



## GREEK WORDLIST

# OWN IT!

IT'S YOUR WORLD



**Greek wordlist**



**CAMBRIDGE**  
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## **Own it Level 4 Greek Wordlist**

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# Εισαγωγή

Το **Own it! Wordlist** έχει σχεδιαστεί για να σε βοηθήσει με τη μελέτη του **Own it! Student's Book**. Κάθε κεφάλαιο του **Own it! Wordlist** περιλαμβάνει μια λίστα με τις πιο σημαντικές λέξεις και εκφράσεις που εμφανίζονται στο αντίστοιχο κεφάλαιο του **Student's Book**. Κάθε λέξη ή φράση συνοδεύεται από το χαρακτηρισμό της ως μέρος του λόγου, την απόδοση στα Ελληνικά και ένα παράδειγμα.

Ακολουθεί ένας πίνακας με τις επεξηγήσεις των συντομογραφιών που θα βρεις σε αυτό το βιβλίο.

Συντομογραφίες

v	verb	ρήμα	conj	conjunction	σύνδεσμος
n	noun	ουσιαστικό	prep	preposition	πρόθεση
adj	adjective	επίθετο	phr	phrase	φράση
adv	adverb	επίρρημα	pron	pronoun	αντωνυμία
phr v	phrasal verb	περιφραστικό ρήμα			

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Όπως επίσης, να δημιουργήσεις τις δικές σου λίστες λέξεων, με το Cambridge Dictionary Plus: <https://dictionary.cambridge.org/plus/>

Το συγκεκριμένο εργαλείο σου επιτρέπει όχι μόνο να εμπλουτίσεις το λεξιλόγιο σου, αλλά και να βελτιώσεις τις γνώσεις σου στην γραμματική, να παίξεις quizzes και πολλά άλλα.

## STARTER

# WELCOME!

- |      |  |      |   |
|------|--|------|---|
| 0.1  | <b>accommodation</b> (n) κατάλυμα<br><i>She's a student and she's looking for cheap accommodation near the university campus.</i>                      | 0.12 | <b>show</b> (n) σόου, παράσταση<br><i>The show at Lycabettus theatre was incredible!</i>  |
| 0.2  | <b>backpacking</b> (n) διακοπές με σακίδιο, φτηνές διακοπές για νέους<br><i>My friends and I enjoy going backpacking to the islands in the summer.</i> | 0.13 | <b>live performance</b> (n) ζωντανή παράσταση<br><i>My favourite band are coming for a live performance next month! Yay!</i>  |
| 0.3  | <b>holiday resort</b> (n) θέρετρο<br><i>My grandparents stayed at a very popular holiday resort in Chalkidiki.</i>                                     | 0.14 | <b>character</b> (n) χαρακτήρας (σε έργο)<br><i>The main character in the play is Amanda, a girl who lives on a farm.</i>   |
| 0.4  | <b>sightseeing</b> (n) (βλέπω) τα αξιοθέατα<br><i>When we visited Egypt, we spent days sightseeing. There's so much to see!</i>                        | 0.15 | <b>concert</b> (n) συναυλία<br><i>I really enjoy going to concerts in the summer. I love the atmosphere.</i>  |
| 0.5  | <b>tourist attraction</b> (n) τουριστική ατραξιόν<br><i>The pyramids in Egypt are a very famous tourist attraction.</i>                                | 0.16 | <b>interview</b> (n) συνέντευξη<br><i>Did you read Johnny Depp's interview in the magazine? He said very interesting things.</i>  |
| 0.6  | <b>trip</b> (n) ταξίδι<br><i>My dad is away on a business trip.</i>  | 0.17 | <b>magazine</b> (n) περιοδικό<br><i>Our school magazine always has interesting articles and interviews.</i>   |
| 0.7  | <b>audience</b> (n) κοινό, θεατές<br><i>The audience loved the performance and clapped loudly for five minutes.</i>                                    | 0.18 | <b>normal</b> (adj) φυσιολογικός, συνηθισμένος<br><i>Jerry doesn't live in a normal house. He's got a boat house!</i>   |
| 0.8  | <b>lines</b> (n) τα λόγια του ρόλου<br><i>Have you learnt the lines of your part yet?</i>  | 0.19 | <b>theatre camp</b> (n) κατασκήνωση για παιδιά και εφήβους που ενδιαφέρονται για το θέατρο<br><i>My cousin and her best friend went to theatre camp last summer to learn more about acting.</i> |
| 0.9  | <b>part</b> (n) ρόλος<br><i>She's got the part of Alice in Alice in the Wonderland!</i>  | 0.20 | <b>actor</b> (n) ηθοποιός<br><i>Daniel Day Lewis used to be a brilliant actor, but he's decided to stop acting.</i>   |
| 0.10 | <b>rehearsal</b> (n) πρόβα<br><i>We're putting on a school play and we have rehearsals three times a week.</i>   | 0.21 | <b>develop</b> (v) αναπτύσσω, εξελίσσω<br><i>If you want to develop the character you're playing, you need to think like her.</i>   |
| 0.11 | <b>scene</b> (n) σκηνή από θεατρικό έργο<br><i>My favourite scene of the play is when the main character learns the truth.</i>                         |      |   |

- 0.22 **project** (v) (εδώ) δυναμώνω, μιλάω δυνατά  
The actress projected her voice so everyone in the audience could hear her.
- 0.23 **voice** (n) φωνή  
Maria lowered her voice and started whispering so other people couldn't hear.
- 0.24 **put on** (phr v) ανεβάζω (έργο)  
The school play we're putting on was written by our drama teacher.
- 0.25 **musical** (n) μιούζικαλ  
He loves musicals, and his favourite one is *The Phantom of the Opera*.
- 0.26 **assistant** (n) βοηθός  
Tonia is a vet's assistant, and she's really kind and nice to animals.
- 0.27 **final** (adj) τελικός  
He forgot his lines on the final rehearsal and panicked!
- 0.28 **move** (v) κινούμαι  
Don't move! There's a huge insect on your head!
- 0.29 **panic** (v) πανικοβάλλομαι  
Henry was climbing to the top of the cliff when he looked down and panicked.
- 0.30 **frozen** (adj) παγωμένος, ακίνητος  
He was frozen and he couldn't move at all!
- 0.31 **definitely** (adv) οπωσδήποτε  
I'm definitely going to visit Broadway when I go to New York!
- 0.32 **in fact** (phr) στην πραγματικότητα  
I love acting! In fact, I'm going to play the part of Huckleberry Finn in the school play!
- 0.33 **join** (v) γίνομαι μέλος, παίρνω μέρος  
We're looking for more actors to take part in the school play. Would you like to join us?
- 0.34 **unusual** (adj) ασυνήθιστος  
She has an unusual hobby. She photographs insects and makes posters out of them.
- 0.35 **participant** (n) συμμετέχων  
All the participants in the competition must answer a questionnaire first.
- 0.36 **practise** (v) κάνω εξάσκηση, κάνω πρόβα  
Nick practises the piano every day for three hours.
- 0.37 **react** (v) αντιδρώ  
How did he react when you told him you didn't want to take part in the play?
- 0.38 **look for** (v) ψάχνω  
Jenny's looking for her keys. Have you seen them anywhere?
- 0.39 **unable** (adj) ανίκανος (να κάνω κάτι)  
Dorothy was unable to explain why she had been late for the rehearsal.
- 0.40 **storm** (n) θύελλα  
There was a big storm and the climbers got in a cave to stay safe.
- 0.41 **nervous** (adj) φοβισμένος, νευρικός πριν από παράσταση ή διαγώνισμα  
I was very nervous before the first performance, but everything was fine in the end.
- 0.42 **excited** (adj) ενθουσιασμένος  
Moira was really excited about visiting Disneyland.
- 0.43 **describe** (v) περιγράφω  
She couldn't describe the man because she didn't see him very well.
- 0.44 **greet** (v) χαιρετώ  
Mr Johnson came into the room and greeted everyone politely.
- 0.45 **post** (v) ποστάρω, ανεβάζω στο ίντερνετ  
I never post selfies on the internet.
- 0.46 **shake hands** (v) δίνω το χέρι μου  
In Japan people don't shake hands to greet each other. They bow to each other.
- 0.47 **shout** (v) φωνάζω  
She was far away, but when she saw me, she started waving and shouting.



- 0.48 **smile** (v) χαμογελώ  
*The baby saw his mother and started smiling.*
- 0.49 **translate** (v) μεταφράζω  
*Ivan speaks English and Russian, so he can translate for us.*
- 0.50 **wave** (v) χαιρετώ από μακριά  
κουνώντας το χέρι  
*Martin was far away, but he waved to say 'hi'.*
- 0.51 **whisper** (v) ψιθυρίζω  
*Why are you whispering? Is anyone sleeping?*
- 0.52 **gesture** (n) χειρονομία  
*He didn't speak French, so he tried to communicate with gestures.*
- 0.53 **stand up** (phr v) σηκώνομαι (όρθιος)  
*All the students stood up when their teacher got into the room.*
- 0.54 **course** (n) κύκλος μαθημάτων  
*We're doing a course on Byzantine History at the moment. It's very interesting!*
- 0.55 **as much as possible** (phr) όσον το δυνατόν περισσότερο  
*Kelly tries to speak English as much as possible.*
- 0.56 **university** (n) πανεπιστήμιο  
*My brother is at university. He's studying to be a lawyer.*
- 0.57 **tip** (n) συμβουλή  
*The tips my teacher gave me helped me pass the exam.*
- 0.58 **spend** (v) περνάω (τον καιρό μου)  
*Jason spends his free time watching YouTube videos and listening to podcasts.*
- 0.59 **episode** (n) επεισόδιο  
*My favourite episode of The Big Bang Theory was the last one! I laughed so much!*
- 0.60 **stay in contact** (phr) κρατάω επαφή με  
*Have you stayed in contact with your friends from primary school?*
- 0.61 **festival** (n) φεστιβάλ  
*There's a food festival every summer in our town and tourists come to taste local dishes and have fun.*
- 0.62 **sound** (v) ακούγομαι  
*The pop concert next Saturday sounds interesting! Fancy going?*
- 0.63 **incredible** (adj) απίστευτος  
*Martha is an incredible artist! Her paintings are awesome!*
- 0.64 **for ages** (phr) εδώ και πολύ καιρό  
*Hey, George! How are you? I haven't seen you for ages!*
- 0.65 **loads of** (phr) πάρα πολύ  
*I've got loads of homework for Monday, so I can't come to your party, sorry!*
- 0.66 **capital** (n) πρωτεύουσα  
*The capital of Australia isn't Sidney as lots of people believe - it's Canberra.*
- 0.67 **How are things?** (phr) Πώς πάνε τα πράγματα;  
*How are things going? What are you up to these days?* 'Great, thanks! I'm busy with rehearsals because we're putting on a new show in two month's time.'
- 0.68 **amazing** (adj) φανταστικός, υπέροχος  
*The songs in their new album are amazing! I love all of them!*
- 0.69 **playlist** (n) λίστα με τραγούδια  
*The DJ had a great playlist with some very popular songs and some new ones that I had never heard before.*
- 0.70 **look forward to** (phr) περιμένω με ανυπομονησία  
*My cousins are looking forward to visiting us next summer. They've never been to Greece before.*
- 0.71 **can't wait** (phr) δεν μπορώ να περιμένω  
*Oh, I can't wait for Dr Dre's new album to come out! I'm a huge fan!*
- 0.72 **introduce** (v) συστήνω  
*When I visited my friend Fiona in London, she introduced me to her friends and we had a great time together!*



0.73 **recipient** (n) παραλήπτης  
If you don't write the recipient's email address, you can't send your email!

0.74 **sender** (n) αποστολέας  
I never open emails from unknown senders - sometimes they may have viruses!

0.75 **reason** (n) λόγος, αιτία  
She never explained to us the reason she had been upset during the trip.

## UNIT 1

## TRENDSETTERS

1.1 **baggy** (adj) φαρδύς  
Tom usually wears baggy jeans because he finds them more comfortable.

1.2 **checked** (adj) καρό  
She was wearing a lovely checked shirt and a tight skirt.

1.3 **denim** (adj) ύφασμα ντένιμ  
The little girl was wearing a denim skirt and a plain cotton shirt.

1.4 **flat** (adj) ίσιος (για παπούτσια)  
I usually wear flat shoes because they're easier to walk in.

1.5 **flowery** (adj) εμπριμέ  
My grandma used to wear flowery dresses in the summer.

1.6 **high-heeled** (adj) ψηλοτάκουνος  
When Marcia goes out in the evening, she usually wears her favourite high-heeled shoes.

1.7 **long-sleeved** (adj) μακρυμάνικός  
People with very white skin should wear long-sleeved T-shirts in the summer for protection.

1.8 **plain** (adj) σκέτος, χωρίς σχέδια πάνω του  
I prefer to buy plain T-shirts, I don't like patterns or logos on them.

1.9 **cotton** (n) βαμβακερός  
He always wears a cotton T-shirt under his shirt.

1.10 **spotted** (adj) με πουά  
Do you like my new spotted leggings?

1.11 **striped** (adj) ριγέ  
She wore a striped shirt and a spotted pair of trousers.

1.12 **tight** (adj) στενός  
I don't like wearing tight clothes - they aren't comfortable enough.

1.13 **shape** (n) σχήμα  
The shape of this bag is very strange! It looks like an apple!

1.14 **pattern** (n) σχέδιο  
He was wearing a hoodie with a lovely pattern on it.

1.15 **material** (n) υλικό, ύφασμα  
What material are your shoes made of?

1.16 **paparazzi** (n) παπαράτσι, ειδικότητα δημοσιογράφων που κυνηγούν διασημότητες  
The paparazzi were waiting outside Adele's house to take photos.

1.17 **scarf** (n) μαντήλι  
It was cold so I had a scarf wrapped around my neck.

- 1.18 **combine** (v) συνδυάζω  
*She always combines the colours and materials of her clothes very successfully.*
- 1.19 **measure** (v) μετρώ  
*My smartwatch can measure my steps, my breathing and my heart rate while I'm exercising!*
- 1.20 **heart rate** (n) σφιγμός  
*Her heart rate was very high, so the doctor sent her to hospital.*
- 1.21 **breathing** (n) αναπνοή  
*The emergency service worker checked the injured man's breathing and heart rate.*
- 1.22 **touch** (v) αγγίζω  
*You mustn't touch paintings or museums exhibits!*
- 1.23 **sleeve** (n) μανίκι  
*In the summer, I usually wear clothes with short sleeves only.*
- 1.24 **create** (v) δημιουργώ  
*Dennis creates really trendy clothes out of the most unusual materials!*
- 1.25 **sensor** (n) αισθητήρας  
*The flat has got smoke sensors - if there's smoke they sound the alarm!*
- 1.26 **circulate** (v) κυκλοφορώ  
*The air conditioner circulated some cool air and the temperature in the room dropped.*
- 1.27 **emergency service** (n) υπηρεσία έκτακτης ανάγκης  
*Quick! Call the emergency services! There's been an accident!*
- 1.28 **sweaty** (adj) ιδρωμένος  
*Harry was sweaty after playing football for two hours.*
- 1.29 **smart** (adj) έξυπνος  
*Do you think smart watches and phones are here to stay or just a passing trend?*
- 1.30 **charge** (v) φορτίζω  
*He forgot to charge his phone so he couldn't make any calls or send messages.*
- 1.31 **update** (n) ενημέρωση  
*Have you read the latest update on electric cars? It's very interesting.*
- 1.32 **3-D printing** (n) τρισδιάστατη εκτύπωση  
*3-D printing can be used to create clothes or accessories that fit people perfectly.*
- 1.33 **check out** (phr v) τσεκάρω, κοιτάζω να δω αν μ'αρέσει κάτι  
*Hey! Check out these jeans! They're awesome!*
- 1.34 **trendy** (adj) μωδάτος, στυλάτος  
*She always wears very trendy clothes as she likes to be in fashion.*
- 1.35 **knit** (v) πλέκω  
*I've tried knitting a sweater, but it was a disaster!*
- 1.36 **hole** (n) τρύπα  
*Oh, no! There's a hole in my new T-shirt!*
- 1.37 **awful** (adj) απαίσιος  
*I had an awful day yesterday! Everything went wrong!*
- 1.38 **go out of fashion** (phr) φεύγω από τη μόδα  
*Jeans will never go out of fashion!*
- 1.39 **go with** (phr v) ταιριάζω με, πάω με (κάποιο χρώμα ή ρούχο)  
*Do you think these green trousers go with that red hoodie?*
- 1.40 **match** (v) ταιριάζω στο χρώμα  
*Oh, lovely! This blue shirt really matches the colour of your eyes!*
- 1.41 **fit** (v) χωράω, είμαι το σωστό μέγεθος  
*I need a larger size. These trousers don't fit me.*
- 1.42 **wear out** (phr v) χρησιμοποιώ (κάτι) μέχρι να λειώσει  
*I usually wear out my trainers in about six months and then I buy a new pair.*

