

# Cambridge English



# Complete First

for Schools

**Word lists**

**aggressive** *adjective* (10) angry and violent towards another person aggressive behaviour

**anxious** *adjective* (10) feeling stressed and worried Flying always makes me anxious.

**appreciate** *verb* (11) to recognise how good someone or something is and to value them My trip taught me to appreciate other cultures.

**bad-tempered** *adjective* (10) describes a person who becomes angry and annoyed easily She's very bad-tempered in the mornings.

**bring up** *phrasal verb* (11) to care for a child until it is an adult, often giving them particular beliefs They brought us up to be very independent.

**cause** *verb* (11) to make something happen Her actions caused us a lot of problems.

**concerned** *adjective* (17) worried I'm a bit concerned about her health.

**cope** *verb* (10) to manage to do something in a difficult situation She has a lot of work, but somehow she copes.

**critical** *adjective* (10) saying that someone or something is bad or wrong He is very critical of the way I work.

**enthusiastic** *adjective* (10) feeling an energetic interest in a particular subject or activity and an eagerness to be involved in it The teacher was very enthusiastic about my project.

**hard-working** *adjective* (10) doing a job seriously and with a lot of effort She's a very hard-working student.

**impatient** *adjective* (10) If you are impatient, you get angry with people who make mistakes or you hate waiting for things. I get very impatient with the children when they won't do their homework.

**impolite** *adjective* (10) rude I found his questions rather impolite.

**impression** *noun* (10) an idea or opinion of what is someone or something is like I had the impression he was angry about something.

**industrial** *adjective* (15) connected with industry an industrial city

**mature** *adjective* (10) behaving well, like an adult She seems very mature for 13.

**organised** *adjective* (10) describes a person who is able to plan things carefully and keep things tidy An office manager needs to be very organised.

**priority** *noun* (10) the first thing you focus your attention on Our business has always made employee welfare a priority.

**reasonable** *adjective* (10) fair and showing good judgment It's not reasonable to expect people to work those hours.

**residential** *adjective* (15) A residential area has only houses and not offices or factories. This residential area is very popular with families because the streets are quiet.

**respect** *verb* (10) to be polite to someone and show that you admire them I really respect my colleagues.

**responsible** *adjective* (10) having good judgment and the ability to act correctly and make decisions on your own She'll be fine on her own – she's very responsible.

**self-confident** *adjective* (10) feeling sure about yourself and your abilities You need to be self-confident to be a manager.

**sensitive** *adjective* (10) able to understand what people are feeling and behave in a way that does not upset them I like him because he's kind and sensitive.

**strict** *adjective* (10) insisting that people behave in a certain way The best teachers aren't always the strictest ones.

**survey** *verb* (13) to ask people questions in order to find out about their opinions or behaviour Over 75% of the people surveyed were in favour of the new road.

**understanding** *adjective* (10) showing sympathy for someone's problems or acceptance of the way they behave Fortunately, my girlfriend is very understanding.

**unreliable** *adjective* (10) not able to be trusted or depended on The trains were noisy, dirty and unreliable.

**astonishing** *adjective* (27) very surprising What an astonishing thing to say!

**competitive** *adjective* (27) wanting to win or be better than other people She's very competitive.

**concentrate on** *verb* (18) to give something your full attention I sometimes find it hard to concentrate on my homework in the evenings.

**contribute to** *phrasal verb* (18) to help to cause an event or situation His poor diet contributed to his illness.

**delightful** *adjective* (27) very pleasant or attractive We had a delightful evening.

**demanding** *adjective* (27) needing a lot of your time, attention or effort a very demanding job

**depressing** *adjective* (27) making you feel sad and without any hope for the future The news is very depressing.

**desperate** *adjective* (20) needing or wanting something very much By two o'clock, I was desperate for something to eat.

**distract** *verb* (18) to make someone stop giving their attention to something The music distracts me from my worries.

**dreadful** *adjective* (27) very bad The journey was dreadful.

**economical** *adjective* (27) not costing much money It's a very economical car.

**encourage** *verb* (18) to support someone or give them the confidence to do something She encouraged me a lot when I joined the company.

**entertaining** *adjective* (27) interesting and enjoyable an entertaining and informative book

**exhausting** *adjective* (27) something that makes you feel very tired Running all that way was completely exhausting.

**fascinating** *adjective* (26) extremely interesting a fascinating person/place

**gain experience** *phrase* (CD2 T05) to get knowledge or skill from doing something I took a summer job to gain some experience.

**hooked** *adjective* (20) enjoying something so much that you are unable to stop having, watching, doing, etc. it I'm hooked on spy movies.

**informative** *adjective* (19) giving a lot of useful facts a very informative book

**inspire** *verb* (CD1 T05) to make someone feel that they want to do something and can do it His confident leadership inspired his followers.

