

3 Fit as a Fiddle

Unit Opener

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- 3.1 **fit as a fiddle** (expr) /fɪt əz ə 'fɪdl/
very fit and healthy • *Grandma walks five miles every day so she's as fit as a fiddle.*

Reading

pages 32-33

- 3.2 **longevity** (n) /lɒŋ'dʒevəti/
long life • *People from Crete are well-known for their longevity and many live to be over 100.*
- 3.3 **religion** (n) /rɪ'lɪdʒn/
a belief in a god or gods • *Christianity is the biggest religion in Europe.* > religious (adj)
- 3.4 **gene** (n) /dʒi:n/
a part of a cell in your body that you get from your parents and controls what you look like
• *Your eye colour is controlled by genes.*
> genetic (adj)

Word Focus

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- 3.5 **trait** (n) /treɪt/
a quality, good or bad, in sb's character
• *A sense of humour is a family trait.*
- 3.6 **consumption** (n) /kən'sʌmpʃn/
eating or drinking sth • *The consumption of food on the Metro is not allowed.*
> consume (v), consumer (n)
- 3.7 **life expectancy** (n) /laɪf ɪks'pektənsi/
the length of time that a person is likely to live
• *In the West, women have a longer life expectancy than men.*
- 3.8 **dementia** (n) /dɪ'menʃə/
a serious illness of the mind, especially in old people • *Grandma has got dementia and she often forgets who we are.*
- 3.9 **fast** (n) /fa:st/
a period of time when no food, or only certain food, is eaten • *The fast before Easter lasts for forty days and people don't eat meat.*
> fast (v)

Reading

pages 32-33

- 3.10 **contribute (to)** (v) /kən'trɪbjʊ:t (tu:)/
be one of the causes of an event or situation
• *Eating well and exercising contribute to a long life.* > contribution (n)
- 3.11 **(the) norm** (n) /ðə nɔ:m/
the usual way sth happens • *Eating potatoes almost every day is the norm in parts of Britain.* > normal (adj)

- 3.12 **Sardinian** (n) /sɑ:'dɪniən/
sb from Sardinia • *My friend Lela is a Sardinian and she loves the island she comes from.* > Sardinia (n)
- 3.13 **rate** (n) /reɪt/
how often sth happens or how many people sth happens to • *The rate of people living beyond 80 has increased over the last fifty years.*
- 3.14 **average** (n) /'ævərɪdʒ/
a number or amount calculated by adding several amounts together and then dividing the total by the number of amounts • *Most people live to about 80 years old, but the average in this remote village is 95.* > average (adj)
- 3.15 **milk** (v) /mɪlk/
get milk from a cow, goat or sheep using your hands or a machine • *Every morning the farmer milks the cows.* > milk (n)
- 3.16 **chop** (v) /tʃɒp/
cut with an axe • *We will need to chop a lot of wood because it's going to be a cold winter.*
- 3.17 **nutrition** (n) /nju:'trɪʃn/
the food that you eat and the way it affects your health • *Good nutrition is important if you want to be healthy.* > nutritious (adj)
- 3.18 **dairy product** (n) /'deəri 'prɑ:dʌkt/
food made from milk, such as cheese and yoghurt • *My sister is allergic to dairy products, so she never drinks milk.*
- 3.19 **genetic** (adj) /dʒə'netɪk/
having to do with genes • *The colour of your eyes is a genetic trait.*
> gene (n), genetically (adv)
- 3.20 **favour** (v) /'feɪvə/
support • *Exercising is one thing that favours a long life.* > favour (n)
- 3.21 **motorway** (n) /'məʊtəweɪ/
a long wide road used by traffic travelling fast
• *We drove on the motorway to Thessaloniki and got there quickly.*
- 3.22 **commitment** (n) /kə'mɪtmənt/
a promise or decision to do sth • *I can't visit you on Tuesday because I have a previous commitment; I'm taking Mrs Jones to the doctor.* > commit (v)
- 3.23 **weight** (n) /weɪt/
sth that is heavy • *Andy lifts weights twice a week at the gym and he has become very strong.*

