



10° GRADE VOCABULARY

Name:	Grade:
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This is the meaning of the word, contextualized meaning or synonym list down which the student will listen to in case of any contestant asks for it.

	UNIT 1:FAMILY TIES		
	<u>WORD</u>	<u>MEANING</u>	<u>EXAMPLE</u>
1	FAMILY TIES	The connections between people in the same family.	The <u>family ties</u> between me and my sisters are strong.
2	GENERATION	People in a family who are nearly the same age.	Grandparents often don't understand the younger generation
3	GENE	Part of a cell.	All his family have blue eyes, so blue eyes are in their genes .
4	CELL	The smallest part of a living thing.	There are millions of cells in your body.
5	DETERMINE	Cause sth to be the way it is.	His father had brown eyes and that determined the colour of his son's eyes.
6	ANCESTOR	A person in a family who lived a long time ago.	My <u>ancestors</u> from my mother's family lived in France.
7	GENEALOGY	The study of family history.	You can use genealogy to learn about your family's history.
8	RESEARCH	The studying sb does to learn things about sth.	I did a lot of research at the library and I learnt where my family was from.
9	RECORD	Official information about people.	I found out my grandma's date of birth in the <u>records</u> at the library.
10	ALIVE	Not dead.	Are all of your grandparents still alive ?
11	PUBLIC RECORDS	Official information about people that everyone can view.	We found information about our ancestors in the public records .
12	BIRTH	The act of being born.	His date of <u>birth</u> is 12th December 2008.
13	MARRIAGE	The act of marrying sb.	My sister wore a beautiful white dress on the day of her marriage .
14	DEATH CERTIFICATE	An official document which records the day sb dies.	His age on the <u>death certificate</u> is 94, so he was very old when he died.
15	PASS DOWN	To go from one generation to another.	Mum's blonde hair was <u>passed</u> down to my sister, but I have brown hair.
16	PUT TOGETHER	Make sth by collecting parts together.	Mum <u>put together</u> a list of all the people in the family.
17	FAMILY TREE	A chart which shows different generations in a family and how they are related.	I have a <u>family tree</u> which goes back to my great-grandfather.
18	GREAT- GRANDPARENT	The father or mother of your grandfather or grandmother.	My grandfather's mother, in other words, my great-grandmother was born in a village.
19	NEPHEW	The son of your sister or brother.	My <u>nephew</u> Harry is two years old and he makes my sister tired!1
20	OVERWEIGHT	Too heavy.	The man is over 100 kg. He's overweight.
21	ELDERLY	Old (polite term).	His great-grandfather is an elderly man but he still lives alone.
22	MIDDLE-AGED	Between 40 and 60 years old.	Mum will be 40 on Saturday and she isn't happy about becoming middle-aged !
23	HARD-WORKING	Putting a lot of effort into a job.	He's a hard-working student and studies for many hours every day.

		UNIT 2: FOOD, FOOD!	
	<u>WORD</u>	MEANING	<u>EXAMPLE</u>
24	ONION	A vegetable with a brown, red or white skin that has a strong smell and flavor.	Onions make me cry when I peel and cut them.
25	PICKLE	Vegetable preserved in vinegar or salt water.	I had some pickles and a burger for lunch.
26	LETTUCE	A plant with green leaves that are eaten in salads.	Make a salad with <u>lettuce</u> , tomatoes, onions and feta cheese.
27	COLOSSAL	Extremely large.	The Egyptian pyramids are colossal structures.
28	CHARCOAL	A fuel made by burning wood in an oven without much air.	<u>Charcoal</u> is used as a fuel ● Dad cooked the meat over a charcoal fire.
29	GRILL	A metal frame that you put food on to cook over a fire.	Put the fish on the grill so we can cook it.
30	FRESH	Recently produced or picked.	Love eating <u>fresh</u> peas, but I don't like them from tins.
31	PRESERVE	Prevent food from going bad by treating it in a particular way.	You can preserve the fish in a mixture of salt and vinegar.