**irritating** *adjective* (27) making you feel annoyed an irritating habit

**passion** *noun* (CD1 T05) an extreme interest in or liking for something He has a passion for old cars.

**satisfactory** *adjective* (26) good enough We hope to find a satisfactory solution to the problem.

**solve** *verb* (18) to find the answer to a problem My father loves solving crossword clues.

**superb** *adjective* (27) excellent a superb restaurant

**swap** *verb* (CD1 T05) to give something to someone and get something from them in return I often swap recipes with my friends.

**time-consuming** *adjective* (27) needing a lot of time The legal process was time-consuming and expensive.

**tremendous** *adjective* (27) very large, great, strong, etc. a tremendous amount of money

**waste** *verb* (18) to use something badly You shouldn't waste the weekend watching TV.

**cower** *verb* (35) to hide or crouch down because you are afraid of something The film was so frightening I wanted to cower behind the sofa.

**daily routine** *phrase* (37) the things that you do every day at the same time My daily routine usually includes going for a run.

**drag** *verb* (CD1 T09) to make someone go with you when they do not want to Our parents dragged us to an art exhibition.

**drizzle** *noun* (35) rain in very small, light drops Tomorrow will be cloudy with outbreaks of rain and drizzle.

**dump** *verb* (CD1 T09) to get rid of someone, often by going away from them We dumped my little brother and went out.

**excursion** *noun* (39) a trip, usually to see a tourist attraction The excursion will start from the bus station at 2pm.

**fed up** *adjective* (CD1 T09) bored, annoyed or disappointed, especially by something you have experienced for too long They were fed up with the same old routine.

**forthcoming** *adjective* (32) going to happen soon the forthcoming election/visit

**homeward** *adjective* (32) going towards home the homeward journey

**idyllic** *adjective* (35) a perfect, very peaceful landscape or place The coast is idyllic at this time of year.

**jellyfish** *noun* (35) a sea creature with a transparent body and tentacles There are more species of jellyfish than people think.

**make a dash for** *phrase* (35) (informal) run fast so that you get somewhere in time I always end up making a dash for the bus in the morning.

**outward** *adjective* (32) going towards a particular place, rather than returning from it an outward journey

**overland** *adverb* (32) across the land rather than by sea or through the air They travelled overland to China.

**puncture** *noun* (39) a hole in a tyre My bike had a puncture, which meant I was late for work.

**round trip** *noun* (32) a journey from one place to another and back to where you started The round trip takes nearly two days.

**scary** *adjective* (35) (informal) frightening I found thunderstorms scary when I was young.

**shelter** *noun* (35) a place that gives you temporary protection, often from the weather They've put a new bus shelter up in my street.

**sprint** *verb* (35) to run as fast as you can She won the race after sprinting for the finish.

**teamwork** *noun* (37) when a group of people work well together Teamwork is vital to the success of the project.

**thrill** *noun* (37) a strong feeling of excitement and pleasure It was a big thrill meeting the stars of the show.

**tough** *adjective* (37) difficult to do or deal with Life in such a cold region is very tough.

**unaware** *adjective* (34) not understanding or realising something He was unaware that the police were watching him.

**airy** *noun* (47) open to fresh air airy rooms

**attractive** *adjective* (49) causing interest or pleasure We need to make the club attractive to young people.

**aware** *adjective* (41) having knowledge of something She needed to make people aware of the danger.

**balanced** *adjective* (42) A balanced meal contains a healthy mixture of different types of food. Chocolate and chips is not a balanced meal.

**cheerful** *adjective* (49) describes a place or thing that is bright and pleasant and makes you feel happy The room was painted in cheerful colours.

**convenience food** *noun* (42) food that can be prepared quickly and easily and is often already cooked We eat a lot of convenience food.

**cosy** *adjective* (47) making you feel comfortable and welcome The fireplace makes the room so cosy.

**elaborate** *adjective* (42) complicated or with a lot of details an elaborate design

**elegant** *adjective* (49) stylish and attractive an elegant dining room

**estimate** *verb* (41) to make an approximate judgement or calculation Can you estimate how much the repairs will cost?

**exceptional** *adjective* (49) very good and better than most other people or things an exceptional student

**exclusive** *adjective* (49) expensive and only for people who are rich or of a high social class an exclusive private club

**filling** *adjective* (42) Food that is filling makes you feel that you have had a lot to eat. a filling meal

**flavour** *noun* (47) the taste that something has I love the flavour of this new chocolate.

**heavy meal** *phrase* (42) a large, rich meal that makes you feel very full You shouldn't swim after a heavy meal.

**light meal** *phrase* (42) a small meal that does not make you feel very full We had a light meal at midday.

**nutrition** *noun* (45) the food that you eat and the way that it affects your health Good nutrition is essential for growing children.

**organic** *adjective* (42) not using chemicals when keeping animals or growing plants for food organic vegetables

**protein** *noun* (40) one of many substances found in food such as meat, cheese, fish or eggs that is necessary for the body to grow and be strong Most of our protein comes from meat.

**rushed** *adjective* (47) having to do things very quickly The staff were very rushed.

**sacrifice** *noun* (41) something you give up so you can achieve something else I had to make so many sacrifices to get to medical school.

**satisfying** *adjective* (47) making you feel pleased by providing what you need or want Clearing out the cupboards is such a satisfying job!

