



GREEK WORDLIST

OWN IT!

IT'S YOUR WORLD



Greek wordlist



CAMBRIDGE
UNIVERSITY PRESS

Own it Level 3 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			

Μπορείς πάντα να συμβουλευέσαι το διαδικτυακό λεξικό του Cambridge: Online Cambridge Dictionary: <https://dictionary.cambridge.org>

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 | emoji (n) εμότζι, φατσούλα
<i>Most teenagers use emojis when they send texts to their friends.</i> | 0.12 | upset (adj) αναστατωμένος
<i>My sister was upset because I broke her tablet by accident.</i> |
| 0.2 | app (n) εφαρμογή
<i>Dina's got an app which tells her how much water she must drink every day.</i> | 0.13 | disaster (n) καταστροφή
<i>What a disaster! How did you break the window?</i> |
| 0.3 | device (n) συσκευή
<i>How many electronic devices have you got at home?</i> | 0.14 | sock (n) κάλτσα
<i>James always wears his lucky socks when he has a tennis match.</i> |
| 0.4 | screen (n) οθόνη
<i>The screen of my laptop was dirty, so I cleaned it.</i> | 0.15 | forget (v) ξεχνώ
<i>Wendy forgot to call her mum when she went out with her friends. Now her parents are very upset with her!</i> |
| 0.5 | video chat (n) βιντεοκλήση
<i>My aunt and uncle live in Australia so we have video chats with them every week.</i> | 0.16 | reply (v) απαντώ
<i>I asked my brother a question, but he didn't reply. Perhaps he didn't hear me.</i> |
| 0.6 | social media (n) κοινωνικά μέσα δικτύωσης
<i>I think the social media have changed the way we communicate for ever.</i> | 0.17 | text (n) μήνυμα στο κινητό
<i>How often do you send texts to your friends?</i> |
| 0.7 | site (n) ιστότοπος
<i>Mike visited the band's site to learn about their new albums and live concerts.</i> | 0.18 | presentation (n) παρουσίαση
<i>Maria's presentation of her project was excellent! We learnt a lot!</i> |
| 0.8 | popular (adj) δημοφιλής
<i>Is rap music popular in your country?</i> | 0.19 | Wish me luck! (phr) Ευχθείτε μου καλή τύχη!
<i>Tomorrow is my big day! I'm taking part in a dance competition. Wish me luck!</i> |
| 0.9 | embarrassed (adj) αμήχανος, ντροπιασμένος
<i>Anne was very embarrassed when the teacher asked her a question and she didn't know how to answer.</i> | 0.20 | tech camp (n) κατασκήνωση για μαθητές τεχνολογίας
<i>Last summer my best friend and I went to a tech camp for the summer. We learnt how to program computers and build robots!</i> |
| 0.10 | excited (adj) ενθουσιασμένος
<i>Dom is very excited about watching his favourite singer live.</i> | 0.21 | brilliant (adj) ευφυέστατος, πανέξυπνος
<i>Jenny is brilliant! I'm sure she'll be a great scientist when she grows up.</i> |
| 0.11 | nervous (adj) αγχωμένος
<i>There's a big test next week and I'm already feeling very nervous about it.</i> | | |

- 0.22 **I bet** (phr) βάζω στοίχημα
Danny loves music. I bet he can sing and play a musical instrument too.
- 0.23 **competition** (n) διαγωνισμός
There's a dancing competition next month. Let's take part! It'll be fun!
- 0.24 **a bit** (phr) λιγάκι
She was a bit tired after climbing to the top of the mountain.
- 0.25 **have the time of my life** (phr) περνάω υπέροχα
My friends and I had the time of our lives when we visited Waterland Theme Park!
- 0.26 **trick** (n) κόλπο
When you are learning a new trick, you must try again and again until you can do it well.
- 0.27 **fall over** (phr v) πέφτω
When she was learning how to skateboard, she fell over all the time.
- 0.28 **hardly ever** (adv) σχεδόν ποτέ
He hardly ever listens to pop music. He thinks it's too old-fashioned!
- 0.29 **on time** (phr) στην ώρα (μου)
Our teacher is always on time. She's never late.
- 0.30 **event** (n) εκδήλωση
Oscar loves going to social events, like parties and celebrations.
- 0.31 **project** (n) πρότζεκτ, εργασία
Jennifer and I are doing a project on recycling and reusing old clothes. It's very interesting!
- 0.32 **communicate** (v) επικοινωνώ
Most people now communicate through video chats or online messaging.
- 0.33 **face-to-face** (adj) πρόσωπο με πρόσωπο
My grandparents prefer face-to-face communication, but sometimes we have video chats, too.
- 0.34 **guess** (v) μαντεύω
Who did I meet at the shopping centre yesterday? Can you guess?
- 0.35 **sunny** (adj) ηλιόλουστος
It was a warm, sunny day. The sun was shining and the birds were singing!
- 0.36 **bass** (n) μπάσο
Who plays the bass in your rock band?
- 0.37 **DJ** (n) ντι τζέι, αυτός που παίζει μουσική σε κλαμπ, κλπ.
Dora is a great DJ. When she plays music at the club, everybody wants to dance.
- 0.38 **drums** (n) τύμπανα
Panos is learning to play the drums and nobody can study or sleep in our home!
- 0.39 **fan** (n) οπαδός
Matina is a fan of hip-hop and rap music.
- 0.40 **folk** (n) παραδοσιακή μουσική
We went to a music festival and we listened to some folk and ethnic music. It was very interesting.
- 0.41 **heavy metal** (n) χέβι μέταλ, (είδος ροκ μουσικής)
My dad loved heavy metal music and wanted to learn to play the bass when he was my age.
- 0.42 **jazz** (n) τζαζ
Dizzy Gillespie was one of the greatest jazz musicians of all times.
- 0.43 **keyboard** (n) συνθεσάιζερ, πλήκτρα
We're making a new band. We've got a bass and drums player, but we need someone on the keyboard, too. Are you interested?
- 0.44 **rap** (n) ραπ
In rap music, singers have to speak very fast and have a great rhythm.
- 0.45 **reggae** (n) ρέγγε
Reggae is happy, lively music. I love listening to it.
- 0.46 **instrument** (n) όργανο
Can you play any musical instruments, like the piano or the guitar?
- 0.47 **pop** (n) ποπ
My favourite pop song is Rain on Me by Lady Gaga.