32	IMPROVE	Make sth better.	You need to improve your marks at school.
33	CLEANING PRODUCT	A substance that you use to clean things.	Cleaning products like soap and detergent are quite expensive.
34	RELIGION	Belief in the existence of a god or gods, and the activities connected with worship.	People of different <u>religions</u> should work together for world peace.
35	KEEP RECORDS	Keep written accounts of sth so that it can be used in the future.	People have been keeping weather records for about 150 years in this country.
36	CRUSH	Press sth hard so that it breaks.	In ancient times people <u>crushed</u> grapes with their feet to get the juice for wine.
37	HARVEST	Gather a crop.	It's September and it's time to harvest the apples.
38	COLLECT	Bring things together.	Have we collected enough apples to make a large apple pie?
39	WESTERN WORLD	Western Europe and North America.	Many people in the <u>western world</u> eat too much and are overweight.
40	PROCESS	A series of actions done to achieve a result.	Producing oilve oil is not an easy process and it takes a long time.
41	CIVILISATION	A society and its culture.	Ancient Greece produced one of the greatest civilisations in the world.
42	ADVANTAGE	A quality that makes sth better than other things.	Having a Being able to speak two or more foreign languages is a great <u>advantage</u> when you are looking for a job.
43	WELL-BALANCED DIET	A variety of food which is good for you.	Athletes need to have a <u>well-balanced</u> diet with fruit, vegetables, meat and fish.
44	CROISSANT	A small roll with a curved shape.	Can I have a coffee and a croissant for breakfast?
45	DESSERT	Sweet food served as the last course of a meal.	
46	STARTER	The first course of a meal.	I'll have soup for my <u>starter</u> , please.

	UNIT 3: WONDERS OF NATURE		
	WORD MEANING EXAMPLE		
47	WONDER	Sth that fills you with admiration.	The wildlife of Africa is one of the wonders of the natural world.
48	UNCONSCIOUS	Unable to see, move, feel, etc. because you are not awake and able to understand what is happening around you.	
49	CORAL POLYP	A small animal that lives in the sea.	There are many coral polyps which make the coral reefs.
50	IMAGINARY	Not real; produced in your mind.	Lines between countries on maps are <u>imaginary</u> as there aren't any real lines on the ground.

51	UNDERWATER	Found or happening below the surface of water.	They filmed the fish using an underwater camera.
52	MOLLUSC	An animal that has a soft body and is often covered with a shell.	You can eat some molluscs like snails or octopus.
53	EDUCATIONAL	Teaching you sth.	There are some great <u>educational</u> programmes for children on Channel 6
54	BENEATH	Under, below.	We sat beneath a tree to get out of the sun.
55	UNDERWATER	Found or happening below the surface of water.	They filmed the fish using an underwater camera.
56	CORAL REEF	A long narrow line of coral, rocks and other substances near the surface of the sea.	You can swim here in the sea and look at the beautiful coral reef.
57	AMONG	In the middle of a group.	There were some interesting old books among the other books in the shop.
58	EXTREMELY	To a very high degree.	Dad was extremely angry when my brother took his car without asking and crashed it
59	SPECIES	A type of plant or animal.	'How many species of birds do you know?' 'Only one, parrots!'
60	THREATEN	Likely to cause harm or damage to sth or sb.	Polluted rivers <u>threaten</u> the existence of fish that live in them
61	DEPEND ON	Rely on sb/sth and trust them.	Your success <u>depends on</u> how hard you work now.
62	EXPLODE	Burst loudly and violently, causing damage.	The bomb <u>exploded</u> and destroyed the building.
63	BIOLOGIST	Sb who studies living things.	He is interested in plants and animals and wants to be a biologist when he grows up.
64	SURVIVE	Manage to stay alive.	We hope that many coral reefs will survive pollution.
65	CONSERVATION	The protection of the natural environment.	WWF is an organisation which was set up to help the conservation of wildlife.