**shortage** *noun* (42) when there is not enough of something food shortages

**source** *noun* (40) where something comes from Oranges are a good source of vitamin C.

**stem cell** *noun* (40) a cell, especially one taken from a person or animal at a very early stage of development, that can develop into any type of cell Stem cells are very important in biological research.

**supply** *noun* (42) an amount of something that is ready to be used a supply of water

**tasty** *adjective* (42) having a pleasant or enjoyable flavour It's my favourite restaurant because the food's so tasty.

**welcoming** *adjective* (47) friendly or making you feel welcome a welcoming smile

**adjustment** *noun* (58) the ability to become familiar with a new situation Moving to a new city meant a huge adjustment for me.

**admission** *noun* (52) when someone is given permission to become a member of a club, university, etc. She's applied for admission to law school.

**approval** *noun* (58) official permission The project has now received approval from the government.

**assessment** *noun* (58) when you make a judgment about the quality, size or value, etc. of something That's a fair assessment of the situation.

**chaotic** *adjective* (CD1 T17) in a state of chaos a chaotic situation

**confusion** *noun* (58) when people do not understand what is happening or what they should do There seems to be some confusion about who is actually giving the talk.

**could do with** *phrase* (CD1 T17) If you could do with something, that thing would help you if you could have it. I could do with some help on this project.

**expectation** *noun* (CD1 T17) what you expect to happen or what you expect something to be like My expectations were a bit unrealistic.

**furious** *adjective* (CD1 T17) extremely angry I was late and he was furious with me.

**have it in for** *phrase* (CD1 T17) to be determined to harm or criticise someone He really has it in for the younger students.

**host family** *noun* (56) a family with whom a student stays, for example when they are studying abroad I'm living with a host family in Cambridge.

**immerse** *verb* (57) to involve yourself completely in something The best way to learn a new language is to immerse yourself in it.

**investigation** *noun* (58) when officials try to discover all the facts about something, especially a crime or an accident to carry out an investigation

**involvement** *noun* (58) when someone or something is involved in an activity or event She had no involvement at all in the affair.

**job prospects** *noun* (52) your chance of getting a job or getting a better job This course should help my job prospects.

**live up to expectations** *phrase* (53) If something lives up to expectations, it is as good as you expected it to be. The hotel certainly lived up to expectations.

**novel** *adjective* (57) new and unusual The game has some really novel features.

**pass** *noun* (52) a successful mark in an exam I'm hoping for a pass in my exam.

**point out** *phrasal verb* (53) to tell someone something, often because you believe they do not know it or have forgotten it I pointed out that Tom already had a lot of work to do.

**preference** *noun* (58) when you like something or someone more than another person or thing We have white and brown bread. Do you have a preference?

**revelation** *noun* (57) something new and unexpected Listening to the symphony was a total revelation to me.

**unprepared** *adjective* (58) not made ready or prepared I was unprepared for what I found there.

**badly paid** *adjective* (63) If a job is badly paid, the person doing it does not get much money. It was a badly paid job with long hours.

**climax** *noun* (64) the most important or exciting point in a story or situation His act was the climax of the show.

**cool** *adjective* (66) calm and not emotional She seemed cool and confident.

**duty roster** *noun* (64) a list of people's names and the jobs they have to do She pinned the duty roster to the wall.

**forbidding** *adjective* (64) unfriendly He had a forbidding expression.

**grab** *verb* (64) to take hold of something or someone suddenly A mugger grabbed her handbag as she was walking across the park.

**have something in common** *phrase* (65) to share interests, experiences or other characteristics with someone We don't have much in common.

**impressive** *adjective* (64) If something is impressive, you admire or respect it, usually because it is special, important or very large. an impressive collection of modern paintings

**improvise** *verb* (64) to invent or make something at the time when it is needed without already having planned it I hadn't prepared a speech, so I had to improvise.

**lose your temper** *phrase* (64) to become angry very quickly She lost her temper and shouted at the children.

**make full use of** *phrase* (64) to use something as much as possible We made full use of the sports facilities.

**manual** *adjective* (63) involving physical work rather than mental work unskilled manual labour

**more than you bargained for** *phrase* (CD1 T21) more than you were expecting or prepared for The job was more than I bargained for.

**over the usual rate** *phrase* (CD1 T21) If someone is paid over the usual rate, they get more than is usual for the job. She pays me over the usual rate for babysitting.

**potential** *noun* (64) someone's or something's ability to develop, achieve or succeed She showed great potential as a writer.

**pressure** *noun* (66) something that involves a series of urgent demands Being a lawyer means being able to work under pressure.

**salary** *noun* (69) the money you are paid Doctors work hard, but they get a good salary.

**shift** *noun* (64) a period of time when someone works I'm on the night shift this week.

**skilled** *adjective* (63) having the abilities needed to do an activity or job well a highly skilled photographer

**take pleasure in** *phrase* (64) to find something enjoyable He takes pleasure in seeing his students succeed.

**uncompromising** *adjective* (64) If people or their beliefs are uncompromising, they are fixed and do not change, even if someone tries to change them. an uncompromising attitude.