- 1.43 **suit** (v) μου πηγαίνει  
*Long skirts don't suit me because I'm rather short.*
- 1.44 **try on** (phr v) δοκιμάζω (ρούχα για να τα αγοράσω)  
*I don't like buying clothes online because I prefer to try them on first.*
- 1.45 **changing room** (n) δοκιμαστήριο  
*She went to the changing rooms to try on some of the clothes she'd chosen.*
- 1.46 **hang up** (phr v) κρεμάω (ρούχα)  
*My sister is very untidy and never hangs up her clothes - her room is always a mess!*
- 1.47 **fold** (v) διπλώνω  
*The little boy folded his pyjamas and placed them under his pillow.*
- 1.48 **disaster** (n) καταστροφή  
*What a disaster! My dad washed his red socks together with my favourite white shirt! Now it's pink!*
- 1.49 **do up** (phr v) (εδώ) ανεβάζω (το φερμουάρ), κουμπώνω  
*Do up your jacket. It's very cold outside.*
- 1.50 **zip** (n) φερμουάρ  
*The dress had a long zip at the back and I couldn't do it up on my own.*
- 1.51 **undo** (v) (εδώ) κατεβάζω (το φερμουάρ), ξεκουμπώνω  
*As soon as he got into his house, he undid his shoelaces and took off his shoes.*
- 1.52 **button** (n) κουμπί  
*Before zips were invented, people only had clothes with buttons or strings.*
- 1.53 **coat hanger** (n) κρεμάστρα  
*Please, don't leave your clothes like that! Hang them up on the coat hangers.*
- 1.54 **bend** (v) διπλώνω, λυγίζω κάτι  
*She bended the hard cardboard and put it in the recycling bin.*
- 1.55 **top** (n) μπλούζα  
*I need a new top to go with my blue shorts.*
- 1.56 **upcycle** (v) επαναχρησιμοποιώ με άλλο τρόπο κάποιο παλιό αντικείμενο  
*Many young people upcycle second-hand clothes and create really fashionable and trendy outfits!*
- 1.57 **ethical** (adj) ηθικός  
*Ethical fashion is about polluting the environment less and paying workers better salaries.*
- 1.58 **obsessed** (adj) κολλημένος, πορωμένος  
*Ian is really obsessed with football - he only talks about his favourite team!*
- 1.59 **extremely** (adv) υπερβολικά  
*He's extremely talented and I believe he's got a great future as a fashion designer.*
- 1.60 **quite** (adv) αρκετά  
*The smart watch was quite expensive, so I didn't buy it in the end.*
- 1.61 **rather** (adv) μάλλον  
*She's rather short, so I don't think the dress will fit her.*
- 1.62 **fairly** (adv) αρκετά  
*My dad has got fairly big feet and it's difficult for him to find shoes that fit him.*
- 1.63 **far** (adv) πάρα πολύ  
*Italian clothes are far more fashionable than what we make!*
- 1.64 **a bit** (adv) λιγάκι  
*The skirt is a bit tight - can I have a larger size, please?*
- 1.65 **pretty** (adv) κάμποσο  
*This is a pretty expensive bag. I'm not sure I can buy it.*
- 1.66 **totally** (adv) εντελώς  
*He was totally lost without his wife who organised everything perfectly.*
- 1.67 **damaging** (adj) καταστροφικός  
*Producing denim is quite damaging for the environment.*



- 1.68 **essential** (adj) βασικός, ουσιώδης, απαραίτητος  
*It's essential we find ways not to pollute the planet when we create new clothes.*
- 1.69 **successful** (adj) επιτυχής  
*Her designs are very successful and popular and people love buying her clothes.*
- 1.70 **feather** (n) φτερό, πούπουλο  
*In the past, people used feathers to fill their clothes and make them warm, but nowadays, there are materials that don't harm animals.*
- 1.71 **leggings** (n) κολάν  
*She was wearing a pair of leggings and a spotted cotton top.*
- 1.72 **That's ... er ... different!** (phr) Αυτό είναι ... πολύ ιδιαίτερο!  
*What do you think of my new bag?' 'That's ... er ... different!'*
- 1.73 **out there** (phr) στην καρδιά της μόδας  
*I know! It's so out there, don't you think! I love how trendy it is!*
- 1.74 **very retro** (phr) ρετρό, παλιομοδίτικο που έχει ξαναγίνει μόδα  
*His clothes are very retro, but to be honest, I prefer a more modern style.*
- 1.75 **be in** (phr v) είμαι στη μόδα  
*Spotted and striped clothes together are in this summer, but I hate them!*
- 1.76 **fashion victim** (n) θύμα της μόδας, κάποιος που ακολουθεί τη μόδα υπερβολικά πιστά  
*Maria is such a fashion victim! She always buys the latest fashion even if it doesn't suit her!*
- 1.77 **huge fan of** (phr) τεράστιος θαυμαστής  
*I'm a huge fan of Pact because they produce their clothes without damaging the environment.*
- 1.78 **reduce** (v) μειώνω  
*We need to reduce our fashion footprint if we want our planet to survive!*
- 1.79 **fashion footprint** (n) ενεργειακό αποτύπωμα λόγω μόδας  
*Some fashion designers, like Stella McCartney design beautiful clothes without leaving a huge fashion footprint.*
- 1.80 **swap** (n) ανταλλαγή  
*My best friend and I wear the same size, so we often swap clothes we don't use anymore.*
- 1.81 **second-hand** (adj) από δεύτερο χέρι, μεταχειρισμένος  
*He bought a second-hand tennis racket from his cousin who's been playing tennis for years.*
- 1.82 **amazed** (adj) έκπληκτος  
*Adam was amazed at how much cheaper second-hand clothes were!*
- 1.83 **behaviour** (n) συμπεριφορά  
*If we want to reduce our energy footprint, we really need to change our behaviour.*
- 1.84 **kilt** (n) κιλτ, σκωτσέζικη φούστα  
*My cousin got married to a Scotchman. On the wedding he was wearing his kilt!*
- 1.85 **tartan** (n) είδος σκωτσέζικου καρό υφάσματος  
*I love the colours of this tartan! Perhaps I can make a skirt and matching jacket out of it!*
- 1.86 **indicate** (v) δείχνω, υποδεικνύω  
*The colours of tartan indicate where the people who made it come from.*
- 1.87 **wrap** (v) τυλίγω  
*She wrapped the present in some colourful paper.*
- 1.88 **vertical** (adj) κάθετος  
*Tartan is made of vertical and horizontal stripes.*
- 1.89 **horizontal** (adj) οριζόντιος  
*She drew a horizontal line on the paper to indicate where the sky met the sea in the horizon.*



- 1.90 **stripe** (n) ρίγα  
*Are zebras white with black stripes or black with white stripes?*
- 1.91 **represent** (v) αντιπροσωπεύω  
*Different tartans represent different groups of people in Scotland.*
- 1.92 **clan** (n) φατρία, σόι, φυλή  
*In the past, people in Scotland were divided in clans, in large family groups, in other words.*
- 1.93 **pin** (n) παραμάνα, καρφίτσα  
*She used a pin to attach the flower to her top.*
- 1.94 **leather** (adj) δερμάτινος  
*Kevin never wears leather shoes or belts. He believes there are other materials that don't harm animals.*
- 1.95 **belt** (n) ζώνη  
*These trousers are too baggy for me. Can you lend me a belt to keep them in place, please?*
- 1.96 **fur** (n) γούνα  
*Fur is so out of fashion! Imagine killing animals just to use their fur coat!*
- 1.97 **sock** (n) κάλτσα  
*He wore a pair of socks that matched the colour of his shorts.*
- 1.98 **lace** (n) κορδόνι (παπουτσιών)  
*Do up your shoelaces or you'll trip and fall over.*
- 1.99 **shawl** (n) σάλι, σάρπα  
*My aunt was cold and she wrapped her shawl round her shoulders.*
- 1.100 **dress** (n) ενδυμασία  
*Women on Karpathos still wear traditional dress in formal ceremonies and festivals.*
- 1.101 **funeral** (n) κηδεία  
*Everyone at the funeral was sad.*
- 1.102 **event** (n) εκδήλωση  
*She loves social events and never misses the opportunity to attend one.*
- 1.103 **ceremony** (n) τελετή  
*The wedding ceremony was simple but very tasteful with beautiful decorations.*
- 1.104 **combination** (n) συνδυασμός  
*The combination of different colours and patterns makes her clothes very original.*
- 1.105 **attach** (v) κρατώ ενωμένα, κολλάω μεταξύ τους  
*He attached the pages together with a paperclip.*
- 1.106 **string** (n) σπάγκος  
*She used some string to tie the parcel up.*
- 1.107 **illegal** (adj) παράνομος  
*It's illegal to wear a police officer's uniform if you aren't one.*
- 1.108 **century** (n) αιώνας  
*Three centuries ago, people's clothes were very different, and a lot more uncomfortable, in my view.*
- 1.109 **tie** (n) γραβάτα  
*It's a formal event, so you have to wear a tie and jacket.*
- 1.110 **bow tie** (n) παπιγιόν  
*Almost no one wears a bow tie nowadays, but they used to be quite fashionable in the past.*
- 1.111 **employ** (v) απασχολώ, δίνω δουλειά  
*The factory employs many workers from the nearby town.*
- 1.112 **iron** (v) σιδερώνω  
*We never iron our clothes! We just hang them up very careful while they're still wet and they look fine!*
- 1.113 **series** (n) σειρά  
*My favourite TV series is The Big Bang Theory! It's the funniest series I've ever watched!*
- 1.114 **confused** (adj) μπερδεμένος  
*He was confused because the explanation his friend gave him didn't make any sense.*

1.115 **image** (n) εικόνα

*The image of my cat wearing a hat and bow tie will be in my memory for ever!*

1.116 **memory** (n) μνήμη

*She tried to remember the phone number, but her memory didn't help her.*

1.117 **wipe** (v) σκουπίζω

*She wiped the table with a piece of cloth.*

## UNIT 2

## CHANGES

2.1 **settle down** (phr v) τακτοποιούμαι (σε ένα καινούριο μέρος)

*It took us some time to settle down in the new house.*

2.2 **sign up** (phr v) γίνομαι μέλος, γράφομαι

*Jerry signed up for windsurfing lessons.*

2.3 **try out** (phr v) δοκιμάζω

*There's a new restaurant in the city centre. Let's try it out.*

2.4 **turn out** (phr v) καταλήγω

*The problem turned out to be very easy to solve.*

2.5 **move out** (phr v) μετακομίζω, φεύγω από κάποιο σπίτι

*She moved out of her parents' house and into a small flat when she went to university.*

2.6 **move to** (phr v) μετακομίζω, μπαίνω σε νέο σπίτι

*Next week we're moving to our new cottage in the village. I can't wait!*

2.7 **go back to** (phr v) επιστρέφω

*When he finished his studies, Nick went back to his home town.*

2.8 **end up** (phr v) καταλήγω σε κάποιο μέρος (συνήθως κατά λάθος)

*We took the wrong turn and we ended up in a part of the town we had never been before.*

2.9 **go through** (phr v) περνάω, υπομένω

*They had to go through a lot of difficulties before they settled down in a small town in the north.*

2.10 **do without** (phr v) τα βγάζω πέρα χωρίς

*Can you do without internet for a whole month?*

2.11 **turn down** (phr v) αρνούμαι (πρόσκληση, κλπ)

*I was invited to the party, but I turned down the invitation because I had to revise for an exam.*

2.12 **survive** (v) επιζώ

*Alex had to survive without his phone for a week!*

2.13 **situation** (n) κατάσταση, περίσταση

*The situation was new and very strange for the little boy who didn't speak any English.*

2.14 **experience** (v) βιώνω

*She experienced some difficult situations which taught her how to deal with problems.*

2.15 **result** (n) αποτέλεσμα

*The mistake he made led to some very strange results.*

2.16 **international** (adj) διεθνής

*The Olympic Games are an international sports event.*

- 2.17 **brochure** (n) προσπέκτους, φυλλάδιο  
She read the brochure to find more information about the holiday resort.
- 2.18 **exchange** (n) ανταλλαγή (μαθητών)  
Our school is taking part in an international exchange next month.
- 2.19 **topic** (n) θέμα  
What was the topic of the essay you had to write?
- 2.20 **confident** (adj) γεμάτος αυτοπεποίθηση  
Natasha is very confident and is never afraid to speak up in public.
- 2.21 **adventurous** (adj) περιπετειώδης  
We're very adventurous and love trying out extreme sports and remote locations on our holidays.
- 2.22 **reindeer** (n) τάρανδος  
People in Alaska used to use reindeer for moving around.
- 2.23 **Finn** (n) Φινλανδός  
Finns are very friendly and easy-going people.
- 2.24 **Northern Lights** (n) Βόρειο Σέλας  
When we visited Norway, we had the opportunity to see the Northern Lights! It was an amazing experience!
- 2.25 **opportunity** (n) ευκαιρία  
If you have the opportunity, visit Poseidon's Temple in Sounio, at sunset.
- 2.26 **especially** (adv) ειδικά, ιδιαίτερα  
I love animals and especially cats.
- 2.27 **absolutely** (adv) εντελώς  
Being an exchange student is an absolutely amazing experience!
- 2.28 **mix** (n) μείγμα  
The mix of people living on the island makes the culture and music there unique!
- 2.29 **local** (adj) τοπικός, ντόπιος  
Have you tried any of the local food yet? It's delicious!
- 2.30 **culture** (n) κουλτούρα, πολιτισμός  
As an exchange student, you'll have the opportunity to learn a lot about the culture of the country you're visiting.
- 2.31 **outgoing** (adj) εξωστρεφής  
Janice is an outgoing and very friendly person.
- 2.32 **ups and downs** (phr) τα πάνω και τα κάτω  
Moving to a new town has its ups and downs.
- 2.33 **timetable** (n) χρονοδιάγραμμα, πρόγραμμα  
I'm making next year's timetable with all the after-school activities I want to sign up for.
- 2.34 **classmate** (n) συμμαθητής  
My new classmates were very friendly and helped me settle down easily.
- 2.35 **improve** (v) βελτιώνω  
When I went to live in Liverpool for six months, my English improved a lot.
- 2.36 **homesick** (adj) αυτός που νιώθει νοσταλγία  
Wendy felt a little homesick when she went to study in another country.
- 2.37 **variety** (n) ποικιλία  
On Crete, you'll find a variety of different dishes for every taste!
- 2.38 **sociable** (adj) κοινωνικός  
My brother is very sociable and outgoing and has got lots of friends.
- 2.39 **break** (n) διάλειμμα  
She usually spends her break with her friends laughing and telling jokes.
- 2.40 **childhood** (n) παιδική ηλικία  
My grandparents' childhood was very different from mine.
- 2.41 **invitation** (n) πρόσκληση  
Our neighbours sent us an invitation for a party they're having next Saturday.



- 2.42 **wooden** (adj) ξύλινος  
The children found a wooden box on the beach and carried it home to try and open it.
- 2.43 **object** (n) αντικείμενο  
Some of the objects that our parents grew up with are totally unfamiliar to the children of today!
- 2.44 **recognise** (v) αναγνωρίζω  
She was wearing a hat and big, black glasses and no one recognised her.
- 2.45 **home video camera** (n) βιντεοκάμερα  
My dad used to have a home video camera and recorded our holiday adventures on film.
- 2.46 **fax machine** (n) μηχανή φάξ  
My mum used to have a fax machine in her office, but now she sends and receives emails.
- 2.47 **typewriter** (n) γραφομηχανή  
Kate is a writer, but she refuses to write on a computer. She says a typewriter helps her organise her thoughts.
- 2.48 **digital watch** (n) ψηφιακό ρολόι  
I still remember the day my grandparents bought me a digital watch as a present. I was thrilled!
- 2.49 **encyclopedia** (n) εγκυκλοπαίδεια  
When my mum was a kid, she would look up information on encyclopedias to do her school projects.
- 2.50 **radio** (n) ραδιόφωνο  
My uncle and aunt still listen to the news on an old radio that works with batteries.
- 2.51 **lava lamp** (n) λάμπα λάβας, είδος διακοσμητικής λάμπας  
They have a retro lava lamp in their living room - it's really cool!
- 2.52 **cable** (n) καλώδιο  
Dave used a cable to connect his camera to his computer.
- 2.53 **cover** (n) κάλυμα, εξώφυλλο  
Some of the books on my grandpa's bookcase have beautiful hard covers decorated with golden letters.
- 2.54 **display** (n) οθόνη  
Look at the display on your watch to see how many kilometres you have run.
- 2.55 **handle** (n) χερούλι  
Angela grabbed the handle and tried to open the door.
- 2.56 **key** (n) πλήκτρο  
One of the keys on my keyboard doesn't work, so I can't type my project.
- 2.57 **lens** (n) φακός  
Before you take any photos, make sure that the camera lens is clean.
- 2.58 **lid** (n) καπάκι  
Jane never puts the lid back on after she uses the toothpaste.
- 2.59 **plug** (n) πρίζα  
Before you call a technician for help, make sure your TV set is in the plug.
- 2.60 **strap** (n) λουρί, ιμάντας  
The strap of my watch is broken - I need to buy a new one.
- 2.61 **phone charger** (n) φορτιστής τηλεφώνου  
Can I use your phone charger for a bit? I'm running out of battery.
- 2.62 **buzzer** (n) κουδούνι, βομβητής, κουμπί  
The players in the TV show must push the buzzer if they know the correct answer.
- 2.63 **printer** (n) εκτυπωτής  
The printer is out of ink - I can't print any photos now.
- 2.64 **sell out** (phr v) ξεπουλάω  
When I went online to buy tickets for my favourite singer's concert, I discovered they'd already been sold out.
- 2.65 **ink** (n) μελάνι  
Can you buy some ink for the printer when you go to the shops, please?