- 0.48 **band** (n) μουσικό γκρουπ
Red Hot Chili Peppers is a great band. I love their music.
- 0.49 **concert** (n) συναυλία
The concert was so popular we couldn't find tickets and we missed out!
- 0.50 **get up** (phr v) σηκώνομαι (από το κρεβάτι)
What time do you get up at weekends?
- 0.51 **beach** (n) παραλία
The children were playing happily on the beach and some people were swimming.
- 0.52 **swimming pool** (n) πισίνα
You mustn't run around the swimming pool. It's dangerous and you might get hurt.
- 0.53 **cereal** (n) δημητριακά
Paul usually has cereal with milk for breakfast.
- 0.54 **toast** (n) φρυγανιά
Would you like some toast and butter, or cereal for breakfast?
- 0.55 **juice** (n) χυμός
Can I have some orange juice, please?
- 0.56 **review** (n) κριτική
Dave always reads the reviews before going to the cinema to watch a film.
- 0.57 **recommend** (v) συστήνω, συνιστώ
Can you recommend a good app to help me stay fit?
- 0.58 **photo-editing** (adj) επεξεργασία φωτογραφίας
She used a photo-editing app to change her selfie so much that we in the end we couldn't recognise her!
- 0.59 **download** (v) κατεβάζω (από το διαδίκτυο)
How much music do you download every month?
- 0.60 **free** (adj) δωρεάν
The concert was free. We didn't have to pay to get in.
- 0.61 **upload** (v) ανεβάζω (στο διαδίκτυο)
Maria uploads lots of selfies every day!
- 0.62 **in my opinion** (phr) κατά τη γνώμη μου
In my opinion, people should be very careful before posting on social media.
- 0.63 **couple of** (phr) δύο πράγματα
Before you start, I'd like to tell you a couple of things about the project.
- 0.64 **post** (v) ποστάρω, ανεβάζω στα σόσιαλ μίντια
Did you see the photo Maggie posted on Instagram yesterday? It was so funny!
- 0.65 **negative** (adj) αρνητικός
Sometimes negative comments can help you get better at what you do.
- 0.66 **comment** (n) σχόλιο
Martha always leaves a nice comment when I upload a photo.
- 0.67 **overall** (adv) γενικά, σε γενικές γραμμές
Overall, I believe spending too much time on social media is a bad idea.
- 0.68 **introduce** (v) παρουσιάζω
I'd like to introduce an app that I believe will be very useful to fans of rap music.

BE INSPIRED

- 1.1 **inspired** (adj) εμπνευσμένος
Jean is really inspired! She paints beautifully!
- 1.2 **entrepreneur** (n) επιχειρηματίας
Young entrepreneurs are using a lot of technological innovations these days.
- 1.3 **mention** (v) αναφέρω
She mentioned that she was a businesswoman, but I didn't ask her what her business was.
- 1.4 **invent** (v) εφευρίσκω
Hailey invented a machine that can power her house with electricity from rain water.
- 1.5 **relaxed** (adj) χαλαρός, άνετος
Jimmy is a relaxed, sociable boy who likes to hang out with his friends.
- 1.6 **decision** (n) απόφαση
Martha made the decision to study science at the university of Thessaloniki.
- 1.7 **successful** (adj) επιτυχημένος
Kevin is a successful farmer who uses modern technologies to improve the quality of his products.
- 1.8 **naturally** (adv) φυσικά, από τη φύση του
Sammy is naturally talented in football. He's fast and understands the game well.
- 1.9 **sensible** (adj) λογικός, που έχει κοινό νοῦ
Our teacher always gives us very sensible advice when it comes to tests.
- 1.10 **sensitive** (adj) ευαίσθητος
Joanne is very sensitive and sometimes gets upset without reason.
- 1.11 **cheerful** (adj) χαρωπός
Sally is always cheerful. She smiles and laughs and makes everybody happy.
- 1.12 **confident** (adj) που έχει αυτοπεποίθηση
Wendy isn't confident enough to be an actress. She's always scared of speaking in front of other people.
- 1.13 **helpful** (adj) εξυπηρετικός, που βοηθάει
The assistant in the shop was very helpful and polite. I'm definitely going to shop there again.
- 1.14 **sociable** (adj) κοινωνικός
Harry isn't very sociable and doesn't enjoy meeting new people or being in crowded places.
- 1.15 **active** (adj) δραστήριος
Bettina is a very active person who does a lot of sport and goes for long walks in the countryside.
- 1.16 **talented** (adj) ταλαντούχος
Mike is a very talented artist. He can paint really well!
- 1.17 **ambitious** (adj) φιλόδοξος
My cousin is very ambitious. He wants to be the youngest, most successful entrepreneur of his generation!
- 1.18 **inspiring** (adj) που εμπνέει
The headmaster gave an inspiring speech at the end of the school year.
- 1.19 **patient** (adj) υπομονετικός
If you want to be a teacher, it's important to be patient and kind.
- 1.20 **calm** (adj) ήρεμος
George is very calm and patient. He never gets angry.

- 1.21 **anxious** (adj) αγχώδης
Darren is an anxious and nervous person. He needs to learn to relax a bit.
- 1.22 **grumpy** (adj) γκρινιάρης
Why is the baby so grumpy today? What's wrong?
- 1.23 **impatient** (adj) ανυπόμονος
Why are you so impatient? You need to learn to wait for your turn.
- 1.24 **insensitive** (adj) αναίσθητος, χωρίς ευαισθησίες
Some people are very insensitive and never think about others or their feelings!
- 1.25 **lazy** (adj) τεμπέλης
She was a lazy girl who didn't do her homework or study. I don't know what happened to her when she grew up.
- 1.26 **shy** (adj) ντροπαλός
My little brother is shy at first, but when he gets to know you he grows confident and can be very funny!
- 1.27 **silly** (adj) ανόητος
Nigel always asks silly questions. I don't understand how the teacher is so patient with him!
- 1.28 **influence** (v) επηρεάζω
Do you think the weather influences people's personalities?
- 1.29 **personality** (n) προσωπικότητα
I believe that your personality can influence your future success.
- 1.30 **blind** (adj) τυφλός
Peter is blind. He uses a stick and a special smartphone to move around without help.
- 1.31 **bat** (n) νυχτερίδα
Bats don't use their eyes to see, but a special echolocation system to understand where objects are.
- 1.32 **actually** (adv) στην πραγματικότητα, πράγματι
She said she wanted to help, but actually, she just stood there and watched us do all the work.
- 1.33 **ability** (n) ικανότητα
Kelly has the ability to create amazing pictures with just a pencil!
- 1.34 **sight** (n) όραση
My uncle lost his sight after an accident, but he taught himself how to move around and read and write without help.
- 1.35 **independent** (adj) ανεξάρτητος
He likes to be independent, so he tries to do everything without help.
- 1.36 **grow up** (phr v) μεγαλώνω
When I grow up, I want to be a vet. I love animals.
- 1.37 **incredible** (adj) απίστευτος
Her story is incredible! She's such an inspiring person and a strong character!
- 1.38 **tongue** (n) γλώσσα (όργανο του σώματος)
Snakes use their tongues to smell things.
- 1.39 **sound wave** (n) ηχητικό κύμα
Bats use sound waves to find out where objects are.
- 1.40 **bounce off** (phr v) αναπηδώνω
When a sound wave bounces off a wall, it comes back to you and you can understand how far the wall is.
- 1.41 **technique** (n) τεχνική
Echolocation is a technique that scientists copied from animals to create radars for planes and boats and sonars for submarines!
- 1.42 **echolocation** (n) ηχοεντοπισμός, σόναρ
It's called echolocation and it's very useful for finding objects which are far away and you can't see.
- 1.43 **size** (n) μέγεθος
We must measure the size of the room before we buy furniture because they need to fit.
- 1.44 **position** (n) θέση, τοποθεσία
Don't change the position of the furniture, please.

