

5 RELAX

STUDENT'S BOOK PAGES 44–45

admit /əd'mɪt/ Verb

if you *admit* that something is true, you say that it is true, even if it is embarrassing for you

I must admit, I don't like swimming in outdoor pools | I have to admit that I have never read Hamlet

• admetre

cards /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: a pack/deck of cards | deal the cards

he always cheats when he plays cards | it's your turn to deal the cards (give them out to the players at the start of the game)

• carta

clear /klɪə(r)/ Adjective

if a substance is *clear*, you can see through it easily
the water is really clear | a clear glass bottle

• clar

client /'klaɪənt/ Noun

a *client* is person who is paying someone for a professional service

she had an appointment with a client at three o'clock | his clients include a number of famous actors

• client

come round /,kʌm 'raʊnd/ Phrasal verb

if someone *comes round*, they come to your home to visit you

we've got friends coming round on Sunday | why don't you come round after work for a cup of tea?

• visitar

conservative /kən'sɜː(r)vətɪv/ Adjective

someone who is *conservative* does not like change or new ideas

he's rather old-fashioned and very conservative | I couldn't help laughing at his conservative attitudes

• conservador

course /kɔː(r)s/ Noun

a *course* is a large area of land used for playing golf or for horse races

is there a golf course near here? | our nearest race course is at Sandown Park

• camp / hipòdrom

court /kɔː(r)t/ Noun

a *court* is an area of ground where you play games such as tennis, volleyball, or basketball

Collocates: a tennis/volleyball/basketball court

the players have been on court (playing) for over two hours | there's a public basketball court in the park

• pista

fishing /'fɪʃɪŋ/ Noun uncount

fishing is the activity of trying to catch fish in a river or the sea

Collocates: go fishing | a fishing rod

I went fishing yesterday | do you want to come fishing with me tomorrow?

• pescar

forgetful /'fə(r)'getf(ə)l/ Adjective

someone who is *forgetful* keeps forgetting things

as he grew older, he became more and more forgetful | he's very forgetful, so I was surprised that he remembered my birthday

• desmemoriat / oblidadís

gear /gɪə(r)/ Noun uncount

gear is the equipment you need to do a particular activity, especially a sports activity

Collocates: fishing/swimming/cycling, etc. gear

don't forget to bring your fishing gear | he was wearing his cycling gear

• equipament

lazy /'leɪzi/ Adjective

someone who is *lazy* does not like working or making any effort to do things

I'm too lazy to cook for myself | He's so lazy! Still in bed at 12 o'clock

Noun: *laziness*

the biggest reason he failed his exams was his laziness

• gandul

loser /'luːzə(r)/ Noun

a *loser* is someone who has lost a game or competition.

If someone is a bad *loser*, they behave badly and become angry when they lose because they are upset or disappointed. A good *loser* is someone who behaves well when they lose

Collocates: a bad/good loser

I was such a bad loser when I was a child | the winner gets a bar of chocolate, the loser gets nothing

Verb: *lose*

• perdedor

loud /laʊd/ Adjective

someone who is *loud* behaves in a very lively way and doesn't talk quietly but always in a loud voice

she never liked her brother's friends, who were all loud and aggressive | he's a bit loud at times, but he's been a good friend to me

- • **sorollós / cridaner**

messy /'mesi/ Adjective

someone who is *messy* does not keep things tidy. A messy place is very untidy

my sister's room is so messy | he's a messy eater (he always drops food or spreads it over his face and clothes)

Noun: *mess*

your bedroom is such a mess!

- **desordenat**

-y

Many adjectives ending in -y are based on nouns. For example:

<i>He's quite messy.</i>	<i>Clear the mess in the kitchen.</i>
<i>It's lucky you're here.</i>	<i>Good luck with the exam!</i>
<i>I eat a lot of healthy food.</i>	<i>He's in good health.</i>
<i>I like spicy food.</i>	<i>Add some spices to the dish.</i>
<i>My car's dirty.</i>	<i>He has dirt on his jeans.</i>

pitch /ptʃ/ Noun

a *pitch* is an area of land where you play games such as football or rugby

Collocates: a football/rugby/hockey pitch

at last, the teams ran onto the pitch | the rugby pitch was too wet to play on

- **camp (futbol / rugbi)**

pool /pu:l/ Noun

a *pool*, or a *swimming pool*, is an area of water that has been built for people to swim in

