

The circle of life

Words and phrases

Lead in

1.01 recognise /'rekəgnəɪz/ (v)

remember sb or sth you have seen before ◆ *I hadn't seen Jack for ten years but I recognised him immediately.* ► recognition (n), recognisable (adj)

1.02 skin tone /'skɪn ,təʊn/ (n)

colour of your skin ◆ *My skin tone is fair but my sister's is quite dark.*

1.03 tanned /tænd/ (adj)

dark colour of your skin after sitting in the sun ◆ *Kate was tanned after her beach holiday.* ► tan (n, v)

1.04 curly /'kɜːli/ (adj)

of hair that is not straight ◆ *My hair is straight but it always goes curly after I've been in the rain.* ► curl (n, v)

1.05 hazel /'heɪzl/ (adj)

eye colour, greenish- or reddish-brown

1.06 bushy /'bʊʃi/ (adj)

thick, often used to describe eyebrows

1.07 hooked /hʊkt/ (adj)

with a curved shape, often used to describe a nose ◆ *The old woman's hooked nose made her look quite frightening to the children.* ► hook (n)

1.08 turned up /tɜːnd 'ʌp/ (adj)

shape of a nose that lifts a little at the point

1.09 relative /'relətɪv/ (n)

person who is part of your family ◆ *A lot of my relatives have blond hair and blue eyes.*

1.10 similar to /'simələ tə/ (adj)

being like sb or sth else but not

exactly the same ◆ *I'm quite similar to my mother in looks. We both have dark hair and blue eyes.* ► similarity (n)

1.11 personality /'pɜːsə'næləti/ (n)

what is special about your character that makes you different from others ◆ *He's only four years old but already has a personality of his own.*

1.12 sibling /'sɪblɪŋ/ (n)

a brother or sister

Reading

1.13 identical /aɪ'dentɪkl/ (adj)

being exactly the same as sb or sth else ◆ *This homework is identical to Gary's. Did you copy it?*

1.14 twin /twin/ (n)

person born immediately before or after sb else from the same mother ► twin (adj)

1.15 feature /'fiːtʃə(r)/ (n)

part of the face such as eyes, nose, etc. ◆ *Her big, dark eyes are her best feature.*

1.16 inherit /ɪn'herit/ (v)

receive money after a person's death, often a relative's. ◆ *Molly inherited a million pounds when her grandfather died.* ► inheritance (n)

1.17 character /'kærəktə(r)/ (n)

personality

1.18 equally /'iːkwəli/ (adv)

when two things have the same degree or level as each other ◆ *The two restaurants are equally good. I've had excellent meals in both.*

► equal (adj), equality (n)

1.19 raise /reɪz/ (v)

bring up ◆ *I was born in the UK but raised in Canada.*

1.20 genetically /dʒə'netɪkli/ (adv)

having the same inherited biological features ◆ *Twins are genetically the same but often have different personalities.* ► gene (n), genetic (adj), genetics (n pl)

1.21 behave /bɪ'hev/ (v)

act ◆ *The students behaved very badly in Miss David's class and were sent home.* ► behaviour (n)

1.22 alike /ə'lairk/ (adv)

similar ◆ *Children are all alike. They love sweet things.*

1.23 contact /'kɒntækt/ (n)

communication ◆ *It's important to keep contact with friends when they move away.* ► contact (v)

1.24 adoptive /ə'dɒptɪv/ (adj)

having legally taken a child into your family to bring up as your own ◆ *Adoptive parents usually bring children up as if they were their biological children.* ► adopt (v), adopted (adj), adoption (n)

1.25 react to /ri'ækt ,tu, tə/ (v)

do sth in response to an event or situation ◆ *Terry reacted badly to his poor exam results. He got very angry.* ► reaction (n), reactive (adj)

1.26 researcher /ri'sɜːtʃə(r)/ (n)

person who finds out things about a particular subject. ► research (n, v)

1.27 case /keɪs/ (n)

real story or situation ◆ *There have been several cases of children found living in forests with animals.*

1.28 apart /ə'pa:t/ (adv)
separated, away from each other ◆
My parents had to live apart when my Dad was working in Germany.

