along* to something, you join in by singing at the same time as other people

Collocates: sing along to something

it's a song you always want to sing along to | listen and sing along on my YouTube page | you'll definitely be singing along to this tune when you hear it | the band asked us all to sing along

soft /sɒft/ Adjective

soft sounds are quiet, gentle, and relaxing

her teacher spoke in a very soft voice | she heard the soft sound of a guitar coming from the other room

Adverb: *softly*

she spoke so softly I could hardly hear her | the church bells rang softly behind us

suit /su:t/ Verb

if something *suits* a person or a situation, it feels right for them. If a piece of clothing *suits* you, it makes you look good

music to suit every mood and occasion | working part-time suits my lifestyle | that jacket doesn't suit him | that new hairstyle really suits her

Adjective: *suitable*

the classes are suitable for complete beginners

PAGES 40–41

agreement /ə'gri:mənt/ Noun

an *agreement* is an official arrangement in which two or more people, organisations, or countries decide what should happen

an agreement was signed by many countries | the agreement took three months to write | an agreement on carbon emissions | a trade agreement | under the new agreement, the company will allow four weeks' holiday a year

cave /keɪv/ Noun

a *cave* is a large natural hole in the side of a cliff or mountain

tourists come to see the cave paintings | water was pouring down the wall of the cave | we had to sleep in a cave overnight | they sheltered in a cave after the storm started

flood /flʌd/ Verb

when an area *floods*, or if something *floods* it, it fills with water from a river or lake, usually because there has been a lot of rain

the lake was going to flood the temple | our house was flooded and a lot of our furniture was damaged | the river often floods in winter | the river flooded the town twice last year

Noun: *flood*

the church was damaged by a flood in 1873 | a flood destroyed the bridge

heritage /'herɪtɪdʒ/ Noun uncount

a country's *heritage* is its cultural traditions that have developed over a long time, its important and historical buildings, and its history

Collocates: a rich heritage | a national/cultural heritage
a World Heritage Site | people should appreciate their own heritage | buildings that are part of our heritage | the country's rich cultural heritage

list /lɪst/ Verb

if something is *listed*, it is added to a list. If a building or place is *listed*, it is added to a list of buildings or places that are of historical interest and that need to be protected

since the 1970s, almost 1,000 places have been listed | the website listed six reasons to visit the museum | the council decided not to list the old market building

Adjective: *listed*

she lives in a listed building in the middle of Stratford | the castle is a listed monument

EXERCISES

PREPOSITIONS

A Complete the sentences with the correct preposition.

- 1 I always sing along that tune when I hear it.
- 2 The match was shown live television.
- 3 She reminded me my doctor's appointment.
- 4 He always boasts how good he is.
- 5 He reminds me my brother.

WORD FAMILIES

B Complete the expressions with the correct form of the word in bold.

- 1 an **impressive** achievement trying to me
- 2 lose your **patience** wait for the bus
- 3 a world **champion** win the
- 4 a serious **injury** she was in an accident
- 5 mind you don't **slip** the roads are
- 6 lose your **confidence** be you will win
- 7 **train** for a sport do a session
- 8 a **repetitive** exercise ask him to the question

C Tick the words which are both a noun and a verb.

- 1 trust
- 2 bet
- 3 bully
- 4 defend
- 5 persuade
- 6 bang
- 7 flood
- 8 remind

COLLOCATIONS

D Match the two halves of the collocations.

- | | |
|-------------|-------------|
| 1 a sailing | a) helmet |
| 2 a world | b) injury |
| 3 a cycle | c) club |
| 4 a knee | d) champion |

E Complete the sentences with the correct form of the verbs from the box. Look up the verbs if you need help.

persuade	pull	set	suit	train
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- 1 Oh, no! I think I've a muscle.
- 2 You'll have to hard if you want to get into the team.
- 3 Our teacher wants to us a challenge.
- 4 Working from home my lifestyle.
- 5 She me to try tennis.

F Choose the verb that does not go with each noun. Look up the nouns if you need help.

- 1 to play / like / go sailing
- 2 to attend / pass a funeral
- 3 to lose / regain / respond confidence
- 4 to win / gain / lose a tournament
- 5 to do / shuffle / deal the cards
- 6 to place / locate / put your trust in someone

G Complete the missing adjectives.

- 1 His piano playing was really i_ _ _ _ _ e.
- 2 My legs are so s_ _ _ f, I can hardly walk!
- 3 We had to perform a series of r_ _ _ _ _ e tasks.
- 4 Her teacher spoke in a very s_ _ t voice.
- 5 He works for a c_ _ _ _ _ l TV channel.
- 6 The band were loud and e_ _ _ _ _ c on stage.