**wander** *verb* (64) to walk somewhere without any definite purpose We all wandered back to the hotel.

**well-paid** *adjective* (63) If a job is well-paid, the person doing it earns a lot of money. She can afford expensive clothes because she has a well-paid job.

**under pressure** *phrase* (66) If you do something under pressure, it is difficult because there are problems or because you have a lot to do. He doesn't work well under pressure.

**worthwhile** *adjective* (63) useful and enjoyable, despite needing a lot of effort She considers teaching a worthwhile career.

**athletic** *adjective* (83) strong, healthy and good at sports She looks very athletic.

**be around** *phrasal verb* (CD1 T25) If something has been around for a period of time, that is how long it has existed. This technology hasn't been around for long.

**blister** *noun* (76) a painful, raised area of skin with liquid inside that you get if your skin has been rubbed or burned I've got a blister on my toe.

**civilised** *adjective* (80) polite and behaving in a calm, reasonable way The meeting was very civilised.

**come across** *phrasal verb* (CD1 T26) to find something or someone by chance I came across the book in the library.

**cushion** *verb* (CD1 T26) to make the effect or force of something softer My thick coat cushioned the blow.

**drop out** *phrasal verb* (76) to stop doing something, such as a race or a course, before you have finished He dropped out of university.

**endurance** *noun* (CD1 T25) the ability to keep doing something difficult, unpleasant or painful for a long time a race to test athletes' endurance

**eternity** *noun* (76) a very long time The wait seemed like an eternity.

**extreme** *adjective* (CD1 T25) the most unusual or the most serious possible extreme weather conditions

**guarantee** *verb* (CD1 T26) to make certain that something will happen or exist You will be guaranteed a good night's sleep in this bed.

**hallucination** *noun* (76) an experience in which you see, hear, feel or smell something which does not exist She began to experience hallucinations.

**hazardous** *adjective* (CD1 T25) dangerous These roads are hazardous for cyclists.

**heighten** *verb* (CD1 T25) to increase or make something increase, especially an emotion or an effect His words heightened the tension in the room.

**hop** *verb* (CD1 T26) (informal) to go somewhere quickly We hopped on the bus.

**isolated** *adjective* (CD1 T25) not near to other places or people Living on the island meant that we were very isolated.

**keep up** *phrasal verb* (76) If you keep up with someone, you go as fast as them. They walked so fast, I couldn't keep up with them.

**learning curve** *noun* (CD1 T25) the rate of someone's progress in learning a new skill It's a steep learning curve when you start a new job.

**little in the way of** *phrase* (CD1 T25) If someone or something has little in the way of a particular thing, it does not have much of it or many of them. The town has little in the way of entertainment.

**made up of** *phrase* (CD1 T25) consisting of a team made up of past champions

**methodical** *adjective* (76) done in a careful, well-organised way a methodical approach

**opponent** *noun* (83) someone whom you compete against in a game or competition Her opponent hurt his leg.

**pace** *noun* (76) the speed at which someone or something moves or does something a slow/fast pace

**rough** *adjective* (83) dangerous or violent a rough part of town

**run into trouble** *phrase* (CD1 T25) to start to experience difficulties We ran into trouble when our car broke down.

**safety-conscious** *adjective* (CD1 T26) very careful to be safe or to keep people safe The race organisers have to be very safety-conscious.

**set** *verb* (CD1 T25) If you set yourself a goal, you give yourself a goal. He set himself a target of running 20 miles a week.

**spectator** *noun* (83) someone who watches an event, a sport, etc. They won 4-0 in front of over 40,000 cheering spectators.

**trophy** *noun* (83) a prize, such as a silver cup, that you get for winning a race or competition He's an excellent snooker player, but he's never won a major trophy.

**turn out** *phrasal verb* (CD1 T25) to have a final, often surprising, result The truth turned out to be stranger than we expected.

**abandon** *verb* (86) to stop doing an activity before you have finished it The match was abandoned at half-time because of the poor weather conditions.

**brutal** *adjective* (85) cruel and not considering someone's feelings Her criticism was brutal.

**chance of a lifetime** *phrase* (CD1 T29) a great opportunity that you will have only once in your life This competition is the chance of a lifetime for me.

**compulsory** *adjective* (83) If something is compulsory, you must do it because of a rule or law. Swimming was compulsory at my school.

**contestant** *noun* (88) someone who competes in a contest In tonight's quiz, our contestants have come from all over the country.

**disturb** *verb* (92) to interrupt someone in a way that they do not want Their loud music disturbed our peace.

**fulfil** *verb* (86) to do something that is expected, hoped for or promised, or to make it happen I know I will fulfil my dreams one day.

**geek** *noun* (90) (informal) a person, especially a man, who is boring and not fashionable He's such a geek.

**glamorous** *adjective* (93) attractive, elegant and exciting Las Vegas always sounds so glamorous.

**intense** *adjective* (85) extreme and forceful or (of a feeling) very strong intense cold/heat/hatred

**intimidated** *adjective* (CD1 T29) frightened or nervous because a person or a situation makes you lose your confidence I was intimidated by all those clever people.