Collocates: an outdoor/indoor pool | a heated pool

it costs £2 to go into our local swimming pool | the leisure centre has an indoor pool as well as a heated outdoor pool

- **piscina**

racket /'rækt/ Noun

a *racket* is the thing that you use to hit the ball in games such as tennis

Collocates: a tennis/badminton/squash racket

an expensive tennis racket | with modern rackets you can hit the ball incredibly hard

- **raqueta**

rod /rɒd/ Noun

a *rod* or a *fishing rod* is a long thin piece of wood or plastic which you use to try and catch fish. A thin line, or fishing line, goes from the *rod* into the water. The fishing line has a hook on the end of it which is used to pull the fish out of the water

I got a new fishing rod for Christmas | I can lend you a rod if you forgot to bring one with you

- **canya**

track /træk/ Noun

a *track* is a place with marks on the ground where people run in organised races

an indoor running track | a race track (where horses race)

- **pista**

unfit /ʌn'fɪt/ Adjective

if you are *unfit*, your body is not very strong or healthy because you do not do enough exercise

I was so unfit that I had to rest half way up the stairs | he was too unfit to join the football club

Opposite – Adjective: *fit*

Collocates: keep fit

I walk a lot to keep fit

- **no estar en forma**

up /ʌp/ Adverb

if you are *up*, you have got out of bed in the morning

I won't be up before 11 tomorrow | she was always up by 7 ready for her morning run

- **amunt / llevat**

warm up /'wɔ:(r)m ʌp/ Phrasal verb

if you *warm up*, or if something *warms you up*, you become warmer after you have been cold for a while

the water's cold, but you'll soon warm up | here, have some soup. This should warm you up

- **escalfar**

STUDENT'S BOOK PAGES 46–47**aim** /eɪm/ Verb

if you *aim* to do something, you try to do it successfully

Collocates: aim to do something

players aim to kick or head the ball over the net | the campaign aims to inform people about healthy living

Noun: *aim*

Collocates: a main aim

what are the main aims of the project?

- **objectiu**

banned /bənd/ Adjective

if something is *banned*, it is not allowed to happen because of a law or rule

Collocates: be banned from doing something

the sport was banned for a while because of violence | two cyclists were accused of taking banned substances (drugs that were not allowed)

Verb: *ban* | Noun: *ban*

Collocates: ban someone from doing something | a ban on something | impose a ban | lift a ban

he's been banned from driving for a year

- *prohibit*

beat /bi:t/ Verb

if you *beat* someone in a game or competition, you win

my brother always beats me when we play chess | Tottenham beat Chelsea 5–3 | I've played him at tennis every week for a year and I've never beaten him

- *guanyar*

WORDS WITH SIMILAR MEANINGS

Some words like *win* and *beat* have a similar meaning and may be translated with one word in your language. The difference is sometimes to do with grammar. For example, you can't 'win someone', you 'beat them'. Sometimes the difference is to do with collocation. That's why it's important to look at and learn the examples in the Vocabulary Builder.

bet /bet/ Verb

if you *bet*, you try to win money by saying who you think will win a race or game

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

I bet £5 on Arsenal to win the cup | I bet you that Mo Farah will win the next Olympics

Noun: *bet* | Noun: *betting*

Collocates: place a bet

I want to place a bet on the next race (make a bet)

- *apostar*

bounce /baʊns/ Verb

if you *bounce*, you jump up and down on a soft surface. If a ball *bounces*, it comes back after hitting a surface

do you like bouncing on a trampoline? | the ball bounced off the wall and broke a window

Noun: *bounce*

let's have a bounce on the trampoline

- *rebotar / saltar*

cheat /tʃi:t/ Verb

if you *cheat*, you deliberately break the rules in an exam or game in order to do well

I'm sure my brother cheats when he plays cards | she got caught cheating in an exam

Noun: *cheat*

he accused me of being a cheat

- *copiar / fer trampes*

contrast /'kɒntrɑ:st/ Noun

a *contrast* is a very noticeable difference between two things. If one thing is *in contrast* to another, it is very different

Collocates: in contrast | by contrast

football is a simple game. In contrast, cricket is very complicated | after a week in New York, Oxford was quite a contrast

- *contrast*

create /kri'eɪt/ Verb

to *create* something means to make it start to exist

new sports are being created all the time | for every problem the Internet creates, it also brings a solution