66	ENVIRONMENT	The natural world.	We can help the environment by planting more trees.
67	OUTER SPACE	Place beyond the Earth's atmosphere.	Astronauts can see amazing views of the Earth from outer space .
68	RAINFOREST	A thick forest in the tropics.	Half the Amazon <u>rainforest</u> could be lost within 20 years because people are cutting down the trees.
69	CLIMATE CHANGE	Changes in the earth's weather caused by the increase of gases like carbon dioxide in the atmosphere.	Because of <u>climate change</u> , many plants and animals are in danger.
		UNIT 4: SPECIAL RELATIONSHIPS	
	WORD	<u>MEANING</u>	<u>EXAMPLE</u>
70	RACCOON	A small North American animal with black marks on its face and a thick tail.	Raccoons are intelligent animals that originally came from North America, but are now also found in Europe.
71	MEADOW	A field covered in grass.	There are cows eating grass in the meadow .
72	SUSPICIOUS	Making you feel that sth is wrong or illegal.	The police use dogs to check suspicious objects which are left in public places.
73	PHYSICAL DISABILITY	Illness or injury of the body.	His father has a physical disability and cannot walk.
74	RUBBLE	Broken bricks and stone.	They cleared away the rubble of the house that was pulled down.
75	DDIOK	A clay block used to make buildings.	Our house is made of red bricks.
75	BRICK	<u>, , , , , , , , , , , , , , , , , , , </u>	
75 76	STONE	A hard substance found in the ground.	The men threw <u>stones</u> at the lion to chase it away from their village
		,	

		1	Eleftherios Venizelos is the name	
79	INTERNATIONAL	Between different countries.	of the Athens international airport.	
			The taxi driver helped us with our	
80	LUGGAGE	Travelling bags.	<u>luggage</u> because our suitcases	
			were very heavy.	
81	MAIL	Letters and parcels.	Are there any letters from Grandma	
			in the mail?	
82	INSECT	A small animal with six legs like flies,	My mum is afraid of all <u>insects</u> , but especially bees because she is	
02	INSLOT	mosquitoes, etc.	allergic to them.	
			The big dog ran into the park and	
83	SCARE	Make sb feel afraid.	scared the little children who were	
			playing there.	
			There was a crowd outside the	
84	CROWD	A large group of people in one place.	cinema because all the fans	
			wanted to see Johnny Depp.	
0.5	ACTONICHING	Vom cours vising	The <u>astonishing</u> thing is that	
85	ASTONISHING	Very surprising.	sniffer dogs can find a small quantity of food in a large suitcase.	
			This morning the postman	
86	PACKAGE	A parcel; sth that is wrapped in paper so that	delivered a large <u>package</u>	
		it can be posted or delivered somewhere.	containing the books I ordered.	
			He treats his dog better than a	
87	TREAT	Behave to sb in a particular way.	child, and cooks chicken and steak	
			for its meals.	
00	LUVUDV	Evitroma confort	Her pets live a life of <u>luxury</u>	
88	LUXURY	Extreme confort.	because they sleep in little beds and have warm milk for breakfast	
			Would you like some honey on your	
89	YOGHURT	Creamy food made from milk.	yoghurt?	
			When patients are visited by	
90	SERVICE DOG	A specially trained dog that helps people.	service dogs, they feel happier	
30	CERTICE DOG	A specially trained dog that helps people.	and this can help them get better	
			more quickly.	
91	FOUR-LEGGED	Having four legs.	Our <u>four-legged</u> friends – our pet	
			dogs and cats – give us a lot of love Her brother was injured in the war	
92	WHEELCHAIR	A chair with wheels which helps sb who	and now uses a wheelchair to	
32	WITELLOHAIN	cannot walk to move around.	move around	
		1		
		LINIT 5: A PLACE TO CALL HOME		

UNIT 5: A PLACE TO CALL HOME

	WORD	<u>MEANING</u>	<u>EXAMPLE</u>
93	INCONVENIENCE	An apartment building with several floors.	I would like to apologise for the inconvenience I caused by being late. ➤
94	BLOCK OF FLATS	An apartment building with several floors.	I live on the third floor of a block of flats.
95	BUNGALOW	A house with one floor and no stairs.	Grandma has moved to a bungalow because she can't walk up stairs any more.