- 3.24 forbid** (v) /fə'bid/
tell sb that they are not allowed to do sth, or that sth is not allowed • *The doctor has forbidden him to eat junk food.*
- 3.25 discourage** (v) /dis'kʌrɪdʒ/
make sb not want to do sth • *Her friend discouraged her from leaving her job.*
> discouraging (adj)
📖 Opp: encourage
- 3.26 caffeinated** (adj) /'kæfɪneɪtɪd/
with caffeine (a substance that makes you feel more active) • *I can't drink caffeinated drinks like coffee because they make my hands shake.* > caffeine (n)
📖 Opp: decaffeinated
- 3.27 spice** (n) /spaɪs/
a powder from a plant that you put in food to make it taste better • *My mum uses a lot of spices in her cooking.* > spicy (adj)
- 3.28 nut** (n) /nʌt/
a dry brown fruit in a hard shell that grows on a tree • *Cashews and almonds are her favourite nuts.*
- 3.29 whole wheat** (adj) /həʊl wi:t/
Whole wheat flour is made from all of the wheat grain, including the outer layer. • *I think whole wheat bread is nicer than white bread.*
- 3.30 soy** (n) /sɔɪ/
a kind of bean • *Dina doesn't eat any animal products, so she drinks soy milk instead of cow's milk.*
📖 soy = American English;
soya = British English
- 3.31 lower** (v) /'ləʊə(r)/
make sth less or smaller • *Exercise can help lower your blood pressure.* > low (adj)
📖 Opp: raise
- 3.32 get together** (phr v) /'get təgeðə/
meet • *Our whole family often gets together at the weekend to have lunch.*
> get-together (n)
- 3.33 socialise** (v) /'səʊʃəlaɪz/
spend time enjoying yourself with other people • *George usually socialises with his friends at the local café.* > sociable, social (adj)
- 3.34 relieve** (v) /rɪ'li:v/
reduce sb's pain or unpleasant feeling • *I went for a run before the exam to relieve my stress.*
> relief (n)
- 3.35 reveal** (v) /rɪ'vi:l/
make known sth that was secret or unknown • *The scientist revealed the results of his experiments to the public.* > revelation (n)
- 3.36 predictable** (adj) /prɪ'dɪktəbl/
happening or behaving as expected • *She is so predictable! She always phones me on Saturday morning.* > predict (v), prediction (n)
📖 Opp: unpredictable
- 3.37 in moderation** (expr) /ɪn mɒdə'reɪʃn/
If you do sth in moderation, you do not do it too much. • *Drinking coffee in moderation won't do you any harm.*
- 3.38 network** (n) /'netwɜ:k/
a group of people who know each other and socialise • *Kelly has a large network of friends on Facebook.*
- 3.39 (be) worth** (expr) /'(bi: wɜ:θ/
be enjoyable or useful to have • *Life is worth living when you are healthy and happy.*
- 3.40 nod** (v) /nɒd/
move your head up and down as a way of saying 'yes' or 'hello' • *When I asked her if she was happy, she nodded.*
- 3.41 party** (v) /'pa:ti/
go to parties • *Fred parties hard every Saturday and then sleeps most of Sunday.*
- 3.42 afflict** (v) /ə'flɪkt/
affect badly • *Grandma is afflicted by arthritis so she finds it hard to walk.* > affliction (n)
- 3.43 observe** (v) /əb'zɜ:v/
do things and obey laws that are part of a religion or custom • *Harry had to observe a strict diet for six months in order to lose weight.*
- 3.44 nap** (v) /næp/
sleep for a short time during the day • *My dad always naps after lunch.* > nap (n)
- 3.45 ingredient** (n) /ɪn'grɪ:diənt/
a quality you need to achieve sth • *The main ingredient of a good relationship is trust.*
- 3.46 herb** (n) /hɜ:b/
a plant used in cooking to add flavour • *The chef's favourite herb is oregano and he uses it in many dishes.* > herbal (adj)
- 3.47 blood pressure** (n) /blʌd 'preʃə/
force with which blood flows around your body • *High blood pressure is dangerous but a healthy diet and exercise can reduce it.*
- 3.48 affect** (v) /ə'fekt/
make sth change in a particular way • *The decisions you make now will affect your future.*