- 1.45 **shape** (n) σχήμα
He guessed the shape of the object by touching it with his hands.
- 1.46 **train** (v) εκπαιδεύω
If you train your brain, you can remember more things than other people!
- 1.47 **brain** (n) μυαλό, εγκέφαλος
Kevin's brain works in a different way from mine. He can do maths very quickly and he never makes mistakes!
- 1.48 **stick** (n) μπάστούνι
My grandpa uses a stick when he walks.
- 1.49 **belief** (n) πίστη, πεποίθηση
Her belief that hard work can help her succeed helps her not to give up trying!
- 1.50 **believable** (adj) πιστευτός
If you want to make your story believable, you must include interesting details and descriptions.
- 1.51 **inspiration** (n) έμπνευση
Nature provides inspiration for many artists.
- 1.52 **activate** (v) ενεργοποιώ
Click the link below to activate your account.
- 1.53 **sighted** (adj) βλέπων, που έχει όραση
Sighted people can't imagine how difficult life in the city for the blind can be.
- 1.54 **independence** (n) ανεξαρτησία
Sharon wanted her independence, so she left her home when she was eighteen and found a job.
- 1.55 **amaze** (v) καταπλήσσω, συναρπάζω
Animals and their incredible talents never stop to amaze me!
- 1.56 **amazement** (n) κατάπληξη
She thought that Nick was in Patras, but to her amazement, he turned up at their party!
- 1.57 **suddenly** (adv) ξαφνικά
Everyone was sleeping when suddenly a loud noise woke us up!
- 1.58 **immediately** (adv) αμέσως
When Ian heard her voice, he immediately knew that something was wrong.
- 1.59 **hang out** (phr v) κάνω παρέα, περνάω το χρόνο μου (με κάποιον)
At weekends, Philp hangs out with his best friend and his cousins.
- 1.60 **volunteer** (v) προσφέρομαι εθελοντικά
Last week we volunteered to clean the beach of our village.
- 1.61 **take care of** (phr v) προσέχω, φροντίζω
Marika is taking care of some kittens that she found in the street.
- 1.62 **get on with** (phr v) τα πάω καλά με (κάποιον)
George and his brother get on well with each other and have a lot of fun together!
- 1.63 **look up to** (phr v) σέβομαι, έχω σαν πρότυπο
Martin looks up to his grandma. She has influenced his decisions and personality a lot!
- 1.64 **wheelchair** (n) αναπηρικό αμαξίδιο
People in wheelchairs find it very difficult to move around Athens because drivers park their cars on pavements.
- 1.65 **depend on** (phr v) εξαρτώμαι
When you're very young, you depend on your parents for everything!
- 1.66 **deal with** (phr v) αντιμετωπίζω
Simon had to deal with a lot of difficulties before he became a popular and successful artist.
- 1.67 **give up** (phr v) τα παρατάω
Irene never gives up even when something is very difficult. She tries again and again until she can do it!
- 1.68 **positive** (adj) θετικός
People with a positive attitude are generally happier and more successful in life.

- 1.69 **cheer (sb) up** (phr v) κάνω κάποιον να ευθυμήσει
After Bob lost his cat, nothing could cheer him up!
- 1.70 **look after** (phr v) φροντίζω, προσέχω
Who's looking after your dog now that you aren't at home?
- 1.71 **manage** (v) καταφέρνω
She managed to pass her exams even though she studied very little!
- 1.72 **admire** (v) θαυμάζω
I admire people who risk their lives to save others! They're heroes!
- 1.73 **relationship** (n) σχέση
Do you have a good relationship with your parents or do you fight a lot?
- 1.74 **used to** (v) συνήθιζα να
When Dorothy was little, she used to play with her stuffed toys.
- 1.75 **scientist** (n) επιστήμονας
Jeremy is a brilliant scientist. He wants to discover a way to bring clean water to all the people on the planet.
- 1.76 **primary school** (n) δημοτικό σχολείο
Our primary school was a beautiful, old building with big windows.
- 1.77 **Go ahead.** (phr) Προχώρα. / Συνέχισε.
Can I ask you something? 'Sure. Go ahead.'
- 1.78 **hero** (n) ήρωας
My hero is my mum! She looks after us and also takes care of our grandparents without any help from anyone!
- 1.79 **The thing is, ...** (phr) Το θέμα είναι ...
I want to become a professional tennis player. The thing is, there aren't any tennis courts near my area.
- 1.80 **Good for (her)!** (phr) Μπράβο (της)!
The angry man tried to kick our ball away but Susie stopped him! 'Good for her!'
- 1.81 **brave** (adj) γενναίος
I'd love to become an astronaut, but I'm not brave enough to risk my life like that!
- 1.82 **I'm with you there.** (phr) Συμφωνώ μαζί σου.
I think firefighters do a very dangerous job! 'I'm with you there.'
- 1.83 **Can you tell us ...?** (phr) Μπορείς να μας πεις ...;
Can you tell us a few things about the job that you do? Why did you choose this career?'
- 1.84 **First of all ...** (phr) Πρώτα απ' όλα ...
First of all, I didn't want to be an engineer, but an architect.'
- 1.85 **One more thing ...** (phr) Και κάτι ακόμα ...
Thank you for your answers! One more thing, can you tell us how you decided to study archaeology?'
- 1.86 **That's all ...** (phr) Αυτά ...
Well, thank you! That's all for now. See you next week!
- 1.87 **editor** (n) εκδότης
The editor of the school magazine is one of the most talented students in our class.
- 1.88 **personally** (adv) προσωπικά
Personally, I think schools should do a lot of volunteer work for the environment.
- 1.89 **tsunami** (n) τσουνάμι, τεράστιο κύμα που δημιουργείται μετά από θαλάσσιο σεισμό
The 2004 tsunami destroyed a large part of the coast in Indonesia and elsewhere.
- 1.90 **destroy** (v) καταστρέφω
After the earthquake destroyed the village, the villagers decided to rebuild their school and houses in a different location.
- 1.91 **coast** (n) ακτή
They drove along the coast for hours looking for dolphins and whales.
- 1.92 **plant** (v) φυτεύω
We've planted one thousand trees today. The mountain will be green again soon!

- 1.93 **environment** (n) περιβάλλον
What do you do to protect the environment?
- 1.94 **for me, ...** (phr) για μένα, ...
For me, volunteering to help people in need is important.
- 1.95 **in my view, ...** (phr) κατά τη γνώμη μου, ...
Successful business people, in my view, make good decisions for their companies and for the whole planet.
- 1.96 **in my opinion, ...** (phr) κατά τη γνώμη μου, ...
Being successful doesn't just mean making a lot of money, in my opinion.
- 1.97 **light** (n) φώς
Can you turn on the light? It's dark in here.
- 1.98 **electricity** (n) ηλεκτρικό ρεύμα
When my grandparents were children, there was no electricity in their village.
- 1.99 **neighbourhood** (n) γειτονιά
All the people in my neighbourhood get on well with one another and have fun together.
- 1.100 **come on** (phr v) (εδώ) έρχεται (το ρεύμα)
There was a power cut. When the electricity came back on, we saw that a tree was down.
- 1.101 **material** (n) υλικά
Maggie uses materials that she finds in the rubbish to build new gadgets.
- 1.102 **rubbish** (n) σκουπίδια
When we go to the beach, we always pick the rubbish other people leave behind.
- 1.103 **electronic** (adj) ηλεκτρονικός
Patrick has got an electronic gadget which can locate metal objects in the sand.
- 1.104 **item** (n) αντικείμενο
You can only take with you six items, so you must choose carefully what you want to pack.
- 1.105 **repair** (v) επισκευάζω
My dad repaired my bike with some old parts he found in the garage.
- 1.106 **battery** (n) μπαταρία
Don't forget to charge your battery, or your phone won't work.
- 1.107 **secondary school** (n) γυμνάσιο ή λύκειο
When he finishes secondary school, he wants to go to university.
- 1.108 **participate** (v) συμμετέχω
How many people are participating in the marathon race this year?
- 1.109 **summer innovation camp** (n) θερινή κατασκήνωση καινοτομίας
Julian went to a summer innovation camp, he learnt to use new technologies and invented a couple of very useful gadgets!
- 1.110 **community** (n) κοινότητα
In my view, volunteering improves the communities we live in.
- 1.111 **radio** (n) ραδιόφωνο
My grandma usually listens to the radio while she's cooking.
- 1.112 **proud** (adj) περήφανος
He was really proud of getting top marks in the exam.
- 1.113 **radio station** (n) ραδιοφωνικός σταθμός
My favourite radio station plays great music at all times!
- 1.114 **focus on** (phr v) εστιάζω/συγκεντρώνομαι
If you focus on your work, you won't make careless mistakes.
- 1.115 **object** (n) αντικείμενο
In the museum, you can see some ancient objects that the archaeologists found in the cave.
- 1.116 **firefighter** (n) πυροσβέστης
The firefighters managed to put out the fire before it burnt the forest.