96	CASTLE	A large building with thick high walls built in the past as a safe place.	The king built a number of castles to protect his kingdom.
97	COTTAGE	A small house in the country.	They bought a <u>cottage</u> in the country where they stayed at weekends and during holidays.
98	DETACHED HOUSE	A house that isn't joined to another house.	We live in a <u>detached house</u> , so we don't hear any noise from the neighbours.
99	TERRACED HOUSE	A house that is joined on both sides to other houses.	There are rows of <u>terraced houses</u> in London which line a whole street.
100	GROUND FLOOR	The floor at the same level as the ground.	We were given the keys to our hotel room at reception on the ground floor.
101	ARCHITECT	A person who designs buildings.	He <u>architect</u> designed a beautiful modern home for us.
102	PROMISE	A statement that tells sb that you will definitely do or not do sth.	said I'll help you and I'll keep my promise .
103	PREDICTION	Saying what will happen in the future.	Some predictions are that one day we will live on other planets.
104	TECHNIQUE	A particular way of doing sth, especially one which needs a special skill.	Engineers use a number of techniques to make buildings

1			stronger because there are so
			many earthquakes in Greece. ≻
105	UNDERNEATH	Under a place, below.	Some houses in wet climates have problems <u>underneath</u> because the ground gets so wet.
106	ENGINEER	A person who designs and builds roads, bridges, etc.	The <u>engineers</u> are working on a new design for car.
107	NEIGHBOURHOOD	Part of a town.	We live in a friendly neighbourhood and we know everyone there
108	PUBLIC TRANSPORT	Bus, train, metro, trolley that people ride on.	I use <u>public transport</u> to get to work in the city because the train is faster than driving.
109	NEARBY	Not far away.	We often play football in the nearby park, which is only five minutes' walk from our house.
110	CENTRAL HEATING	a heating system that heats a whole house or building	This block of flats is cold because the central heating has broken down.
111	EXHIBITION	A show of paintings, interesting objects, etc. that people can go to see.	You can get ideas for your home at furniture exhibitions .
112	EXPLANATION	the reason given for why sth happened or why sth was done	He gave us a good explanation for what had happened and how it had happened.
113	ENTHUSIASM	A strong feeling of excitement and interest in sth.	There is a lot <u>of enthusiasm</u> for the project and hundreds of people want to take part
114	TAKE A BREAK	Stop working for a short time.	He's been working for four hours on the computer, so he should <u>take a</u> <u>break</u> and have a coffee.
115	HOUSEBOAT	A river boat that you can live in.	Living in a houseboat is nice for people who like travelling up and down the river.
		UNIT 6: READY, STEADY, GO	
		MEANING	EVAMBLE
	<u>WORD</u>	<u>MEANING</u>	<u>EXAMPLE</u>
116	TORTOISE	A slow-moving animal that can pull its head and legs into its round hard shell.	Many people keep tortoises as pets, but they don't know how to look after them properly
116		A slow-moving animal that can pull its head	Many people keep tortoises as pets, but they don't know how to look after them properly The equipment for sports like
	TORTOISE	A slow-moving animal that can pull its head and legs into its round hard shell.	Many people keep tortoises as pets, but they don't know how to look after them properly The equipment for sports like scuba diving is very expensive. An athlete needs to be fit and have excellent coordination.
117	TORTOISE	A slow-moving animal that can pull its head and legs into its round hard shell. Things that are needed for an activity.	Many people keep tortoises as pets, but they don't know how to look after them properly The equipment for sports like scuba diving is very expensive. An athlete needs to be fit and have excellent coordination. When the police find a suspicious package, they destroy it by creating a controlled explosion.