**launch** *verb* (86) to make something begin to launch a career

**media** *noun* (92) the Internet, newspapers, magazines, television, etc., considered as a group The media are covering the speech tonight.

**nerve-wracking** *adjective* (85) causing a lot of worry I find giving talks absolutely nerve-wracking.

**outskirts** *noun* (87) the outer area of a city or town They live in/on the outskirts of Manchester.

**photogenic** *adjective* (CD1 T29) having a face that looks attractive in photographs She's very photogenic.

**privacy** *noun* (92) someone's right to keep their personal matters and relationships secret The new

law is designed to protect people's privacy.

**pursue** *verb* (85) If you pursue a plan, activity or situation, you try to do it or achieve it, usually over a long period of time. He decided to pursue a career in television.

**realise an ambition** *phrase* (86) to do something that you had hoped to do He realised his ambition of becoming a doctor.

**release** *verb* (92) If a film is released, it is shown in public for the first time. His new movie is due to be released next month.

**scandal** *noun* (92) (an action or event that causes) a public feeling of shock and strong moral disapproval a financial/political scandal

**sensation** *noun* (90) someone or something that causes great interest and excitement The book was a sensation.

**show-off** *noun* (85) someone who acts in an exaggerated way to get people's attention My little brother's such a show-off!

**tabloid** *noun* (92) a type of popular newspaper with small pages which has many pictures and short simple reports I read all the gossip in the tabloids.

**turn down** *phrasal verb* (86) to refuse to accept something you are offered She turned down the job.

**voluntary** *adjective* (91) done, made or given willingly, without being forced or paid The extra homework is voluntary.

**blurt** *verb* (96) to say something quickly and without thinking about it first Suddenly he blurted out the truth.

**breathless** *adjective* (CD2 T03) not able to breathe easily, usually after doing something that needs a lot of effort We were breathless after the steep climb.

**complement** *verb* (CD2 T02) to make something else seem better or more attractive when combining with it Strawberries and cream complement each other perfectly.

**count** *verb* (CD2 T02) to have value or importance I've always believed that happiness counts more than money.

**devote your life to** *phrase* (98) to spend all your life doing something She devoted her life to her family.

**dominating** *adjective* (CD2 T02) A dominating person likes to be in charge of a situation and tries to control other people. He tends to be rather dominating.

**gesture** *noun* (99) a motion of the head or hands to communicate something He made an angry gesture and left.

**go to extremes** *phrase* (CD2 T02) to do something in the strongest way possible, in a way that most people think is unreasonable Just do a little bit of exercise – there's no need to go to extremes.

**irrational** *adjective* (CD2 T03) not using reason or clear thinking It's totally irrational, but I'm frightened of mice.

**irritable** *adjective* (CD2 T03) becoming annoyed very easily She was irritable with the children.

**now you come to mention it** *phrase* (CD2 T03) used when something someone says reminds you of a fact Now you come to mention it, he wasn't at work today.

**opening gambit** *noun* (CD2 T02) the first thing you say when you start a conversation I tried to think of a clever opening gambit.

**outgoing** *adjective* (CD2 T02) (of a person) friendly and energetic and finding it easy and enjoyable to be with others Sales reps need to be outgoing, because they are constantly meeting customers.

**pull an all-nighter** *phrase* (96) (informal) to stay up all night so that you can finish your work You wouldn't need to pull all-nighters if you planned your work more carefully.

**put up with** *phrasal verb* (CD2 T02) to accept or continue to accept an unpleasant situation or experience I can't put up with her rudeness any longer.

**recurring** *adjective* (CD2 T03) experienced repeatedly a recurring dream

**row** *noun* (CD2 T03) a noisy argument I heard my neighbours having a row.

**sell out** *verb* (105) An event or concert is sold out when all the tickets have been purchased. Let's book the concert now – the band always sells out fast!

**statistically** *adverb* (CD2 T03) using information based on a study of the number of times that something happens or is present Statistically, young men are more likely to be attacked than young women.

**stimulate** *verb* (CD2 T03) to make someone excited and interested about something The film was intended to stimulate and amuse.

**take for granted** *phrase* (CD2 T02) If you take someone for granted, you do not realise or show that you are grateful for the things they do for you. My husband is starting to take me for granted.

**threatening** *adjective* (CD2 T03) expressing a threat of something unpleasant or violent The situation soon became threatening.

**time well spent** *phrase* (CD2 T02) a period of time in which you have done something useful The time it took to correct the essay was time well spent.

**turning point** *phrase* (97) a point when you life changes and takes a different direction Meeting her was a turning point in my life.

**a variety of factors** *phrase* (CD2 T03) many different things that influence a situation A variety of factors influence our choice of partner.

**awkward silence** *phrase* (108) an uncomfortable pause in a conversation When I asked if he was married, there was an awkward silence.

**bargain** *noun* (114) something on sale at a lower price than its true value This coat was half-price – a real bargain.

