

# 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 /'ælə(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 /'æpətaɪt/ 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 /'kɒns(ə)ntrɪt/ 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 /dɪ'sɪʒ(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 /dɪ'prest/ 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*

- deprimit

### flu /flu:/ 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 /'heɪ ,fi:və(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 /hɜ: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 /'nəʊz,blɪ:d/ 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** /sni:z/ 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** /sɔ:(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** /ɪn'ʃʊərəns/ 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** /,ɒpə'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** /kɔː(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** /kjʊə(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'stɜː(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** /nɒk/ 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**

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**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**

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**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**

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**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**

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**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**

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**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**

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**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**

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**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**

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**tiredness** /'taɪə(r)dʌs/ Noun uncount

*tiredness* is the state of feeling tired

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

Adjective: *tired*

- **cansament**

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**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**

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