- 1.117 **adult** (n) ενήλικας
The ticket for adults is 12 euros, but children can go in for free.
- 1.118 **court** (n) γήπεδο
My friend and I booked a court to play tennis.
- 1.119 **chase** (v) κυνηγώ
Does your dog love chasing balls? Mine is too lazy!
- 1.120 **drop** (v) αφήνω, πετάω κάτω
The baby picked up a toy, looked at it and then dropped it on the floor.
- 1.121 **share** (v) μοιράζομαι
My sister and I share the same room.
- 1.122 **conversation** (n) συνομιλία
There were two people talking in the room, but I couldn't hear their conversation.
- 1.123 **goal** (n) στόχος
My friends and I are doing a school project, and our goal is to finish it before the end of the month.

- 1.124 **action plan** (n) σχέδιο δράσης
Action plans can help you decide what to do and when, especially if you don't have too much time.
- 1.125 **phrase** (n) φράση
It's best to learn new phrases in a sentence or in a dialogue, because it's easier to remember them like that.
- 1.126 **achieve** (v) κατορθώνω
What do you want to achieve by the time you're thirty?
- 1.127 **exam** (n) διαγώνισμα
She wasn't nervous before the exam because she was well-prepared.
- 1.128 **pass** (v) περνάω (εξετάσεις)
I want to pass my exam with top marks, so I've made an action plan for studying.
- 1.129 **fail** (v) αποτυγχάνω
When Tom failed his driving test, he was very upset for days!
- 1.130 **top marks** (phr) υψηλή βαθμολογία
Julia got top marks in the exam. She's the best student in the school!

UNIT 2

WHAT IS ART

- 2.1 **art** (n) τέχνη
How important is art in your life?
- 2.2 **visual arts** (n) εικαστικές τέχνες
Graffiti is my favourite visual art.
- 2.3 **performing arts** (n) παραστατικές τέχνες
Ballet dancing is the most difficult performing art in my view.
- 2.4 **architecture** (n) αρχιτεκτονική
She studied architecture because her dream was to build beautiful houses.
- 2.5 **contemporary dance** (n) σύγχρονος χορός
We saw a performance of contemporary dance last week. It was interesting!
- 2.6 **exhibition** (n) έκθεση (τέχνης, κλπ)
Have you ever been to a modern art exhibition?
- 2.7 **gallery** (n) γκαλερί, αίθουσα τέχνης
Last month the national gallery in Athens held an exhibition of El Greco paintings. It was amazing!

- 2.8 **illustration** (n) εικονογράφηση
I love the illustrations in the book Roald Dahl's books. Who has made them?
- 2.9 **performance** (n) παράσταση
I'm taking part in the school performance next week and I'm a bit stressed.
- 2.10 **sculpture** (n) γλυπτική
Sculpture is a very interesting but difficult form of art.
- 2.11 **pasta** (n) ζυμαρικά
Pasta is very popular in Italy.
- 2.12 **transform** (v) μεταμορφώνω
He used some old, thrown away objects to transform his flat into a giant piece of art!
- 2.13 **enormous** (adj) τεράστιος
The statue of Niki of Samothrace is in the Louvre Museum.
- 2.14 **giant** (adj) γιγάντιος
Wendy and Derek created a giant graffiti on the wall of the gym.
- 2.15 **wheel** (n) τροχός
Terrence has used old car wheels to create an enormous sculpture.
- 2.16 **toilet** (n) λεκάνη τουαλέτας
Simon collects objects from the rubbish, like old wheels and toilets, and uses them to create works of art.
- 2.17 **message** (n) μήνυμα
Sometimes it's difficult to understand the message an artist wants to send.
- 2.18 **normal** (adj) φυσιολογικός
Betty doesn't use normal materials, such as paints and paper to create her art.
- 2.19 **paint** (n) μπογιά
Darren only uses red paint to create his drawings.
- 2.20 **brush** (n) πινέλο
The little boy wanted to paint a picture for his mum, but he didn't have a brush.
- 2.21 **roller** (n) ρολό για βάψιμο
If you want to paint a large surface, it's best to use a roller, not a brush.
- 2.22 **for a reason** (phr) για συγκεκριμένο σκοπό
Jason is very careful. Everything he does, he does it for a reason.
- 2.23 **spray paint** (n) μπογιά σε σπρέυ
Graffiti artists use spray paint to create beautiful works of art.
- 2.24 **throw away** (phr v) πετάω (στα σκουπίδια)
Don't throw away the spray can - it isn't finished yet.
- 2.25 **creation** (n) δημιουργία
Have you seen Margarette's latest creation? It's brilliant!
- 2.26 **illustrator** (n) εικονογράφος
My favourite book illustrator is Korky Paul. I just love his illustrations!
- 2.27 **ordinary** (adj) συνηθισμένος
Diane uses ordinary, everyday objects to create original, creative works of art.
- 2.28 **guitar string** (n) χορδή κιθάρας
Her guitar string broke in the middle of the concert and she felt very embarrassed.
- 2.29 **include** (v) συμπεριλαμβάνω
This profile includes all the illustrations that Quentin Blake has ever created.
- 2.30 **appear** (v) εμφανίζομαι
It was a cold foggy night. Suddenly a man appeared in the middle of the street.
- 2.31 **create** (v) δημιουργώ
Dave creates very strange paintings - they look like dreams!
- 2.32 **realise** (v) αντιλαμβάνομαι, καταλαβαίνω
When he realised he wasn't talented enough, he stopped drawing and painting for ever!
- 2.33 **drawing** (n) σχέδιο, σκίτσο
At the end of the year, our school is going to have an exhibition of all the works of art we have created.