**bitter** *adjective* (108) describes a person who is angry and unhappy with their life I feel very bitter about my childhood and all that was denied me.

**brand** *noun* (114) a type of product made by a particular company This isn't my usual brand of deodorant.

**check out** *phrasal verb* (108) to have the cost added up and pay for things you have bought in a shop I put a load of food in my trolley and checked out.

**competitive** *adjective* (114) Competitive prices, services, etc. are as good as or better than other prices, services, etc. The store has very competitive prices.

**consumer** *noun* (114) a person who buys goods or services for their own use The new telephone rates will affect all consumers, including businesses.

**errand** *noun* (108) a short journey either to take a message or to take or collect something I'll meet you at six, I've got some errands to do/run first.

**gap-toothed** *adjective* (108) having a noticeable space between two teeth a gap-toothed kid

**genuine** *adjective* (108) If something is genuine, it is real and exactly what it appears to be. genuine leather

**grocery list** *noun* (108) (US) a shopping list I lost my grocery list.

**head out** *phrasal verb* (108) to begin a journey He headed out to meet his friends.

**hit the gym** *phrase* (CD2 T07) (informal) to go to the gym After work, I usually hit the gym.

**in stock** *phrase* (114) available to be bought in a shop There are no more blue skirts in stock.

**kick up a fuss** *phrase* (CD2 T07) (informal) to show a lot of anger, worry or excitement Mum kicked up a fuss about us being late home.

**masses** *plural noun* (CD2 T07) (informal) a large number There were masses of people there.

**mismatched** *adjective* (108) If things are mismatched, they are not similar and do not look good together. The furniture was old and mismatched.

**mold** *verb* (108) (US); **mould** (Br) to change or influence someone or something to mold the character of a child

**out of stock** *phrase* (114) If goods are out of stock, the shop does not have them available to buy. We are out of stock in this item.

**oversimplify** *verb* (108) to describe or explain something in such a simple way that it is no longer correct or true Her article oversimplified the situation.

**purchase** *noun* (108) something that you have bought I took my purchases home.

*verb* (114) to buy She purchased her first house with the money she inherited.

**redesign** *verb* (CD2 T07) to design something so that it looks different They have redesigned the seating area.

**the sales** *noun* (114) an occasion when goods are sold at a lower price than usual the mid-season/end-of-season sales

**sidewalk** *noun* (108) (US); **pavement** (Br) a path with a hard surface on one or both sides of a road, that people walk on Keep to the sidewalk, Rosie, there's a good girl.

**spill out** *phrasal verb* (108) to flow or fall out of a container Her long hair was spilling out of her hat.

**stare** *verb* (108) to look at someone or something for a long time and not move your eyes Don't stare at people like that, it's rude.

**sweat** *verb* (108) to have salty liquid coming through your skin because you are hot, frightened or ill We were all sweating in the hot sunshine.

**tanned** *adjective* (108) Tanned skin is brown from being in the sun. She stretched out her tanned legs.

**unavailable** *adjective* (114) If something is unavailable, you cannot get it or use it. This information was previously unavailable to the public.

**wrinkled** *adjective* (108) Wrinkled skin has small lines on it. his wrinkled face

**adopt** *verb* (126) start to follow Adopting healthy eating habits needn't be difficult.

**advance** *noun* (126) progress Gaming technology has made rapid advances in recent years.

**check-up** *noun* (118) a medical examination to test your general state of health She goes to her doctor for regular check-ups.

**disability** *noun* (123) an illness, injury or condition that makes it difficult for someone to do the things that other people do a physical/learning disability

**get over** *phrasal verb* (118) to get better after an illness It took me weeks to get over the virus.

**harmful** *adjective* (126) causing harm or damage Some chemicals can have harmful effects.

**inability** *noun* (123) lack of ability to do something Inability to use a computer is a serious disadvantage when you are applying for jobs.

**infection** *noun* (118) when a harmful virus or bacteria gets into the body Good hygiene in a hospital helps to reduce the risk of infections.

**informal** *adjective* (123) not formal or official The two groups agreed to hold an informal meeting.

**investigate** *verb* (120) to examine a problem, crime, statement, etc carefully The doctor investigated his symptoms.

**misdiagnose** *verb* (120) to be wrong about the type of illness or medical condition a patient has Her cancer was misdiagnosed as stress.

**moderation** *noun* (CD2 13) something done to a limited extent Moderation is important when starting a new exercise programme.

**occasional** *adjective* (118) not happening or done often or regularly I enjoy the occasional curry.

**on duty** *phrase* (CD2 T15) at work, doing your job He was suspended from the force for sleeping while on duty.

**persist** *verb* (CD2 T15) If an unpleasant feeling or situation persists, it continues to exist. If the pain persists, consult a doctor.

**put on weight** *phrase* (118) If someone puts on weight, they become heavier. I've put on a lot of weight recently.

**specialist** *noun* (119) an expert in a particular subject, often medical I'd like to make an appointment to see a specialist.