1.29 coincidence
/kəu'insidəns/ (n)
two things happening at the same time by chance ◆ *Sue and Jenny wore the same outfit to Sam's party. What a coincidence!*
► coincidental (adj), coincide (with) (v)

1.30 determine /dr't3:min/ (v)
influence and direct
◆ *Qualifications often determine your future career.*

1.31 mainly /'meinli/ (adv)
generally but not only ◆ *The people at the party were mainly Helen's friends but there were some of Grant's too.* ► main (adj)

1.32 treat /tri:t/ (v)
behave in a particular way towards sb ◆ *My penpal's parents treated me very kindly when I stayed with them in France.* ► treatment (n unc)

1.33 surroundings
/sə'raʊndɪŋz/ (n pl)
everything around or near you
◆ *I like my surroundings to be calm and peaceful.* ► surrounding (adj), surround (v), surrounded (adj)

1.34 take sth for granted
/teɪk ... fə 'gra:ntid/ (idm)
accept sth without thinking about it ◆ *We take air travel for granted but a hundred years ago it wasn't possible.*

1.35 unique /ju'ni:k/ (adj)
being the only one ◆ *Fingerprints are unique to each person. No one's are the same.*

1.36 fascinating /'fæsɪnɪtɪŋ/ (adj)
very unusual and interesting
► fascinate (v), fascination (n)

1.37 challenge /'tʃælɪndʒ/ (v)
Here: go against an idea ◆ *Some scientists say that the fact that parts of the Arctic are getting colder challenges the theory of global warming.* Usually: invite sb to fight

or compete ◆ *James challenged Lucy to a race across the fields.*
► challenge (n), challenging (adj)

1.38 notion /'nəʊʃn/ (n)
idea ◆ *At first people couldn't understand the notion that the earth was round and not flat!*

1.39 unnervingly
/ʌn'n3:vɪŋli/ (adv)
strangely, upsettingly ◆ *It was unnervingly quiet in the forest when I took the dog for a walk.*

1.40 in terms of
/ɪn 't3:mz əv/ (phr)
when thinking about ◆ *In terms of enthusiasm she's an excellent student but in terms of concentration she could improve!*

1.41 mannerism /'mænərɪzəm/ (n)
sth you do that you are often unaware of ◆ *Our teacher has a mannerism. She always taps her pen on the desk.*

1.42 trait /trɛit/ (n)
a special quality or part of your personality *My father and I share a lot of personality traits.*

1.43 occur /ə'k3:(r)/ (v)
happen ◆ *The power cut occurred on Sunday lunchtime when everyone was cooking!*
► occurrence (n)

1.44 at random /ət 'rændəm/ (phr)
without a particular reason ◆ *The teacher chose two girls at random to help with the preparations for the party.*

1.45 regardless of
/rɪ'ga:dləs əv/ (phr)
not depending on ◆ *Everyone goes up to the next class regardless of the results of the exams.*

1.46 ethnic /'eθnɪk/ (adj)
cultural or national ◆ *Children from many different ethnic groups attend this college.* ► ethnically (adv)

1.47 DNA /'di: ,en 'eɪ/ (n)
genetic fingerprint ◆ *The police catch a lot of criminals by checking their DNA.*

1.48 stage /steɪdʒ/ (n)
Here: a step in a process ◆ *There are several stages in cooking this dish. First is the preparation stage.*
Usually: a place where actors perform in a theatre.