Vocabulary

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- 3.49 ward** (n) /wɔ:d/
a room in a hospital for patients • *Larry is in Ward 3, which is on the third floor of the hospital.*
- 3.50 surgeon** (n) /'sɜ:dʒn/
a doctor who performs operations • *The surgeon who replaced Grandma's hip did an excellent job.* > surgery (n)

- 3.51 meditation** (n) /medi'teɪʃən/
emptying your mind of thoughts and feelings in order to relax completely • *Doug does some meditation every night before he goes to sleep.* > meditate (v)
- 3.52 additive** (n) /'ædɪtɪv/
a chemical added to food to make it taste better or keep it fresh • *Many food additives are bad for your health.* > add (v)
- 3.53 mineral** (n) /'mɪnərəl/
a natural substance found in food which your body needs to stay healthy • *I drink bottled water because it has minerals in it which are good for you.*
- 3.54 optician** (n) /ɒp'tɪʃn/
sb who tests your eyesight • *He had an eye test at the optician's yesterday and was told he needs reading glasses.*
- 3.55 dietician** (n) /daɪə'tɪʃn/
sb who gives you advice about what to eat • *Janet cannot lose weight, so she has decided to see a dietician for advice.* > diet (v, n)
- 3.56 vaccination** (n) /væksɪ'neɪʃn/
sth given to you to prevent you from getting a disease • *You will need some vaccinations before you go to Africa so that you don't get ill.* > vaccinate (v)
- 3.57 operation** (n) /ɒpə'reɪʃn/
the process of cutting into sb's body to repair it or remove a part that is damaged • *Steve had a heart operation and he stayed in hospital for two weeks.* > operate (v)
- 3.58 injection** (n) /ɪn'dʒekʃn/
putting a drug into sb's body using a needle • *When Harry was bitten by a dog he had to have a tetanus injection.* > inject (v)
- 3.59 prescription** (n) /prɪ'skrɪpʃn/
a piece of paper which a doctor writes saying what medicine sb needs so that they can get it from a pharmacist • *Sally has pneumonia so the doctor gave her a prescription for some antibiotics.* > prescribe (v)
- 3.60 treadmill** (n) /'tredmɪl/
an exercise machine you walk or run on • *How many kilometres did you do on the treadmill at the gym today?*
- 3.61 bandage** (n) /'bændɪdʒ/
a long piece of cloth that you tie around a part of the body that has been injured • *He cut his knee so he tied a bandage round it to stop the bleeding.* > bandage (v)
- 3.62 tablet** (n) /'tæblɪt/
a pill • *If you have a headache, take two of these tablets and it will go away.*
- 3.63 crutch** (n) /krʌtʃ/
a stick you put under your arm to help you walk when you have hurt your leg • *Sam has got a broken leg and he can only walk on crutches.*
- 3.64 diagnose** (v) /daɪəg'nəʊz/
identify what is wrong with sb's health • *She went to the doctor, who diagnosed that she had pneumonia.* > diagnosis (n)
- 3.65 organic food** (n) /ɔ:'gæɪnɪk fu:d/
food grown without the use of chemicals • *Organic food is good for you because it doesn't have dangerous chemicals in it.*
- 3.66 twist** (v) /twɪst/
turn a part of your body suddenly and injure it • *I fell and twisted my ankle.*
- 3.67 wound** (n) /wu:nd/
an injury made by a knife or bullet • *The soldier was shot and his wound is very serious.* > wound (v), wounded (adj)
- 3.68 infected** (adj) /ɪn'fektɪd/
If a part of your body or a wound is infected, it has bacteria in it that prevent it from healing. • *This cut on my hand must be infected.* > infect (v), infection (n)
- 3.69 X-ray** (n) /'eks-reɪ/
a photograph of part of sb's body taken using X-rays to see if anything is wrong • *She had an X-ray to see if her arm was broken.*
- 3.70 preservative** (n) /prɪ'zɜ:vətɪv/
a chemical which stops food going bad • *You can keep fish in salt for a long time because it is a natural preservative.* > preserve (v), preservation (n)
- 3.71 plaster** (n) /'plɑ:stə/
a hard cover around an arm or leg to keep a broken bone in place while it mends • *Anna has her arm in plaster because it's broken in two places.*
- 3.72 heal** (v) /hi:l/
If a wound or a broken bone heals, the flesh, skin or bone grows back together and becomes healthy again. • *That cut has healed so well that you can't see where it was.*
- 3.73 recover** (v) /rɪ'kʌvə/
get better from an illness • *Grandpa has recovered from his bad cold and now he feels as fit as a fiddle.* > recovery (n)
- 3.74 saying** (n) /seɪɪŋ/
a sentence that many people use, which expresses sth a lot of people believe is true • *'Money makes the world go round' is an old saying.*
- 3.75 reject** (v) /rɪ'dʒekt/
refuse to accept or agree with sth • *I told the teacher I had been too ill to do my homework, but he rejected what I said as a lie.* > rejection (n)
- 3.76 old wives' tale** (n) /əʊld waɪvz teɪl/
a belief based on old ideas that are now considered to be untrue • *Have you heard the old wives' tale that it's bad luck to open an umbrella indoors?*