- 2.66 **deal with** (phr v) είναι κάποιο είδος..  
*Temperatures of over 40 degrees is something you have to learn to deal with here in summer.*
- 2.67 **old-school** (adj) παλιομοδίτικος  
*Jeremy is very old-school and still uses a typewriter to write his books.*
- 2.68 **type** (v) δακτυλογραφώ  
*She's had typing lessons and now she can type fast and without looking at the keys.*
- 2.69 **press** (v) πιέζω  
*He pressed the buzzer first and answered the last question correctly so he won the game.*
- 2.70 **get stuck** (phr) κολλάω  
*The on/off button's got stuck - I can't turn the printer on.*
- 2.71 **Try it out!** (phr) Δοκίμασε το!  
*I'm sure you'll love this new app. Here, try it out!*
- 2.72 **ordinary** (adj) συνηθισμένος  
*This isn't an ordinary watch - it's a smart watch and it has a variety of different apps.*
- 2.73 **how come...?** (phr) πώς και έτσι...;  
*How come and you didn't come to the party last Saturday?*
- 2.74 **I'm not surprised!** (phr) Δεν μου κάνει έκπληξη!  
*Monica's very upset with her brother! 'I'm not surprised! He broke her camera yesterday.'*
- 2.75 **I've messed it up.** (phr) Τα έκανα θάλασσα.  
*Oh, dear! I've messed up! Now I have to start all over again!*
- 2.76 **all over again** (phr) ξανά από την αρχή  
*My homework was full of mistakes so the teacher made me do it all over again.*
- 2.77 **stressed** (adj) στρεσαρισμένος, αγχωμένος  
*Phil was very stressed last week because he had loads of homework and no time at all.*
- 2.78 **previous** (adj) προηγούμενος  
*We used to eat at that restaurant very often as the previous owner was very polite and friendly.*
- 2.79 **generation** (n) γενιά  
*Do you think the next generation will have an easier childhood than ours?*
- 2.80 **a great deal** (phr) πάρα πολύ  
*Things in the village have changed a great deal since my grandma was a girl.*
- 2.81 **decade** (n) δεκαετία  
*Rebecca is obsessed with objects of previous decades, especially the 1980s!*
- 2.82 **in particular** (phr) συγκεκριμένα  
*She enjoys playing computer games, in particular games that are about sports.*
- 2.83 **under pressure** (phr) υπό πίεση  
*The team were under a lot of pressure to win the match so the players were very stressed.*
- 2.84 **enormous** (adj) τεράστιος  
*He caught an enormous fish in the river, took a photo with his smartphone and then let it free.*
- 2.85 **do well** (phr v) τα πάω καλά  
*I hope I can do well in my final exams next week!*
- 2.86 **this means that** (phr) αυτό σημαίνει ότι  
*She grew up in the 1970s. This means that she grew up without a computer or the internet!*
- 2.87 **necessary** (adj) απαραίτητος  
*Most people nowadays consider a smartphone absolutely necessary. They can't imagine life without one!*
- 2.88 **therefore** (adv) επομένως  
*Young people today spend a lot of time in front of a screen. Therefore, they don't have enough physical exercise.*
- 2.89 **follower** (n) ακόλουθος  
*Have you checked out Marianna's online profile? How many followers has she got?*

- 2.90 **invent** (v) εφευρίσκω  
*How did people communicate before mobile phones were invented?*
- 2.91 **in addition** (phr) επιπρόσθετα  
*Mobile phones are useful for communicating with others. In addition, they can be used for taking photos or connecting to the internet.*
- 2.92 **addictive** (adj) εθιστικός  
*I never play computer games because some of them are addictive and I'm afraid I won't be able to stop.*
- 2.93 **in conclusion** (phr) συμπερασματικά  
*For all the above reasons, I believe mobile phones are very useful. In conclusion, I think they should be allowed at school.*
- 2.94 **involve** (v) περιλαμβάνω, συνεπάγομαι  
*Being popular on social media involves spending hours tweeting, taking selfies and uploading photos online.*
- 2.95 **physical exercise** (n) σωματική άσκηση  
*If you want to be healthy, you need to have more physical exercise every week.*
- 2.96 **have many good points** (phr) έχω πολλά καλά στοιχεία  
*In my view, using tablets in the classroom has many good points.*
- 2.97 **problem-solving** (adj) που σχετίζεται με την επίλυση προβλημάτων  
*People who play computer games have better problem-solving skills.*
- 2.98 **skill** (n) δεξιότητα  
*Growing up in a small village, the children have developed many survival skills.*
- 2.99 **freedom** (n) ελευθερία  
*Should teenagers have the freedom to choose if they want to go to school or not?*
- 2.100 **exhibit** (n) έκθεμα  
*The exhibits at the Naxos archaeological museum are awesome!*
- 2.101 **label** (n) καρτέλα, ετικέτα  
*I always read the labels next to museum exhibits because I like understanding what I'm looking at.*
- 2.102 **device** (n) συσκευή  
*I think homes in the future will have smart devices which will do many chores on their own!*
- 2.103 **toaster** (n) φρυγανιέρα  
*My grandmother's toaster was very old-school, but more practical than these modern ones!*
- 2.104 **rare** (adj) σπάνιος  
*Some animals are extremely rare and must be protected otherwise they'll disappear for ever.*
- 2.105 **identity** (n) ταυτότητα  
*Using the social media and playing computer games is part of today's teenage identity.*
- 2.106 **streaming** (n) μεταδίδω κάτι ζωντανά στο ίντερνετ  
*We don't have internet at the moment, so streaming my favourite series is impossible.*
- 2.107 **available** (adj) διαθέσιμος  
*Free wi-fi is available at most cafes in our town.*
- 2.108 **record shop** (n) δισκοπωλείο  
*My dad would spend hours at his favourite record shop looking for records to buy.*
- 2.109 **draft text** (n) πρόχειρο κείμενο  
*Before writing your essay, you should make a draft text, check it and correct it.*
- 2.110 **diplomat** (n) διπλωμάτης, υπάλληλος σε πρεσβεία  
*Jenny is a diplomat and she and her family move to a new country very two years.*
- 2.111 **brick** (n) τούβλο  
*The children used Lego® bricks to build a robot.*

# FOOD FOR THOUGHT

- 3.1 **habit** (n) συνήθεια  
*People will have to change their eating habits in the future.*
- 3.2 **bake** (v) ψήνω (για ψωμί ή κέικ, κλπ)  
*My grandma baked the cookies and then she called us.*
- 3.3 **chop** (v) ψιλοκόβω  
*Harry chopped some onions and added them to the salad.*
- 3.4 **fry** (v) τηγανίζω  
*He fried two eggs, seasoned them and ate them for lunch.*
- 3.5 **grate** (v) τρίβω (τυρί, κλπ, στον τρίφτη)  
*Can you grate some cheese for the pasta, please?*
- 3.6 **grill** (v) ψήνω στο γκριλ  
*Maria grilled some cheese and mushrooms. They were delicious!*
- 3.7 **heat** (v) θερμαίνω  
*I've left you some food in the fridge. Heat it up and eat it when you come back home.*
- 3.8 **overcook** (v) παραμαγειρεύω  
*She didn't set an alarm, so she overcooked the rice. It was awful!*
- 3.9 **peel** (v) ξεφλουδίζω  
*Can you peel some potatoes, please? We're going to have chips for lunch.*
- 3.10 **roast** (v) ψήνω (για κρέας, κλπ, στο φούρνο)  
*Every Sunday, we would have roasted meat with potatoes in the oven.*
- 3.11 **season** (v) αλατοπιπερώνω  
*Don't forget to season the meat before you cook it.*
- 3.12 **slice** (v) κόβω σε φέτες  
*She sliced the bread, seasoned it, added a splash of oil and grilled it for a bit.*
- 3.13 **spread** (v) αλοιφώ  
*She spread butter and jam on the toast.*
- 3.14 **pan** (n) τηγάνι  
*She added all the ingredients in the pan and fried them.*
- 3.15 **oven** (n) φούρνος  
*Turn on the oven at 180 degrees.*
- 3.16 **jam** (n) μαρμελάδα  
*We had so many strawberries we decided to make jam! Yum!*
- 3.17 **traditionally** (adv) παραδοσιακά  
*Traditionally, a sweet bread is eaten on New Year's day in Greece.*
- 3.18 **ingredient** (n) συστατικό  
*What are the ingredients to make a mango smoothie?*
- 3.19 **ostrich** (n) στρουθοκάμηλος  
*Ostriches are really big birds which live in Africa.*
- 3.20 **duck** (n) πάπια  
*There were some ducks swimming in the river.*
- 3.21 **forum** (n) ονλάιν πλατφόρμα συζητήσεων  
*I've joined a forum where people are discussing healthy eating habits.*
- 3.22 **discuss** (v) συζητώ  
*They were discussing a serious matter and I didn't want to interrupt them.*
- 3.23 **population** (n) πληθυσμός  
*The Earth's population is growing very fast, and soon we'll have to find alternative sources of food.*



- 3.24 **jellyfish** (n) μέδουσα, τσούχτρα  
*We didn't swim because there were jellyfish in the sea.*
- 3.25 **flavour** (n) γεύση  
*What flavour ice cream would you like? Banana or chocolate?*
- 3.26 **artificial** (adj) τεχνητός  
*I try to avoid eating foods which contain artificial flavours and colours.*
- 3.27 **laboratory** (n) εργαστήριο  
*We did a very interesting experiment in the school laboratory last week.*
- 3.28 **disgusting** (adj) αηδιαστικός  
*Yuck! What's in this soup? It tastes disgusting!*
- 3.29 **scientist** (n) επιστήμονας  
*Many scientists are warning us that the climate of the Earth is changing and we must act now before it's too late.*
- 3.30 **throw away** (phr v) πετάω (στα σκουπίδια)  
*It's a shame to throw away food because you haven't eaten it. Buy and cook smaller quantities!*
- 3.31 **fridge** (n) ψυγείο  
*I didn't eat all the salad, so I kept it in the fridge to eat the next day.*
- 3.32 **suggest** (v) προτείνω  
*Martha suggested cooking our own dinner instead of ordering pizzas.*
- 3.33 **recipe** (n) συνταγή (μαγειρικής)  
*Eileen's recipe for banana bread is delicious and makes use of bananas that are going bad.*
- 3.34 **waste** (v) χαραμίζω, πετάω  
*Did you know that in Europe, America and Australia a lot of food is wasted because people buy it but don't eat it?*
- 3.35 **produce** (v) παράγω  
*In my opinion, the best olive oil is produced on Lesbos!*
- 3.36 **alternative** (adj) εναλλακτικός  
*People will have to find alternative sources of protein if the world population continues to grow.*
- 3.37 **insect** (n) έντομο  
*Anna hates camping because she's afraid of insects.*
- 3.38 **delicacy** (n) λιχουδιά  
*In some countries, fried insects are considered a delicacy by the locals!*
- 3.39 **bug** (n) μαμούνι  
*Bugs, insects and spiders are eaten in many parts of the world.*
- 3.40 **expert** (n) ειδικός, ειδήμονας  
*Ms Jones is an expert in the study of whales. She knows all about them!*
- 3.41 **sense** (n) αίσθηση  
*We use most of our senses when we eat - first we look at our food, we smell it, we taste it and we feel it!*
- 3.42 **taste** (v) γεύομαι  
*Before you add any more salt to the food, taste it to see how much you need.*
- 3.43 **cereal** (n) δημητριακό  
*I always have cereal with yoghurt and fruits for breakfast.*
- 3.44 **oat** (n) βρώμη  
*She made some cookies with oats, nuts, honey and chocolate chunks.*
- 3.45 **strawberry** (n) φράουλα  
*At Wimbledon matches, people can eat strawberries with cream.*
- 3.46 **chunk** (n) ακανόνιστο (χοντροκομμένο) κομμάτι  
*She cut the mango in big chunks and added it to the fruit salad.*
- 3.47 **pineapple** (n) ανανάς  
*I love pineapple with chicken and curry - it's so yummy!*
- 3.48 **handful** (n) χούφτα  
*Kevin added a handful of nuts in the salad bowl.*



- 3.49 **blueberry** (n) μύρτιλο  
*I want to make a cheese cake with blueberries and strawberries. Do you have a recipe?*
- 3.50 **packet** (n) πακέτο, σακουλάκι, συσκευασία  
*We had a packet of cookies, so we ate them while we were waiting for the bus.*
- 3.51 **nut** (n) ξηρός καρπός  
*Nuts are a very healthy source of vitamins and proteins, so they're a good snack.*
- 3.52 **a pinch of** (phr) μια πρέζα ...  
*My mum always told me to add a pinch of salt in all the sweets I made. She said it made them tastier.*
- 3.53 **cinnamon** (n) κανέλα  
*Baked apples with cinnamon, nuts and cream are my favourite desert.*
- 3.54 **sprinkle** (n) πασπάλισμα  
*Tom added a sprinkle of brown sugar on top of his blueberry pie before baking it.*
- 3.55 **brown sugar** (n) μαύρη ζάχαρη  
*Would you like brown sugar or regular I your tea?*
- 3.56 **spoonful** (n) κουταλιά  
*If you want to make a delicious salad dressing, add a spoonful of honey, a splash of olive oil, some salt and pepper and mix well.*
- 3.57 **yoghurt** (n) γιαούρτι  
*Greek yoghurt is a superfood! It's tasty and nutritious.*
- 3.58 **splash** (n) λιγάκι, μια σταλιά, ένα δάκτυλο (από υγρό υλικό)  
*Dad added a splash of milk in his coffee.*
- 3.59 **nutritious** (adj) θρεπτικός  
*Fast food is tasty, but unfortunately it isn't nutritious - it's quite unhealthy in fact.*
- 3.60 **throat** (n) (το εσωτερικό) λαιμός  
*When my throat hurts, I drink warm tea with milk and honey.*
- 3.61 **olive** (n) ελιά  
*When I was little I used to hate olives, but now I love eating them.*
- 3.62 **oregano** (n) ρίγανη  
*Don't forget to add some oregano to your Greek salad. It'll make all the difference!*
- 3.63 **solid** (n) στερεό  
*First, mix the solids in a bowl and then slowly add the liquids and mix well.*
- 3.64 **liquid** (n) υγρό  
*We usually add the liquids to the solids when we make a recipe, but here you must do the opposite.*
- 3.65 **pear** (n) αχλάδι  
*We had pears with a chunk of cheese as a snack and it was yummy!*
- 3.66 **cricket** (n) γρύλος, τριζόνι  
*We could hear the crickets singing in the grass all night.*
- 3.67 **lime** (n) γλυκολέμονο  
*Limes are a kind of lemon, but they're green and they taste a bit sweeter.*
- 3.68 **ant** (n) μυρμήγκι  
*Ants are amazing animals - they can carry up to five thousand times their body in weight!*
- 3.69 **tacos** (n) τάκος (είδος ισπανικού φαγητού)  
*We had some tacos with minced meat and avocado at the Mexican restaurant last week.*
- 3.70 **larvae** (n) προνύμφη, κάμπια  
*All butterflies start their life as larvae.*
- 3.71 **chilli** (n) καφετή πιπεριά  
*There were too many spicy chillies in the soup and the little girl didn't want to eat it.*
- 3.72 **coriander** (n) κόλιανδρος  
*When you're making chicken curry, add some chopped coriander - the flavour will be amazing.*

- 3.73 **contain** (v) περιέχω  
*This recipe contains very spicy ingredients, so if you don't like spicy food it isn't for you.*
- 3.74 **spicy** (adj) καυτερός  
*Tonia loves spicy food and adds pepper to all her dishes.*
- 3.75 **add** (v) προσθέτω  
*Don't add any more salt before tasting the food. It may already be very salty.*
- 3.76 **automatic** (adj) αυτόματος  
*Do you think we'll ever have completely automatic kitchens? Will we push a button and food will appear in front of us?*
- 3.77 **serve** (v) σερβίρω  
*Serve this dish with some lovely fresh salad.*
- 3.78 **yummy** (adj) νόστιμος  
*Eva made a yummy tomato sauce with lots of onions, mushrooms and of course tomatoes.*
- 3.79 **take ages** (phr) παίρνει άπειρο χρόνο  
*I love moussaka, but it takes ages to make it.*
- 3.80 **it's a piece of cake** (phr) είναι παιχνιδάκι  
*I thought it was difficult to make pastitsio, but it's actually a piece of cake!*
- 3.81 **onion** (n) κρεμμύδι  
*Have you ever tried fried onions? They're a great delicacy!*
- 3.82 **oil** (n) λάδι  
*Heat the oil and add the chopped onion and peppers.*
- 3.83 **fair amount of** (phr) κάμποσο, μεγάλη ποσότητα  
*For this recipe, you'll need a fair amount of butter.*
- 3.84 **pour** (v) χύνω, ρίχνω (κάτι υγρό μέσα σε δοχείο)  
*He poured the pineapple juice in the glass, added a splash of honey and some ice and made a lovely juice.*
- 3.85 **listicle** (n) συνδυασμός άρθρου και λίστας  
*My partner and I have got to write a listicle about healthy snacks as a school project.*
- 3.86 **topping** (n) υλικό, επικάλυψη σε πίτσα, κλπ  
*My best friend likes having pineapple, cheese and ham as toppings on her pizza!*
- 3.87 **tasty** (adj) νόστιμος  
*Gabriel cooked a very tasty meal for his parents last Sunday.*
- 3.88 **source** (n) πηγή, προέλευση  
*Sardines and other small fish are a very good source of vitamins and proteins.*
- 3.89 **fish farm** (n) ιχθυοτροφείο  
*We often buy fish from the local fish farm as it's cheaper and better for the environment.*
- 3.90 **watch this space!** (phr) αναμείνατε στο ακουστικό σας!  
*For our new album, more songs and podcasts soon, watch this space!*
- 3.91 **veggie** (n) χορτοφάγος  
*Traditional Greek cooking is perfect for veggies and vegans. There are so many delicious vegetarian dishes to choose from!*
- 3.92 **vegan** (v) αυστηρός χορτοφάγος που δεν τρώει κανένα ζωικό προϊόν  
*Andy is a vegan so he doesn't even eat eggs or cheese!*
- 3.93 **vegetarian** (n) χορτοφάγος  
*I'd cooked a lovely roasted chicken, but Sam was a vegetarian so he didn't eat any!*
- 3.94 **avoid** (v) αποφεύγω  
*Darren avoids eating animal products for health reasons.*
- 3.95 **will be the norm** (phr) θα είναι ο κανόνας  
*I think in the future, using a bike for moving around will be the norm.*