1.49 pregnancy /'pregnənsi/ (n)
the nine months during which a baby grows inside a woman.
◆ *Brenda had a bad pregnancy. She was sick every day.* ► pregnant (adj)

1.50 aspect /'æspekt/ (n)
part of an idea or situation ◆ *The aspect of studying at university I like most is the freedom to work independently.*

1.51 provide /prə'veɪd/ (v)
give ◆ *When there was a delay at the airport, the airline provided free drinks and sandwiches.* ► provision (n)

1.52 attitude /'ætɪtju:d/ (n)
way you think about sth ◆ *My brother Mike has a good attitude to studying. He says it's his path to a good future.*

1.53 talent /'tælənt/ (n)
special ability ◆ *I think people who have a talent for something like painting or singing are very lucky.*
► talented (adj)

1.54 selection /sɪ'leksn/ (n)
choice ◆ *Have a chocolate. There's a good selection.* ► select (v), selected (adj)

1.55 aging /'eɪdʒɪŋ/ (n)
getting older ◆ *More people are worried about aging today than ever before.*

1.56 truly /'tru:li/ (adv)
really ◆ *I truly believed in the Tooth Fairy when I was younger!*

1.57 reunite /,ri:ju:'nait/ (v)
bring together after a separation

1.58 share /ʃeə(r)/ (v)
Here: have the same as sb else
◆ *Because they had been to the same school the boys shared the same experiences.* Usually: divide sth between several people ► share (n)

1.59 youngster /'jʌŋstə(r)/ (n)
young person

1.60 vacation /veɪ'keɪʃn/ (n)
holiday ① American English

1.61 sheriff /'ʃerif/ (n)
officer of the law in America

1.62 migraine /'mi:greɪn/ (n)
very bad headache

1.63 eerily /'iərili/ (adv)
strangely and mysteriously
► eeriness (n), eerie (adj)

1.64 instance /'ɪnstəns/ (n)
example ♦ *There were several instances last year of cheating in sports competitions.*

1.65 upbringing /'ʌpbrɪŋɪŋ/ (n)
being brought up ♦ *I had an exciting upbringing in Australia.*

1.66 janitor /'dʒænɪtə(r)/ (n)
caretaker, person whose job is to look after a building ① American English

1.67 rural /'rʊərəl/ (adj)
being in the countryside ♦ *My parents decided to buy a house in a rural area because it's quieter.*

1.68 factor /'fæktə(r)/ (n)
sth that contributes to a result
♦ *Before making a decision you have to consider many different factors.*

1.69 shape /ʃeɪp/ (v)
influence the development of sth or sb ♦ *A person's upbringing often shapes his future life.* ► shape (n)

1.70 so far /,səʊ 'fa:(r)/ (adv)
until this point ♦ *I haven't done any of my homework so far, but I'm going to start this evening.*

1.71 indicate /'ɪndɪkeɪt/ (v)
show ♦ *These grades indicate that you have been studying hard.*
► indication (n), indicator (n)

Vocabulary

1.72 argumentative /,a:gju'mentətɪv/ (adj)
often arguing ♦ *Pete is so argumentative. He never agrees with anything!* ► argument (n), argue (v)

1.73 arrogant /'ærəgənt/ (adj)
believing and acting as if you are better than others ♦ *Mike is so arrogant! He assumes he'll come top in the exams.* ► arrogance (n), arrogantly (adv)

1.74 bossy /'bɒsi/ (adj)
always telling others what to do
♦ *When I was young my elder sister was very bossy and I had to do everything she said.* ► boss (n, v)

1.75 easy-going /,i:zi 'gəʊɪŋ/ (adj)
relaxed and rarely getting angry
♦ *Dad won't mind if you borrow the car. He's very easy-going.*

1.76 eccentric /ɪk'sentrik/ (adj)
acting differently from normal people ♦ *I have an aunt who is quite eccentric. She always wears a hat in bed!* ► eccentricity (n)

1.77 narrow-minded /,nærəʊ 'maɪndɪd/ (adj)
not tolerant of different behaviour
♦ *My grandfather was a narrow-minded person. He could never see my dad's point of view.*

1.78 open-minded /,əpən 'maɪndɪd/ (adj)
tolerant, accepting other ideas

1.79 sensible /'sensəbl/ (adj)
doing things for a good and logical reason ♦ *It's sensible to take an umbrella if it looks like rain.*
► sense (n), sensibly (adv)