- 3.77 indeed** (adv) /ɪn'diːd/
really; truly • *Jeremy Smart is indeed a good surgeon who cares about his patients.*
- 3.78 wisdom** (n) /'wɪzdəm/
good sense and judgment • *Grandma's words of wisdom are to drink chamomile tea for a stomach ache, and it really works.* > wise (adj)
- 3.79 in (good) shape** (expr) /ɪn (gʊd) ʃeɪp/
fit and healthy • *John has been in good shape ever since he took up swimming.*
- 3.80 figure** (n) /'fɪgə/
body shape • *Nancy has a nice figure because she works out at the gym three times a week.*
- 3.81 physically** (adv) /'fɪzɪkli/
to do with the body • *If you take up a sport, you will feel better physically.* > physical (adj)
- 3.82 starve** (v) /stɑːv/
make sb suffer or die because they do not have enough food to eat • *He starved the poor dog to death.* > starvation (n)
- 3.83 fever** (n) /'fiːvə(r)/
when your body is too hot because you are ill • *She had a high fever and had to stay in bed.*
- 3.84 limit** (v) /'lɪmɪt/
to stop sb from doing what they want • *He limited himself to two small meals a day while he was on a diet.* > limit (n)
- 3.85 well-balanced** (adj) /wel-'bælənst/
A well-balanced diet has all the different kinds of food you need to be healthy. • *She has a well-balanced diet with plenty of fish, chicken, fruit and vegetables.*
- 3.86 nourishing** (adj) /'nʌrɪʃɪŋ/
providing good nutrition • *This nourishing meal will give me a lot of energy.* > nourish (v)
- 3.87 prescribe** (v) /prɪ'skraɪb/
When a doctor prescribes medicine, they say that you must take it. • *The doctor prescribed some medicine for her stomach problem.* > prescription (n)
- 3.88 treat** (v) /tri:t/
try to make a sick person better by using medicine, hospital care, etc • *Don't worry. The doctor will treat that burn.* > treatment (n)
- 3.89 remedy** (n) /'remədi/
a medicine to cure an illness or pain • *Hot tea with lemon and honey is my mum's remedy for a cold.*
- 3.90 medication** (n) /medɪ'keɪʃn/
medicine • *He takes medication prescribed by the doctor for his heart problems.* > medicate (v)
- 3.91 runny nose** (n) /'rʌni nəʊz/
A runny nose has liquid coming out of it because you have a cold. • *I think I've got a cold. I've got a runny nose.*