- 3.96 **associate** (v) σχετίζομαι, συνδέομαι  
*Moussaka is closely associated with Greece.*
- 3.97 **influence** (v) επηρεάζω  
*Greek cuisine has been influenced by the cuisine of the Balkans.*
- 3.98 **inhabitant** (n) κάτοικος  
*Although Telos is a small island, its inhabitants eat mostly meat and vegetables, not fish!*
- 3.99 **climate** (n) κλίμα  
*I believe that the changes in the climate will make people in the future change their eating habits.*
- 3.100 **wildlife** (n) άγρια ζωή, πανίδα  
*The wildlife in Madagascar is completely different from everywhere else on Earth.*
- 3.101 **exception** (n) εξαίρεση  
*Most teenagers enjoy fast food, and Marc is no exception.*
- 3.102 **indigenous** (adj) ιθαγενής  
*There are still some indigenous populations in the Amazon rainforest who have never been in touch with the rest of the world.*
- 3.103 **multicultural** (adj) πολυπολιτισμικός  
*London is a multicultural city - people of many different cultures all live together there.*
- 3.104 **cuisine** (n) εθνική κουζίνα μιας χώρας  
*Mexican cuisine is my favourite kind of food.*
- 3.105 **lamb** (n) αρνί  
*A traditional dish for family celebrations in Greece is roasted lamb with potatoes in the oven.*
- 3.106 **seafood** (n) θαλασσινά  
*Dina is allergic to seafood, so she can't eat any.*
- 3.107 **desert** (n) έρημος  
*The driest desert in the world is the Atacama desert where, in some parts, it hasn't rained for almost 500 years!*
- 3.108 **solar-powered** (adj) που λειτουργεί με ηλιακή ενέργεια  
*Experts believe that in the future more and more devices will be solar-powered.*
- 3.109 **greenhouse** (n) θερμοκήπιο  
*Dominic has built a greenhouse in his garden and grows his own vegetables there.*
- 3.110 **transform** (v) μεταμορφώνω  
*The changes in the climate will slowly transform whole areas in the future.*
- 3.111 **customer** (n) πελάτης  
*As she has an online shop, she has customers from all over the world.*
- 3.112 **odd** (adj) περίεργος, διαφορετικός  
*Farmers sometimes throw away vegetables and fruit that look odd, because customers don't want to buy them.*
- 3.113 **produce** (n) γεωργικά προϊόντα  
*We've got a farmers' market near our home so we can always buy fresh produce at good prices.*
- 3.114 **adapt** (v) προσαρμόζομαι  
*With the growing population of the planet and the climate change, we'll have to adapt to new habits to survive.*
- 3.115 **book** (v) κλείνω, κάνω κράτηση  
*Hello, I'd like to book a table for four at your restaurant, please.*
- 3.116 **goal** (n) στόχος, σκοπός  
*My goals for this year is to be able to speak English better without thinking about what I want to say first.*
- 3.117 **episode** (n) επεισόδιο (τηλεοπτικής σειράς, κλπ)  
*I haven't seen this episode of Game of Thrones, so please don't tell me what happens next.*



## UNIT 4

## SENSE AND SENSITIVITY

- 4.1 **sensitivity** (n) ευαισθησία  
*Tonia has a sensitivity to bright sunlight, so she always wears long sleeves and sunglasses when she goes out.*
- 4.2 **bat** (n) νυχτερίδα  
*Bats sleep during the day and go out at night.*
- 4.3 **submarine** (n) υποβρύχιο  
*The scientists are using a submarine to explore the deepest parts of the ocean.*
- 4.4 **in common** (phr) (έχω κάτι) κοινό  
*What do bats and submarines have in common?*
- 4.5 **durian** (n) ντούριαν (είδος τροπικού φρούτου)  
*Eating durian in public transport is illegal because it smells so bad!*
- 4.6 **artificial grass** (n) τεχνητό γρασίδι  
*There's a football pitch with artificial grass near my home.*
- 4.7 **knickerbocker glory** (n) είδος γλυκίσματος που σερβίρεται σε ψηλό ποτήρι  
*I've never eaten a knickerbocker glory. Is it good?*
- 4.8 **look like** (phr) μοιάζω με  
*These carrots look like they're dancing together! Check them out!*
- 4.9 **feel like** (phr) έχω αίσθηση (κάποιου πράγματος)  
*What material is this jumper made of? It feels like wool, but it isn't.*
- 4.10 **sound like** (phr) ακούγομαι σαν  
*When my dog wants to eat, he sounds like a hungry wolf!*
- 4.11 **taste** (v) έχω γεύση (κάποιου πράγματος)  
*This fruit tastes like watermelon but it isn't. What fruit is it?*
- 4.12 **look** (v) φαίνομαι  
*The puppy looks sad. What's wrong with him?*
- 4.13 **slimy** (adj) γλοιώδης  
*Snails are slimy, but some people like eating them.*
- 4.14 **feel** (v) έχω αίσθηση (κάποιου πράγματος)  
*My laptop feels very hot. I'd better turn it off so it can cool down.*
- 4.15 **smell** (v) μυρίζω  
*Mmm... What you're cooking smells delicious! When's it going to be ready?*
- 4.16 **tongue** (n) γλώσσα  
*Did you know that snakes can smell with their tongues?*
- 4.17 **snore** (v) ροχαλίζω  
*My sister was snoring loudly, so it was very difficult for me to sleep.*
- 4.18 **trumpet** (n) τρομπέτα  
*Danny can play the trumpet very well now!*
- 4.19 **graffiti** (n) γκράφιτι  
*Some graffiti looks nice, but most of it looks awful!*
- 4.20 **weak** (adj) αδύναμος  
*Dogs have rather weak sight and can't see very far.*
- 4.21 **sight** (n) όραση  
*Which animals have the strongest sight? Is it eagles?*

- 4.22 **pain** (n) πόνος  
*Animals can feel fear and pain just like people. You should always be kind to them.*
- 4.23 **fear** (n) φόβος  
*Nicole doesn't know what fear means! She'll take on the scariest challenges!*
- 4.24 **physical** (adj) σωματικός  
*Physical exercise is very important if you want to stay healthy and fit.*
- 4.25 **realise** (v) καταλαβαίνω, αντιλαμβάνομαι  
*He didn't realise that I could hear him, so he continued talking to his friend about us.*
- 4.26 **developmental** (adj) αναπτυξιακός  
*Some children with developmental problems need different teaching methods.*
- 4.27 **chew** (v) δαγκώνω  
*The dog chewed the bone hungrily.*
- 4.28 **ambition** (n) φιλοδοξία  
*My ambition is to be one of the best experts in animal behaviours in the world!*
- 4.29 **optimistic** (adj) αισιόδοξος  
*Dennis is very optimistic about the future. He believes everything will be fine.*
- 4.30 **condition** (n) κατάσταση, πάθηση  
*Alfred's condition doesn't allow him to do what other children his age can do.*
- 4.31 **affect** (v) επηρεάζω  
*The accident has affected how George sees life. He's much more careful now.*
- 4.32 **operation** (n) εγχείρηση  
*My grandma had an operation to remove a stone from her kidney.*
- 4.33 **remove** (v) απομακρύνω, βγάζω κάτι από κάπου  
*The doctor removed the broken glass from my foot very carefully.*
- 4.34 **adrenal gland** (n) επινεφρίδιο, αδένας που παράγει αδρεναλίνη  
*The adrenal glands produce adrenaline which is an important chemical for our survival.*
- 4.35 **effect** (n) αποτέλεσμα, συνέπεια  
*You have to take the medicine for a week before you can feel its effect.*
- 4.36 **parachute** (n) αλεξίπτωτο  
*We went skydiving - we jumped off the plane, opened our parachutes and floated down to earth.*
- 4.37 **rollercoaster** (n) τραινάκι του τρόμου στο λούνα παρκ  
*The scariest and biggest rollercoaster is the Kingda Ka in the USA.*
- 4.38 **disadvantage** (n) μειονέκτημα  
*A disadvantage of not feeling pain is that you can hurt yourself quite badly and not know it.*
- 4.39 **adrenaline** (n) αδρεναλίνη  
*When people are scared, adrenaline allows them to react faster to danger.*
- 4.40 **painkiller** (n) αναλγητικό φάρμακο, παυσίπονο  
*She'd broken her leg and was in pain, so the doctors gave her some painkillers to make her feel better.*
- 4.41 **challenge** (n) πρόκληση  
*Have you seen the Instagram challenge about picking rubbish from the beach? Let's do it!*
- 4.42 **raise money** (phr) μαζεύω χρήματα (για φιλανθρωπικούς σκοπούς)  
*My classmates and I are doing a swimming challenge to raise money for our favourite charity.*
- 4.43 **charity** (n) φιλανθρωπικός σκοπός  
*When Mr Scott died, he left a lot of money to charities which help the poor.*
- 4.44 **knowledge** (n) γνώση  
*Our knowledge of how animals communicate, can help us improve the ways we communicate, too.*

- 4.45 **common** (adj) κοινός, συνηθισμένος  
*Stress is a common problem for people who do dangerous jobs.*
- 4.46 **anxiety** (n) άγχος  
*She needs to learn to control her anxiety because she'll face many difficulties later in life.*
- 4.47 **achieve** (v) καταφέρνω, επιτυγχάνω  
*She achieved her dream to become a professional tennis player and she was very happy!*
- 4.48 **chemical** (n) χημικό  
*The chemicals in our brain affect our behaviour a lot.*
- 4.49 **drug** (n) φάρμακο  
*Scientists have discovered a drug which can help people with anxiety.*
- 4.50 **poisonous** (adj) δηλητηριώδης  
*Most snakes in Greece aren't poisonous. In fact, there is only one poisonous species!*
- 4.51 **blanket** (n) κουβέρτα  
*It was cold, so he covered himself with a blanket and went to sleep.*
- 4.52 **deaf** (adj) κουφός  
*My cat is completely deaf! He can't hear anything at all, so I never let him out in the street as it's dangerous for him.*
- 4.53 **presentation** (n) παρουσίαση  
*Marika, Dennis and I are doing a presentation on the different species of animals in Greece.*
- 4.54 **sharp** (adj) κοφτερός  
*You'll need a very sharp knife to cut the fish in thin slices.*
- 4.55 **skunk** (n) ασβός  
*Skunks look cute, but they're awfully smelly if you scare them.*
- 4.56 **heartbeat** (n) χτύπος της καρδιάς  
*The doctor could hear a faint heartbeat, so he kept trying to save the injured woman.*
- 4.57 **faint** (adj) αχνός  
*Can you see a boat in the distance? It's very faint, but I think it's coming towards us.*
- 4.58 **rough** (adj) τραχύς  
*My dog's hair is long and rough and needs brushing every day.*
- 4.59 **shiny** (adj) γυαλιστερός  
*Most cats have smooth, shiny fur.*
- 4.60 **smooth** (adj) ομαλός, λείος  
*The surface of the table was really smooth and shiny. It felt like velvet!*
- 4.61 **sour** (adj) ξινός  
*This lemonade is quite sour, is there any sugar, please?*
- 4.62 **transparent** (adj) διαφανής  
*The glass was transparent, so we could see everything that was going on in the room.*
- 4.63 **concrete** (adj) τσιμεντένιος  
*Concrete buildings are much hotter in the summer than houses made of stone.*
- 4.64 **curry** (n) κάρι (είδος ινδικού φαγητού)  
*I love eating vegetable curries - I like spicy food.*
- 4.65 **coin** (n) κέρμα, νόμισμα  
*He didn't have any paper money, so he paid for the orange juice in coins.*
- 4.66 **coconut** (n) καρύδα  
*Can I have some coconut flavoured ice cream, please?*
- 4.67 **shredded** (adj) κομμένος σε λωρίδες  
*He used some shredded newspaper and water to create a sculpture.*
- 4.68 **cellophane** (n) σελοφάν  
*The present was wrapped in pink cellophane.*
- 4.69 **celery** (n) σέλινο  
*Do you like celery in your salad?*
- 4.70 **tray** (n) δίσκος  
*She put all the dishes on a tray and carried it to the balcony.*



- 4.71 **explosion** (n) έκρηξη  
*Fortunately, no one was hurt in the gas explosion.*
- 4.72 **formal** (adj) επίσημος  
*We were invited to a formal dinner, so we wore our good clothes.*
- 4.73 **protect** (v) προστατεύω  
*She wore an old T-shirt to protect her clothes while she was painting the walls.*
- 4.74 **include** (v) συμπεριλαμβάνω  
*Does the price include our tickets to and from the holiday resort, as well?*
- 4.75 **fatty** (adj) λιπαρός  
*Fatty fish contain omega -3, which is good for our health.*
- 4.76 **Guess again.** (phr) Μάντεψε ξανά.  
*Is this a kind of radio?' 'No, guess again.'*
- 4.77 **glove** (n) γάντι  
*It was freezing cold and he didn't have gloves to protect his hands.*
- 4.78 **Bingo!** (n) Μπράβο! Σωστά!  
*I think this device is some kind of camera.' 'Bingo!'*
- 4.79 **separate** (adj) χωριστός  
*This little gadget keeps your toes separate while you're painting your toe nails.*
- 4.80 **toe** (n) δάκτυλο ποδιού  
*She hit her big toe in the corner of the bed and she couldn't walk for days afterwards.*
- 4.81 **work (sth) out** (phr v) βρίσκω (τη λύση)  
*I can't work out how this device works. Can you show me, please?*
- 4.82 **give up** (phr v) (τα) παρατάω  
*I've no idea what this device can do! Ok, I give up! Can you tell me, please?*
- 4.83 **I guess so.** (phr) Φαντάζομαι.  
*Does this device work with electricity?' 'I guess so.'*
- 4.84 **encyclopaedia entry** (v) λήμμα σε εγκυκλοπαίδεια  
*Encyclopaedia entries are listed alphabetically.*
- 4.85 **cyborg** (n) σάιμποργκ, βιονικό ανθρωποειδές  
*Harriet was reading a science fiction story about cyborgs taking control of the Earth.*
- 4.86 **colour blind** (adj) (αυτός που έχει) αχρωματοψία  
*Darren is colour blind, so he has difficulty matching his clothes without help.*
- 4.87 **vibration** (n) δόνηση  
*Some people believe that animals can sense the vibrations of an earthquake before people can feel it.*
- 4.88 **invisible** (adj) αόρατος  
*Did you know that insects and birds can see colours that are invisible to the human eye? Incredible!*
- 4.89 **accept** (v) δέχομαι  
*Barbara was accepted at one of the top universities of Britain and she was absolutely thrilled.*
- 4.90 **application** (n) αίτηση  
*Her application for a visa to the USA was not accepted, so she couldn't go.*
- 4.91 **official** (adj) επίσημος  
*He didn't have any official document to prove his identity when the police stopped him.*
- 4.92 **according to** (phr) σύμφωνα με  
*According to some experts, one million species are in danger of extinction.*
- 4.93 **infographic** (n) γράφημα με εικόνες και λέξεις που δίνει πληροφορίες για κάποια διαδικασία  
*She used an infographic to present the problem to her boss.*
- 4.94 **continent** (n) ήπειρος  
*Which is the smallest continent on the planet? Is it Europe or Australia?*

- 4.95 **trunk** (n) προβοσκίδα  
*Elephants and ant-eaters have trunks.*
- 4.96 **eyelid** (n) βλέφαρο  
*Birds have a special, almost transparent, third eyelid to protect their eyes from dust and dirt.*
- 4.97 **dust** (n) σκόνη  
*The room was very dirty - there was dust everywhere.*
- 4.98 **blind** (adj) τυφλός  
*Adam is blind, but he's got a seeing-eye dog to help him move around.*
- 4.99 **explore** (v) εξερευνώ  
*The boys decided to use their torches to explore the dark cave.*
- 4.100 **tiny** (adj) μικροσκοπικός  
*When baby bears are born they're really tiny, compared to their mother.*
- 4.101 **earthquake** (n) σεισμός  
*The earthquake wasn't too serious, but the inhabitants of the town panicked and got out of their houses.*
- 4.102 **species** (n) είδος (ζώου ή φυτού)  
*Nobody knows for sure how many species of animals, insects and plants there are in the world.*
- 4.103 **male** (adj) αρσενικός  
*Male animals are usually bigger than the females of the same species, but there are many exceptions.*
- 4.104 **female** (adj) θηλυκός  
*Female penguins lay the eggs, but male penguins stay with the egg and protect it.*
- 4.105 **lifespan** (n) διάρκεια ζωής  
*The lifespan of the Seychelles giant tortoise is approx. 200 years!*
- 4.106 **approx. (approximately)** (adv) περίπου  
*Blue whales are approx. 25 metres long!*
- 4.107 **muscle** (n) μυς  
*Did you know that our tongue is a muscle?*
- 4.108 **search engine** (n) μηχανή αναζήτησης  
*Alice looked for information in three different search engines before starting to write her project.*
- 4.109 **perfume** (n) άρωμα  
*I love your perfume. It smells like roses and honey.*
- 4.110 **forehead** (n) μέτωπο  
*Becca wasn't looking where she was going so she bumped her forehead on the door.*
- 4.111 **fever** (n) πυρετός  
*Jason isn't going to school today. He's got a high fever, so he's staying in bed.*
- 4.112 **reserved** (adj) κρατημένος, ρεζερβέ  
*The seats just behind the driver are reserved for older people and people who can't walk easily.*
- 4.113 **hand in** (phr v) παραδίδω (εργασία σε καθηγητή)  
*Check your homework very carefully before you hand it in.*