1.80 sensitive /'sensətɪv/ (adj)
reacting easily to emotional situations ♦ *Sensitive people often cry at the end of sad films.* ► sense (n), sensitivity (n), sensitively (adv)

1.81 perspective /pə'spektɪv/ (n)
point of view ♦ *If you look at the problem from a different perspective it's not always so bad.*

1.82 boast /bəʊst/ (v)
telling people good things about yourself ♦ *I know he's clever but he shouldn't always boast about what he's done.* ► boast (n), boastful (adj)

1.83 modesty /'mɒdəsti/ (n unc)
the fact of not telling everyone about your achievements ♦ *It's important for children to learn modesty. People don't always want to hear about how clever you are!*
► modest (adj)

1.84 do your own thing /,du: jɔ:r ,əʊn 'θɪŋ/ (idm)
do what you want to without worrying what people think
♦ *Maria went to China to do her own thing and loved it!*

1.85 speak your mind /,spi:k jɔ: 'maɪnd/ (idm)
say what you think ♦ *I always speak my mind, but sometimes people just don't want to hear the truth.*

1.86 offended /ə'fendɪd/ (adj)
feel hurt by what sb says ♦ *Our teacher was really offended when Tracy said her grandmother had a dress like hers!* ► offence (n), offensive (adj), offend (v)

Grammar

1.87 laptop /'læptɒp/ (n)
computer you can carry around

1.88 tournament /'tuənəmənt/ (n)
competition where lots of games are played in a short time period

1.89 take place /,teɪk 'pleɪs/ (phr)
happen ♦ *The concert will take place in the school hall on Friday.*

1.90 port /pɔ:t/ (n)
place where ships arrive and leave
♦ *Southampton is a busy port with many big cruise ships.*

1.91 get hold of /,get 'həʊld əv/ (phr)
learn about ♦ *A TV reporter got hold of the story that Gran had won the lottery.*

1.92 reckon /'rekən/ (v)
think ♦ *I reckon it's going to rain later on. Look at the sky.*
① informal

1.93 guess /ges/ Here: (v)
think ♦ *I guess I'll see you at the party.* ① informal Usually: think of a possible answer.

1.94 face-lift /'feis ,lift/ (n)
surgery on the face to make the skin tighter ♦ *Thousands of women had face-lifts in the UK last year. Everyone wants to look younger!*

Listening

1.95 immortality /,imɔ: 'tæləti/ (n)
fact of living forever ♦ *People have been searching for the secret to immortality for centuries.*
► immortal (adj)

1.96 overcrowded
/,əʊvə 'kraʊdɪd/ (adj)
having too many people in a place
♦ *I'm sorry, you can't stay with us. The flat is overcrowded already.*

1.97 deal with /'di:1 ,wið/ (phr v)
take the right action in a situation
♦ *The head teacher always deals with problem students himself.*

1.98 commit /kə'mit/ (v)
do (a crime) ♦ *Bruce committed several serious crimes and is now in prison.*

1.99 pointless /'pɔɪntləs/ (adj)
not having a good reason ♦ *It's pointless waiting for Angela. She's going to be at least another hour.*
► point (n)

1.100 wisdom /'wɪzdəm/ (n unc)
knowledge that comes from experience ♦ *People say that wisdom comes with age.* ► wise (adj), wisely (adv)

1.101 current /'kʌrənt/ (adj)
of the moment ♦ *I try to watch the news every day to learn about current events.* ► currently (adv)

1.102 theory /'θɪəri/ (n)
idea or explanation for sth
♦ *Whose theory about climate change do you believe?*
► theoretical (adj), theorise (v)

1.103 deteriorate /dɪ'tɪəriəreɪt/ (v)
get worse ♦ *My gran is 98 and her health is deteriorating.*
► deterioration (n)

1.104 cell /sel/ (n)
the smallest unit that our bodies are built from ♦ *White blood cells help us fight illness.* ► cellular (adj)