- 3.92 sniffles** (pl n) /'snɪflz/
a mild cold that makes you sniff because you have a runny nose • *Every winter I get the sniffles.* |
- 3.93 sore throat** (n) /sɔː θrəʊt/
when the area at the back of your mouth and inside your neck hurts • *A spoonful of honey might help your sore throat go away.*
- 3.94 tender** (adj) /'tendə/
painful • *I cut my finger and now it's so tender that I can't touch it.*
- 3.95 flu** (n) /fluː/
an illness that makes you feel tired and weak, makes you cough and gives you a sore throat • *If you've got the flu, you should stay in bed.*  NB: *flu* is the abbreviated form of *influenza*
- 3.96 infection** (n) /ɪn'fekʃn/
a disease in a part of your body caused by bacteria • *Lyn has an ear infection* > infect (v), infected (adj)
- 3.97 herbal tea** (n) /'hɜːbl tiː/
tea made of herbs like chamomile • *Would you like a cup of herbal tea before you go to bed?*

People who can help

dietician optician surgeon

Grammar

page 35

- 3.98 fitness** (n) /'fɪtnɪs/
the condition of being strong and healthy • *People can achieve fitness if they exercise and eat the right food.* > fit (adj)
- 3.99 remedy** (n) /'remədi/
sth that makes you better when you are in pain or sick • *Chamomile tea is a good remedy for a sore tummy.*
- 3.100 sneeze** (v) /sniːz/
If you sneeze, air suddenly comes from your nose, making a noise, when you have a cold, for example. • *Every spring she sneezes because she is allergic to flowers.* > sneeze (n)
- 3.101 treatment** (n) /'tri:tment/
medical attention given to sb who is ill • *The treatment for pneumonia is antibiotics.* > treat (v)

Listening

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- 3.102 at least** (adv) /ət liːst/
not less than a particular number or amount • *You might have to wait at least an hour for the doctor to see you.*
- 3.103 partly** (adv) /'pɑːtli/
not completely • *Both drivers were partly to blame for the accident.* > part (n)

- 3.104 be to blame** /bi tə bleɪm/
be responsible for something bad that happens • *They're trying to find out who was to blame for the mistake.*
- 3.105 sense** (v) /sens/
feel and understand sth • *If you sense you're going to get sick, then you should rest.*
> sense (n)
- 3.106 tend (to)** (v) /tend (tu:)/
often do a particular thing • *Grandpa tends to sleep more in the middle of the day as he grows older.* > tendency (n)
- 3.107 sleep patterns** /sli:p 'pætnz/
how often, how long, etc you normally sleep
• *Your sleep patterns affect your health.*
- 3.108 carry out** (phr v) /'kæri aʊt/
do or complete sth • *Research is being carried out into sleep patterns.*

Speaking

page 37

- 3.109 stressed** (adj) /strest/
so worried or tired that you cannot relax
• *Most students get stressed before exams.*
> stress (v, n)
- 3.110 deal with** (phr v) /di:l wið/
take action to achieve or solve sth • *Exercising or doing a sport might help you deal with stress.*
- 3.111 get rid of** (expr) /get rɪd ɒv/
do sth so that you no longer have sth unpleasant that you do not want • *He can't get rid of his headache even though he took some aspirin.*

Grammar

page 38

- 3.112 recreation** (n) /rekrɪ'eɪʃn/
an activity that you do for pleasure • *He plays football for recreation.* > recreational (adj)
- 3.113 encouraging** (adj) /ɪn'kʌrɪdʒɪŋ/
giving sb help or hope so that they do sth
• *She's getting better – that's very encouraging.*
> encourage (v), encouragement (n), encouraging (adj)
☞ Opp: discouraging
- 3.114 dizzy** (adj) /'dɪzi/
feeling that you can't stand steadily, for example because you are ill • *He felt dizzy after he hit his head so he went to the hospital.*
> dizziness (n)
- 3.115 memorable** (adj) /'memrəbl/
which can be remembered easily; unforgettable • *My first day at work was a memorable experience and I will never forget it.* > memory (n)