# WONDERFUL WORLD!

- 5.1 **natural** (adj) φυσικός  
*She prefers to wear clothes made of natural materials, like cotton.*
- 5.2 **wonder** (n) θαύμα  
*What are the Seven Wonders of the World?*
- 5.3 **waterfall** (n) καταρράκτης  
*The waterfall in Edessa is a popular tourist attraction.*
- 5.4 **bee** (n) μέλισσα  
*My uncle keeps bees in his field, and he always sends us some delicious honey every year.*
- 5.5 **measure** (v) μετρώ (αποστάσεις, κλπ)  
*He measured the living room to see if the new sofa could fit in.*
- 5.6 **distance** (n) απόσταση  
*What's the distance from the Earth to the Moon?*
- 5.7 **hive** (n) κυψέλη  
*When bees discover flowers, they fly back to their hives to give this information to the rest of the bees there.*
- 5.8 **collect** (v) συλλέγω  
*Bees collect nectar and pollen from flowers for food.*
- 5.9 **deliver** (v) παραδίδω  
*Martin makes some extra money by delivering pizzas for the local pizzeria.*
- 5.10 **pollen** (n) γύρη  
*Some people are allergic to the pollen of some flowers.*
- 5.11 **supply** (v) προμηθεύω  
*Our company supplies customers with painting equipment.*
- 5.12 **nutrient** (n) θρεπτικό συστατικό  
*Fast food has very few nutrients and too many calories. That's why it's unhealthy.*
- 5.13 **attract** (v) προσελκύω  
*Flowers attract bees to them with their sweet perfume.*
- 5.14 **silk** (n) μετάξι  
*Clothes made of silk are cool in the summer and warm in winter.*
- 5.15 **steel** (n) ατσάλι  
*The building was made with tons of steel and concrete and it was very strong.*
- 5.16 **connect** (v) συνδέω  
*The tunnel connects our village with the nearest town.*
- 5.17 **web** (n) ιστός  
*Some spiders build their webs near the water.*
- 5.18 **crow** (n) κοράκι  
*Crows are really clever birds which can solve problems that human children can't!*
- 5.19 **solve** (v) λύνω  
*He solved all the maths problems he had as homework.*
- 5.20 **traffic lights** (n) φανάρια της τροχαίας  
*When the traffic lights are red, you must stop your car.*
- 5.21 **walnut** (n) καρύδι  
*Alice added some walnuts to the cake to make it tastier.*
- 5.22 **inch** (n) ίντσα  
*She's five foot, three inches tall.' 'How much is that in metres?'*
- 5.23 **foot** (n) πόδι (μονάδα μέτρησης μήκους)  
*A foot is approx. 33 centimetres long.*



- 5.24 **tunnel** (n) τούνελ, σήραγγα  
The longest undersea railway tunnel is the Channel Tunnel that connects the UK with France.
- 5.25 **beat** (v) χτυπώ  
Hummingbirds, the smallest birds in the world, beat their wings about 50 times a second!
- 5.26 **webzine** (n) ιντερνετικό περιοδικό  
I read a very interesting article about future cities in a webzine last week.
- 5.27 **drone** (n) μη επανδρωμένη μικρή πτητική συσκευή  
Lefteris has a drone which he uses to take stunning photos of the landscape.
- 5.28 **image** (n) εικόνα  
The image of my dog trying to catch a butterfly will always stay in my memory!
- 5.29 **engineer** (n) μηχανικός  
Paul's an engineer for an international company, he designs bridges and tunnels.
- 5.30 **data** (n) δεδομένα, στοιχεία  
The experts used the data from the computer to explain how whales communicate.
- 5.31 **urban** (adj) αστικός  
Urban life in big cities is very different from the life our grandparents in villages had.
- 5.32 **takeaway** (n) φαγητός που παραλαμβάνουμε από το εστιατόριο για να το φάμε στο σπίτι μας  
Let's order some Indian takeaway. I haven't had Indian food for ages!
- 5.33 **remind** (v) υπενθυμίζω  
I love this app on my smartphone. It reminds me where I've parked my car!
- 5.34 **level** (n) επίπεδο  
If you want to keep your fitness levels high, you should exercise at least five days a week.
- 5.35 **fitness** (n) φυσική κατάσταση  
Dorian's fitness level is low, because he spends his time playing computer games and watching TV and never does any physical activities.
- 5.36 **unexpected** (adj) απροσδόκητος  
The scientists have checked everything three times to make sure there aren't any unexpected problems with the experiment.
- 5.37 **streetlight** (n) λάμπα δρόμου  
All the street lamps were out and the street was in complete darkness.
- 5.38 **prevent** (v) εμποδίζω, αποτρέπω, προλαμβάνω  
This device protects bee hives from bears by preventing them to come near.
- 5.39 **traffic jam** (n) μποτιλιάρισμα  
Because of the rain, the traffic lights didn't work and there were huge traffic jams throughout the city.
- 5.40 **reality** (n) πραγματικότητα  
Experts test the robots in virtual reality before they allow them to work in real factories.
- 5.41 **choice** (n) επιλογή  
In the future, people will have a choice of working from home or going to the office.
- 5.42 **citizen** (n) πολίτης, κάτοικος  
Most of the citizens in our town use the public transport to get to the city centre.
- 5.43 **bull** (n) ταύρος  
Bulls were very important in Minoan civilisation, and Minotaur was half man, half bull.
- 5.44 **lightning** (n) αστραπή  
There was a storm last night and we could see lightning in the dark sky.
- 5.45 **strike** (v) χτυπώ με δύναμη  
The lightning struck a tree and set it on fire.
- 5.46 **bury** (v) θάβω  
The treasure was buried in a secret cave under some rocks.

- 5.47 **lift** (v) σηκώνω  
*How did ancient Egyptians lift the huge blocks of stone to built their pyramids?*
- 5.48 **place** (v) τοποθετώ  
*Tutankhamun was one of the greatest Egyptian pharaohs.*
- 5.49 **pharaoh** (n) φαραώ  
*The pharaohs of Egypt were buried in huge pyramids.*
- 5.50 **block** (n) μεγάλος τετράγωνος λίθος  
*The statue of Sphinx was made of big blocks of stone.*
- 5.51 **by hand** (phr) με τα χέρια  
*The road didn't reach up to the house, so they had to carry everything by hand.*
- 5.52 **replace** (v) αντικαθιστώ  
*Robots have already replaced humans in many jobs, but new jobs have been created because of new technology.*
- 5.53 **virtual** (adj) εικονικός  
*Robert enjoys playing virtual reality games.*
- 5.54 **major** (adj) σπουδαίος, σημαντικός, πολύ μεγάλος  
*Nick's dad is a great scientist who played a major part in finding a solution to the problem!*
- 5.55 **take place** (phr) λαμβάνω χώρα, συμβαίνω  
*The Olympic Games take place every four years.*
- 5.56 **wide** (adj) φαρδύς  
*The road wasn't wide enough for big lorries to pass through.*
- 5.57 **make up** (phr v) απαρτίζω  
*Polynesia, Micronesia and Melanesia is an area in the Pacific Ocean made up of thousands of islands.*
- 5.58 **boiling** (adj) ζεματιστός  
*It was a boiling hot day, so we went for a swim.*
- 5.59 **deafening** (adj) εκκωφαντικός  
*The music in the dance club was deafening, and we couldn't hear each other talk.*
- 5.60 **dreadful** (adj) φρικτός  
*The film was dreadful! I hated it!*
- 5.61 **fascinating** (adj) συναρπαστικός  
*My grandpa was a captain on a ship and he's told us fascinating stories about his adventures!*
- 5.62 **gorgeous** (adj) υπέροχος  
*Samantha is a gorgeous actress with a lot of talent.*
- 5.63 **marvellous** (adj) θαυμάσιος  
*We had a marvellous time at your party! Thanks for inviting us!*
- 5.64 **stunning** (adj) εκθαμβωτικός  
*The dress she's going to wear to her wedding is absolutely stunning!*
- 5.65 **terrifying** (adj) τρομακτικός  
*Coming face to face with a bear in the forest is a terrifying experience!*
- 5.66 **scenery** (n) τοπίο  
*Zagorohoria are located in an area with stunning scenery!*
- 5.67 **speech** (n) ομιλία  
*She was nervous because she had to give a speech in front of many people.*
- 5.68 **ghost** (n) φάντασμα  
*People say that there are ghosts in this old castle.*
- 5.69 **mask** (n) μάσκα  
*Zorro was a local hero who wore a black mask so his enemies couldn't recognise him.*
- 5.70 **silver** (n) ασήμι  
*My sister usually wears jewellery made of silver because she doesn't like gold.*
- 5.71 **Mars** (n) Άρης (ο πλανήτης)  
*People used to believe that there was life on planet Mars.*
- 5.72 **International Space Station** (n) Διεθνής Διαστημικός Σταθμός  
*The International Space Station goes round the Earth 15.5 times a day.*

- 5.73 **compass** (n) διαβήτης  
*We have a geometry lesson today. Have you brought your compass and rulers with you?*
- 5.74 **oh, man!** (phr) Πω, ρε φίλε!  
*So was the concert any good?' 'Oh, man! It's a shame you couldn't come! It was awesome!'*
- 5.75 **gladiator** (n) μονομάχος  
*The gladiators in ancient Rome had to fight one another or even animals.*
- 5.76 **Got it in one.** (phr) Το' πιασες!  
*The Parthenon is in Athens, in the Acropolis, isn't it?' 'Got it in one!'*
- 5.77 **occasion** (n) περίπτωση  
*The trip was dreadful! On one occasion, we had to sleep in the car because we couldn't find a hotel!'*
- 5.78 **single** (adj) ένας και μοναδικός  
*Jeremy saw three lions, some zebras and a few giraffes on a single day at the safari.*
- 5.79 **sea battle** (n) ναυμαχία  
*The sea battle of Marathon is still celebrated with a Marathon race.*
- 5.80 **aqueduct** (n) υδραγωγείο  
*The Romans built aqueducts to bring water to their cities from rivers far away.*
- 5.81 **wanna ...** (abbrev) Θες να ....;  
*Hey, Philip. Wanna come to the football match with us?*
- 5.82 **Are you kidding me?** (phr) Πλάκα μου κάνεις;  
*Are you kidding me? What you're saying is awful!'*
- 5.83 **I find that hard to believe.** (phr) Μου φαίνεται δύσκολο να το πιστέψω.  
*Mary wants to be an astronaut.' 'I find that hard to believe! She's even scared of flying!'*
- 5.84 **... and everything.** (phr) ... με τα πάντα μέσα.  
*They're very rich. They've got a house with a huge garden, a tennis court, a swimming pool and everything!*
- 5.85 **I'd say it was ...** (phr) Θα έλεγα πως ήταν ...  
*What's the best film you've ever watched?' 'I'd say it was Lord of the Rings. It was unbelievable!'*
- 5.86 **impress** (v) εντυπωσιάζω  
*I was totally impressed by my friends' acting! They were marvellous in the school play!*
- 5.87 **inhabit** (v) κατοικώ  
*Anavatos on Chios island was inhabited by many people, but now it's a deserted village.*
- 5.88 **carve out of (phr v)** (phr v) σκαλίζω, λαξεύω  
*The people on Santorini have lived in caves carved out of the local stone which keep a steady temperature throughout the year.*
- 5.89 **the highlight of...** (phr) το αποκορύφωμα του ...  
*The highlight of the film was the space battle between the two armies.*
- 5.90 **document** (n) έγγραφο  
*A passport is an official document which allows you to travel to other countries.*
- 5.91 **deserve** (v) μου αξίζει  
*Gina deserves to win the competition because she sang a very difficult song extremely well.*
- 5.92 **without a doubt** (phr) χωρίς αμφιβολία  
*Without a doubt she was the best at the competition!*
- 5.93 **bird sanctuary** (n) καταφύγιο πουλιών  
*We visited a bird sanctuary and we saw many rare species of birds. It was a marvellous experience!*
- 5.94 **root** (n) ρίζα (δέντρου, κλπ)  
*The tree has very deep roots that help it stay up even when the wind is really strong.*
- 5.95 **trekking** (n) πεζοπορία  
*On our second day in Pindos, we went on a trekking trip along a small river.*



- 5.96 **update** (v) ενημερώνω, επικαιροποιώ  
*I haven't updated my profile page for a few days now.*
- 5.97 **endangered** (adj) υπό εξαφάνιση  
*Pangolins are on the list of endangered animals because people hunt them down.*
- 5.98 **peacock pheasant** (n) είδος σπάνιου φασιανού  
*The peacock pheasant is a very rare bird which lives in India.*
- 5.99 **heavily** (adv) δυνατά, υπερβολικά  
*It rained heavily for three days and all the streets were flooded.*
- 5.100 **narrow** (adj) στενός  
*The path was too narrow, so we had to walk one behind the other for hours.*
- 5.101 **hostel** (n) πανδοχείο, ξενώνας  
*The view from the windows of our room in the hostel was absolutely stunning!*
- 5.102 **incredibly** (adv) απίστευτα  
*Julie is incredibly lucky! She's just found 50 euros in the street!*
- 5.103 **society** (n) κοινωνία  
*I believe that men and women should have equal roles in modern societies.*
- 5.104 **surname** (n) επώνυμο  
*He spelt his surname letter by letter because it was difficult and unusual.*
- 5.105 **overnight** (adv) κατά τη διάρκεια της νύχτας  
*A lot of things happened overnight and when we got up the next day, we couldn't believe our eyes!*
- 5.106 **process** (n) διαδικασία  
*The process for making pasta is a simple one and you can make your own pasta at home.*
- 5.107 **tie** (v) δένω  
*She tied her hair in a ponytail because it was so hot.*
- 5.108 **birth** (n) γέννηση  
*The two families celebrated the birth of their first grandson with a huge party.*
- 5.109 **treat** (v) συμπεριφέρομαι σε κάποιον  
*If you treat someone well, they'll probably be nice and polite to you as well.*
- 5.110 **stopwatch** (n) χρονόμετρο  
*Panos used a stopwatch to measure how fast he ran the last kilometre.*
- 5.111 **equation** (n) εξίσωση  
*We have to solve some equations for our maths homework tomorrow.*
- 5.112 **rainbow** (n) ουράνιο τόξο  
*Oh, look! There's a rainbow over the sea! Isn't it amazing?*
- 5.113 **total** (adj) ολικός  
*There was a total eclipse yesterday and people came out of their houses to watch it.*
- 5.114 **eclipse** (n) έκλειψη  
*Moon eclipses aren't as rare as sun eclipses, are they?*
- 5.115 **aurora borealis** (n) Βόρειο Σέλας  
*Aurora Borealis, or else Northern Lights, is an amazing thing to see at least once in your lifetime!*
- 5.116 **split** (v) χωρίζω, διασπώ  
*When light goes through a raindrop, it is split into all the colours we can see, that's how a rainbow is created.*
- 5.117 **raindrop** (n) σταγόνα της βροχής  
*There were a few raindrops on the glass because it had rained the night before.*
- 5.118 **reflect** (v) αντανακλώ  
*The mirror reflected the light into the room and made it brighter.*

## UNIT 6

## NO LIMITS

- 6.1 **limit** (n) όριο  
*Should there be speed limits in the streets in your opinion?*
- 6.2 **extreme sport** (n) επικίνδυνο άθλημα  
*Jackie loves extreme sports and dangerous activities.*
- 6.3 **annoy** (v) ενοχλώ  
*My little brother annoys me when he uses my things without asking.*
- 6.4 **get on sb's nerves** (phr) σπάω τα νεύρα κάποιου  
*She really gets on my nerves - she keeps borrowing my stuff and never returns it!*
- 6.5 **unsure** (adj) αβέβαιος  
*Dennis was unsure about going bungee jumping, as he's afraid of heights.*
- 6.6 **enjoyment** (n) απόλαυση, ευχαρίστηση  
*She gets a lot of enjoyment from walks with her dogs.*
- 6.7 **get bored** (phr) βαριέμαι  
*Many teenagers get bored because they don't have interesting hobbies.*
- 6.8 **take pleasure in** (phr) αντλώ ευχαρίστηση από  
*Dave takes pleasure in cycling in the mountains with his friends.*
- 6.9 **take advantage of** (phr) εκμεταλλεύομαι  
*She took advantage of the holiday and went away for a few days.*
- 6.10 **get lost** (phr) χάνομαι  
*He got lost because he didn't know how to read a map.*
- 6.11 **get a lot out of** (phr) παίρνω / μαθαίνω πολλά κάνοντας κάτι  
*We really got a lot out of the skiing course we did last month.*
- 6.12 **take risks** (phr) παίρνω ρίσκα  
*Some people hate taking risks.*
- 6.13 **have the chance** (phr) έχω την ευκαιρία  
*If you take this course, you'll have the chance to work with professional actors.*
- 6.14 **have doubts** (phr) έχω αμφιβολίες  
*Daniella had doubts about crossing the rope bridge alone!*
- 6.15 **get to know** (phr) γνωρίζω (κάποιον άνθρωπο ή μέρος)  
*When you get to know Stella, you'll see that she's a great friend!*
- 6.16 **unpredictable** (adj) απρόβλεπτος  
*Simon is quite unpredictable - you never know what he'll think of doing next!*
- 6.17 **take an interest in** (phr) αρχίζω να ενδιαφέρομαι για κάτι  
*Kate took an interest in painting when she broke her leg and couldn't do sport for a long time.*
- 6.18 **theme park** (n) θεματικό πάρκο, λούνα παρκ  
*Alou Fun Park is a great theme park in Athens.*
- 6.19 **ride** (n) παιχνίδι (στο λούνα παρκ)  
*I find some rides, like rollercoasters scary and I don't enjoy them at all!*
- 6.20 **have fun** (phr) περνάω καλά, διασκεδάζω  
*Did you have fun at the party last night?*
- 6.21 **skydive** (v) κάνω ελεύθερη πτώση με το αλεξίπτωτο  
*Before you skydive, you must have some lessons to learn what to do.*
- 6.22 **risk** (n) ρισκάρω  
*I would never risk my life going skydiving! It's way too dangerous!*