**sympathetic** *adjective* (122) showing kindness and concern You have to be sympathetic to be a good nurse.

**treatment** *noun* (118) the use of drugs, exercises, etc. to cure a person of an illness or injury free dental treatment

**unwind** *verb* (15) to relax and allow your mind to be free from worry after a period of work or some other activity that has made you worried Yoga helps me to unwind after work.

**at the top of your voice** *phrase* (134) very loudly He was shouting at the top of his voice.

**ban** *verb* (CD2 T24) to refuse to allow something, especially officially Cycling is banned inside the shopping centre.

**bark** *verb* (CD2 T24) to make a loud, rough noise The dog kept barking.

**brief** *verb* (134) to give someone instructions about what they should do or say We had already been briefed about what we had to do.

**commitment** *noun* (CD2 T24) something that you must do or deal with that takes your time family/work commitments

**dare** *verb* (134) to be brave enough to do something difficult or dangerous I didn't dare (to) cross the river.

**deny** *verb* (CD2 T24) to not allow someone to do or have something Nobody should be denied a good education.

**endangered** *adjective* (129) threatened with extinction Many animal species are now endangered.

**eyesight** *noun* (134) the ability to see good/bad/poor eyesight

**fragile** *adjective* (135) easily damaged, broken or harmed Be careful with that vase – it's very fragile.

**gross** *adjective* (CD2 T24) (informal) extremely unpleasant Your feet are gross!

**habitat** *noun* (CD2 T24) the natural environment in which an animal or plant usually lives the natural habitat of the fox

**intruder** *noun* (135) someone who is in a place or situation where they are not wanted I feel like an intruder when I visit their home.

**keep an eye out** *phrase* (CD2 T24) to watch for something or someone Keep an eye out for the postman.

**mark** *verb* (137) to show where something is by drawing or putting something somewhere The route is clearly marked.

**melt** *verb* (135) When ice melts, it turns into water. The snow usually melts by the end of March.

**orphan** *verb* (CD2 T24) If a person or animal is orphaned, their parents have died or been killed. She was orphaned at the age of five.

**penultimate** *adjective* (135) next to the last the penultimate scene of the play

**pick out** *phrasal verb* (CD2 T24) to recognise, find or make a choice among different people or things in a group They hope to pick out future champions.

**rule out** *phrasal verb* (CD2 T24) to decide or say that something is impossible or will not happen to rule out the possibility of error

**run for your life** *phrase* (134) to run away to save your life The captain told us to run for our lives.

**scratch** *noun* (CD2 24) a light mark on the surface of something Be careful you don't scratch the car when you take it out.

**serve a purpose** *phrase* (CD2 T24) to be useful in some way I suppose this knob must serve some purpose.

**species** *noun* (CD2 T24) a set of animals or plants in which the members have similar characteristics to each other and can breed with each other Mountain gorillas are an endangered species.

**tangle** *verb* (134) to form a twisted mass My shoelaces were tangled.

**to the untrained eye** *phrase* (CD2 T24) to someone without the skill or knowledge to judge what they see To the untrained eye, these insects all look the same.

**trample** *verb* (CD2 T24) to step heavily on something or someone, causing damage or injury Somebody has trampled all over my flowerbed!

**trunk** *noun* (134) the long, tube-shaped nose of an elephant Elephants use their trunks to drink, wash and eat.

**wild animal** *noun* (130) an animal that lives independently of people, in natural conditions and with natural characteristics We saw lots of wild animals.

**breathe down someone's neck** *phrase* (CD2 T30) to stay close to someone, watching everything that they do I don't want my parents breathing down my neck all the time.

**calm down** *phrasal verb* (CD2 T30) to stop feeling upset, angry or excited He calmed down a bit when we explained what had happened.

**cellar** *noun* (141) a room under the ground floor of a building, usually used for storage We keep our gardening tools in the cellar under the kitchen

**chalet** *noun* (140) a holiday home, often in the mountains or by the sea Then we realised water was leaking from the chalet roof.

**chatter** *noun* (141) conversation about things that are not important I can't concentrate with Ann's constant chatter.

**close to nature** *phrase* (145) in a situation in which you experience and enjoy nature When you go camping, you really feel close to nature.

**customary** *adjective* (141) traditional In my village, it is customary for a girl to take her mother's name.

**fetch** *verb* (141) to be sold for a particular amount of money The horse fetched £50 more than it cost.

**gibber** *verb* (CD2 T30) to speak quickly in a way that is hard to understand, especially when you are frightened or confused Stop gibbering and tell us what you saw!

**handrail** *noun* (141) a long narrow bar of wood or metal which people can hold on to for support, especially when going up or down stairs Make sure you hold the handrail.

**haunted** *adjective* (CD2 T30) describes a place where ghosts appear a haunted castle

**hi-tech** *adjective* (145) using the most advanced and developed machines and methods This weapons system is an affordable, hi-tech solution.

**holler** *verb* (CD2 T30) (informal) to shout loudly He was hollering something about seeing a snake.

**invasion** *noun* (CD2 T30) when an army or country uses force to enter and take control of another country They were planning an invasion of the north of the country.