1.105 in favour of
/ ,ɪn 'feɪvər əv/ (phr)
support ♦ *Are you in favour of wearing a school uniform? I think it's a terrible idea!*

1.106 generation /,dʒenə'reɪʃn/ (n)
people born at a similar time
♦ *There were three generations at my birthday party – my grandparents, my parents, and me and my cousins.*

1.107 spiral out of control
/ ,spairel ,aut əv kən'trəʊl/ (phr)
increase, grow too quickly to limit ♦ *The young boy's behaviour spiralled out of control and his parents didn't know what to do with him.*

1.108 colonise /'kɒlənaɪz/ (v)
move people into new places, e.g. countries, planets ♦ *A few centuries ago the big powers like England and Spain colonised countries in other continents.*
► colony (n), colonial (adj)

1.109 entirely /ɪn'taɪəli/ (adv)
completely ♦ *My cousin's bedroom floor was entirely covered with clothes!* ► entire (adj), entirety (n)

Speaking

1.110 download /,daʊn'ləʊd/ (v)
take material and information from the Internet ♦ *I downloaded some great music last night. Would you like to hear it?* ► download (n)

1.111 scenery /'si:nəri/ (n unc)
natural features of an area that are good to look at ♦ *When we travelled through the Alps the scenery was fantastic! I love the mountains and the snow.* ► scene (n), scenic (adj)

1.112 spectacular
/spek'tækjələ(r)/ (adj)
amazing to look at ♦ *The view from our hotel window was spectacular.* ► spectacle (n), spectator (n)

1.113 plot /plɔt/ (n)
story of a book, film or play ♦ *I loved the book. The plot was really exciting.* ► plot (v)

1.114 solitary /'sɒlətri/ (adj)
liking to spend time alone ♦ *Rita's a solitary person. I often see her reading alone in the park.*
► solitude (n), sole (adj)

1.115 achievement
/ə'tʃi:vmənt/ (n)
sth good or difficult you succeed in doing ♦ *His greatest achievement was climbing Mount Kilimanjaro when he was only 15.* ► achieve (v), achiever (n)

1.116 resort /rɪ'zɔ:t/ (n)
popular place to stay on holiday
♦ *Bournemouth is a famous seaside resort in England and it is very busy throughout the summer months.*

1.117 pine /paɪn/ (n)
tree with leaves that don't fall and which grows in cold climates
► pine (adj)

1.118 mountain range
/'maʊntən ,reɪndʒ/ (n)
group of mountains

1.119 reliable /rɪ'laɪəbl/ (adj)
doing what others expect of you
♦ *Our TV isn't very reliable.*
Sometimes the picture goes black and white. ► rely (on) (v), reliability (n)

Use of English

1.120 stubborn /'stʌbən/ (adj)
refusing to do what you don't want to do ◆ *I've tried to persuade Nigel to come with us but he's very stubborn and says he won't.*
► stubbornness (n)

Vocabulary

1.121 probe /prəʊb/ (n)
small unmanned spaceship

1.122 I can't hear myself think!
/aɪ ,ka:nt ,hɪə maɪself 'θɪŋk/ (phr)
when sth is too loud ◆ *The volume was so high on the TV that I couldn't hear myself think!*

1.123 van /væn/ (n)
vehicle used to carry things ◆ *He's a window cleaner now and he keeps all his equipment in the back of his van.*

Review

1.124 exhausted /ɪg'zɔ:stɪd/ (adj)
very tired ◆ *I'm exhausted today after that late night at the party.*
► exhaustion (n), exhausting (adj)

1.125 fall out /fɔ:l 'aut/ (phr v)
stop being friends ◆ *I fell out with Greta last month because of something very silly and we haven't spoken since then.*

Workbook Reading

1.126 carry out /,kæri 'aut/ (phr v)
do (a study or survey) ◆ *Last summer our class carried out a survey on meals in the cafeteria.*

1.127 period /'piəriəd/ (n)
length of time ◆ *My grandparents lived for a long period in South America.* ► periodic (adj), periodically (adv)

