

on a full stomach
tips
unhealthy

5d

be in good shape
lose weight
put on weight

6a

actually
avoid
brain
calorie
consider
contain
especially
every now and then
fat / fats
heart
high in
junk food
make sure
minerals
option
overdo
product
rich in
vitamin

Food

beans
beef
broccoli
club sandwich
crackers
lettuce
nuts
peas
salmon
vegetable oil

6b

a pair of
customer
extra small/large
fitting room

shop assistant
try sth on
Clothes and accessories

boots
earrings
gloves
jumper
leggings
sandals

shirt
shorts
skirt

top
tracksuit
trousers

Words/Phrases related to money/ prices

cent
change (n.)
dollar
euro
half price
pay by credit card
pay in cash
penny · pence
pound
receipt
till (n.)

Phrases

How much does it cost?
I'll take it.
That's £... altogether.
What size do you wear?

6c

calcium
carbohydrate
juicy
olive oil
overweight
protein

6d

a little (bit)

advice
be in trouble
calm down
cheer up
drop (v.)
explain
fight (v.)
find out
get over sth
let (= allow)
lie
lonely
miss out on sth
on the... side of
quite
save up (money)
sleepover
teammate
trust (v.)
upset

Phrases

First of all,...
I hope everything goes well.
It's going to be all right.
It's not fair!

Module 4 (Units 7&8)

Cover

bungee jumping
go-kart racing
horse riding
skydiving

7a

for ages
hang from sth
hold on
instructor
Interview (v.)
lately
panic (v.)
pass by
roof

Emotions

annoyed

confident
disappointed
exhausted
nervous
pleased
proud
terrified
Phrases
Whatever.
You think?

7b

a piece of
bee
create
creature
hunt
hunter
insect
jump (n.)
nowadays
rope
run after
stay still
vegetarian
web

7c

camper
excitement
leader
nature
registration
staff
survive
well-trained

7d

Are you pleased/happy/satisfied with...?
How do you feel about...?
I agree/disagree with you.
I'm (quite) pleased/happy/satisfied with...

I'm not sure about that.
It's fine / nice / not bad.
That's/It's not good enough.
What do you think of/about...?
What's your opinion (about)...?
You're right/wrong about that.
You have a point.

8a

do one's best
field
particular
prize
Words related to sports
athlete
beat
captain
champion
compete (against)
cup
goal
national team
score
spectator
tournament
trophy

8b

be/go on a diet
hockey
keep fit
kilo
pitch
take up sth
water polo

Sports equipment

football boots
goggles
knee pads
net
racket
shin pads
stick
swimwear

8c

bring back
bronze
gold medal
motto
silver
wreath

8d

attack
come out
manager
theme park
thrilling
title
unusual

Words related to films

acting
action-packed
costume
director
performance
play a role
plot
scene
soundtrack
special effects
star (v.)

Phrases

How was it?
It was nothing special.
What did you think of it?