

8.1 Vocabulary 🔊 4.57

barcode /'bɑːkəʊd/
 be allergic to /,bi ə'lɜːdʒɪk tə/
 be asthmatic /,bi æs'mætɪk/
 check your pulse/heart rate /,tʃek jɔː
 'pals/'hɑːt reɪt/
 come out in a rash/in spots /,kʌm ,aʊt
 ɪn ə 'ræʃ/ ɪn 'spɒts/
 cough /kɒf/
 cut sth out /,kʌt ,sʌmθɪŋ 'aʊt/
 feel dizzy /,fiːl 'dɪzi/
 feel ill /,fiːl 'ɪl/
 feel sick /,fiːl 'sɪk/
 headache /'hedeɪk/
 healthy choices/decisions /,helθi
 'tʃɔɪsɪz/dɪ'sɪʒənz/
 hurt /hɜːt/
 keep fit /,kiːp 'fɪt/
 keep track of /,kiːp 'træk əv/
 lose appetite /,luːz 'æpətaɪt/
 lose weight /,luːz 'weɪt/
 make choices /,meɪk 'tʃɔɪsɪz/
 my back/head/thumb hurts /maɪ ,bæk/
 ,hed/,θʌm 'hɜːts/
 pain in the chest/leg/shoulder /,peɪn ɪn
 ðə 'tʃest/'leg/'ʃəʊldə/
 pass out, faint /,pɑːs 'aʊt, feɪnt/
 recover from / get over an illness
 /rɪ'kʌvə frəm / ,get ,əʊvər ən 'ɪlnəs/
 reduce anxiety/stress /rɪ,djuːs
 æŋ'zaiəti/'stres/
 runny nose /,rʌni 'nəʊz/
 sore throat /,sɔː 'θrəʊt/
 stomachache /'stʌmək-eɪk/
 stress out /,stres 'aʊt/
 suffer from /'sʌfə frəm/
 take sth up /,teɪk ,sʌmθɪŋ 'ʌp/
 temperature /'temprətʃə/
 work out /,wɜːk 'aʊt/

8.2 Grammar 🔊 4.58

ambulance /'æmbjələns/
 capital city /,kæpətl 'sɪti/
 cardiologist /,kɑːdi'ɒlədʒɪst/
 drop /drɒp/
 equipment /ɪ'kwɪpmənt/
 fiancé /fi'ɒnsɪ/
 frozen /'frəʊzən/
 heart attack /'hɑːt ə,tæk/
 physiotherapist /,fɪziəʊ'therəpɪst/
 pitch /pɪtʃ/
 put out your arms /,pʊt ,aʊt jɔːr 'ɑːmz/
 spectator /spek'teɪtə/

8.3 Listening 🔊 4.59

arch /ɑːtʃ/
 badminton court /'bædmɪntən kɔːt/
 basketball court /'bɑːskɪtbɔːl kɔːt/
 bench /bentʃ/
 boxing ring /'bɒksɪŋ rɪŋ/
 bridge /brɪdʒ/
 climbing /'klaɪmɪŋ/
 cycling /'saɪklɪŋ/
 football pitch /'fʊtbɔːl pɪtʃ/
 fountain /'faʊntɪn/
 handball court /'hændbɔːl kɔːt/

hockey pitch /'hɒki pɪtʃ/
 horse riding /'hɔːs ,raɪdɪŋ/
 ice rink /'aɪs ,rɪŋk/
 marathon /'mærəθən/
 motor racing track /'məʊtə 'reɪsɪŋ træk/
 pathway /'pɑːθweɪ/
 playground /'pleɪgraʊnd/
 rugby pitch /'rʌɡbi pɪtʃ/
 running track /'rʌnɪŋ træk/
 sailing /'seɪlɪŋ/
 skateboard /'skeɪtbɔːd/
 skating rink /'skeɪtɪŋ ,rɪŋk/
 species /'spiːʃiːz/
 swimming pool /'swɪmɪŋ puːl/
 tennis court /'tenɪs kɔːt/
 volleyball court /'vɒlibɔːl kɔːt/

8.4 Reading 🔊 4.60

(air) pollution /'eə pə,ljuːʃən/
 air purifier /'eə ,pjʊərəfaɪə/
 at risk /ət rɪsk/
 blanket /'blæŋkɪt/
 blow out /,bləʊ 'aʊt/
 citizen /'sɪtɪzən/
 construct /kən'strʌkt/
 construction /kən'strʌkʃən/
 constructive /kən'strʌktɪv/
 create /kri'eɪt/
 creation /kri'eɪʃən/
 cufflinks /'kʌf lɪŋks/
 dust storm /'dʌst ,stɔːm/
 environmental protection /
 ɪn,vairən,mentl prə'tekʃən/
 exhaust fumes /ɪg'zɔːst fjuːmz/
 face mask /'feɪs mɑːsk/
 factory smoke /'fæktəri sməʊk/
 fight /faɪt/
 government /'ɡʌvənmənt/
 pollute /pə'ljuːt/
 pure /pjʊə/
 purification /,pjʊərəfə'keɪʃən/
 purify /'pjʊərəfaɪ/
 smog particle /smɒɡ pɑːtɪkəl/
 support (n, v) /sə'pɔːt/
 supportive /sə'pɔːtɪv/
 tower /'taʊə/
 vacuum cleaner /'vækjuəm ,kliːnə/

8.5 Grammar 🔊 4.61

birth certificate /'bɜːθ sə,tɪfɪkət/
 break a record /,breɪk ə 'rekɔːd/
 chutney /'tʃʌtni/
 herbal /'hɜːbəl/
 old age /,əʊld 'eɪdʒ/

8.6 Use of English 🔊 4.62

catch up on /,kætʃ 'ʌp ɒn/
 cope with /'kəʊp wɪð/
 fall behind /,fɔːl bɪ'haɪnd/
 figure out /,fɪɡər 'aʊt/
 fit in /,fɪt 'ɪn/
 get on with /,get 'ɒn wɪð/
 get through /,get 'θruː/
 go over /,gəʊ 'əʊvə/
 join in /,dʒɔɪn 'ɪn/
 put sb down /,pʊt ,sʌmbədi 'daʊn/

sign up /,saɪn 'ʌp/
 talk sth over /,tɔːk ,sʌmθɪŋ 'əʊvə/

8.7 Writing 🔊 4.63

addictive /ə'dɪktɪv/
 bad-tempered /,bæd 'tempəd/
 do harm /,duː 'hɑːm/
 importance /ɪm'pɔːtəns/
 pressure /'preʃə/
 stay in touch /,steɪ ɪn 'tʌtʃ/
 switch off /,swɪtʃ 'ɒf/
 therefore /'ðeəfɔː/
 urgent /'ɜːdʒənt/
 what is more /,wɒt ɪs 'mɔː/

8.8 Speaking 🔊 4.64

blood test /'blʌd ,test/
 breathe in /,briːð 'ɪn/
 breathe out /,briːð 'aʊt/
 examine /ɪg'zæmɪn/
 flu /fluː/
 go on a diet /,gəʊ ɒn ə 'daɪət/
 indigestion /,ɪndɪ'dʒestʃən/
 lie down /,laɪ 'daʊn/
 make an appointment /,meɪk ən
 ə'pɔɪntmənt/
 meal /miːl/
 prescription /prɪ'skrɪpʃən/
 press /pres/
 tablet /'tæblət/
 take sb's temperature /,teɪk ,sʌmbədɪz
 'temprətʃə/
 virus /'vaɪərəs/