

Name _____

Navigate

B1 Wordlist Unit 9

active O <i>adj</i> /'æktɪv/	_____	She has a very active lifestyle.
already O <i>adv</i> /ɔ:l'redɪ/	_____	I do quite a bit of exercise already, so I'm pretty fit.
argument O <i>n</i> /'ɑ:gjʊmənt/	_____	Sometimes, people shake hands when they make friends again after an argument.
assignment <i>n</i> /ə'saɪnmənt/	_____	Please can I have some more time to do my assignment?
believe in O <i>v</i> /bɪ'li:v ɪn/	_____	I don't believe in the health benefits of taking exercise.
belong to O <i>v</i> /bɪ'lɒŋ tə/	_____	You must always look after things that belong to other people.
bump <i>v</i> /bʌmp/	_____	They bump fists as a greeting.
cancer O <i>n</i> /'kænsə(r)/	_____	Diseases, such as cancer, exist today because of our modern diet and lifestyle.
ceremony O <i>n</i> /'serəməni/	_____	The graduation ceremony starts at 9 a.m.
cheek O <i>n</i> /tʃi:k/	_____	They kiss two or three times, starting with the right cheek.
chest O <i>n</i> /tʃest/	_____	They put both their hands together at chest level.
chin O <i>n</i> /tʃɪn/	_____	He always touches his chin if he is worried about something.
clap O <i>v</i> /klæp/	_____	They clap their hands three times before saying hello.
congratulate O <i>v</i> /kən'grætʃuleɪt/	_____	We use a handshake when we congratulate people.
consist of O <i>v</i> /kən'sɪst əv/	_____	My diet consists of only the healthiest food.
cycling O <i>v</i> /'saɪklɪŋ/	_____	Cycling is a good form of exercise.
depend (on) O <i>v</i> /dɪ'pend (ɒn)/	_____	Your success in life does not depend on other people, but on you alone.
depressed O <i>adj</i> /dɪ'prest/	_____	Lack of sunshine can make you depressed.
diabetes <i>n</i> /,daɪə'bi:tɪz/	_____	Diabetes is one of today's common diseases.
diet O <i>n</i> /'daɪət/	_____	Her diet isn't very good.
disease O <i>n</i> /dɪ'zi:z/	_____	Many of today's diseases exist because of our modern lifestyle.
dream of O <i>v</i> /dri:m əv/	_____	Do you ever dream of visiting New York?
easy O <i>adj</i> /'i:zi/	_____	Some people find it easy to keep fit.
elbow O <i>n</i> /'elbəʊ/	_____	He sits with his elbows on the table.
experiment O <i>n</i> /ɪk'sperɪmənt/	_____	Tell us how the experiment was carried out.
fist <i>n</i> /fɪst/	_____	In some countries, you bump fists when you greet someone.
fitness <i>n</i> /'fɪtnəs/	_____	I'm trying to improve my fitness by cycling to work.
forehead <i>n</i> /'fɔ:hed/	_____	They press their foreheads together while closing their eyes.
gentle O <i>adj</i> /'dʒentl/	_____	Do plenty of gentle exercise, like walking.
germs <i>n, pl</i> /dʒɜ:mz/	_____	People worry they might catch germs if they shake somebody's hand.
graduation <i>n</i> /,grædʒu'eɪʃn/	_____	Will you be at my graduation ceremony?
greet <i>v</i> /gri:t/	_____	What do you do when you greet a friend?
greeting <i>n</i> /'gri:tɪŋ/	_____	How much do you know about international greetings?
handshake <i>n</i> /'hændʃeɪk/	_____	He welcomed me with a smile and a handshake.
happen O <i>v</i> /'hæpən/	_____	If something good happens to me, it's because I deserve it.
health O <i>n</i> /helθ/	_____	It's important to look after your health and keep fit.
hug <i>v</i> /hʌg/	_____	They hug each other when they greet good friends.
impression O <i>n</i> /ɪm'preʃn/	_____	If you get it wrong, you might give a bad impression.

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informal O <i>adj</i> /ɪn'fɔ:məl/	_____	You usually do this greeting in an informal situation.
junk food <i>n</i> /'dʒʌŋk fu:d/	_____	Definitely don't eat any junk food, like crisps.
kiss O <i>v</i> /kɪs/	_____	They kiss three times.
lip O <i>n</i> /lɪp/	_____	She's got very thin lips.
medical O <i>adj</i> /'medɪkəl/	_____	Here's a copy of my medical certificate.
mental health O <i>n</i> /'mentl helθ/	_____	I think that regular physical exercise can help to improve your mental health.
natural O <i>adj</i> /'nætʃrəl/	_____	Eat only natural food like meat, vegetables and fruit.
nod <i>v</i> /nɒd/	_____	They nod their heads.
painkiller <i>n</i> /'peɪnkɪlə(r)/	_____	We'll give him some strong painkillers before he goes for the X-ray.
peace O <i>n</i> /pi:s/	_____	A common theory is that it started as a sign of peace.
philosophy O <i>n</i> /fə'lɒsəfi/	_____	That's part of our philosophy.
press O <i>v</i> /pres/	_____	They press their noses together.
reserve O <i>v</i> /rɪ'zɜ:v/	_____	You'll definitely need to reserve a place before you come.
respect O <i>v</i> /rɪ'spekt/	_____	I trust and respect you.
ridiculous O <i>adj</i> /rɪ'dɪkjələs/	_____	How ridiculous! People will think you are unfriendly if you refuse a handshake.
rude O <i>adj</i> /ru:d/	_____	In China or Turkey, for example, if your handshake is too tight and strong, you will seem rude.
shake hands O <i>phr</i> /ʃeɪk 'hændz/	_____	They shake hands for a very long time.
shoulder O <i>n</i> /'ʃəʊldə(r)/	_____	He touched me on the shoulder to get my attention.
sleeve O <i>n</i> /sli:v/	_____	This proved that there were no weapons hiding in their sleeve.
smile O <i>v</i> /smaɪl/	_____	I always smile at someone when I first meet them.
stick O <i>v</i> /stɪk/	_____	They stick their tongues out at each other.
succeed in O <i>v</i> /sək'sɪd ɪn/	_____	You can succeed in doing anything if you try hard enough.
thumb O <i>n</i> /θʌm/	_____	Press the button with your thumb.
tongue O <i>n</i> /tʌŋ/	_____	In some countries, they stick out their tongues as a greeting.
touch O <i>v</i> /tʌtʃ/	_____	They greet without touching the body.
trend O <i>n</i> /trend/	_____	The Paleo movement is a recent trend in health and fitness.
virus O <i>n</i> /'vaɪrəs/	_____	Instead they died from things like viruses or old age.
weapon O <i>n</i> /'wepən/	_____	They would put their right hand forward towards another man and opened it to show they were not holding a knife or other weapon.
weight-lifting O <i>n</i> /'weɪtlɪftɪŋ/	_____	Only do intense activity like weight-lifting occasionally.
work for O <i>v</i> /'wɜ:k fɔ:(r), fə(r)/	_____	Jack works for an oil company.