

9 MIND AND BODY

STUDENT'S BOOK PAGES 80–81

ache /eɪk/ Verb

if a part of your body *aches*, you feel a pain there that lasts for a long time

I've got a temperature and my whole body aches | my legs were aching from all that cycling

Noun: *ache*

as you get older, you get more aches and pains

• *fer mal*

allergy /ˈælə(r)dʒi/ Noun

if you have an *allergy*, you become ill or your skin becomes covered with red marks when you eat, breathe, or touch a particular thing

Collocates: an allergy to something | a food/nut allergy

Jamie has an allergy to milk products | food allergies are becoming more common

Adjective: *allergic*

Collocates: be allergic to something

• *al·lèrgia*

appetite /ˈæpətaɪt/ Noun

your *appetite* is the feeling that you want food. If someone has a good *appetite*, they can eat a lot of food. If you lose your *appetite*, you do not want to eat because you feel ill

Collocates: lose your appetite | a healthy/good appetite

I've got a high temperature and I've lost my appetite | my son has a healthy appetite

• *gana / apetit*

concentrate /ˈkɒns(ə)ntreɪt/ Verb

when you *concentrate*, you think very carefully about what you are doing and do not allow yourself to think about anything else

Collocates: concentrate on (doing) something

I can't concentrate on anything when I have a headache | he concentrated on reading the report

Noun: *concentration*

I lost concentration when Andy started singing

• *concentrar*

cough /kɒf/ Verb

if you *cough*, you force air out of your throat suddenly, with a short loud noise. If you feel ill and are *coughing* a lot, you have a *cough*

when I have asthma, I cough a lot at night | I was trying not to cough at the concert

Noun: *cough*

• *tossir*

decision /dɪˈsɪʒ(ə)n/ Noun

if you make a *decision*, you choose what you are going to do or have

Collocates: make a decision | a decision to do something | come to a decision

she made the decision to go back to France | it's a difficult choice, but we've finally come to a decision

Verb: *decide*

Collocates: decide to do something

• *decisió*

depressed /dɪˈprest/ Adjective

if you are *depressed*, you are feeling very unhappy

I've been feeling quite depressed since I retired | he became severely depressed after losing his job

Verb: *depress* | Adjective: *depressing* | Noun: *depression*

Collocates: deeply depressing

news from the farm was deeply depressing

• *deprimir*

flu /fluː/ Noun uncount

flu or *the flu* is a common illness. It is like a very bad cold but can become very serious

I think I've got the flu | she's been in bed with flu

• *grip*

hay fever /ˈheɪ ˌfiːvə(r)/ Noun uncount

hay fever is a sort of illness that makes you cough and sneeze when you are near plants

do you suffer from hay fever? | have you taken anything for your hay fever? (have you taken any medicine?)

• *al·lèrgia / febre del fenc*

hurt /hɜː(r)t/ Verb

if part of your body *hurts*, or if something *hurts* you, you feel pain there

my knee really hurts | when I woke up, my neck was still hurting

Adjective: *hurt*

no one was hurt in the accident

• *fer mal*

nosebleed /ˈnəʊzˌbliːd/ Noun

if you have a *nosebleed*, blood comes out from the inside of your nose

I often get a nosebleed if I go on a plane | you should see a doctor – that's your third nosebleed this week

• *hemorràgia nasal*

out of breath /ˌaʊt əv 'breθ/ Phrase

your *breath* is the air that you take into your body as you breathe

Collocates: be/get out of breath | hold your breath | get your breath back | be short of breath | take a (deep) breath

I get out of breath very easily (I find it difficult to breathe after exercise) | take a deep breath so I can listen to your chest

Verb: *breathe*

Collocates: breathe in | breathe out

- sense alè

pill /pɪl/ Noun

a *pill* is a small, solid piece of medicine that you swallow
the doctor gave me some pills for my asthma | I have to take two pills in the morning and three in the evening

- píndola

rash /ræʃ/ Noun

a *rash* is an area of red spots that you get on your skin if you eat or come into contact with something that makes you ill
Collocates: come out in a rash

I get a horrible red rash all over my body | when I'm stressed, I come out in a rash