- 2.34 **part** (n) ρόλος
We're putting on a play at the end of the year. My part is small, so I don't have to learn a lot of lines.
- 2.35 **scene** (n) σκηνή (από θεατρικό έργο)
In the first scene of the play, the main character appears on the stage and starts crying.
- 2.36 **audience** (n) κοινό, θεατές
The audience loved the play so much they stood up and started clapping.
- 2.37 **orchestra** (n) ορχήστρα
Jenny plays the violin in the school orchestra.
- 2.38 **lines** (n) τα λόγια, ο ρόλος
Have you learnt the lines for your part yet? Tomorrow is the first rehearsal.
- 2.39 **audition** (n) οντισιόν
Gina went to an audition for the part of Superwoman.
- 2.40 **lyrics** (n) οι στίχοι (του τραγουδιού)
I'm a big fan of Amy Winehouse. I know the lyrics of all her songs!
- 2.41 **rehearsal** (n) πρόβα
The first rehearsal for the new play went very well. All the actors knew their lines.
- 2.42 **show** (n) σόου, παράσταση
There's a very interesting show with laser lights tomorrow evening at the castle. Fancy going?
- 2.43 **studio** (n) στούντιο ηχογράφησης
The band went into the studio to record their new album.
- 2.44 **album** (n) άλμπουμ, δίσκος
Mariah's going to upload her new album on Saturday. I'm so excited!
- 2.45 **emotion** (n) συναίσθημα
Artists try to express their feelings and emotions through their work.
- 2.46 **stressed** (adj) στρεσαρισμένος, αγχωμένος
Kim was a bit stressed before the first performance, but he did very well.
- 2.47 **just** (adv) μόλις
Last week I bought some books online and I've just received them. I'm so excited!
- 2.48 **still** (adv) ακόμα (δεν)
But I still haven't received the T-shirt I bought last month!
- 2.49 **yet** (adv) ακόμα, ήδη
Have you finished your homework yet?
- 2.50 **already** (adv) ήδη
Danny has already tidied up his room and now he can go out.
- 2.51 **drama teacher** (n) καθηγητής θεατρικής αγωγής
Our drama teacher has decided to put on a new play. There are going to be auditions for the parts next week.
- 2.52 **secret** (n) μυστικό
What she told me is a secret so I can't tell you.
- 2.53 **tons** (n) ένα σωρό
Oh dear! I've got tons to study for the exam!
- 2.54 **Dunno, ...** (colloq) δεν έχω ιδέα
Where are my keys? Have you seen them?' 'Dunno, where did you leave them last?'
- 2.55 **kid** (n) πιτσιρίκι
Some kids in the neighbourhood were playing football and they broke my window.
- 2.56 **ginormous** (colloq) γιγαντοτεράστιος
We went to the pizzeria and ordered a ginormous pizza! Yum!
- 2.57 **compare** (v) συγκρίνω
You shouldn't compare yourself to others.
- 2.58 **nope** (colloq) μπα...
How about playing a board game?' 'Nope! I'd rather play a computer game.'
- 2.59 **wavy** (adj) κυματιστός
She's got long, wavy hair.

- 2.60 **combine** (v) συνδυάζω
I love how Matisse combines colours in his paintings.
- 2.61 **it isn't supposed to ...** (phr) (εδώ)
δεν έχει σκοπό να ...
This painting isn't suppose to show you how things really are, but how the artist feels.
- 2.62 **powerful** (adj) δυνατός, επιβλητικός
Guernica is a very powerful painting.
- 2.63 **rhythm** (n) ρυθμός
She clapped her hands to the rhythm of the song.
- 2.64 **brush** (n) σκούπα
He used a brush to clean the carpet.
- 2.65 **newspaper** (n) εφημερίδα
My grandpa still reads the newspaper every day to learn the news!
- 2.66 **be on** (phr v) ανεβαίνει (παράσταση)
Our performance is on for a month. You're welcome to watch it.
- 2.67 **original** (adj) πρωτότυπος
The music and the songs are all original and very creative.
- 2.68 **musical** (n) μιούζικαλ
My mum loves watching musicals but I think they're boring.
- 2.69 **profile** (n) προφίλ
I've just read this new artist's profile! His work is very exciting!
- 2.70 **nationality** (n) εθνικότητα
Artists of many different nationalities are taking part in this exhibition.
- 2.71 **education** (n) εκπαίδευση
I believe that education should include art and literature as well as science.
- 2.72 **interests** (n) ενδιαφέροντα
My best friend and I share the same interests so we always have a lot to talk about.
- 2.73 **music producer** (n) μουσικός παραγωγός
Nick is a music producer - he plays mostly rap and hip-hop music.
- 2.74 **add** (v) προσθέτω
She added a few details to her painting before letting it dry.
- 2.75 **range** (n) γκάμα, φάσμα
There is a great range of works of art in our gallery.
- 2.76 **real-life** (adj) σε αληθινό μέγεθος
Thomas created a real-life statue of an elephant.
- 2.77 **model** (n) μοντέλο
She uses models to show her fashion designs.
- 2.78 **invisible** (adj) αόρατος
He uses invisible ink to hide secret messages in his paintings.
- 2.79 **research** (n) έρευνα
My classmates and I are doing research on the Greek artists of the 18th century.
- 2.80 **paste** (v) επικολλώ
She's very lazy and never writes her own projects. She copies and pastes other people's work. I think it's terrible!
- 2.81 **final** (adj) τελικός
Tomorrow is the final day of the deadline. We must finish our project before then!
- 2.82 **main** (adj) βασικός, κεντρικός
Who plays the main part in the school play? Anastasia?
- 2.83 **improve** (v) βελτιώνω
I want to improve my writing skills. What can I do to get better?

SPREAD THE WORD

- 3.1 **originally** (adv) αρχικά
People originally used mobile phones to talk to others.
- 3.2 **describe** (v) περιγράφω
She described what she saw to me and I drew a picture.
- 3.3 **gesture** (n) χειρονομία
Using gestures can help you communicate when you don't speak a language.
- 3.4 **greet** (v) χαιρετώ
The little girl greeted us politely at the door.
- 3.5 **interpret** (v) μεταφράζω (αυτό που λέει κάποιος)
Ivan spoke Russian and Julia interpreted what he said to us.
- 3.6 **shake hands** (phr) δίνω το χέρι, χαιρετώ με χειραψία
He always shakes hands with people he meets for the first time.
- 3.7 **shout** (v) φωνάζω
Why are you shouting? I can hear you very well.
- 3.8 **smile** (v) χαμογελώ
She smiled at me and waved from a distance.
- 3.9 **translate** (v) μεταφράζω (κείμενο)
Nora translated the text from French into English.
- 3.10 **wave** (v) γνέφω, χαιρετώ από μακριά
Tim waved at us from a distance but he didn't come near to say hello.
- 3.11 **whisper** (v) ψιθυρίζω
Paul whispered to his friend because he didn't want the teacher to hear him.
- 3.12 **body language** (n) γλώσσα του σώματος
She said she was happy, but her body language showed that she was bored.
- 3.13 **language** (n) γλώσσα (που μιλάμε)
She speaks three languages: Greek, English and Spanish.
- 3.14 **imagine** (v) φαντάζομαι
Imagine you're lost in a strange city, but you can't explain where you want to go!
- 3.15 **situation** (n) περίσταση
The situation was difficult, but we were able to help the tourists find their hotel.
- 3.16 **solution** (n) λύση
It was a difficult problem and I couldn't find a solution.
- 3.17 **earpiece** (n) ακουστικό
He put the earpiece in his ear and listened to the conversation.
- 3.18 **machine** (n) μηχανή
Leonardo Da Vinci invented a machine that could fly.
- 3.19 **be able to** (phr) μπορώ, είμαι ικανός
If you study hard, you'll be able to do whatever you want!
- 3.20 **chat** (v) κουβεντιάζω
Maria was chatting with her friend when her mum called her.
- 3.21 **replace** (v) αντικαθιστώ
She decided to replace her old mobile with a new smartphone.
- 3.22 **human** (adj) ανθρώπινος
Most Internet companies use computer programs which understand human voice.