Noun: *creation*

since its creation in 2003, the company has made over a million cars

- *crear*

crowd /kraʊd/ Noun

a *crowd* is a very large group of people in a place, for example in a shopping centre or at a sports event

it's a sport that attracts big crowds | there was a huge crowd waiting to get in

Adjective: *crowded*

- *multitud*

DJ /'diː,dʒeɪ/ Noun

a *DJ* is someone who chooses the music in a club or at an event and plays the CDs or records

the DJ plays Brazilian music while the game is going on | she's a DJ at the local club

Verb: *DJ*

- *DJ*

draw /drɔː/ Verb

if you *draw* a sports match or game, you finish with the same number of points as the other person or team

we drew our last match 1–1 | Aston Villa drew with Liverpool last Saturday

Noun: *draw*

Bournemouth scored in the last minute to get a draw

- *empatar*

earn /ɜ:(r)n/ Verb

money you *earn* is the money you are paid for doing your job

Collocates: earn money

I deliver newspapers before school in the morning to earn some money | how much does your dad earn?

Noun: *earnings*

average earnings rose again last year

- guanyar

feature /'fi:tʃə(r)/ Verb

to *feature* something means to include it as an important part

the Olympic Games feature around thirty sports | the film features several well-known Hollywood actors

Noun: *feature*

a car with a lot of special features

- tret

handle /'hænd(ə)l/ Noun

a *handle* is the part of a device or tool that you hold in your hand when you are using it or if you have to pick it up

the handle of the frying pan was too hot to hold | a plastic bucket with a metal handle

- mà nec

home /həʊm/ Adjective

in a sports competition, the *home* team is the team whose pitch is being used for the match

I go to all of Slavia Prague's home games | the home team are wearing red

Noun: *home* || Opposites – Adjective: *away* | Adverb: *away*

- local

kick /kɪk/ Verb

if you *kick* something, you hit it with your foot

I kicked the ball through my neighbour's window by mistake | I slipped when I was trying to kick the ball

Noun: *kick*

if the door won't open, give it a kick

- xutar / fer una puntada

medal /'med(ə)l/ Noun

a *medal* is a small round metal object that you sometimes get as a prize for winning a sports competition

Collocates: a gold/silver/bronze medal

I won a medal at our school sports day | Steve Redgrave has won five gold medals at the Olympics (the prize for coming first)

- medalla

mistake /mɪ'steɪk/ Noun

if you make a *mistake*, you do something wrong or bad, although you did not intend to

Collocates: by mistake | make a mistake

I didn't make a single mistake in the maths exam | it was a big mistake to put so much salt in the soup

- error

opponent /ə'pəʊnənt/ Noun

an *opponent* is someone who is competing against you

you have to try and get the ball in your opponent's net |

it's a driving game where you race against different opponents

- oponent

originally /ə'ɒrɪdʒ(ə)nəli/ Adverb

if you describe how something *originally* happened, you are talking about how it started

the game originally involved two teams on horses | the canal was originally just 20 km long

- originalment

outcome /'aʊt,kʌm/ Noun

the *outcome* of a process or activity is the final result of it

the final outcome was disappointing | the outcome of the election was a change of government

- resultat

pace /peɪs/ Noun singular

the *pace* of something is how fast it moves or changes. If an athlete *sets the pace*, he or she goes at a fast speed and the other competitors have to try and go at that speed too

they set off at a fast pace, but had to slow down as they got tired | the pace of change in the computer industry has been extreme

- ritme

pass /pɑ:s/ Verb

in a sport like football, if you *pass* the ball, you send it to another player on your team without letting an opponent get the ball

Rooney passed to Kane who scored | I don't like playing in the same team as Richard; he never passes

Noun: *pass*

a thirty yard pass found Hansen over on the left

- passar

prevent /prɪ'vent/ Verb

if you *prevent* something, you stop it from happening

Collocates: prevent someone from doing something

they try to prevent the other team from scoring | we do everything we can to prevent accidents

Noun: *prevention*

prevention of disease is better than treatment

- prevenir

race /reɪs/ Verb

if you *race* somewhere, you go there very fast. In sport, if you *race*, you try to go a certain distance faster than the other people in the competition

riders have to train hard before they are allowed to race | the rabbit raced across the road

Noun: *race*

who do you think will win the race?