- erupció

sneeze /sniːz/ Verb

if you *sneeze*, you suddenly force a lot of air out your nose or mouth without being able to prevent it, for example, when you have a cold

my eyes get red and I sneeze all the time | he was coughing and sneezing all night | he sneezed loudly

Noun: *sneeze*

the disease can spread through coughs and sneezes

- esternudar

sore /sɔː(r)/ Adjective

if a part of your body is *sore*, it is painful and uncomfortable
I've got a sore throat | my feet are sore after walking all day

- adolorit

suffer /'sʌfə(r)/ Verb

if you *suffer*, you feel the bad effects of something

Collocates: suffer from something

I suffer from hay fever every summer | he suffered a heart attack

Noun: *sufferer* | Noun: *suffering*

asthma sufferers don't need drugs

- patir / sofrir

swallow /'swɒləʊ/ Verb

when you *swallow*, you make food or drink go from your mouth into your stomach

the tablets were too big to swallow | she swallowed a fish bone by accident

- empassar

sweat /swet/ Verb

if you *sweat*, water comes out through your skin, for example, because you are very hot after exercise or because you are ill

I feel hot and cold, and I'm sweating a lot | the heat was making me sweat

Noun: *sweat* | Adjective: *sweaty*

sweat was running down his back

- suar

temperature /'temprɪtʃə(r)/ Noun

if you have a *temperature*, your body is too hot because you are ill

Collocates: have a temperature | a high temperature | take someone's temperature

he had a high temperature so his mother kept him off school | when I took her temperature (measured it) it was 38.5°

- febre

throat /θrəʊt/ Noun

your *throat* is the area at the back of your mouth and inside your neck

I've got a sore throat | he cleared his throat before speaking (coughed a little to make it easier to speak)

- gola

upset stomach /ˌʌpset 'stʌmək/ Noun

if you have an *upset stomach*, you feel sick because of something you have eaten

too many sweets gave me an upset stomach | he was sent home from school with an upset stomach

Verb: *upset*

- estómac regirat / mal de panxa

voice /vɔɪs/ Noun

your *voice* is the sounds you make when you speak or sing, and your ability to make those sounds

Collocates: a high/deep/low voice

I'm losing my voice (it's difficult for me to speak because of a problem with my throat) | don't raise your voice (don't shout)

- veu

STUDENT'S BOOK PAGES 82–83**blood pressure** /'blʌd ,preʃə(r)/ Noun uncount

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

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

I'm taking pills for high blood pressure | the doctor took my blood pressure (measured it)

• **pressió sanguínia**

damage /'dæmɪdʒ/ Verb

if you *damage* something, you harm it or break it

her voice wasn't damaged during the operation | a lot of buildings were damaged by the storm

Noun: *damage*

the shop suffered serious damage in the fire

• **perjudicar, danyar**

dry /draɪ/ Verb

to *dry* something that is wet means to make it dry

his body heat actually dried the sheet! | leave the towels in the kitchen, they'll dry overnight

Adjective: *dry*

leave the windows open until the paint is dry

• **assecar**

effect /ɪ'fekt/ Noun

an *effect* is something that happens because of something else

Collocates: have an effect (on something)

smoking can have a serious effect on your health | these chemicals can have a bad effect on the environment

• **efecte**

emotional /ɪ'məʊʃ(ə)nəl/ Adjective

something that is *emotional* involves someone's feelings rather than reason and facts

his reaction was less emotional than I'd expected | she gave me a lot of emotional support after my father died

Adverb: *emotionally* | Noun: *emotion*

I was physically and emotionally exhausted

• **emocional**

exercise /'eksə(r)saɪz/ Noun

exercise is physical activity that you do to try and get fit or stay fit

you need more exercise | try these exercises to help your back muscles

Verb: *exercise*

she exercises for 20 minutes every morning

• **exercici**

experiment /ɪk'sperɪmənt/ Noun

an *experiment* is a scientific test that you do to see what happens under certain conditions

Collocates: do/conduct/carry out/perform an experiment | an experiment shows/proves something

the experiment showed no harmful effects of the drug | the experiment was carried out twice to make sure the results were accurate