- 3.23 **completely** (adv) εντελώς
I don't think robots will be able to replace teachers completely!
- 3.24 **artificial intelligence** (n) τεχνητή νοημοσύνη
Robots with artificial intelligence can learn from their mistakes and not repeat them.
- 3.25 **rapidly** (adv) γοργά, γρήγορα
English is rapidly becoming a global language.
- 3.26 **clear** (adj) ξεκάθαρος
One thing is clear - we'll rely on computers more and more in the future.
- 3.27 **dictionary** (n) λεξικό
She used her online dictionary to find the meaning of the words she didn't know.
- 3.28 **guide** (n) οδηγός, ξεναγός
Our guide showed us around Paris and told us about the history of the beautiful buildings we saw.
- 3.29 **advice** (n) συμβουλή
He gave me some good advice about how to study more effectively.
- 3.30 **emphasise** (v) δίνω έμφαση
The teacher emphasised that we had to study hard because the test was difficult.
- 3.31 **importance** (n) σπουδαιότητα
The importance of the internet in our world is something that everybody agrees on.
- 3.32 **necessary** (adj) απαραίτητος
Do you think it's necessary to have a good Internet connection?
- 3.33 **advantage** (n) πλεονέκτημα
One advantage of having a computer is that you can find information quickly.
- 3.34 **disadvantage** (n) μειονέκτημα
What are the disadvantages of using computers, in your opinion?
- 3.35 **ancient** (adj) αρχαίος
The Ancient Egyptians built huge pyramids without modern machines! How did they manage to do that?
- 3.36 **Latin** (n) Λατινικά
Studying Latin at school helped me learn many other languages later, like French, Spanish and Portuguese.
- 3.37 **report** (n) αναφορά, έκθεση
Did you read our report on the use of the Internet in class?
- 3.38 **bilingual** (adj) δίγλωσσος
Jeremy is bilingual. He speaks German and English very well!
- 3.39 **century** (n) αιώνας
Two centuries ago people couldn't imagine that there would be planes and fast cars.
- 3.40 **hieroglyphics** (n) ιερογλυφικά
There was some writing on the stone, but I couldn't read the hieroglyphics.
- 3.41 **archaeologist** (n) αρχαιολόγος
My best friend's dad is an archaeologist. He's discovered a famous statue on Naxos!
- 3.42 **discover** (v) ανακαλύπτω
When the archaeologist discovered the statue in the cave, he was very excited!
- 3.43 **stone** (n) πέτρα, πέτρινη πλάκα
The children discovered a stone with some ancient writing on it and took it to the museum.
- 3.44 **desert** (n) έρημος
The Sahara desert is the largest desert in the world.
- 3.45 **text** (n) κείμενο
The text on the stone was in ancient Greek, so we could read it!
- 3.46 **finally** (adv) τελικά
When I first met Connie, I didn't like her, but finally she turned out to be a great friend!
- 3.47 **visitor** (n) επισκέπτης
There were so many visitors to the museum we had to wait for two hours to get in!

- 3.48 **expert** (n) ειδικός, ειδήμονας
Mr Locke is an expert in ancient Egyptian mummies.
- 3.49 **similar** (adj) παρόμοιος
Italian is similar to Spanish and Portuguese because they all come from Latin.
- 3.50 **conference** (n) διάσκεψη
Moiria took part in an international conference about fresh water in Africa.
- 3.51 **speech** (n) λόγος, ομιλία
She gave a very interesting speech on how to learn a new language.
- 3.52 **joke** (n) αστείο, ανέκδοτο
Nick always tells jokes in class and stops the lesson.
- 3.53 **lie** (n) ψέμα
If you tell me a lie and I find out the truth, I'll never believe you again!
- 3.54 **truth** (n) αλήθεια
The little boy was too scared to tell his parents the truth.
- 3.55 **action** (n) πράξη
In physics we learn that every action has an opposite reaction.
- 3.56 **nearly** (adv) σχεδόν
Nearly all my classmates believe that we shouldn't wear school uniforms.
- 3.57 **fries** (n) πατάτες τηγανητές
She had some egg with fries and a salad for lunch.
- 3.58 **Catch you later.** (phr) Τα λέμε αργότερα.
I've got to go now. Catch you later.
- 3.59 **it's a kind of ...** (phr) είναι κάτι σαν ...
I don't know what it's called, but it's a kind of paint that we use on furniture.
- 3.60 **liquid** (n) υγρό
Oil is a liquid lighter than water, so it floats on water.
- 3.61 **protect** (v) προστατεύω
Don't forget your sunscreen. You need it to protect your skin.
- 3.62 **skin** (n) δέρμα
She's got very white skin that burns easily in the sun.
- 3.63 **Do you mean?** (phr) Εννοείτε ...; I'm looking for something to sit under in the sun. It's like a big umbrella.' 'Do you mean a sunshade?'
- 3.64 **sunblock** (n) αντιηλιακό
You should put your sunblock on every hour or so.
- 3.65 **No worries.** (phr) Κανένα πρόβλημα. Sorry, I'm late.' 'No worries.'
- 3.66 **Here you go.** (phr) Ορίστε.
Can I have some cake, please?' 'Here you go.' 'Thanks.'
- 3.67 **noisy** (adj) θορυβώδης
The children in the street were very noisy and I couldn't concentrate on my studying.
- 3.68 **earplugs** (n) ωτοασπίδες
She uses earplugs because her neighbours are very noisy.
- 3.69 **listicle** (n) συνδυασμός άρθρου και λίστας
Sharon wrote a listicle about cats. It was very funny!
- 3.70 **in total** (phr) συνολικά
My friend's got sixteen cats in total! That's too many!
- 3.71 **grow up** (phr v) μεγαλώνω
When I grow up, I want to live in Spain.
- 3.72 **for fun** (phr) για πλάκα
Dorothy decided to learn to knit for fun, and now she can make her own pullovers and jumpers.
- 3.73 **multilingual** (adj) πολύγλωσσος
George is multilingual. He can speak seven languages very well!
- 3.74 **organise** (v) οργανώνω
We'd like to organise a charity event to help the people who lost their houses in the fire.