**jumbled** *adjective* (141) mixed in an untidy and confused way a jumbled mass of toys

**oak** *noun* (CD2 T30) a large tree that is common especially in northern countries, or the hard wood of this tree a mighty oak

**pale** *adjective* (CD2 T31) describes someone's face or skin when it has less colour than usual, for example when they are ill or frightened I go pale at the sight of blood.

**regard** *verb* (141) to consider or have an opinion about something or someone They regarded her as their friend.

**renew** *verb* (143) to increase the life of or replace something old Every year, I renew my membership of the sports club.

**shutter** *noun* (141) a wooden cover on the outside of a window which prevents light from coming into a room We closed the shutters at night.

**steep** *adjective* (141) (informal) (of a price) higher than is reasonable Those prices are too steep for me.

**storey** *noun* (140) a level of a building a three-storey house

**suburban** *adjective* (149) describing the residential area between the city and the countryside We've lived in suburban areas all our lives.

**supernatural phenomena** *phrase* (CD2 T30) things that cannot be explained by our knowledge of science or nature She does not believe in supernatural phenomena.

**tell off** *phrasal verb* (CD2 T34) to speak angrily to someone because they have done something wrong It was about time that someone told him off.

**tremble** *verb* (30) to shake slightly, usually because you are cold, frightened or very emotional She trembled as she stood up to address the hall.

**warehouse** *noun* (141) a large building for storing things before they are sold, used or sent out to shops The goods have been sitting in a warehouse for months.

**well** *noun* (141) a deep hole in the ground from which you can get water We went to the well every day.

**catch your breath** *phrase* (154) to stop or rest until you can breathe comfortably again I stopped at the top of the hill to catch my breath.

**commemorate** *verb* (150) to remember officially and give respect to a great person or event, especially by a public ceremony or by making a statue or special building We gathered to commemorate those who lost their lives in the Great War.

**dampen** *verb* (155) make a feeling or atmosphere less strong Nothing could dampen the excitement of seeing our favourite band live.

**disguise** *noun* (150) something that someone wears to hide their true appearance She wore a disguise.

**dizziness** *noun* (154) the feeling that everything is turning around and that you are about to fall down The ear infection caused me a lot of dizziness.

**dress up** *phrasal verb* (150) to wear your best clothes or to wear a costume They were dressed up for the parade.

**gather** *verb* (150) to come together in a group around a central point Let's gather round the fire and sing.

**harmonious** *adjective* (154) working or acting together in a friendly way Students learn best when they're in a harmonious environment.

**harvest** *noun* (152) crops which are cut and collected There was a good harvest this year.

**hold** *verb* (150) to make something such as a party, a meeting or an election happen Could we hold a meeting to discuss this tomorrow afternoon?

**juggle** *verb* (CD2 T35) to throw several objects up into the air, and then catch and throw them up repeatedly so that one or more stays in the air, usually to entertain people He was juggling with burning torches.

**let off** *phrasal verb* (150) to make something such as a bomb or fireworks explode They were letting off fireworks in the streets.

**let your hair down** *phrase* (CD2 T35) to allow yourself to behave much more freely than usual and enjoy yourself Why don't you let your hair down for once?

**living** *noun* (CD2 T36) the money that you earn from your job What do you do for a living?

**make a fool of** *phrase* (CD2 T35) to trick someone or to make them appear foolish She only asked me the question to try to make a fool of me.

**makeshift** *adjective* (154) temporary and of low quality, but used because of a sudden need Thousands of refugees are living in makeshift camps.

**make your way** *phrase* (154) to go to a place We made our way to the station.

**march** *verb* (150) to walk quickly together at the same pace We were so hungry we marched straight to the restaurant.

**mist** *noun* (154) small drops of water in the air which make it difficult to see objects which are not near The mountains were covered in freezing mist.

**myth** *noun* (152) an ancient story or set of stories, especially explaining in a literary way the early history of a group of people or about natural events and facts ancient myths

**overlook** *verb* (154) to provide a view of, especially from above Our hotel room overlooked the harbour.

**palpable** *adjective* (154) so obvious that it can easily be seen or known Her joy was palpable.

**parade** *noun* (150) a large number of people walking or in vehicles, all going in the same direction, usually as part of a public celebration of something a victory parade

**stunt** *noun* (CD2 T35) an exciting action that is dangerous or appears to be dangerous, often done to entertain people an acrobatic stunt

**symbolise** *verb* (152) to represent something The key symbolises knowledge.

**vantage point** *noun* (154) a place, especially a high place, which provides a good, clear view of an area We could see the riders from our vantage point at the top of the hill.

**wave** *noun* (154) a sudden strong feeling that gets stronger as it spreads a wave of panic

**wide-brimmed** *adjective* (154) A wide-brimmed hat has a wide part at the bottom which sticks out around it. She wore a wide-brimmed hat to keep the sun off her face.

**wind your way** *phrase* (154) to go somewhere by a route that turns repeatedly in different directions They wound their way back down the valley.