- 3.116 harm** (v) /hɑ:m/
hurt; damage • *Eating too much food will harm you and make you put on weight.* > harm (n), harmful (adj)
- 3.117 dental** (adj) /'dentl/
to do with teeth • *She has dental problems because smoking has damaged her teeth.*
- 3.118 calorie** (n) /'kæləri/
a unit for measuring the amount of energy we get from food • *An apple has fewer calories than a bar of chocolate.*
- 3.119 cereal bar** (n) /'sɪəriəl bɑ:/
a snack made of nuts, fruits and grains • *Her favourite cereal bar has lots of nuts and berries.*

Use your English

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- 3.120 cholesterol** (n) /kə'lestərɒl/
a substance in your blood • *Too much cholesterol is bad for you and can cause a heart attack.*
- 3.121 get into shape** (expr) /get 'ɪntʊ ʃeɪp/
keep fit • *He jogs every day because he wants to lose weight and get into shape.*
- 3.122 vaccinate** (v) /'væksɪneɪt/
protect sb from a disease by giving them a substance that contains a weak form of the bacteria or virus that causes the disease
• *Have you had your baby vaccinated yet?*
> vaccination (n)
- 3.123 as fresh as a daisy** (expr) /əz freʃ əz ə 'deɪzi/
lively and energetic • *After ten hours' sleep she woke up feeling as fresh as a daisy.*
- 3.124 under the weather** (expr) /'ʌndə ðə 'weðə/
ill; not feeling very well • *Ever since he caught a cold, he's been feeling under the weather.*
- 3.125 do (me) the world of good** (expr) /du: (mi:) ðə wɜ:ld əv gʊd/
make me feel very well • *That holiday has done me the world of good and I'm ready to go back to work.*
- 3.126 spa** (n) /spɑ:/
a place where people go to relax or improve their health • *You'll feel better after a day at the spa.*
- 3.127 recharge (my) batteries** (expr) /rɪ'tʃɑ:dʒ (maɪ) 'bætəri:z/
get your energy back • *I'm tired. I'll take a break to recharge my batteries.*
- 3.128 pick sb's brains** (expr) /pɪk 'sʌmbədɪz breɪnz/
ask sb who knows a lot about a subject for information • *I have to write an essay about Ancient Greek philosophers. Can I pick your brains?*

- 3.129 vegetarian** (adj) /ˌvedʒəˈteəriən/
for people who do not eat meat or fish • *Have you been to that new vegetarian restaurant?*
➤ vegetarian (n)
- 3.130 unwell** (adj) /ʌnˈwel/
ill; not well • *He was feeling unwell, so he stayed in bed.*
- 3.131 regain** (v) /rɪˈgeɪn/
get back • *Have you regained your health after the flu you had last month?*

Writing: an article (1) pages 40-41

What doctors offer

bandage	plaster	vaccination
crutch	prescription	X-ray
injection	remedy	
medication	tablet	
operation	treatment	

Things you consume

nut	protein	preservative
whole wheat	additive	herbal tea
soy	mineral	cereal bar
herb	organic food	

- 3.132 light-hearted** (adj) /laɪt-ˈhɑːtɪd/
not too serious • *She wrote a light-hearted email to her friend with all her good news.*
- 3.133 critical** (adj) /ˈkrɪtɪkl/
saying sth is wrong • *Our teacher was critical of our homework and said we should have tried harder.* ➤ criticise (v), criticism (n)
- 3.134 addicted (to)** (adj) /əˈdɪktɪd (tuː)/
not able to stop eating or drinking sth or taking a drug • *Betty is addicted to sugar and can't stop eating sweets.*
- 3.135 announcement** (n) /əˈnaʊnsmənt/
an important statement that is made to give people information about sth • *We arrived at the airport in time to hear the announcement that our flight was cancelled.*
➤ announce (v), announcer (n)
- 3.136 common sense** (n) /ˈkɒmən sens/
the ability to behave sensibly • *It's common sense to stay at home if you have a bad cold.*
- 3.137 the common cold** (n) /ðə ˈkɒmən kəʊld/
a cold that is not very bad and which many people get • *Most people suffer from the common cold at least once a year.*
- 3.138 come down with** (phr v) /kʌm daʊn wɪð/
get ill • *I can't go out with you. I've come down with a cold again.*

