

Name \_\_\_\_\_

## B1+ Wordlist Unit 3

# Navigate

marshmallow <i>n</i> /,mɑ:ʃ'mæləʊ/	_____	If you can be patient and wait until I come back and not eat the marshmallow, you can have two marshmallows as a reward.
measure <b>O</b> <i>v</i> /'meʒə(r)/	_____	You need to use special metal-cutters, and you need to measure carefully.
multitask <i>v</i> /,mʌlti'tɑ:sk/	_____	He's great at multitasking.
observe <b>O</b> <i>v</i> /əb'zɜ:v/	_____	Pick up some valuable lessons by observing someone whose patience you admire.
on impulse <i>phr</i> /ɒn 'ɪmpʌls/	_____	Never buy things on impulse.
overcook <i>v</i> /,əʊvə'kʊk/	_____	The vegetables were overcooked.
overpriced <i>adj</i> /,əʊvə'praɪst/	_____	When was the last time you thought something was overpriced?
panel <b>O</b> <i>n</i> /'pænl/	_____	A panel of judges decides who wins.
participant <i>n</i> /pɑ:'tɪsɪpənt/	_____	The judges decide which participant is 'the real thing'.
passion <i>n</i> /'pæʃn/	_____	He has a passion for food.
patient <b>O</b> <i>adj</i> /'peɪʃnt/	_____	Most of the children found it difficult to be patient.
pleasant <b>O</b> <i>adj</i> /'pleznt/	_____	He didn't need to do much apart from arrive at work on time and be reasonably pleasant to people.
polite <b>O</b> <i>adj</i> /pə'laɪt/	_____	He also had to be polite to the customers.
precise <b>O</b> <i>adj</i> /preɪ'saɪs/	_____	As a chef, it's important to work to very precise times.
professional <b>O</b> <i>n</i> /prə'feʃənl/	_____	They take part in a contest against professionals.
resist <b>O</b> <i>v</i> /rɪ'zɪst/	_____	If the children managed to resist temptation, the researcher promised them a reward.
respect <b>O</b> <i>v</i> /rɪ'spekt/	_____	Ed was shocked to realize that he couldn't say please and thank you all the time if he wanted the team to respect him.
responsibility <b>O</b> <i>n</i> /rɪ,sponsə'bɪləti/	_____	You must take responsibility for your actions.
result <b>O</b> <i>n</i> /rɪ'zʌlt/	_____	The results were not good.
reward <b>O</b> <i>n</i> /rɪ'wɔ:d/	_____	The researcher promised them a reward of two marshmallows.
rise to the challenge <i>phr</i> /,raɪz tə ðə 'tʃælɪndʒ/	_____	Those children who could rise to the challenge were generally much more successful than the others.
rub <b>O</b> <i>v</i> /rʌb/	_____	Next, rub the bottle with sandpaper.
sandpaper <i>n</i> /'sændpeɪpə(r)/	_____	Rub the bottle with sandpaper.
schedule <b>O</b> <i>n</i> /'ʃedju:l/	_____	She's the best one in the team at managing schedules.
scientifically proven <i>phr</i> /,saɪəntɪfɪkli 'pru:vɪn/	_____	The results have been scientifically proven.
second-hand <i>adj</i> /'sekənd hænd/	_____	Have you ever bought a second-hand car?
set goals <i>phr</i> /set 'gəʊlz/	_____	He's very good at setting goals.
shocked <i>adj</i> /ʃɒkt/	_____	Ed was shocked to realize that he couldn't say please and thank you all the time if he wanted the team to respect him.
short-sleeved <i>adj</i> /'ʃɔ:t sli:vɪd/	_____	I'm going to wear a short-sleeved shirt to work today.
spare <b>O</b> <i>v</i> /speə(r)/	_____	Can you spare the time to go for a run this afternoon?
stress <b>O</b> <i>n</i> /stres/	_____	The Social Stress Test is a way of measuring stress.
stressful <i>adj</i> /'stresfl/	_____	One of the most stressful things you can ever do is speak in front of a large group of people.
sweat <b>O</b> <i>v</i> /swet/	_____	When I give a speech or a talk, I sweat, my mouth goes dry, and my heart starts beating fast.
symptom <i>n</i> /'sɪmptəm/	_____	One of the test groups experienced symptoms of stress.

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take part in (something) *phr*  
/teɪk 'pɑ:t ɪn (,sʌmθɪŋ)/

\_\_\_\_\_

They then have to take part in a contest against professionals.

take responsibility *phr*  
/teɪk rɪˌspɒnsə'bɪləti/

\_\_\_\_\_

However, he didn't have to take much responsibility as his boss dealt with the money.

talk **O** *n* /tɔ:k/

\_\_\_\_\_

Have you ever given a talk or speech to a large group of people?

technique **O** *n* /tek'ni:k/

\_\_\_\_\_

Did he explain what his technique was?

temptation *n* /temp'teɪʃn/

\_\_\_\_\_

The children are trying to resist the temptation to eat the marshmallow.

think ahead *phr v* /θɪŋk ə'hed/

\_\_\_\_\_

Think ahead. Plan for the future and you will succeed in achieving your goals.

turn up *phr v* /tɜ:n 'ʌp/

\_\_\_\_\_

When he was working in the burger van, Ed had to be reliable and turn up for work on time.

van **O** *n* /væn/

\_\_\_\_\_

Jack works in a fast-food van in all weathers.

work hard *phr* /wɜ:k 'hɑ:d/

\_\_\_\_\_

She's good at working hard on a project.

work well under pressure *phr*  
/wɜ:k ,wel ʌndə 'preʃə(r)/

\_\_\_\_\_

Does she work well under pressure?