Verb: *experiment* | Adjective: *experimental*

• **experiment**

give up /,gɪv 'ʌp/ Phrasal verb

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

Collocates: give up doing something

It's really hard to give up smoking | my parents gave up their restaurant business and went back to Scotland

• **deixar / abandonar**

healthcare /'helθ,keə(r)/ Noun uncount

healthcare is a system that provides doctors and hospitals for all the people in a country. Some *healthcare* systems are private, and people have to pay for them, but some countries provide healthcare for everyone and pay for it out of taxes

in America, healthcare is mostly private | campaigners demanded universal free healthcare (free for everyone)

• **atenció sanitària**

illness /'ɪlnəs/ Noun

if you have an *illness*, you are ill

Collocates: suffer (from) an illness | a serious illness | a terminal illness | mental illness

it's important to try and prevent illness | she suffered from a serious illness

Adjective: *ill*

Collocates: be taken ill | fall ill

• **malaltia**

injured /'ɪndʒə(r)d/ Adjective

if you are *injured*, part of your body has become damaged, for example, in an accident

two people were seriously injured in the accident | the injured player was taken to hospital

Noun: *injury* | Verb: *injure*

Collocates: suffer an injury | a serious injury | a fatal injury

he suffered a serious injury when he fell off his motorbike

• **ferit / lesionat**

injury /'ɪndʒəri/ Noun

if you suffer an *injury*, part of your body gets damaged, for example, in an accident

Collocates: suffer an injury | a serious injury | a fatal injury
police say the injuries were not life-threatening (not likely to cause death) | a fatal head injury (an injury that killed someone)

Verb: *injure* | Adjective: *injured*

• *ferida*

insurance /ɪnʃʊərəns/ Noun uncount

insurance is an agreement in which you pay money regularly to a company, and they will pay the costs if something bad happens to you

Collocates: an insurance policy

most people have private health insurance | the damage is covered by your insurance (your insurance will pay to repair it)

Verb: *insure*

Collocates: insure someone or something against something

• *assegurança*

measure /'meɪʒə(r)/ Verb

if you *measure* something, you use some equipment to find out something such as the size, length, height or amount of it. If something *measures* a certain amount, that is how big it is

doctors can measure the physical changes that take place | when I measured the kitchen, it was 14 feet long

Noun: *measurement*

you need to take an accurate measurement of the water temperature

• *mesurar*

mind /maɪnd/ Noun

your *mind* is your thoughts

Collocates: spring/come to mind | cross someone's mind | have something in mind

can the power of the mind keep you in good health? | it never crossed my mind to ask Angela (I never considered asking her)

• *ment / cap*

notice /'nəʊtɪs/ Verb

if you *notice* something, you start to see it, hear it, feel it, or smell it

did you notice that funny smell? | I shaved my beard off, but no one in the office noticed

Adjective: *noticeable*

raising the price has had no noticeable effect on sales

• *adonar-se / perceber*

operation /ˌɒpə'reɪʃ(ə)n/ Noun

if someone has an *operation*, doctors cut into their body in order to repair it or take something out

he had an operation on his knee | she needed an emergency operation

Verb: *operate*

Collocates: operate on someone

• *operació*

patient /'peɪʃ(ə)nt/ Noun

a *patient* is someone who is being cared for in a hospital or being treated by a doctor

my doctor has a good relationship with all her patients | the patient was discharged the following day (sent home from hospital)

• *pacient*

percentage /pə(r)'sentɪdʒ/ Noun

a *percentage* is an amount of something which is described as if it is part of a total of 100. A high or large *percentage* of something is a large amount or quantity of it

a percentage of people get these side effects from a sugar pill | the percentage of Welsh speakers in the school rose to 24%

• *percentatge*

physical /'fɪzɪk(ə)l/ Adjective

something that is *physical* is connected to a person's body rather than their mind

doctors can measure the physical changes that take place | I am in excellent physical and mental health

Adverb: *physically*

you need to be physically fit to do this job

• *físic*

power /'paʊə(r)/ Noun

power is an ability to do something

I wish I had the power of flight (I wish I could fly) | the power of positive thinking

• *poder*

practise /'præktɪs/ Verb

to *practise* an activity means to do it regularly, especially in order to become better at doing it

you'll never be able to play the guitar well if you don't practise | I practised my dance moves every day

Noun: *practice*

I do an hour's piano practice a day

• *practicar*

prepare /prɪ'peə(r)/ Verb

if you *prepare*, you do everything that is necessary for you to be ready for a particular situation or for you to do a particular action

firstly, you need to prepare yourself for the heat | I wasn't properly prepared for the interview?