• **córrer**

score /skɔː(r)/ Verb

if you *score*, you succeed in getting a point during a game. The *score* in a match is the number of points each player or team has

I scored twice but we still lost | Lineker scored 48 goals for England

Noun: *score*

what's the score?

• **puntuar**

season ticket /'siːz(ə)n ˌtɪkɪt/ Noun

a *season ticket* is a single ticket that allows you to go into a sports stadium or to make a journey by bus or train several times during a certain period of time

I've got a season ticket, so I go to all the home games | the train costs £14 a day, but it's only £55 to buy a season ticket for a week

• **abonament**

set /set/ Verb

if an athlete *sets the pace*, he or she goes at a fast speed and the other competitors have to try and go at that speed too. If someone *sets a standard*, they do something very well which means that other people have to try and do as well as that

in keirin, a cyclist sets the pace until the last 600 or 700 metres when everyone starts to sprint | the first iPhone set the standard that other phone companies had to follow

• **marcar**

strength /streŋθ/ Noun uncount

strength is physical power that you get from your muscles *which sport do you think needs the most strength? | I need to build up my strength for the race next week*

Verb: *strengthen*

I do exercises every morning to strengthen my muscles

• **força**

support /sə'pɔː(r)t/ Verb

if you *support* a sports team, they are your favourite team and you always want them to win, and you watch them play whenever you can

who do you support? | I've supported Real Madrid since I was a child

Noun: *supporter*

she's a keen Manchester United supporter

• **donar suport**

throw /θrəʊ/ Verb

if you *throw* something, you make it go through the air using a quick action to release it from your hand

Collocates: *throw something at something or someone*
how far can you throw a rugby ball? | some of the protestors threw stones at the police

Noun: *throw*

it was a good throw that went straight to the player

• **llançar**

time /taɪm/ Verb

if you *time* something, you measure how long it takes

I don't usually time myself, but I think I can swim 100 metres in about two minutes | he was timed at 3 minutes 59 seconds

Noun: *time*

my best time for the 200 metres is 23.7 seconds

• **cronometrar**

ugly /'ʌɡli/ Adjective

something that is *ugly* does not look very nice at all

the town hall is the ugliest building in my town | it was a very large and rather ugly car | the dog had an extremely ugly face

Noun: *ugliness*

there is so much ugliness in the world

• **lleig**

violence /'vaɪələns/ Noun uncount

violence is behaviour in which people fight or hit each other

the sport was banned for a while because of violence | I think there was too much violence in that film

Adjective: *violent*

he was the victim of a violent attack in the street

• **violència**

win /wɪn/ Verb

if you *win* a competition or game, you do better than everyone else who is taking part

I once won a medal in a running race at school | everyone expected England to win the match, but Wales beat them in the end | Germany won the World Cup in 2014 | Spurs won 4–1 against Manchester City | I've never won anything playing sport | how did you get on at the chess match? Did you win? | Borg won Wimbledon five times, but never won the US Open
Noun: *winner* | Adjective: *winning* || Opposite – Verb: *lose*
the winner will receive \$25,000 | the winner of three Olympic gold medals | he won the race in a winning time of 3 minutes 47 seconds | England lost to Wales by just three points | I hate losing | they lost the match by two goals to one

- quanyar

STUDENT'S BOOK PAGES 48–49**baking** /ˈbeɪkɪŋ/ 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

Verb: *bake* | Noun: *baker*

bake the loaf for 40 minutes

- rebosteria

commercial /kə'mɜː(r)ʃ(ə)l/ Adjective

commerce is business. If something is *commercial*, it is related to business or making money

it's a reaction against life becoming so commercial | the film was a commercial success (it earned a lot of money)

- comerç

debt /det/ Noun

debt is the state of owing money to someone. A *debt* is an amount of money that you owe

Collocates: *be in debt | get into debt | get out of debt | run up a debt | pay back/pay off a debt*

I hate being in debt | I managed to pay off all my debts once I got a job

- deute

depression /dɪ'preʃ(ə)n/ Noun uncount

if you suffer from *depression*, you are very unhappy in a way that affects your everyday life

Collocates: *severe depression | mild depression | many people take pills for depression | patients with severe depression might spend some time in hospital*

Adjective: *depressed*

- depressió

detailed /ˈdiːteɪld/ Adjective

something that is *detailed* has a lot of individual parts and features

some designs are very detailed and complicated | a detailed description of the robber | I took detailed notes of the speech