- 3.75 **memory** (n) μνήμη
My best friend's got a fantastic memory! He can remember numbers, names and dates without any problem!
- 3.76 **skim** (v) διαβάζω γρήγορα για να βρω την κεντρική ιδέα
Paul skimmed the article to see what it was about.
- 3.77 **in the moment** (phr) (ζω) στη στιγμή, στο παρόν
Animals live in the moment - they don't think about the past or the future.
- 3.78 **culture** (n) πολιτισμός, κουλτούρα
When you learn a language, you also learn about the culture of the people who speak it.
- 3.79 **sadly** (adv) δυστυχώς
Sadly, many languages will be lost for ever when the last speakers die.
- 3.80 **predict** (v) προβλέπω
Scientists have predicted that people will only speak a few languages in the future.
- 3.81 **likely** (adj) πιθανός
Some languages are likely to be lost for ever.
- 3.82 **die out** (phr v) πεθαίνω, εξαφανίζομαι, χάνομαι
Nobody knows for sure how the dinosaurs died out.
- 3.83 **elderly** (adj) ηλικιωμένος, υπέργηρος
Elderly people usually have very interesting stories to tell.
- 3.84 **take over** (phr v) παίρνω τον έλεγχο, παίρνω το πάνω χέρι
English has taken over as an international language from French and German.
- 3.85 **extraordinary** (adj) εξαιρετικός, πάρα πολύ μεγάλος
They've made extraordinary efforts to save the white rhino, but sadly these animals don't exist anymore.
- 3.86 **effort** (n) προσπάθεια
Her effort to record all spoken languages has taken her to all parts of our planet.
- 3.87 **record** (v) καταγράφω
A scientist recorded the sounds the birds make.
- 3.88 **turn (sth) into** (phr v) μετατρέπομαι
He draws pictures and then, he turns them into 3D sculptures using modern technology.
- 3.89 **represent** (v) αντιπροσωπεύω
Each hieroglyph represents a letter or a syllable.
- 3.90 **region** (n) περιοχή
People in the north region of the country speak a different language from the people in the south.
- 3.91 **shock** (v) σοκάρω
It shocked me to learn that in some languages there are fifty different words for snow.
- 3.92 **explanation** (n) εξήγηση
At first we thought it was a mystery, but the explanation was very simple, really!
- 3.93 **jungle** (n) ζούγκλα
People still haven't explored all of the Amazon jungle.
- 3.94 **rely on** (phr v) βασίζομαι
I rely on my friends to help me when I have a problem, and they rely on me.
- 3.95 **notice** (v) προσέχω, βλέπω
Artists notice colours and sounds that most people don't pay attention to.
- 3.96 **waste of time** (phr) χάσιμο χρόνου
It's a waste of time trying to teach your cat a trick.
- 3.97 **globally** (adv) παγκοσμίως
Globally, there are around 7,000 languages, but many of them have few speakers.
- 3.98 **refuse** (v) αρνούμαι
He refused to speak to his brother because he was angry with him.

- 3.99 **loss** (n) απώλεια
The loss of many wild animals is making our world poorer.
- 3.100 **end up** (phr v) καταλήγω να
They thought for hours before they ended up with a good plan.
- 3.101 **tradition** (n) παράδοση
Do you follow the traditions of your country?
- 3.102 **exist** (v) υπάρχω
Some people believe that the Loch Ness monster really exists.
- 3.103 **take the place (phr)** (phr) παίρνω τη θέση
Do you think Chinese will take the place of English as an international language one day?
- 3.104 **alive** (adj) ζωντανός
If you want to keep your culture's traditions alive, you must teach them to your children.
- 3.105 **wedding** (n) γαμήλια τελετή
My aunt and uncle's wedding last Saturday was beautiful and we had a great time.
- 3.106 **expect** (v) περιμένω, αναμένω
My parents expect me to be a good student at school.
- 3.107 **appointment** (n) ραντεβού
I've got a doctor's appointment tomorrow at 11.
- 3.108 **cancel** (v) ακυρώνω
The dentist cancelled our appointment because she was ill.
- 3.109 **miss** (v) χάνω (ένα ραντεβού)
Hurry up! I don't want to miss my appointment at the doctor's.
- 3.110 **depart** (v) αναχωρώ
What time does the bus for Kavala depart?
- 3.111 **exit** (v) βγαίνω
The actors exited the stage one after the other.
- 3.112 **close** (adj) κοντινός
On Saturday evenings, my parents usually meet their close friends for dinner.

UNIT 4

HEALTHY BODY,
HEALTHY MIND

- 4.1 **healthy** (adj) υγιής
If you want to stay healthy, you must have a balanced diet and start exercising.
- 4.2 **exercise** (v) γυμνάζω
It's important to exercise your mind, not only your body.
- 4.3 **mind** (n) μυαλό
There are some games that can actually help you exercise your mind.
- 4.4 **emotional intelligence** (n) συναισθηματική νοημοσύνη
People with high emotional intelligence can understand and feel sorry for others.
- 4.5 **fitness** (n) φυσική κατάσταση
I'm trying to improve my fitness, so I go jogging every morning.
- 4.6 **cough** (n) βήχας
If you have a cough and a fever, you shouldn't come to school.

- 4.7 **get better** (phr) γίνομαι καλά
He was ill for a few days, but he's getting better now.
- 4.8 **get enough sleep** (phr) κοιμάμαι αρκετά
Some teenagers don't get enough sleep on school nights because they surf the Internet until very late.
- 4.9 **get ill** (phr) αρρωσταίνω
He got ill because he worked too hard and slept too little.
- 4.10 **get stressed** (phr) αγχώνομαι
Alice sometimes gets stressed before exams and can't sleep.
- 4.11 **go jogging** (phr) κάνω τζόκινγκ
Helen goes jogging for half an hour after dinner.
- 4.12 **fever** (n) πυρετός
I had fever for some days and I felt terrible.
- 4.13 **relax** (v) χαλαρώνω
My mum usually relaxes with a book and some slow music after dinner.
- 4.14 **sneeze** (v) φτερνίζομαι
You should keep your hand in front of your mouth when you sneeze.
- 4.15 **sweat** (v) ιδρώνω
When you exercise hard, you sweat a lot, so you should always drink some water.
- 4.16 **train** (v) προπονούμαι
Dennis is training for the big match next week.
- 4.17 **warm up** (phr v) κάνω ζέσταμα
You ought to warm up before you work out. Otherwise you might get hurt.
- 4.18 **work out** (phr v) γυμνάζομαι
How often do I need to work out if I want to be fit?
- 4.19 **astronaut** (n) αστροναύτης
Neil Armstrong was the first astronaut who stepped on the Moon!
- 4.20 **space** (n) διάστημα
There is no sound in space because there's no air there, either.
- 4.21 **experiment** (n) πείραμα
We made an experiment at school to see how sound travels through different materials.
- 4.22 **view** (n) θέα
The view from the top of the hill was incredible!
- 4.23 **gravity** (n) βαρύτητα
Isaac Newton discovered the law of gravity while he was relaxing under an apple tree.
- 4.24 **weak** (adj) αδύναμος
Gravity is much weaker on the Moon, so everything weighs much less there.
- 4.25 **float** (v) αιωρούμαι
As there is no gravity on the ISS, everything that isn't tied down, floats away!
- 4.26 **lift** (v) σηκώνω
He lifted the box and put it on the table.
- 4.27 **muscle** (n) μυς
If you want to exercise your muscles, you must exercise.
- 4.28 **heart** (n) καρδιά
Did you know that the heart is a muscle, too?
- 4.29 **strength** (n) δύναμη
She didn't have enough strength to lift the heavy box.
- 4.30 **bone** (n) κόκκαλο
If you break a bone, you must go to hospital immediately.
- 4.31 **sunrise** (n) ανατολή
We woke up very early and climbed to the top of the hill to watch the sunrise.
- 4.32 **sunset** (n) δύση
The sunset in Oia, on Santorini, is one of the most famous in the world.
- 4.33 **strict** (adj) αυστηρός
Professional athletes follow a very strict routine every day.
- 4.34 **routine** (n) ρουτίνα, πρόγραμμα
When I have exams, I follow the same routine every day.