Noun: *preparation*

the key to success is good preparation

• **preparar**

reaction /ri'ækʃ(ə)n/ Noun

your *reaction* to something is what you do, say, or think as a result of it

what was her reaction when you told her you were resigning? | her speech provoked an angry reaction

Verb: *react*

Collocates: react to something

• **reacció**

receive /rɪ'si:v/ Verb

if you *receive* something, you get it after someone has given it to you or has sent it to you. *Receive* is slightly formal, and the usual word is *get*

I still haven't received the parcel | did you receive my email?

• **rebre**

recovery /rɪ'kʌv(ə)ri/ Noun

someone's *recovery* from an illness is the process in which they get better and become well again

Collocates: make a recovery | a recovery from something | a complete/full recovery

she's making a good recovery from the flu | he left hospital yesterday after a very quick recovery

Verb: *recover*

• **recuperació**

side effect /'saɪd ɪ'fekt/ Noun

side effects are unpleasant effects of a medicine

Collocates: suffer (from) side effects

most drugs and medicines have side effects | some patients suffer side effects

• **efecte col·lateral**

treatment /'tri:tmənt/ Noun uncount

when a doctor *treats* a patient or an illness, he or she give someone medicine or other things to make them better. This activity is *treatment*

medical treatment is expensive if you don't have insurance | he was rushed to hospital for treatment

Verb: *treat*

• **tractament**

trick /trɪk/ Noun

a *trick* is an action or statement that makes you believe something that is not true

Collocates: play a trick (on someone)

the effect is not just a trick of the mind | that was a dirty trick (something that was unfair)

Verb: *trick*

Collocates: trick someone into doing something

• **trampa / broma**

STUDENT'S BOOK PAGES 84–85**avoid** /ə'vɔɪd/ Verb

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

avoid contact with your eyes | try to avoid repeating words when you write | I think Sam is avoiding me (trying not to see me or speak to me)

• **evitar**

bend /bend/ Verb

if you *bend*, you move part of your body so that it is not straight

Collocates: bend forward/down/over

stand up straight, then bend your knees | she bent down and picked up the letter

Adjective: *bent*

his arm was bent across his chest

• **inclinar**

brush /brʌʃ/ Verb

a *brush* is an object with thin, stiff pieces of plastic, wire, or hair which you use to clean things, paint things, or make your hair tidy. If you *brush* something, you clean it or tidy it using a brush

I didn't have time to brush my hair | Harold brushed the dirt off his coat

Noun: *brush*

a hair brush

• **raspall**

burn /bɜ:(r)n/ Noun

a *burn* is damage to your skin caused by fire or heat

Collocates: suffer burns

the burn doesn't look too bad | he suffered burns but escaped serious injury

Verb: *burn*

I burnt my hand taking the bread out of the oven

• **cremada**

contact /'kɒntækt/ Noun uncount
contact happens when one thing touches another thing
Collocates: come into contact with something
have you ever come into contact with an infected person?
| if physical contact occurs, wash the affected body part immediately

• contacte

course /kɔ:(r)s/ Noun
a course of treatment is all the medicine you have to take until you are well again
complete the full course | a course of daily injections

• tractament mèdic

cure /kʏə(r)/ Noun
a cure for an illness is something that stops the illness and makes someone well again
Collocates: a cure for something
do you know of a cure for hiccups? | there's no cure for the common cold
Verb: cure | Adjective: curable || Opposite –
Adjective: incurable
Collocates: cure someone of something

• cura

deep /di:p/ Adjective
something that is deep goes a long way from the surface to the bottom
that's a deep cut you've got | the swimming pool is three metres deep at this end
Adverb: deep | Noun: depth
it was buried deep inside the mountain

• profund

deep /di:p/ Adjective
a deep breath involves taking as much air into your lungs as you can
Collocates: a deep breath
take a deep breath, then let the air out slowly | she let out a deep sigh
Adverb: deeply
Lucien breathed deeply and closed his eyes

• intens

dose /dəʊs/ Noun
a dose of medicine is the amount that a doctor tells you to take at one time
do not exceed three doses in 24 hours | the doctor decided to change the dose after a week

• dosi

effective /ɪ'fektɪv/ Adjective
if something is effective, it succeeds in doing what it is meant to do
Collocates: highly effective
I took some pills, but they weren't very effective | it's a highly effective (very effective) method of keeping flies out of the kitchen
Adverb: effectively | Noun: effectiveness
how do you effectively manage a team?