- detallat

difference /ˈdɪfrəns/ Noun

if something makes a *difference*, it changes a situation and usually makes it better

the extra money will definitely make a difference | I tried talking to her again, but it made no difference (did not change the situation)

- diferència

dramatic /drə'mætɪk/ Adjective

something that is *dramatic* is very sudden and extreme and often surprising

there was a dramatic increase in sales | you need to make a dramatic improvement if you're going to pass your exams

Adverb: *dramatically*

she had changed dramatically when she came back from university

- espectacular

escape /ɪ'skeɪp/ Verb

if you *escape* something unpleasant, you succeed in getting into a situation where you can avoid it or not have to experience it

we go to the mountains to escape the summer heat | she narrowly escaped a serious injury in the crash (she only just escaped)

- escapar

fashion /ˈfæʃ(ə)n/ Noun

fashion is the style of something that is popular for a time. If something is *in fashion*, it is popular and done, used, or worn by a lot of people for a time. If it is *out of fashion*, people no longer want to do it, use it, or wear it

Collocates: *in fashion | out of fashion*

the Beatles' music will never go out of fashion | they talked about music, travel, and fashion

Adjective: *fashionable* | Adverb: *fashionably*

- moda

fill /fɪl/ Verb

if you *fill* something, you make it full. If you *fill in* something, you add writing or colours to it

Collocates: *fill (in) something with something | the children were told to fill in the pattern with different colours | fill the saucepan with cold water*

- omplir

growth /grəʊθ/ Noun uncount

growth is an increase in the size or value of something

Collocates: economic growth

the government has said economic growth is its main objective
| population growth is a problem in some countries

Verb: grow

• **creixement**

make-up /'meɪkʌp/ Noun uncount

make-up is different coloured stuff such as lipstick or powder that some people put on their faces to make themselves more attractive. Actors use make-up so that the audience can see them more clearly

I need to buy some more lipstick and other make-up | don't forget to take your make-up off before you go to bed

• **maquillatge**

moderate /'mɒd(ə)rət/ Adjective

something that is moderate is not very large or small, and not extreme in any way

regular moderate exercise offers three main benefits | bake for 45 minutes in a moderate oven (not very hot)

Adverb: moderately

the film was only moderately successful in the US

• **moderat**

occupy /'ɒkjʊpaɪ/ Verb

if something occupies your mind or your attention, you spend time thinking about it and concentrating on it

colouring tasks will completely occupy their attention for an hour | take a book to occupy yourself while you're waiting at the airport

• **ocupar**

pattern /'pætə(r)n/ Noun

a pattern is a series of shapes and lines that are repeated regularly on a surface

the teacher got us to draw some complicated patterns | I love the pattern on your curtains

Adjective: patterned

• **model / patró**

personal /'pɜː(r)s(ə)nəl/ Adjective

something that is personal relates to just one single individual and is not shared with anyone else

they asked for my personal details (how old I am, where I live, etc.) | that's a very personal question (one that asks for information that people don't usually tell to strangers)

Adverb: personally

the concert was good, though personally I prefer Lady GaGa to Madonna

• **personal**

publish /'pʌblɪʃ/ Verb

to publish a book means to have it printed and made available for people to have or buy

this book was originally published in the UK | my book's going to be published next year

Noun: publishing | Noun: publisher

she was hoping to get a job in publishing

• **publicar**

rival /'raɪv(ə)l/ Noun

a rival is someone who is trying to be more successful than you in an activity or competition

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

Radcliffe finished nearly two minutes ahead of her nearest rival | they'd been bitter rivals for 20 years, but now they found friendship

• **rival**

task /tɑːsk/ Noun

a task is a particular piece of work or activity that someone has to do

Collocates: give/set someone a task

the task of colouring is similar for children and adults | fitting the glass in the window was not an easy task

• **tasca**

therapy /'θerəpi/ Noun

therapy is treatment for physical or mental problems that does not involve drugs or surgical operations. People sometimes say retail therapy when they mean shopping in order to suggest that shopping is good for you

I'd rather go to the gym than have therapy | what you need is some retail therapy to cheer you up!

Noun: therapist | Adjective: therapeutic

• **teràpia**

title /'taɪt(ə)l/ Noun

the title of a book, play, film, etc. is its name

when the publishers changed the titles, there was an increase in sales | the book was first published under the title Sing your Songs

• **títol**