- 3.139 handy** (adj) /ˈhændi/
useful • *It's handy to keep a torch near your bed.*
- 3.140 head start** (expr) /ə hed stɑːt/
an advantage • *Dina's got a head start on this diet as she began a week before us. Children who eat a healthy diet have a head start in life.*
- 3.141 recovery** (n) /rɪˈkʌvəri/
getting better after an illness or injury • *His recovery from the flu took two weeks but he's better at last.* ➤ recover (v)
- 3.142 resistance** (n) /rɪˈzɪstəns/
a person's natural ability to stop getting ill • *People who eat badly have less resistance to disease and get ill more easily.* ➤ resist (v)
- 3.143 fight off** (phr v) /faɪt ɒf/
prevent sth from happening • *Since I started exercising I've been able to fight off illness much better.*
- 3.144 last, but not least** (expr) /lɑːst bʌt nɒt liːst/
used to emphasise that the last person or thing in a list is still important • *A healthy diet, exercise and a good home are important to a child. And last, but not least, there's love.*
- 3.145 ensure** (v) /ɪnˈʃʊː/
make sure sth is done or happens • *Ensure that you follow a healthy lifestyle so that you live a long life.*
- 3.146 hygienic** (adj) /haɪˈdʒiːnɪk/
very clean so that bacteria can't spread • *You should keep food in hygienic conditions.*
➤ hygiene (n)
- 3.147 surface** (n) /ˈsɜːfɪs/
the top or outside part of sth • *You must wash kitchen surfaces well before you prepare food on them.*
- 3.148 germ** (n) /dʒɜːm/
an organism that causes disease • *Wash your hands before you eat so there aren't any germs on them.*
- 3.149 handle** (n) /ˈhændl/
the part of a door, window, etc that you use to open or close it • *I can't open the door – the handle is broken.*
- 3.150 button** (n) /ˈbʌtn/
a small thing on a machine that you push to make it work • *No, don't touch the red button! It's the alarm!*
- 3.151 prevention is better than cure** (expr) /prɪˈvenʃn ɪz ˈbetə ðən kjʊə/
it is better to avoid getting ill than to try and get better after you have become ill • *Wash your hands before you eat or you might get ill. Prevention is better than cure.*
- 3.152 benefit** (n) /ˈbenɪfɪt/
an advantage • *There are many benefits to healthy living, longevity being one of them.*
➤ benefit (v), beneficial (adj)