- 6.23 **negative** (adj) αρνητικός  
*She had a very negative opinion of drama classes, but she's come to adore acting now!*
- 6.24 **motorbike** (n) μοτοσυκλέτα, μηχανή  
*You should always wear a helmet and ride a motorbike very carefully.*
- 6.25 **positive** (adj) θετικός  
*Taking positive risks helps you grow as a person.*
- 6.26 **parkour** (n) παρκούρ (άθλημα στο οποίο πρέπει να διασχίσεις μια περιοχή χωρίς να πατήσεις στο έδαφος)  
*There's an international parkour competition on Santorini and all the best parkour athletes take part.*
- 6.27 **adore** (v) λατρεύω  
*Tony adores extreme sports! The more dangerous, the better for him.*
- 6.28 **risky** (adj) επικίνδυνος  
*No, I don't want to climb down the cliff - it's too risky!*
- 6.29 **dopamine** (n) ντοπαμίνη (είδος ορμόνης)  
*Some people's brain produces dopamine when they do something risky successfully.*
- 6.30 **repeat** (v) επαναλαμβάνω  
*I didn't understand what she said, so I asked her to repeat it.*
- 6.31 **alternatively** (adv) εναλλακτικά  
*We could travel by car. Alternatively, we could go by bus if you prefer.*
- 6.32 **audition** (n) οντισιόν  
*There's an audition for the main part in the school play. Are you going to try for it?*
- 6.33 **selection** (n) επιλογή, διαλογή  
*The P.E. teacher is going to make the final selection of the players for the basketball team next week.*
- 6.34 **bully** (n) νταής  
*Harry and his friends decided to face the school bully and make him stop.*
- 6.35 **independent** (adj) ανεξάρτητος  
*If you do sports, you learn to be independent and face problems and difficult situations.*
- 6.36 **unless** (conj) εκτός κι αν, αν δεν  
*She won't come to the party unless we go as well.*
- 6.37 **frightened** (adj) φοβισμένος  
*Maggie was very frightened but she didn't give up and in the end she succeeded!*
- 6.38 **put yourself in danger** (phr) θέτεις τον εαυτό σου σε κίνδυνο  
*Danny put himself in danger when he decided to swim across the river without telling anyone about it.*
- 6.39 **impulse** (n) παρόρμηση  
*Unpredictable people act on their impulses without thinking about the risks involved.*
- 6.40 **emergency** (n) έκτακτη ανάγκη  
*In case of an emergency call the international emergency number 112.*
- 6.41 **social media** (n) κοινωνικά μέσα δικτύωσης  
*Most teenagers can't even imagine life without social media.*
- 6.42 **nomination** (n) υποψηφιότητα  
*The nominations for this year's Oscar awards have been announced.*
- 6.43 **athlete** (n) αθλητής  
*The best athletes of all countries take part in the Olympic Games every four years.*
- 6.44 **inspire** (v) εμπνέω  
*Serena Williams is an athlete who has inspired me as she has overcome many difficulties in her life.*
- 6.45 **overcome** (v) υπερνικώ  
*Terry had to overcome his natural shyness to become an actor.*
- 6.46 **obstacle** (n) εμπόδιο  
*Doing sport teaches you to overcome obstacles and to keep going even when things go wrong.*



- 6.47 **determination** (n) αποφασιστικότητα  
*You need a lot of determination to become a professional tennis player.*
- 6.48 **bravery** (n) γενναιότητα  
*Philip is a real hero! With his bravery, he managed to save his family from the burning house!*
- 6.49 **support** (v) υποστηρίζω  
*Would your parents support you if you decided to become an actor?*
- 6.50 **encourage** (v) ενθαρρύνω  
*Our teacher encourages us to use new words and expressions when we speak in class.*
- 6.51 **challenge** (n) πρόκληση  
*Sailing around the world was the biggest challenge for Samantha!*
- 6.53 **deal with** (phr v) αντιμετωπίζω, χειρίζομαι  
*Failing at a challenge teaches us how to deal with problems and negative emotions.*
- 6.54 **successfully** (adv) επιτυχώς  
*Learning to deal with challenges successfully takes time and experience.*
- 6.55 **aim** (n) σκοπός  
*Helen's aim was to learn to fly a plane by the time she was nineteen.*
- 6.56 **confidence** (n) αυτοπεποίθηση  
*Dora needs to build her confidence before she can face more difficult challenges.*
- 6.57 **motivate** (v) παρακινώ  
*My tennis instructor motivated me to train harder in order to win the match.*
- 6.58 **emotional** (adj) συναισθηματικός  
*If his parents hadn't given Joe emotional support, he wouldn't have become such a good student.*
- 6.59 **require** (v) απαιτώ  
*Becoming a professional athlete requires a lot of talent and determination.*
- 6.60 **progress** (n) πρόοδος  
*The teacher is very pleased with our progress - he believes we're getting better and better.*
- 6.61 **surf** (v) κάνω σέρφινγκ (στη θάλασσα)  
*Monica started surfing when she was ten years old and hasn't stopped since.*
- 6.62 **accident** (n) ατύχημα  
*George had an accident with his motorbike and now he's in hospital.*
- 6.63 **compete** (v) συναγωνίζομαι  
*Panos had to compete against older athletes in the race, but he was determined to win!*
- 6.64 **professional** (adj) επαγγελματίας  
*Yiannis Antetokounmpo is a professional basketball player who's an inspiration for many young people.*
- 6.65 **attack** (v) επιτίθεμαι  
*The lion won't attack us if we don't move or speak.*
- 6.66 **do first aid** (phr) δίνω τις πρώτες βοήθειες  
*Carla is a nurse so she knows how to do first aid.*
- 6.67 **coach** (n) πούλμαν  
*The students travelled by coach to the stadium to take part in the sports event.*
- 6.68 **whitewater rafting** (n) κατάβαση ορμητικού ποταμού με σχεδία  
*You aren't allowed to go whitewater rafting if you don't know how to swim.*
- 6.69 **deep** (adj) βαθύς  
*The boat stopped away from the coast and we jumped into the deep blue water and swam to the beach.*
- 6.70 **not the world's best ....** (phr) δεν είμαι και ο καλύτερος ...  
*I'm not the world's best pianist, so perhaps I shouldn't take part in the concert.*
- 6.71 **instructor** (n) εκπαιδευτής  
*Before going whitewater rafting, the instructor explained to us what we should do if our boat overturned.*

- 6.72 **look after** (phr v) προσέχω  
My parents are going out this evening, so I'm going to look after my little brother.
- 6.73 **paddle boarding** (n) κάνω κανό  
Ian loves paddle boarding - he says it's good physical exercise and a lot of fun.
- 6.74 **You've got to be joking!** (phr) Αστειεύσαι βέβαια!  
Come on! Let's jump off the cliff into the water! It'll be fun!' 'You've got to be joking, right?'
- 6.75 **wouldn't dare** (phr) δεν θα τολμούσα  
I wouldn't dare go scuba diving in an area with sharks!
- 6.76 **What if ...?** (phr) Και τι θα γίνει αν ...;  
How about doing a bungee jump?' 'You've got to be joking! What if the rope breaks?'
- 6.77 **go wrong** (phr) (κάτι) πάει στραβά  
I'm sure nothing will go wrong if we prepare carefully.
- 6.78 **for example** (phr) για παράδειγμα  
She gets very upset if things go wrong - if, for example, she fails a test.
- 6.79 **fail** (v) αποτυγχάνω  
If I hadn't failed the first time I tried, I wouldn't have tried harder and I wouldn't have become such a good player.
- 6.80 **however** (adv) ωστόσο  
Failing is a very unpleasant situation. However, it teaches you to deal with problems and to try harder.
- 6.81 **on the one hand** (phr) από τη μια πλευρά  
Taking risks has positive and negative points. On the one hand, you learn to make better decisions.
- 6.82 **for instance** (phr) για παράδειγμα  
There are advantages to taking risks, for instance, you become more confident if you succeed.
- 6.83 **doubt** (n) αμφιβολία  
Sarah had doubts about her ability to speak French, but she managed alright during her trip.
- 6.84 **furthermore** (adv) επιπλέον  
William was worried about sleeping in a tent. Furthermore, he was scared of insects and snakes.
- 6.85 **on the other hand** (phr) από την άλλη πλευρά  
On the one hand, you learn to make better decisions. On the other hand, you may put yourself in danger.
- 6.86 **although** (conj) παρόλο που  
Although Jennifer was scared, she took the risk and climbed to the top of the tree.
- 6.87 **warn** (v) προειδοποιώ  
They warned us not to try to cross the river by canoe because it was too dangerous.
- 6.88 **entertain** (n) διασκεδάζω  
The purpose of this article is to entertain its readers with funny camping adventures.
- 6.89 **persuade** (v) πείθω  
Dalia tried to persuade me to go skydiving with her, but I refused to go.
- 6.90 **on course to** (phr) με πορεία προς  
They were on course to the stadium, when their coach had a flat tyre and they had to stop on the side of the road.
- 6.91 **outdoor** (adj) υπαίθριος  
Do you prefer outdoor sports or indoor activities?
- 6.92 **survival** (n) επιβίωση  
In the jungle, your survival depends on your skills of orientating and finding food and water.
- 6.93 **adventure** (n) περιπέτεια  
When I was little, I loved reading stories about pirates and their adventures.
- 6.94 **orienteering** (n) μάθημα προσανατολισμού  
Do you think that people will need orienteering lessons in the future or will they depend on technology?

- 6.95 **challenging** (adj) δύσκολος, απαιτητικός  
*Finding our way back through the thick forest was a very challenging task.*
- 6.96 **scuba diving** (n) κατάδυση με φιάλες οξυγόνου  
*Last summer Emilia and her family went scuba diving off the east coast of Egypt, and they loved the experience.*
- 6.97 **give something a go** (phr) δοκιμάζω κάτι για πρώτη φορά  
*I've never eaten a tarantula before, but I'll give it a go if I'm very hungry!*
- 6.98 **rock climbing** (n) αναρρίχηση  
*Denise adores rock climbing, and her ambition is to climb the highest cliff in Meteora!*
- 6.99 **abseil** (v) καταρρίχηση  
*After reaching the top of the mountain, we abseiled down the face of the cliff with the help of ropes.*
- 6.100 **unplugged** (adj) αποσυνδεδεμένος, που δεν είναι συνδεδεμένος στο ίντερνετ ή στην πρίζα  
*Gina spent a month unplugged and unconnected on a small island where she had no electricity or internet.*
- 6.101 **electronic** (adj) ηλεκτρονικός  
*How many electronic devices are there in your home?*
- 6.102 **peer** (n) συνομήλικος  
*Working and talking with your peers is the best way to learn a language.*
- 6.103 **divide** (v) μοιράζω  
*We've got a project to do, so now we're trying to divide the work equally among us.*
- 6.104 **equally** (adv) εξίσου  
*Peter and Paul are equally good actors, so it's difficult to choose which one should get the main part.*
- 6.105 **award** (v) βραβεύω  
*Daniel was awarded the third prize for his painting.*
- 6.106 **technique** (n) τεχνική  
*If you want to be able to play tennis well, you must practise the techniques for a long time.*
- 6.107 **symphony** (n) συμφωνία (μουσική)  
*When Beethoven wrote his 9th Symphony, he was already deaf.*
- 6.108 **trilogy** (n) τριλογία  
*The Northern Lights is the first book in the trilogy His Dark Materials by Philip Pullman, and it's awesome!*
- 6.109 **responsibility** (n) υπευθυνότητα, ευθύνη  
*In my opinion, teenagers should have the responsibility of their own learning and studying.*
- 6.110 **pay attention** (phr) προσέχω  
*Kyle wasn't paying attention to the teacher and he didn't understand the lesson.*
- 6.111 **spidergram** (n) ιστόγραμμα  
*I very often make spidergrams to organise my thoughts before I write an essay.*
- 6.112 **monolingual** (adj) μονόγλωσσος  
*Using a monolingual dictionary is difficult at first, but when you learn how to use it, it becomes much easier.*
- 6.113 **sign** (n) ταμπέλα (στους δρόμους, κλπ)  
*All the road signs in Japan were written in Japanese and we couldn't read them.*
- 6.114 **look up** (phr v) ψάχνω στο λεξικό  
*My mum always told me to look words up in the dictionary if I didn't know them.*
- 6.115 **lyrics** (n) τα λόγια ενός τραγουδιού  
*Do you pay attention to the lyrics of songs or do you only listen to the music?*



## KEEP CALM!

- 7.1 **emotion** (n) συναίσθημα  
*Some people have difficulty expressing their emotions.*
- 7.2 **thrilled** (adj) ενθουσιασμένος  
*When the children learnt about the trip to the theme park, they were thrilled.*
- 7.3 **feel down** (phr) με παίρνει από κάτω  
*After failing her exam, she felt down for weeks.*
- 7.4 **insecure** (adj) ανασφαλής  
*I was very insecure about speaking in public when I was younger.*
- 7.5 **annoyed** (adj) ενοχλημένος  
*Tatiana was very annoyed with her best friend who didn't tell her about the party.*
- 7.6 **adult** (n) ενήλικας  
*Children must be with an adult to go on the theme park rides.*
- 7.7 **ridiculous** (adj) γελοίος  
*Nigel felt totally ridiculous wearing his sister's pink T-shirt.*
- 7.8 **hurt** (adj) πληγωμένος  
*When his best friend forgot to invite him to his party, Martin felt hurt and lonely.*
- 7.9 **amused** (adj) αυτός που βρίσκει κάτι διασκεδαστικό  
*Sally's never bored! She always finds something to keep herself amused.*
- 7.10 **hopeful** (adj) αυτός που τρέφει ελπίδες, αισιόδοξος  
*Jerry is hopeful that things will be ok in the end.*
- 7.11 **peaceful** (adj) γαλήνιος  
*As I was lying down on the thick grass, I felt very peaceful listening to the birds sing.*
- 7.12 **grateful** (adj) ευγνώμων  
*I'm really grateful for all the help that you've given me! I couldn't have succeeded without you!*
- 7.13 **eager** (adj) πρόθυμος  
*Dominica is always eager to learn more things about the natural world and wild animals.*
- 7.14 **satisfied** (adj) ικανοποιημένος  
*I wasn't satisfied with my school marks, so I decided to study harder the following term.*
- 7.15 **glad** (adj) ευχαριστημένος  
*I'm so glad you like my present! I took hours to make it!*
- 7.16 **silly** (adj) χαζούλης  
*My puppy is so silly! When I point at something, he looks at my finger!*
- 7.17 **enthusiastic** (adj) ενθουσιώδης  
*Gina is very enthusiastic about cinema and the arts!*
- 7.18 **medicine** (n) φάρμακο  
*You should never take medicine without asking a doctor first.*
- 7.19 **power** (n) δύναμη  
*Smiling and kindness have more power than shouting and anger.*
- 7.20 **not yet** (phr) όχι ακόμα  
*I promise I'll go to bed in a while, but not yet.*
- 7.21 **there's no point ...** (phr) δεν υπάρχει λόγος να ...  
*There's no point trying to explain the problem to Mary. She doesn't want to understand.*
- 7.22 **growth** (n) ανάπτυξη, εξέλιξη  
*People can achieve personal growth when they decide they want to improve by working hard.*

- 7.23 **mindset** (n) νοοτροπία  
*Alfred's mindset was rather negative and he didn't want to try anything new.*
- 7.24 **psychologist** (n) ψυχολόγος  
*She asked a psychologist for advice on how to feel more relaxed and peaceful.*
- 7.25 **attitude** (n) προσέγγιση, στάση (ζωής)  
*Tony has a very positive attitude to life, working hard and hoping for the best.*
- 7.26 **fixed** (adj) σταθερός, που δεν αλλάζει, παγιωμένος  
*Sometimes it's very difficult to change fixed behaviours.*
- 7.27 **refuse** (v) αρνούμαι  
*Dave refused to open the door, so we climbed through the window!*
- 7.28 **pointless** (adj) ανούσιος, μάταιος  
*Sharon thought it was pointless to try and learn French, so she gave up and stopped.*
- 7.29 **loads** (quant) πάρα πολύ  
*I can't go to the beach with you this weekend because I've got loads for homework for Monday.*
- 7.30 **failure** (n) αποτυχία  
*He's never disappointed by his failures - he sees them as lessons towards success.*
- 7.31 **even if** (conj) ακόμα και αν  
*Mary will help you with your project even if she's busy - she's a really good-hearted person!*
- 7.32 **ignore** (v) αγνοώ  
*Don't listen to what Darren says - just ignore him!*
- 7.33 **scale** (n) κλίμακα  
*On a scale from 1 - 10, how good are you at sport?*
- 7.34 **mixture** (n) μείγμα  
*Most of us are a mixture of positive and negative behaviours and mindsets.*
- 7.35 **miss** (v) χάνω, αποθυμώ  
*Do you ever miss living in your old town and hanging out with your old friends?*
- 7.36 **increase** (v) αυξάνω  
*The runner increased his speed and won the race.*
- 7.37 **learn by heart** (phr) μαθαίνω απ'έξω  
*I really hate learning dates and facts by heart, I think it's completely pointless!*
- 7.38 **fact** (n) γεγονός  
*When you look up information on the internet, you really need to check if it's fact or fiction.*
- 7.39 **make up my mind** (phr) παίρνω την απόφαση  
*Have you made up your mind yet? Which laptop are you going to buy?*
- 7.40 **in two minds** (phr) σε δίλημμα  
*Tara was in two minds about going to the party or not.*
- 7.41 **have got something on my mind** (phr) έχω κάτι στο μυαλό μου, σκέφτομαι  
*I think Panos has got something in his mind - he isn't paying any attention to us.*
- 7.42 **break sb's heart** (phr) ραγίζω την καρδιά κάποιου  
*When my dog died, it broke my heart.*
- 7.43 **education** (n) εκπαίδευση  
*Do you think that education should follow modern technology or focus more on the arts?*
- 7.44 **close to sb's heart** (phr) αγαπώ κάτι, έχω κάτι στην καρδιά μου  
*Singing and acting are very close to Emma's heart, and she's seriously considering becoming an actress.*
- 7.45 **degree** (n) πτυχίο  
*After Greg takes his degree in engineering, he's thinking of taking a year off to travel around Europe.*