1.128 conscientious

/kən'si'enʃəs/ (adj)
doing work well and on time ◆ *Chris is conscientious and won't go out until he's finished his homework.*

1.129 irritable

/'ɪritəbl/ (adj)
easily annoyed ◆ *Mum gets irritable when she's tired. Don't ask her any questions then!*
► irritability (n), irritate (v)

1.130 correspond with

/kərɪ'spɒnd ,wið/ (v)
Here: match ◆ *Your story about the accident doesn't correspond with the other driver's.* ► Usually: write letters to ► correspondence (n)

1.131 contradict

/,kɒntrə'dikt/ (v)
say sth is different from what sb else says ◆ *Don't ever contradict the teacher. She'll get angry!*
► contradiction (n), contradictory (adj)

1.132 differ

/'dɪfə(r)/ (v)
be different from ◆ *The film of Oliver Twist differs quite a lot from the book.* ► different (adj), difference (n), differentiate (v)

1.133 adulthood

/'ædʌlθʊd/ (n)
state of being an adult

1.134 lessen

/'lesn/ (v)
get smaller or fewer ◆ *The number of mistakes I make in English has lessened over the last few months.*

1.135 convinced

/kən'veɪnst/ (adj)
sure ◆ *I'm convinced that Miss Fuller has dyed her hair!*
► convince (v), convincing (adj), conviction (n)

1.136 question

/'kwestʃən/ (v)
ask questions to discover the truth ◆ *Don't question my honesty! You know I always tell the truth.*
► question (n), questionable (adj), questioning (adj)

1.137 notably

/'nəʊtəbli/ (adv)
especially ◆ *Sandy got good marks in her exams, notably in Biology.*
► notable (adj)

1.138 assert

/ə'sɜ:t/ (v)
emphasise, point out ◆ *She asserted that she hadn't been there when the crime happened.*
► assertion (n), assertive (adj)

1.139 by consequence

/,baɪ 'kɒnsɪkwəns/ (adv)
as a result ◆ *Our climate is getting warmer and by consequence the ice caps will soon melt.* ► consequently (adv), consequent (adj)

1.140 evaluate

/r'væljueɪt/ (v)
think about and assess the value of sth ◆ *We're having a meeting later to evaluate the results of the project.* ► evaluation (n)

1.141 data

/'deɪtə/ (n unc)
facts or information ◆ *It's important to store data carefully so that it can't be lost or stolen.*

1.142 focus on

/'fəʊkəs ,ɒn/ (v)
concentrate on sth in particular ◆ *I need to focus on improving my English pronunciation. My accent is very strong!*

1.143 thorough

/'θʌrə/ (adj)
careful and complete ◆ *The teacher is very thorough when she tests us in class and we have to answer lots of questions.* ► thoroughly (adv)

1.144 self-disciplined

/,self 'dɪsəplɪnd/ (adj)
able to control how you do sth ◆ *If you want to work from home, you have to be self-disciplined. It isn't easy to decide your own hours.*

1.145 considerate

/kən'sɪdərət/ (adj)
thinking about other people's feelings ◆ *David is very considerate and never says anything to hurt other people.* ► consideration (n), consider (v)

1.146 neuroticism

/njuə'rɒtɪsɪzəm/ (n unc)
fact of worrying too much about things ◆ *His neuroticism was making him very ill and he went to see a psychotherapist.* ► neurotic (adj), neurosis (n)

1.147 tense /tens/ (adj)
not relaxed ◆ *Maggie and Bill had had an argument and the atmosphere in the room was tense.* ► tense (v), tension (n)

1.148 curious /'kjʊəriəs/ (adj)
interested in knowing about sth
◆ *I'm curious about who Jackie is taking to the concert.* ► curiosity (n unc)

1.149 extroversion
/ekstrə'venʃn/ (n unc)
the fact of being open and friendly and enjoying going out with people. ◆ *Extroversion is a quality that many film stars have.*
► extrovert (adj)