117	TORTOISE EQUIPMENT COORDINATION	A slow-moving animal that can pull its head and legs into its round hard shell. Things that are needed for an activity. The ability to control your movements well.	Many people keep tortoises as pets, but they don't know how to look after them properly The equipment for sports like scuba diving is very expensive. An athlete needs to be fit and have excellent coordination. When the police find a suspicious package, they destroy it by creating
117 118 119	TORTOISE EQUIPMENT COORDINATION CONTROLLED	A slow-moving animal that can pull its head and legs into its round hard shell. Things that are needed for an activity. The ability to control your movements well. Done in a careful way. A specially prepared surface of ice where	Many people keep tortoises as pets, but they don't know how to look after them properly The equipment for sports like scuba diving is very expensive. An athlete needs to be fit and have excellent coordination. When the police find a suspicious package, they destroy it by creating a controlled explosion. It is quite cold on the ice rink, so dress warmly. I love all watersports, especially
117 118 119 120	TORTOISE EQUIPMENT COORDINATION CONTROLLED ICE RINK	A slow-moving animal that can pull its head and legs into its round hard shell. Things that are needed for an activity. The ability to control your movements well. Done in a careful way. A specially prepared surface of ice where you can skate.	Many people keep tortoises as pets, but they don't know how to look after them properly The equipment for sports like scuba diving is very expensive. An athlete needs to be fit and have excellent coordination. When the police find a suspicious package, they destroy it by creating a controlled explosion. It is quite cold on the ice rink, so dress warmly.
117 118 119 120 121	TORTOISE EQUIPMENT COORDINATION CONTROLLED ICE RINK WATERSPORTS	A slow-moving animal that can pull its head and legs into its round hard shell. Things that are needed for an activity. The ability to control your movements well. Done in a careful way. A specially prepared surface of ice where you can skate. Sports that are done on or in water. A sport where you lie flat on a surfboard and	Many people keep tortoises as pets, but they don't know how to look after them properly The equipment for sports like scuba diving is very expensive. An athlete needs to be fit and have excellent coordination. When the police find a suspicious package, they destroy it by creating a controlled explosion. It is quite cold on the ice rink, so dress warmly. I love all watersports, especially skiing and diving Paddleboarding was fun, but I kept slipping off the board into the
117 118 119 120 121 122	TORTOISE EQUIPMENT COORDINATION CONTROLLED ICE RINK WATERSPORTS PADDLEBOARDING	A slow-moving animal that can pull its head and legs into its round hard shell. Things that are needed for an activity. The ability to control your movements well. Done in a careful way. A specially prepared surface of ice where you can skate. Sports that are done on or in water. A sport where you lie flat on a surfboard and use your arms to move forward. A sport involving movements that need skill	Many people keep tortoises as pets, but they don't know how to look after them properly The equipment for sports like scuba diving is very expensive. An athlete needs to be fit and have excellent coordination. When the police find a suspicious package, they destroy it by creating a controlled explosion. It is quite cold on the ice rink, so dress warmly. I love all watersports, especially skiing and diving Paddleboarding was fun, but I kept slipping off the board into the water. She's very good at gymnastics and hopes to get into the Olympic
117 118 119 120 121 122	TORTOISE EQUIPMENT COORDINATION CONTROLLED ICE RINK WATERSPORTS PADDLEBOARDING GYMNASTICS	A slow-moving animal that can pull its head and legs into its round hard shell. Things that are needed for an activity. The ability to control your movements well. Done in a careful way. A specially prepared surface of ice where you can skate. Sports that are done on or in water. A sport where you lie flat on a surfboard and use your arms to move forward. A sport involving movements that need skill and strength.	Many people keep tortoises as pets, but they don't know how to look after them properly The equipment for sports like scuba diving is very expensive. An athlete needs to be fit and have excellent coordination. When the police find a suspicious package, they destroy it by creating a controlled explosion. It is quite cold on the ice rink, so dress warmly. I love all watersports, especially skiing and diving Paddleboarding was fun, but I kept slipping off the board into the water. She's very good at gymnastics and hopes to get into the Olympic team one day Of course you need to be strong to do weightlifting, but you also need