- 7.46 **change my mind** (phr) αλλάζω γνώμη  
*Oh, sorry! I've changed my mind! I don't want to buy this bike anymore, but the blue one in the corner.*
- 7.47 **put my heart into** (phr) δίνω όλον μου τον εαυτό, τα δίνω όλα  
*Sonia has put all her heart into working hard to win the competition.*
- 7.48 **cross my mind** (phr) μου περνάει κάτι από το μυαλό  
*The thought that Nelly had forgotten about our meeting crossed my mind, but I didn't want to believe it.*
- 7.49 **bear in mind** (phr) θυμάμαι, έχω στο νου μου  
*Always bear in mind that success requires a lot of hard work and determination.*
- 7.50 **consider** (v) θεωρώ  
*We consider Alice as one of the best talents in the school!*
- 7.51 **memorise** (v) απομνημονεύω  
*This number is secret! Memorise it and throw away the paper it was written on.*
- 7.52 **unable** (adj) ανίκανος (να κάνω κάτι)  
*When Julia broke her leg, she was unable to compete in the race.*
- 7.53 **option** (n) επιλογή  
*In my opinion, teenagers should have various different options to choose from when it comes to school subjects.*
- 7.54 **counsellor** (n) (εδώ) σχολικός σύμβουλος  
*Our school counsellor gave us some very good advice on how to deal with stress before exams.*
- 7.55 **recommend** (v) συστήνω, προτείνω  
*The psychologist recommended exercising at least three times a week, as a method of fighting stress and anxiety.*
- 7.56 **primary school** (n) δημοτικό σχολείο  
*At what age do children start primary school in Greece?*
- 7.57 **physics** (n) φυσική (επιστήμη)  
*Physics is a fascinating subject as it tries to explain how the world works.*
- 7.58 **subject** (n) υποκείμενο (γραμματικό)  
*The subject of a sentence is the person or thing which does something.*
- 7.59 **object** (n) αντικείμενο (γραμματικό)  
*In the sentence 'Dina found a key in the street.' 'a key' is the object.*
- 7.60 **subject** (n) σχολικό μάθημα  
*My favourite school subject is biology. I'm eager to learn more about DNA.*
- 7.61 **stress ball** (n) ειδικό μπαλάκι για την αποφόρτιση του στρες  
*After the accident, the doctor gave him a stress ball to squeeze, to make his arm muscles stronger.*
- 7.62 **squeeze** (v) ζουλάω, πιέζω  
*When you squeeze a stress ball, you feel less stressed out after a while.*
- 7.63 **What's the matter?** (phr) Τί τρέχει; Agh! 'What's the matter? Why did you scream?'
- 7.64 **I swear** (phr) Ορκίζομαι  
*I swear I saw a ghost in the kitchen! It was white and it stood right where you are!*
- 7.65 **That's a little harsh.** (phr) Λίγο σκληρό αυτό.  
*My brother refuses to talk to me. He says I broke his camera.' 'That's a little harsh. How can I help?'*
- 7.66 **permission** (n) άδεια  
*She asked the teacher for permission to leave the classroom.*
- 7.67 **stressed out** (adj) υπερβολικά αγχωμένος  
*It's my sisters final exams next week and she's totally stressed out. I feel sorry for her.*
- 7.68 **lend** (v) δανείζω  
*Lucy lent me her laptop to do my project, as mine didn't work.*



- 7.69 **That's kind of you.** (phr) Καλοσύνη σου.  
*Here! Let me help you.' 'That's kind of you. Thanks!'*
- 7.70 **Don't mention it.** (phr) Παρακαλώ. Δεν κάνει τίποτα.  
*Thank you so much for lending me your phone.' 'Please, don't mention it.'*
- 7.71 **I can imagine.** (phr) Μπορώ να το φανταστώ.  
*Nick was upset when his new laptop broke down.' 'Yes, I can imagine!'*
- 7.72 **Is there anything I can do to help?** (phr) Πως μπορώ να βοηθήσω;  
*I'm so sorry you feel down! Is there anything I can do to help?'*
- 7.73 **It'll all be OK, you'll see.** (phr) Όλα θα πάνε καλά, θα δεις.  
*Tomorrow is the final exam. I don't think I've studied enough! 'It'll all be OK, you'll see.'*
- 7.74 **That's not very nice.** (phr) Δεν είναι και πολύ ωραίο αυτό.  
*Sissy said she never wants to talk to me again! 'That's not very nice!'*
- 7.75 **daughter** (n) κόρη  
*My grandparents had five children - three daughters and two sons.*
- 7.76 **embarrassing** (adj) ντροπιαστικός  
*The most embarrassing experience I had was when I went to school wearing my slippers! I'd forgotten to put on my shoes!*
- 7.77 **reaction** (n) αντίδραση  
*What was your dad's reaction when you told him you broke your new camera?*
- 7.78 **space** (n) χώρος, απόσταση  
*Most teenagers need their space - they don't want their parents to follow them all the time.*
- 7.79 **trust** (v) εμπιστεύομαι  
*I don't trust Craig. Let's follow him to see what he does.*
- 7.80 **whatever you do, don't ...** (phr) ο,τιδήποτε και αν κάνεις, μην...  
*You're going to be alone in this building. Whatever you do, don't open the door to the basement!*
- 7.81 **Danish** (adj) Δανός  
*Janet is Danish and she lives in Copenhagen.*
- 7.82 **empathy** (n) κατανόηση, ενσυναίσθηση  
*People with empathy understand how others feel and avoid hurting them.*
- 7.83 **preschool** (n) παιδικός σταθμός  
*Even at preschool, children can understand other people's feelings and emotions.*
- 7.84 **facial expression** (n) έκφραση προσώπου  
*Autistic people find it difficult to read other people's facial expressions and understand their emotions.*
- 7.85 **anger** (n) θυμός  
*Nicole didn't let her anger show on her face. Instead, she turned her back and went away.*
- 7.86 **compulsory** (adj) αναγκαστικός  
*In the Greek educational system, there are some compulsory school subjects and some optional ones.*
- 7.87 **come together** (phr v) βρίσκομαι, συναντιέμαι με άλλους  
*We often come together to discuss some of the things we've got on our minds and help one another deal with difficult issues.*
- 7.88 **individual** (adj) ατομικός, προσωπικός  
*You can talk to your school counsellor about any individual or personal problem you may have.*
- 7.89 **issue** (n) θέμα, πρόβλημα  
*Some of the issues that were discussed in the group were about how we can improve our school.*

- 7.90 **unrelated** (adj) άσχετος  
*What Mina told me was unrelated to you. It was about a personal problem she has.*
- 7.91 **criticise** (v) κριτικάρω  
*He avoids criticising people because he believes it can hurt their feelings.*
- 7.92 **cosy** (adj) άνετος, βολικός, ευχάριστος  
*Their living room is a really cosy and comfortable place for the whole family.*
- 7.93 **strength** (n) δύναμη  
*Students in a classroom have different strengths and weakness, so when they're working together, they can help each other.*
- 7.94 **weakness** (n) αδυναμία  
*Janice's greatest weakness was that she never listened to other people's opinions.*
- 7.95 **teamwork** (n) ομαδική δουλειά  
*Teamwork helps the individual members of the group grow and develop different skills.*
- 7.96 **respect** (n) σεβασμός  
*We've learnt to respect different people and their opinions in my class.*
- 7.97 **collaboration** (n) συνεργασία  
*I really enjoyed my collaboration with Ivan. I got a lot out of it and I hope he did, as well.*
- 7.98 **in summary** (phr) εν κατακλείδι  
*... In summary, I believe teamwork and project work help classmates develop different skills and strengths.*
- 7.99 **straightforward** (adj) απλός, ξεκάθαρος, χωρίς περιστροφές  
*The experiment is very straightforward and very easy to do in the school lab.*
- 7.100 **joy** (n) χαρά  
*My cat showed her joy when I came back home after a few days away on a trip.*
- 7.101 **obligatory** (adj) αναγκαστικός  
*In Japanese schools, it's obligatory for students to take off their outdoor shoes and wear special indoor shoes!*
- 7.102 **optional** (adj) προαιρετικός  
*We've got five optional school subjects this year, and I'm in two minds about which ones to choose.*
- 7.103 **complicated** (adj) περίπλοκος  
*The directions to his house were so complicated we got lost.*
- 7.104 **shy** (adj) ντροπαλός  
*Paula is a shy little girl who doesn't make friends very easily.*
- 7.105 **fidget spinner** (n) είδος παιχνιδιού για να αποσχολούνται τα δάκτυλα  
*I was talking to her, but she was playing with her fidget spinner and she wasn't paying any attention to me.*
- 7.106 **feedback** (n) επικοδομητική κριτική  
*I find feedback from my classmates and teacher a very useful method to improve my work.*
- 7.107 **focus** (v) εστιάζω  
*When you give someone feedback, you shouldn't only focus on negative points, but you should also mention the positive things.*
- 7.108 **honest** (adj) ειλικρινής  
*What I love about my best friend is that she's honest with me, so I trust her completely.*

## UNIT 8

## ADVERTISING

- 8.1 **advertising** (n) διαφήμιση (όλη η διαδικασία)  
*In my opinion, successful advertising requires very creative people with a lot of talent.*
- 8.2 **advert** (n) διαφήμιση (μια διαφήμιση για συγκεκριμένο προϊόν)  
*Have you seen the advert for the new trainers? I really want to buy them!*
- 8.3 **aspect** (n) πλευρά, διάσταση  
*There are different aspects to this problem. You shouldn't only look at it from your point of view.*
- 8.4 **product** (n) προϊόν  
*There are many new products doing the same thing, so if I were you, I'd choose very carefully.*
- 8.5 **company** (n) εταιρία  
*My brother and I want to set up a company that will sell sunglasses for teenagers.*
- 8.6 **brand** (n) μάρκα  
*Cora only wears clothes whose brand logo is very obvious.*
- 8.7 **symbol** (n) σύμβολο  
*There were some secret symbols on the map, but we had no clue what they meant.*
- 8.8 **logo** (n) λογότυπο  
*The logo of the company is a symbol for good luck.*
- 8.9 **slogan** (n) σλόγκαν, σύνθημα  
*We're trying to find a slogan for our new product. It has to be something clever and funny which people will remember easily.*
- 8.10 **link** (v) ενώνω, συνδέω  
*You can't use this slogan in your advert. It's already linked to a different brand.*
- 8.11 **advertise** (v) διαφημίζω  
*We wanted to advertise our new clothes line on TV, but it's too expensive.*
- 8.12 **poster** (n) αφίσα  
*The poster for our new sports clothes will be ready next week. The advertising company is making the last photoshoots.*
- 8.13 **marketing company** (n) διαφημιστική εταιρία  
*We need to find a marketing company that will create a clever and funny advertising campaign for our new line of clothes.*
- 8.14 **on sale** (phr) προς πώληση  
*Before we put our new product on sale, we should give it to some influencers to try out and promote.*
- 8.15 **buyer** (n) αγοραστής  
*We've asked our buyers their opinion of our new smartphones and we're going to use their reviews to get better.*
- 8.16 **seller** (n) πωλητής  
*We've bought various products from this seller and we've always been happy with the quality.*
- 8.17 **review** (n) κριτική  
*Before I buy anything expensive, I always check out the reviews, especially those of other buyers.*
- 8.18 **ad blocker** (n) πρόγραμμα υπολογιστή που αποκλείει τις διαφημίσεις  
*She's using an ad blocker on her computer because she doesn't want to see adverts all the time.*
- 8.19 **toothpaste** (n) οδοντόπαστα  
*Don't forget to buy a tube of toothpaste when you go to the supermarket, please.*



- 8.20 **influencer** (n) **ίνφλουενσερ**, αυτός που ασκεί επιρροή  
*I don't trust influencers - they're paid to use products, so I'm not sure if their suggestions are honest.*
- 8.21 **glue** (n) **κόλλα**  
*Thalia used some glue to stick the sole of her shoe back on.*
- 8.22 **type** (n) **είδος, τύπος**  
*There are many different types of advertising - for me the best are funny videos on the media.*
- 8.23 **personal** (adj) **προσωπικός**  
*Kostas wants to be an influencer and has got his own personal channel on Tik Tok.*
- 8.24 **channel** (n) **κανάλι (στην τηλεόραση, στο YouTube, κλπ)**  
*My favourite YouTube channel is the Funny Cat channel! I can't stop laughing when I watch those cats!*
- 8.25 **traditional** (adj) **παραδοσιακός**  
*My parents only watch traditional TV and adverts and have no idea how much the world has changed!*
- 8.26 **certain** (adj) **συγκεκριμένος**  
*Sharon was asked to wear the clothes of a certain brand on the videos she uploaded to her channel.*
- 8.27 **user-generated** (adj) **που δημιουργείται από τον χρήστη**  
*User-generated content is the best advertising we can have. It's free and it's honest.*
- 8.28 **content** (n) **περιεχόμενο**  
*What's the content of this channel? What does its owner talk about in his videos?*
- 8.29 **soft drink** (n) **αναψυκτικό**  
*I avoid drinking soft drinks because they're usually full of sugar.*
- 8.30 **campaign** (n) **καμπάνια, εκστρατεία**  
*My classmates and I have started a campaign against the use of plastic straws.*
- 8.31 **personalised** (adj) **προσωποποιημένος**  
*When you subscribe, you'll be able to see personalised content - just things that interest you and nothing else!*
- 8.32 **upload** (v) **ανεβάζω (στο ίντερνετ)**  
*How many selfies has she uploaded on Insta today?*
- 8.33 **media** (n) **τα μέσα ενημέρωσης και επικοινωνίας**  
*Most of the traditional media refused to show the video, but the subscribers in YouTube, Instagram and Tik Tok posted it millions of times and it became viral.*
- 8.34 **native advertising** (n) **εγγενής διαφήμιση**  
*I never 'like' native advertising because then, my timeline gets flooded with similar products. It's annoying.*
- 8.35 **block** (v) **μπλοκάρω, σταματώ**  
*I use an app which blocks adverts on my timeline.*
- 8.36 **social platform** (n) **πλατφόρμα κοινωνικής δικτύωσης**  
*Older people prefer Facebook as a social platform, but teens are more into Snapchat, Instagram and Tik Tok.*
- 8.37 **closely** (adv) **από κοντά**  
*She closely examined the photograph to see if it was real or fake.*
- 8.38 **sponsored** (adj) **επιχορηγούμενος, που έχει σπόνσορα**  
*How much do sponsored posts cost? Have you got any idea?*
- 8.39 **promote** (v) **προωθώ**  
*Penelope decided to promote the new hats her best friend made through her account on all social platforms.*
- 8.40 **vlogger** (n) **αυτός που έχει ιστολόγιο όπου ανεβάζει βίντεο με τις εμπειρίες του, κλπ.**  
*Check out Liza Koshy! She's such a funny vlogger!*

- 8.41 **teen** (n) έφηβος  
*Many teens' ambition is to become influencers and successful vloggers, but the truth is that it takes a lot of hard work to become one!*
- 8.42 **subscribe** (v) γίνομαι συνδρομητής  
*Stephanie subscribes to a few YouTube channels about cooking and healthy eating.*
- 8.43 **switch off** (phr v) σβήνω (για ηλεκτρική συσκευή)  
*Turn off your laptop before you go to bed. That way it doesn't use up any electricity.*
- 8.44 **switch on** (phr v) ανάβω (για ηλεκτρική συσκευή)  
*Patrick switched on his phone, checked his messages and then switched it off again and went to sleep.*
- 8.45 **build up** (phr v) αυξάνω σταδιακά  
*No one becomes a successful YouTuber overnight - people build up their followers little by little.*
- 8.46 **shut down** (phr v) κλείνω, διακόπτω τη λειτουργία (εντελώς)  
*My parents made me shut down my account on all media after getting dreadful marks at school.*
- 8.47 **follow** (v) ακολουθώ  
*Why do you follow celebrities on Instagram? They only post about their lives. Isn't that boring?*
- 8.48 **vlog** (v) ιστολόγιο με βίντεο  
*Alex's vlog is about moving to a new town and the difficulties he has while trying to make new friends.*
- 8.49 **comment on** (phr v) σχολιάζω  
*Joyce follows a lot of people on Instagram and she comments on their photos and posts.*
- 8.50 **delete** (v) διαγράφω  
*I didn't like the photos, so I deleted them from my camera.*
- 8.51 **regularly** (adv) τακτικά, σε τακτά διαστήματα  
*Bob regularly takes his laptop for a service to make sure it doesn't break down.*
- 8.52 **celebrity** (n) διασημότητα  
*Following celebrities on social media is a waste of time, in my opinion.*
- 8.53 **set up** (phr v) ιδρύω, δημιουργώ  
*Charli D'Amelio set up her Tik Tok account in 2019 and has already become the most popular vlogger!*
- 8.54 **myself** (pron) από μόνος μου  
*Thank you but I don't need any help. I want to do it myself!*
- 8.55 **each other** (pron) ο ένας τον άλλο  
*Maria and I have known each other since the first class of primary school.*
- 8.56 **argue** (v) τσακώνομαι  
*Why are you and your brother arguing again? Go to your rooms!*
- 8.57 **one another** (pron) ο ένας τον άλλο (για περισσότερους από δύο)  
*The students in the class were embarrassed and didn't look at one another.*
- 8.58 **selfish** (adj) εγωιστής  
*Barbara is very selfish and never cares about anyone else than herself.*
- 8.59 **ad** (n) διαφήμιση  
*I hate ads that cut into the videos I'm watching in YouTube.*
- 8.60 **effective** (adj) αποτελεσματικός  
*Getting celebrities to promote products is an effective way to advertise, in my opinion.*
- 8.61 **miss out on** (phr v) χάνω (μια ευκαιρία)  
*If you don't come to the shopping centre with us, you may miss out on the chance to meet some cool vloggers.*