1.150 assumption /ə'sʌmpʃn/ (n)
belief not necessarily based on fact
◆ *It was my assumption that all the good students in the class were going to university but two decided not to.* ► assume (v)

1.151 on the contrary
/ɒn ðə 'kɒntrəri/ (phr)
the opposite of what has just been said ◆ *I thought Ken liked Brad Pitt films. On the contrary, he hates them.*

1.152 debunk /dəbʌŋk/ (v)
show an idea is wrong ◆ *The results debunk his theory. In fact, they prove the opposite.*

1.153 concept /'kɒnsept/ (n)
idea ◆ *The concept of time travel is impossible to understand!*
► conceive (v), conception (n), conceptual (adj)

1.154 tend /tend/ (v)
likely to do sth ◆ *Children of artistic parents tend to be artistic themselves.* ► tendency (n)

1.155 mature /mə'tʃuə(r)/ (v)
become adult in the way you think and act ◆ *Young people mature at an earlier age than before.*
► maturity (n), mature (adj)

1.156 carer /'keərə(r)/ (n)
person who looks after sb

1.157 decline /dɪ'klain/ (v)
get smaller ◆ *The number of people coming here on holiday has declined over the last two years.*

1.158 consistent /kən'sistənt/ (adj)
staying the same ◆ *My end of term marks have been consistent this year.* ► consistency (n), consistently (adv)

1.159 demonstrate
/demonstreɪt/ (v)
show ◆ *Keira Knightley demonstrated her acting ability in the Jane Austen film.* ► demonstration (n), demonstrative (adj)

1.160 apparent /ə'pærənt/ (adj)
clear, easily seen ◆ *He's moving his whole family to France. It's apparent that he no longer wants to live in England.* ► apparently (adv)

1.161 throw doubt on
/θrəʊ 'daʊt ,ɒn/ (phr)
make sth less believable ◆ *The result of the last match throws doubt on whether the club can win the championship.*

1.162 issue /'ɪʃu:/ (n)
point, question ◆ *There are a lot of issues that need to be discussed at the meeting.*

1.163 debate /dr'beit/ (v)
discuss ◆ *Politicians are still debating the problem of how to control pollution.* ► debate (n), debatable (adj)

Vocabulary

1.164 mutual /'mju:tʃuəl/ (adj)
sth shared ◆ *My brother and I have a mutual fear of the dark.*

1.165 seize the chance
/si:z ðə 'tʃa:ns/ (phr)
take and use an opportunity
◆ *When the teacher gave the students the day off Laura seized the chance to go to London to visit her brother.*

Grammar

1.166 glove /glʌv/ (n)
covering for hands in cold weather

1.167 tracksuit /'træksu:t/ (n)
special top and trousers you wear for sport

1.168 gap year /'gæp ɻɪə(r)/ (n)
year that students often take off between the end of school and the start of university

1.169 promote /prə'məut/ (v)
give sb a higher position at work
◆ *Jack has just been promoted to manager.* ► promotion (n)

1.170 suit you down to the ground
/su:t ju: ,daʊn tə ðə 'graʊnd/ (phr)
be exactly right for you ◆ *The new flat suits Fiona down to the ground. It's near the shops, her work and opposite a park.*

Listening

1.171 cornflakes /'kɔ:nflēks/ (n)
breakfast cereal

1.172 impress /im'pres/ (v)
make sb notice sth ◆ *Her acting in the play really impressed me. It was excellent.* ► impressive (adj), impression (n)

1.173 lack /læk/ (v)
not have enough of sth ◆ *I'd like to work in films but I lack the ability to be really successful.* ► lack (n)

1.174 gain /geɪn/ (v)
get more of sth ◆ *He gained a lot of experience by working in the USA for a year.*

1.175 confidence /'kɒnfɪdəns/ (n)
belief in your own ability ◆ *Ben hasn't got enough confidence to speak in front of a lot of people.*
► confident (adj), confidential (adj)