117 118 119 120 121 122 123	TORTOISE EQUIPMENT COORDINATION CONTROLLED ICE RINK WATERSPORTS PADDLEBOARDING GYMNASTICS WEIGHTLIFTING	A slow-moving animal that can pull its head and legs into its round hard shell. Things that are needed for an activity. The ability to control your movements well. Done in a careful way. A specially prepared surface of ice where you can skate. Sports that are done on or in water. A sport where you lie flat on a surfboard and use your arms to move forward. A sport involving movements that need skill and strength. The sport of lifting heavy weights. The sport of moving over snow on a board. A set of games where you must win to carry on to the next game.	Many people keep tortoises as pets, but they don't know how to look after them properly The equipment for sports like scuba diving is very expensive. An athlete needs to be fit and have excellent coordination. When the police find a suspicious package, they destroy it by creating a controlled explosion. It is quite cold on the ice rink, so dress warmly. I love all watersports, especially skiing and diving Paddleboarding was fun, but I kept slipping off the board into the water. She's very good at gymnastics and hopes to get into the Olympic team one day Of course you need to be strong to do weightlifting, but you also need a good technique.
117 118 119 120 121 122 123 124	TORTOISE EQUIPMENT COORDINATION CONTROLLED ICE RINK WATERSPORTS PADDLEBOARDING GYMNASTICS WEIGHTLIFTING SNOWBOARDING	A slow-moving animal that can pull its head and legs into its round hard shell. Things that are needed for an activity. The ability to control your movements well. Done in a careful way. A specially prepared surface of ice where you can skate. Sports that are done on or in water. A sport where you lie flat on a surfboard and use your arms to move forward. A sport involving movements that need skill and strength. The sport of lifting heavy weights. The sport of moving over snow on a board. A set of games where you must win to carry on to the next game. A person who watches a game like tennis and makes sure that players do not break the rules.	Many people keep tortoises as pets, but they don't know how to look after them properly The equipment for sports like scuba diving is very expensive. An athlete needs to be fit and have excellent coordination. When the police find a suspicious package, they destroy it by creating a controlled explosion. It is quite cold on the ice rink, so dress warmly. I love all watersports, especially skiing and diving Paddleboarding was fun, but I kept slipping off the board into the water. She's very good at gymnastics and hopes to get into the Olympic team one day Of course you need to be strong to do weightlifting, but you also need a good technique. Snowboarding is a winter sport. He team have won the first game, so they are still in the tournament. The umpire sent the player off the field for using bad language.
117 118 119 120 121 122 123 124 125 126	TORTOISE EQUIPMENT COORDINATION CONTROLLED ICE RINK WATERSPORTS PADDLEBOARDING GYMNASTICS WEIGHTLIFTING SNOWBOARDING TOURNAMENT	A slow-moving animal that can pull its head and legs into its round hard shell. Things that are needed for an activity. The ability to control your movements well. Done in a careful way. A specially prepared surface of ice where you can skate. Sports that are done on or in water. A sport where you lie flat on a surfboard and use your arms to move forward. A sport involving movements that need skill and strength. The sport of lifting heavy weights. The sport of moving over snow on a board. A set of games where you must win to carry on to the next game. A person who watches a game like tennis and makes sure that players do not break	Many people keep tortoises as pets, but they don't know how to look after them properly The equipment for sports like scuba diving is very expensive. An athlete needs to be fit and have excellent coordination. When the police find a suspicious package, they destroy it by creating a controlled explosion. It is quite cold on the ice rink, so dress warmly. I love all watersports, especially skiing and diving Paddleboarding was fun, but I kept slipping off the board into the water. She's very good at gymnastics and hopes to get into the Olympic team one day Of course you need to be strong to do weightlifting, but you also need a good technique. Snowboarding is a winter sport. He team have won the first game, so they are still in the tournament. The umpire sent the player off the

			Get your <u>surfboard</u> and let's go to
130	SURFBOARD	A board used for surfing (surfing = riding on waves while standing on a surfboard).	the beach. The waves are great for surfing today. ➤