- 8.62 **compare** (v) συγκρίνω  
*I always compare prices before I decide where to buy what I want.*
- 8.63 **What's up?** (phr) Τί τρέχει;  
*Hey, Luke! What's up?' 'Hi Don! Everything's fine! Thanks.'*
- 8.64 **I don't have a clue** (phr) Δεν έχω ιδέα.  
*What's that strange sound? Where is it coming from?' 'I don't have a clue! Let's look around.'*
- 8.65 **I don't know where to start.** (phr) Δεν ξέρω από που ν'αρχίσω.  
*Oh, dear! I've got tons of homework and I don't know where to start.*
- 8.66 **creation** (n) δημιουργία  
*Kostas wants to be a film director. For now he uses a video creation tool to make cool little videos with his friends.*
- 8.67 **tool** (n) εργαλείο  
*Modern technology offers us many digital tools to make our lives much easier.*
- 8.68 **ready-made** (adj) έτοιμος, προκατασκευασμένος  
*Caitlin used a ready-made pizza base, added the toppings of her choice and baked it in the oven.*
- 8.69 **template** (n) πρότυπο, καλούπι, πατρόν  
*If you want all your pictures to be the same, you should use a template and make copies.*
- 8.70 **image bank** (n) τράπεζα εικόνων  
*You can use a free image bank to add pictures to your power-point presentation.*
- 8.71 **handy** (adj) χρήσιμος  
*Don't throw away this old charger. You may find it handy if you lose the new one.*
- 8.72 **voiceover** (n) αφήγηση, σπικάζ, ασύγχρονη αφήγηση  
*After she finished making her video, she added a voiceover.*
- 8.73 **no-brainer** (n) δε θέλει και πολύ μυαλό, ξεκάθαρα  
*Well, using this app makes everything easy. It's a no-brainer! I'll definitely use it!*
- 8.74 **I can't recommend it / them enough** (phr) Το / Τα συνιστώ ανεπιφύλακτα.  
*I can't recommend this new app enough! It's made my life easy and it's a piece of cake to use it!*
- 8.75 **... would be ideal...** (phr) ... θα ήταν ιδανικό...  
*Using a template to cut out the pieces of material for your new bag would be ideal.*
- 8.76 **obviously** (adv) ξεκάθαρα  
*I trust Oliver completely! Obviously he knows exactly what he's doing.*
- 8.77 **feature** (n) χαρακτηριστικό  
*The most important feature of this new camera is that it can take gorgeous photos underwater.*
- 8.78 **compact size** (n) συμπαγές μέγεθος  
*The camera's compact size makes it ideal for carrying around with you at all times.*
- 8.79 **lightweight** (adj) ελαφρύς  
*I'm looking for a lightweight pair of trainers - nothing heavy like walking boots.*
- 8.80 **long-lasting** (adj) ανθεκτικός στο χρόνο, μεγάλης διάρκειας  
*A disadvantage of this smartwatch is that it hasn't got a long-lasting battery, so you have to charge it once a day.*
- 8.81 **microphone** (n) μικρόφωνο  
*He spoke into the microphone and everyone could hear his voice clearly.*
- 8.82 **waterproof** (adj) αδιάβροχος  
*I don't have a pair of waterproof boots, so I don't think I'll go out in the rain.*
- 8.83 **wireless** (adj) ασύρματος  
*I prefer using a wireless mouse for my laptop.*



8.84 **tough** (adj) ανθεκτικός  
*If I were you, I'd buy a pair of boots that are tough and can last a long time.*

8.85 **allow** (v) επιτρέπω  
*A long-lasting battery on your phone will allow you to use it for longer periods of time without charging.*

8.86 **offer** (v) προσφέρω  
*These new headphones have many features and offer a better quality of sound.*

8.87 **range** (n) γκάμα, ποικιλία  
*On our online shop, you'll find a great range of electronic gadgets and devices at excellent prices.*

8.88 **low-cost** (adj) χαμηλού κόστους, φθηνός  
*This low-cost vacuum cleaner is just as good as higher-priced ones.*

8.89 **advantage** (n) πλεονέκτημα  
*An advantage of using a robot vacuum cleaner is that you don't have to do the work yourself!*

8.90 **backpack** (n) σακίδιο  
*Do you like my new backpack? It's got lots of pockets for different things and it's waterproof, as well.*

8.91 **narrator** (n) αφηγητής  
*The narrator of the voiceover mentioned the most important features of the new product in the advert.*

8.92 **storyboard** (n) εικονογραφημένο σενάριο  
*We'll have to create a storyboard before we actually start making the video.*

8.93 **science fiction** (n) επιστημονική φαντασία  
*I love reading science fiction stories about how our world may change in the future.*

## UNIT 9

## HAVE YOU HEARD THE NEWS?

9.1 **moral** (n) ηθικό δίδαγμα  
*The moral of the story is that if you are kind to others and they will be kind to you.*

9.2 **claim** (v) ισχυρίζομαι  
*Martha claimed that she saw a man break the window and get into the house.*

9.3 **jewellery** (n) κοσμήματα  
*She wasn't wearing any jewellery apart from her wedding ring.*

9.4 **look through** (phr v) ψαχουλεύω,

ψάχνω μέσα σε πολλά πράγματα  
*We looked through all the rubbish in the bin and we found Tonia's lost earrings.*

9.5 **announce** (v) ανακοινώνω  
*The police have announced that they have found the thief.*

9.6 **officially** (adv) επίσημα  
*The opening of the new museum was officially announced yesterday.*

9.7 **curator** (n) έφορος μουσείου  
*James is a curator at the local museum and he's responsible for the amazing collection you can see there.*

- 9.8 **insist** (v) επιμένω  
*The little boy insisted that he had seen a monster in the room.*
- 9.9 **store room** (n) αποθήκη  
*We keep a lot of old stuff in our store room. Perhaps we should clean it out one day!*
- 9.10 **discover** (v) ανακαλύπτω  
*You'll never guess what I discovered while I was cleaning the old store room!*
- 9.11 **contain** (v) περιέχω  
*The box contained my treasures, all those things I kept as a child!*
- 9.12 **mummy** (n) μούμια  
*When you visit the British Museum, don't forget to see the mummies in the Egyptian ward.*
- 9.13 **confirm** (v) επιβεβαιώνω  
*The secretary confirmed that the appointment was for Thursday at six o'clock.*
- 9.14 **firmly** (adv) σταθερά, αποφασιστικά  
*Nadine spoke firmly to the man who was shouting at her.*
- 9.15 **mention** (v) αναφέρω  
*My mother forgot to mention that my uncle and aunt were coming for dinner!*
- 9.16 **complain** (v) παραπονιέμαι  
*They complained that their hotel room wasn't clean.*
- 9.17 **deny** (v) αρνούμαι (ότι έκανα κάτι)  
*Jessika denied that she had broken her brother's laptop.*
- 9.18 **apologise** (v) ζητώ συγγνώμη  
*Stephen apologised to his sister for borrowing her camera without asking her first.*
- 9.19 **admit** (v) παραδέχομαι  
*Julie admitted that she had taken my favourite T-shirt.*
- 9.20 **promise** (v) υπόσχομαι  
*She promised never to do it again!*
- 9.21 **valuable** (adj) πολύτιμος  
*We're losing valuable time! Quick! Call the emergency services and an ambulance!*
- 9.22 **twin** (n) δίδυμος  
*Kelly and Gina are twins, but they don't look exactly the same.*
- 9.23 **apart** (adv) ξεχωριστά  
*The two brothers grew up apart from each other.*
- 9.24 **identical twin** (n) μονοζυγωτικός δίδυμος  
*Identical twins are so similar, it's very difficult for people to tell who is who!*
- 9.25 **orphanage** (n) ορφανοτροφείο  
*Oliver Twist grew up in a dreadful orphanage.*
- 9.26 **adopt** (v) υιοθετώ  
*Mr and Mrs Rogers couldn't have their own children, so they decided to adopt a little girl.*
- 9.27 **adoption agency** (n) οργανισμός υιοθεσίας  
*At the adoption agency, we were asked to sign a lot of documents and answer many questions.*
- 9.28 **sweatshirt** (n) αθλητική μπλούζα  
*Monica was wearing a sweatshirt and leggings and was doing yoga.*
- 9.29 **keep in touch** (phr) διατηρώ επαφή με κάποιον  
*My best friend has moved to another town, but we're going to keep in touch on the social media.*
- 9.30 **connection** (n) σύνδεση, σχέση  
*As soon as she saw the boy enter the room, she felt a strange connection with him!*
- 9.31 **weird** (adj) περίεργος  
*It was a weird day! Many strange things happened and I couldn't explain them!*
- 9.32 **dramatically** (adv) δραματικά, υπερβολικά  
*The situation has dramatically changed for the worse.*

- 9.33 **director** (n) σκηνοθέτης  
*Ridley Scott is one of my favourite directors - in my opinion, Blade Runner is an amazing film!*
- 9.34 **separately** (adv) χώρια, ξεχωριστά  
*The story says that the rings must be kept separately, otherwise a disaster will happen.*
- 9.35 **specialist** (n) ειδικός, ειδήμονας  
*All specialists agree that this kind of snake is not poisonous or dangerous.*
- 9.36 **lizard** (n) σαύρα  
*The biggest lizard in the world is the Komodo Dragon! They're enormous!*
- 9.37 **occasionally** (adv) περιστασιακά  
*My grandma occasionally forgets dates and names, but it's nothing serious!*
- 9.38 **fluently** (adv) άπταιστα, με ευφράδεια  
*George speaks French and Spanish very fluently.*
- 9.39 **nowadays** (adv) τώρα, στις μέρες μας  
*Nowadays, many people enjoy travelling to faraway places.*
- 9.40 **secretly** (adv) κρυφά  
*The thief secretly hid the jewellery under the dirty clothes in the washing machine.*
- 9.41 **patiently** (adv) υπομονετικά  
*Spiders wait patiently for a small insect to get caught in their webs.*
- 9.42 **gradually** (adv) σιγά - σιγά  
*After a few months in Madrid, I've gradually started understanding a lot more Spanish.*
- 9.43 **after a while** (phr) μετά από λίγο  
*At first the little kitten was scared, but after a while it got out from under the sofa and started exploring our living room.*
- 9.44 **eventually** (adv) τελικά  
*At first he hated everything in his new town, but eventually he started loving the place and its inhabitants.*
- 9.45 **surprisingly** (adv) περιέργως, παραδόξως  
*We had the music very loud, but surprisingly no one came to complain.*
- 9.46 **fake news** (n) ψεύτικες ειδήσεις  
*I believe there should be a lesson teaching us how to tell fake news from real facts and how to protect ourselves.*
- 9.47 **gesture** (v) χειρονομώ  
*Tom secretly gestured to his friend that he wanted to leave the party and go home.*
- 9.48 **end** (v) τελειώνω  
*So how does this story end?' asked my little brother.*
- 9.49 **comedy** (n) κωμωδία  
*My grandma only watches comedies on TV or at cinema. She believes there's enough drama in real life.*
- 9.50 **drama** (n) τραγωδία  
*The film is a drama taking place in the Second World War.*
- 9.51 **receptionist** (n) ρεσεψιονίστ, υπάλληλος υποδοχής  
*The receptionist politely asked us to wait for Ms Gray.*
- 9.52 **bowling alley** (n) αίθουσα μπόουλινγκ  
*I love bowling, but unfortunately there isn't a bowling alley near where I live.*
- 9.53 **You'll never guess what ...** (phr) Δεν θα μαντέψεις ποτέ τι ...  
*You'll never guess what I found in the street!' 'What? Did you find a wallet?'*
- 9.54 **bowl** (v) παίζω μπόουλινγκ  
*My dad and his friends meet twice a week to bowl, talk about sports and have fun together.*



- 9.55 **a show-off** (n) κάνω επίδειξη  
*Kevin is such a show-off! He always wants people to look at him!*
- 9.56 **Let me guess.** (phr) Άσε με να μαντέψω.  
*You'll never guess who I met in the street!* 'Let me guess! Was it Stefanos Tsitsipas?'
- 9.57 **swing** (v) ταλαντεύω, κουνώ μπρος - πίσω  
*The boy swung his arms back and front and pretended he could fly!*
- 9.58 **sort of** (phr) κάπως  
*I don't know how he did it, but he touched the ball and it sort of disappeared!*
- 9.59 **flat on my back** (phr) ανάσκελα  
*Penelope lay flat on her back on the sand and gazed at the stars in the sky.*
- 9.60 **impression** (n) εντύπωση  
*First impressions stay for a long time, so make sure you look neat and tidy and are on time for your interview.*
- 9.61 **to make matters worse** (phr) και για να κάνω τα πράγματα χειρότερα ...  
*She was late for class. To make matters worse, she'd left her books at home and the teacher got furious!*
- 9.62 **Basically, what happened was...** (phr) Βασικά, αυτό που έγινε ήταν ότι...  
*No, you're wrong. Basically, what happened was that Caren was late and I phoned her.*
- 9.63 **so anyway** (phr) τέλος πάντων  
*That's not what happened, exactly.* 'Never mind. So anyway, what did you do in the end?'
- 9.64 **the next thing I knew** (phr) το επόμενο πράγμα που κατάλαβα  
*I heard a noise behind my back. The next thing I knew, I was face down on the floor and my head hurt.*
- 9.65 **receive** (v) παίρνω, λαμβάνω  
*Jeremy received many birthday cards and presents on his birthday.*
- 9.66 **lottery** (n) λοταρία, λαχείο  
*Have you ever won a lottery?* 'No, I've never been so lucky!'
- 9.67 **sweetcorn** (n) καλαμπόκι  
*My favourite salad has tomatoes, sweetcorn, peppers, onions and tuna.*
- 9.68 **cone** (n) χωνάκι για παγωτό  
*I'd like my ice cream in a cone, please.*
- 9.69 **headline** (n) τίτλος  
*I don't have enough time to read the newspaper, but I always read the headlines to see if there's anything new or important happening in the world.*
- 9.70 **accompany** (v) συνοδεύω  
*The song is accompanied by guitar and piano music.*
- 9.71 **chant** (n) φωνάζω, τραγουδώ ρυθμικά  
*The children had formed a circle and were chanting rhythmically.*
- 9.72 **gather** (v) μαζεύω  
*The captain of the team gathered all the players around and told them how they were going to play.*
- 9.73 **heat** (n) ζέστη  
*The heat of the campfire dried our clothes quickly.*
- 9.74 **flame** (n) φλόγα  
*She tried to read in the flame of the candle, but it was too difficult.*
- 9.75 **rope** (n) σχοινί  
*Let's use this rope to climb to the top of the tree.*
- 9.76 **set off** (phr v) ξεκινώ για ταξίδι  
*The explorers set off for the jungle very early in the morning.*
- 9.77 **rise** (v) ανατέλλω  
*What time does the sun rise in the summer?*

- 9.78 **approach** (v) πλησιάζω  
*I approached the kitten carefully and gave it some food.*
- 9.79 **shake** (v) σείομαι, τρέμω  
*It was an earthquake! The ground started shaking and everybody was scared.*
- 9.80 **tangle** (v) μπερδεύω (για σχοινιά, μαλλιά, κλπ)  
*She has very long hair and it gets tangled at night while she's sleeping.*
- 9.81 **trap** (v) παγιδεύω  
*They trapped the tiger and then tangled it with ropes.*
- 9.82 **smash** (v) χτυπώ με δύναμη  
*Jerry smashed the ball with his racket.*
- 9.83 **scream** (v) ουρλιάζω  
*Marina hit her feet on the floor and screamed loudly that she wanted a new doll!*
- 9.84 **escape** (v) δραπετεύω  
*The trapped animal couldn't escape from the cage.*
- 9.85 **impressive** (adj) εντυπωσιακός  
*Simone Biles, the best gymnast in the world, has had many impressive achievements!*
- 9.86 **width** (n) πλάτος  
*The width of the balancing beam in gymnastics is only ten centimetres wide.*
- 9.87 **height** (n) ύψος  
*What's the height of the highest building in the world?*
- 9.88 **length** (n) μήκος  
*The length of the River Nile is 6.650 km!*
- 9.89 **depth** (n) βάθος  
*The depth of the Marianna Trench, the deepest part in the ocean, is 11,034 metres.*
- 9.90 **towering** (adj) πανύψηλος  
*The forest was almost ancient, with dark, towering trees and thick bushes.*
- 9.91 **formally** (adv) επίσημα  
*He apologised to his classmates formally in front of the whole school.*
- 9.92 **I didn't catch that.** (phr) Δεν το' πιασα αυτό.  
*So first turn left and go straight on. Then walk past the supermarket.' 'Sorry, I didn't catch that. Can you repeat it, please?'*
- 9.93 **let me check I've got this right.** (phr) Για να δω αν κατάλαβα καλά.  
*Ok, let me check I've got this right. First, I turn left and go straight on. Right?'*















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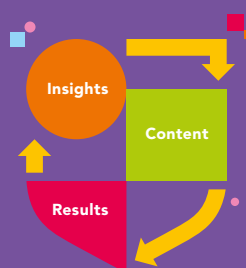
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