• efectiu

exceed /ɪk'si:d/ Verb
to exceed an amount or rate means to be more than that amount or faster than that rate
do not exceed three doses in 24 hours | the total price won't exceed £200 | it's against the law to exceed the speed limit

• excedir

external /ɪk'stɜ:(r)n(ə)l/ Adjective
external means on the outside of something
this medicine is for external use only (for your skin, not to be eaten) | the computer has an external hard drive | the external walls of the house

• extern

heal /hi:l/ Verb
if an injury heals, it recovers and becomes well again
how long did it take for the cut to heal? | it's healed nicely (well)

• curar

knock /nok/ Verb
if you knock something, you touch or hit it by accident, especially so that it moves or falls to the floor
Collocates: knock something off/over/down
she knocked a cup of coffee off the table | Rob tripped on a wire and managed to knock the whole computer over

• fer caure / copejar

lift /lɪft/ Verb
if you lift something, or lift it up, you move it to a higher place
Collocates: lift someone or something up
sit down and lift your leg in the air | he has to lift heavy objects
Noun: lifting
don't do any heavy lifting because you'll hurt your back

• aixecar

mix /mɪks/ Verb

if you *mix* things, you put them together so that they are all together in one place

mix the pills with water and take after meals | heat the ingredients until they are melted and mixed into a sauce

Noun: *mixture*

stir the mixture until it comes to the boil

• **barrejar**

prescription /prɪ'skrɪpʃ(ə)n/ Noun

a *prescription* is an amount of medicine that a doctor has told you to take. A *prescription* is also a piece of paper from the doctor which tells a chemist exactly what medicine to give you

Collocates: on prescription

the doctor gave me a prescription for my flu | I need to collect my prescription this afternoon

Verb: *prescribe*

• **recepta**

pretty /'prɪti/ Adjective

a woman or girl who is *pretty* has an attractive face

her sister was very pretty when she was younger | she had fair hair and a pretty face

• **bonic / atractiu**

pull a face /,pʊl ə 'feɪs/ Phrase

if you *pull a face*, you change the expression on your face to show that you feel disgust or dislike or disappointment

he pulled a face at her when she asked him to do the washing up | she bit into the lemon and pulled a face

• **fer una ganyota**

raise /reɪz/ Verb

if you *raise* something, you lift it up to a higher place

raise your arm above your head | she raised her hand to get my attention

• **aixecar**

ring /rɪŋ/ Verb

if something *rings*, it makes the sound that a bell makes
I set the alarm to ring at 6 | the bell rang for the end of the lesson

Noun: *ring*

there was a ring at the door (someone had rung the doorbell)

• **sonar**

settle /'set(ə)l/ Verb

if something *settles* your stomach, it stops your stomach feeling uncomfortable

I need something to settle my stomach | after I'd had the tea, my stomach settled

• **posar-se bé**

smile /smaɪl/ Noun

a *smile* is an expression on your face where the ends of your mouth go up slightly to show that you are pleased or happy about something

she greeted us at the door us with a smile | a faint smile crossed her face

Verb: *smile*

Collocates: smile at someone

• **somriure**

tiredness /'taɪə(r)dənəs/ Noun uncount

tiredness is the state of feeling tired

these pills may cause tiredness | side effects include tiredness and headaches

Adjective: *tired*

• **cansament**

wipe /waɪp/ Verb

if you *wipe* something, you move something across its surface in order to clean it. If you *wipe* your feet, you move your shoes over a surface in order to clean them

wipe your feet before you come in | he wiped the sweat from his forehead with a handkerchief

Noun: *wipe*

give the table a wipe

• **assecar-se / netejar**