131	CONFIDENT	Feeling sure.	He has been training for six months and is confident that he can finish the marathon.
132	CHAMPION	A person who has won a contest.	Mohammed Ali was a world heavyweight boxing champion .
133	PITCH	The area of grass where you play football, soccer or rugby.	The grass on the football <u>pitch</u> was really wet after the heavy rain.
134	GOAL POST	One of the two posts that form the area where the ball must go in order to score in football, hockey, etc.	Gerard tried to score, but the ball hit the goal post and didn't go into the net.
135	INDIVIDUAL	For one person.	Weightlifting is an individual sport where athletes train to get strong.
136	MATCH	A sports event.	Did you see the football <u>match</u> between Arsenal and Liverpool on Saturday?
137	SWEATSHIRT	A loose piece of clothing that covers the top part of your body and that you wear when you do a sport or when you are relaxing.	I like wearing <u>sweatshirts</u> when I'm at home because they are so comfortable.
138	EXPERIENCED	Having skills or knowledge in a particular activity or job.	You should take her advice as she's very experienced and she knows how to do things properly.
		UNIT 7: EXTREME SITUATIONS	The state of the s
139	WORD	<u>DEFINITION</u>	<u>EXAMPLE</u>
140	EXTREME	Much more dangerous than usual.	I've never experienced an extreme situation like a natural disaster.
141	EXHAUSTED	Very tired.	The explorers walked in the jungle all day and were exhausted by the evening.
142	ORDEAL	A painful or difficult experience.	Being lost at sea for ten days was a terrible ordeal for the sailor
143	PAINFUL	Causing the feeling that you have been hurt.	She hit her leg and now it's very painful.
144	CHAMPIONSHIP	A sports competition.	When was the last time the Greek national team won the European
145	RUGBY	A ball game played by two teams of 13 or 15	Football Championship ? You have to be big and strong to
146	FREEZING	Very cold, below zero.	play <u>rugby</u> professionally. Skiers like conditions below <u>freezing</u> because they can then
147	SURVIVOR	Sb who doesn't die in an accident or disaster.	enjoy their favourite sport. There was a terrible plane crash and sadly there were no survivors .
			She heard a strange noise in the
148	TERRIFIED	Very frightened.	middle of the night and she was terrified .
149	SLEEPING BAG	A warm bag that you sleep in when you go camping.	We packed our sleeping bag and tent and went camping
150	BRAVE	Courageous, not scared to do difficult or dangerous things.	The brave crew stayed calm and didn't leave the plane until all the passengers were safe.
151	SEA LEVEL	The height of the sea.	The top of Mount Everest is 8,848 metres above sea level .
152	воттом	The lowest part of sth.	The ship sank to the bottom of the sea.
152 153	BOTTOM TREASURE	The lowest part of sth. Valuable things such as gold or jewellery.	The ship sank to the bottom of the
		·	The ship sank to the bottom of the sea. In the book, the children had an adventure and found the treasure We went on a school excursion to
153	TREASURE	Valuable things such as gold or jewellery.	The ship sank to the bottom of the sea. In the book, the children had an adventure and found the treasure
153 154	TREASURE	Valuable things such as gold or jewellery. A short trip. A storm in a desert in which a strong wind	The ship sank to the bottom of the sea. In the book, the children had an adventure and found the treasure We went on a school excursion to Delphi for two days. The travellers couldn't cross the

158	SCREAM	Shout because you are scared.	All the passengers <u>screamed</u> when the plane started to fall out of the sky.
159	LIGHTNING	A flash of light in the sky caused by electricity.	<u>Lightning</u> struck the tree and it caught fire.
160	AMBULANCE	A vehicle that takes injured or sick people to hospital.	Someone called an ambulance to take the injured person to hospital.