- 3.153 drawback** (n) /'drɔːbæk/
a disadvantage • *One drawback of taking exercise is that you get really hungry!*
- 3.154 refer back (to)** (expr) /rɪ'fɜː bæk tuː/
read or mention sth again that you have read or mentioned before • *When you revise for exams, you must refer back to the previous units in your book.*
- 3.155 prone (to)** (adj) /prəʊn (tuː)/
likely to suffer from sth • *Chuck is prone to colds, so he often has the sniffles.*
- 3.156 have therapeutic qualities** (expr) /hæv θerə'pjʊ:tɪk 'kwɒlətɪz/
have qualities that make you feel better • *Herbal tea has therapeutic qualities, so drink some if you have a sore throat.*
- 3.157 on form** (expr) /ɒn fɔːm/
performing well • *The athlete was on form today and won the race.*
- 3.158 be out of shape** (expr) /biː aʊt əv ʃeɪp/
be unfit • *Bob never exercises and eats a lot of sweets so he's really out of shape.*
- 3.159 burn up calories** (expr) /bɜːn ʌp 'kælərɪz/
use energy by exercising • *Let's run another kilometre and burn up some more calories.*
- 3.160 flexibility** (n) /fleksə'bɪləti/
the ability to move and bend easily • *Many old people lose flexibility and find it hard to bend down.* > flexible (adj)
- 3.161 speed up** (phr v) /spiːd ʌp/
increase • *If you speed up your metabolism, you should lose weight.*
- 3.162 metabolism** (n) /mə'tæbəlɪzəm/
the chemical process which changes food into energy in your body • *She put on weight when she stopped exercising and her metabolism slowed down.*
- 3.163 stretch (v)** /stretʃ/
put your arms and legs out as far as you can • *Ben stretched and got out of bed.*
- 3.164 warm up** (v) /wɔːm ʌp/
do gentle exercise to prepare your body for more intensive exercise • *The football players warmed up before the match started.*
> warm-up (n)
- 3.165 work out** (phr v) /wɜːk aʊt/
do exercise • *How many times a week do you work out at the gym?* > workout (n)
- 3.166 bug** (n) /bʌg/
an illness; a bacteria or virus that causes an illness • *Sue caught a bug and she has to stay in bed.*

Feeling unwell

bug	sneeze
common cold	sniffles
dizzy	sore throat
flu	stressed
infection	under the weather
runny nose	wound

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- 3.167 physiological** (adj) /fɪzɪə'lɒdʒɪkl/
having to do with how the body works physically • *Fred is fine and he doesn't have any physiological problems.* > physiology (n)
- 3.168 sample** (n) /'sɑːmpl/
a small quantity of sth to show what it is like • *She wants to try a sample of the new perfume before she buys it.* > sample (v)
- 3.169 release** (v) /rɪ'liːs/
let a substance flow out • *The body releases adrenaline when a person is scared.*
> release (n)
- 3.170 lean** (adj) /liːn/
slim, but strong and healthy • *The marathon runner was very lean.*
- 3.171 quantity** (n) /'kwɒntəti/
amount • *He only bought a small quantity of coffee as he's trying to drink less.*
- 3.172 rush hour** (n) /rʌʃ aʊə/
the time of day when the roads are most full because people are travelling to or from work • *It took Dad an hour to drive home in the rush hour traffic today.*
- 3.173 show up** (phr v) /ʃəʊ ʌp/
appear • *The problem only showed up when the doctor carried out some tests.*
- 3.174 react** (v) /rɪ'ækt/
behave in a particular way because of sth that has happened • *The tennis player reacted slowly and didn't manage to hit the ball.*
> reaction (n)
- 3.175 force** (n) /fɔːs/
power • *It took force to push the car out of the garage when it broke down.*
> force (v), forceful (adj)
- 3.176 effect** (n) /ɪ'fekt/
a change that happens because of sth; a result • *The way you sleep can have an effect on your health.*
- 3.177 minimal** (adj) /'mɪnɪml/
very small • *She is on a diet and eats only minimal amounts of sugar.* > minimum (n)

- 3.178 series** (n) /'siəri:z/
a number of things, one after the other • *He has had a series of operations to fix his broken leg.*
- 3.179 get through** (phr v) /get θru:/
survive • *He had a terrible headache but managed to get through the day.*
- 3.180 hormone** (n) /'hɔ:məʊn/
a chemical substance produced by your body that influences its growth, development and condition • *When you are a teenager, your hormones can cause mood changes.*
> hormonal (adj)
- 3.181 put together** (phr v) /pʊt tə'geðə/
prepare sth by collecting pieces of information, ideas etc • *Her dietician has put together a list of meals she can eat each week.*
- 3.182 have an impact** (expr)
/hæv ən 'ɪmpækt/
affect • *Not eating properly when you are young can have an impact on your health when you get older.*
- 3.183 put (sb) through** (phr v) /pʊt ('sʌmbədi) θru:/
make sb experience sth • *Our PE teacher put us through forty minutes of intensive exercises.*