161	THROUGHOUT	During the whole period of time.	Throughout her long life, she loved music and art.
162	FRIGHTENING	Making sb feel afraid.	The earthquake was a frightening experience.

	UNIT 8: TIME TO SPARE		
	WORD	MEANING	EXAMPLE
163	HEADLAMP	Light on the front of a car or on a special helmet.	By turning on the headlamp , I was able to see inside the dark cave.
164	POPULARITY	The state of being liked a lot.	The singer's popularity increased with his new song, which was on the radio every day
165	SURROUND	Be all around sth/sb.	A beautiful garden surrounds the house.
166	TWISTING	Bending and changing direction often.	Driving on the twisting road up the mountain, I began to feel sick.
167	IMPRESSIVE	Very good, large or important, so people admire it.	The <u>impressive</u> rock formations at Meteora are worth seeing
168	FOOTPRINT	A mark in the ground left by a foot or shoe.	We left footprints in the snow when we walked across the garden.
169	MARTIAL ART	A style of fighting like karate, kung fu and tae kwon do.	Jim wants to take up a martial art and he's thinking of trying karate.
170	SCULPTURE	Making works of art out of stone, wood, metal etc; an object made out of stone, wood, clay etc.	There are many marble sculptures of gods like Athena and Apollo in museums in Greece.
171	GAMING	Playing computer games.	My brother loves gaming but I prefer reading.
172	ENTERTAINING	Interesting and amusing.	I find comedies very entertaining and often enjoy watching one at the cinema.
173	APPOINTMENT	An arrangement to see sb at a particular time for a reason connected with work or health.	I have an <u>appointment</u> at the dentist's this afternoon at three.
174	SHOW OFF	Behave boastfully; try to impress people by talking about the things you have, what you can do, etc.	The little boy was showing off his to his friends by telling them how rich his parents were.
175	BOASTFULLY	In a way that shows you want to impress other people.	'My dad has more money than your dad,' said the child boastfully .
176	BALLROOM DANCING	Dancing for couples done in a large room.	Tim and Sandra danced the waltz in the final of the ballroom dancing competition.
177	STAMINA	Strength that lets you continue doing sth for a long time.	You need a lot of stamina to run a marathon.
178	OBLIGATION	Containing a lot of things.	Bill felt an obligation to help the old lady across the road as it would have been unsociable not to.
179	NECESSITY	A requirement.	There is a great <u>necessity</u> to get some medicine for the baby today because the pharmacies are closed tomorrow.
180	PROHIBITION	Stopping sth from being done by law or because of a rule.	There is a prohibition on the use of cameras in this museum.
181	TEAMMATE	A member of the same team as yourself.	My <u>teammates</u> and I celebrated our victory over the other team.
182	NECESSITIES	Things that you must have.	Food and drink, and a blanket to sit on are the basic necessities for a fun picnic.
183	CAMPSITE	A place where people on holiday can camp.	The <u>campsite</u> had toilets and showers, and a small shop
184	SIGHTSEEING	The action of visiting interesting places and buildings, usually as a tourist.	main tourist attractions.
185	EXHILARATING	Very exciting.	The trek was difficult and exhausting but finishing successfully gave me an exhilarating feeling.

186	REQUIREMENT	Sth that must be done.	It is a safety <u>requirement</u> that you check all your equipment before you rappel down the mountain.
187	SQUEEZE	Push through a small space.	The car was parked very close to another one, so I had to squeeze to get between them.
188	RAPPEL	Abseil, go down a cliff or rock on a piece of rope.	They climbed to the top of the cliff and then <u>rappelled</u> down again on long ropes.
189	LEDGE	A flat, narrow piece of rock that sticks out of the side of a cliff or mountain.	The climber fell but luckily landed on a <u>ledge</u> where the rescue team could reach him.
190	SUPER RICH	Extremely rich.	The necklace costs a million pounds. Only a super rich person can buy it.