- 4.35 **special** (adj) ειδικός
Do you need any special equipment to do this experiment?
- 4.36 **blindfold** (n) κάλυπτρο για τα μάτια
She wears a blindfold because she can't sleep when there's light in the room.
- 4.37 **block out** (phr v) μπλοκάρω, κρύβω
There are heavy curtains on the windows that block out almost all light.
- 4.38 **sunlight** (n) ηλιακό φως
There are some plants that don't need much sunlight to grow.
- 4.39 **force** (n) δύναμη
Gravity is the most important force in the universe.
- 4.40 **race** (n) αγώνας δρόμου
I'm going to take part in a marathon race next month, so I'm training hard at the moment.
- 4.41 **a few** (quant) μερικοί / -ές / -ά
There were a few people in the room when I arrived.
- 4.42 **a little** (quant) λίγος / -η / -ο
Can you give me a little water, please?
- 4.43 **sick** (adj) άρρωστος
She got sick because she didn't have a balanced diet.
- 4.44 **defend** (v) παίζω άμυνα
If you want your team to win, you must learn to defend well, first!
- 4.45 **attack** (v) παίζω επίθεση
Their team attacked, but our goalkeeper stopped them from scoring a goal.
- 4.46 **season** (n) αγωνιστική περίοδος
How many matches have you won this season?
- 4.47 **balanced diet** (n) ισορροπημένη διαίτα
A balanced diet includes a little bit of everything.
- 4.48 **calories** (n) θερμίδες
Chocolate has too many calories, so you shouldn't eat too much of it.
- 4.49 **carbohydrates** (n) υδατάνθρακες
Marathon runners usually have a diet with a lot of carbohydrates.
- 4.50 **dairy products** (n) γαλακτοκομικά προϊόντα
I love dairy products, such as cheese and yoghurt.
- 4.51 **fat** (n) λίπος
Foods high in fat are bad when you're on diet.
- 4.52 **fibre** (n) φυτικές ίνες
You must always include fibres in your diet.
- 4.53 **protein** (n) πρωτεΐνη
Foods like meat and eggs are high in protein.
- 4.54 **nutrition** (n) διατροφή
Learning about healthy nutrition is necessary for a healthy diet.
- 4.55 **vitamin** (n) βιταμίνη
You should eat at least five fruits and vegetables a day to get the necessary fibre and vitamins your body needs.
- 4.56 **energy** (n) ενέργεια
Some foods like carbohydrates give you a lot of energy.
- 4.57 **natural** (adj) φυσικός
I prefer getting my vitamins from natural substances, not pills.
- 4.58 **substance** (n) ουσία
Some substances are very harmful to the environment, and we should be careful how we use them.
- 4.59 **mixture** (n) μείγμα
The smoothie is a mixture of fruit juice, yoghurt, honey and some ice. It's healthy and delicious.
- 4.60 **affect** (v) επιρρεάζω
Your diet can really affect your health.
- 4.61 **should** (mod v) θα έπρεπε
I think we should all learn about healthy nutrition at school.

- 4.62 **ought to** (mod v) θα έπρεπε
Before you go, you ought to use some sunblock to protect your skin.
- 4.63 **ultra-marathon** (n) υπερμαραθώνιος
Yiannis Kouros holds the world record for the 1,000 km and the 1,000 mile ultra-marathons!
- 4.64 **definitely** (adv) οπωσδήποτε
When you go to Lesbos, you must definitely try the local food! It's healthy and delicious!
- 4.65 **exhausted** (adj) εξαντλημένος
After working for ten hours without a break, Irene felt exhausted.
- 4.66 **Tell me about it!** (phr) Σωστά.
Συμφωνώ απόλυτα!
I think you ought to have some breaks when you study for exams. 'Tell me about it!'
- 4.67 **How about ...?** (phr) Τι λες για ...;
How about going for a walk to relax?
- 4.68 **... isn't really my thing.** (phr) ... δεν είναι του στυλ μου.
Skydiving isn't really my thing. I'm afraid of flying.
- 4.69 **Seriously?** (adv) Αλήθεια; Σοβαρά;
George ran the ultra-marathon in six days! 'Seriously?'
- 4.70 **gentle** (adj) ήπιος, απαλός
Before sleeping, you should listen to some gentle music. It's very relaxing.
- 4.71 **I'll give it a shot.** (phr) Θα το δοκιμάσω
Try drinking a glass of warm milk before you go to bed. It'll help you to relax. 'I'll give it a shot.'
- 4.72 **Make sure you ...** (phr) Σιγουρέψου ότι ...
Make sure you take a break from studying every hour. This can help you remember what you studied.
- 4.73 **... works for me.** (phr) ... κάνει δουλειά για μένα.
Listening to music while studying works for me. It helps me concentrate.
- 4.74 **Are you joking?** (phr) Αστειεύεσαι;
Let's run ten kilometres. It'll be fun! 'Are you joking? No way!'
- 4.75 **forum** (n) φόρουμ, πλατφόρμα δημόσιας συζήτησης
I was in a forum about healthy nutrition and I learn a lot of useful things!
- 4.76 **crisps** (n) πατατάκια
When Tim goes to the cinema, he always has a fizzy drink and crisps.
- 4.77 **offer** (v) προσφέρω
Jenny offered us some of the cake she made.
- 4.78 **mental health** (n) ψυχική υγεία
This site gives some very good advice about mental health.
- 4.79 **physical health** (adj) σωματική υγεία
We're doing a survey to see what students in our school know about mental and physical health.
- 4.80 **concentrate** (v) συγκεντρώνομαι
I can't concentrate on my homework when the TV is on.
- 4.81 **canteen** (n) καντίνα
Our school canteen only sells healthy snacks, like fruit, salads and yoghurt.
- 4.82 **facilities** (n) εγκαταστάσεις
What sports facilities are there in your area?
- 4.83 **pitch** (n) γήπεδο ποδοσφαίρου
Let's go to the pitch to play some football.
- 4.84 **field** (n) χωράφι, λιβάδι
There's a field near my house so I take my dog to run a little.
- 4.85 **survey** (n) έρευνα, δημοσκόπηση
The survey showed that many students today don't know much about healthy nutrition.
- 4.86 **feel fine** (phr) αισθάνομαι περίφημα
After my morning jog, I felt fine!
- 4.87 **chest** (n) στήθος, θώρακας
He has a pain in his chest and a bad cough.

- 4.88 **hurt** (v) πονάω
My leg hurts. I think I got injured during the training.
- 4.89 **temperature** (n) θερμοκρασία
She has a high temperature and a sore throat. She ought to stay at home and rest.
- 4.90 **medicine** (n) φάρμακο
You shouldn't take medicine without asking a doctor first.
- 4.91 **rest** (v) ξεκουράζομαι
It's a good idea to have a day of rest between trainings.
- 4.92 **skydiving** (n) ελεύθερη πτώση με αλεξίπτωτο
My brother went skydiving last weekend. He loved it!

- 4.93 **panic** (v) πανικοβάλλομαι
He panicked and started screaming.
- 4.94 **trust** (v) εμπιστεύομαι
You shouldn't go out at night with people you don't trust.
- 4.95 **scream** (v) ουρλιάζω
He thought he saw a monster in the dark and started screaming.
- 4.96 **instructor** (n) εκπαιδευτής
Our instructor explained how we should use the climbing equipment.
- 4.97 **common** (adj) συνηθισμένος
This is a common mistake beginners make.

UNIT 5

SAVE OUR PLANET!

- 5.1 **carbon dioxide** (n) διοξείδιο του άνθρακα
When there's too much carbon dioxide in the atmosphere, the Earth's temperature goes up.
- 5.2 **climate change** (n) κλιματική αλλαγή
As climate change is happening quite fast, many species will die out.
- 5.3 **endangered species** (n) είδος υπό εξαφάνιση
I believe zoos should protect endangered species from dying out.
- 5.4 **marine life** (n) θαλάσσια ζωή
Marine life in the oceans is suffering from human activity.
- 5.5 **oxygen** (n) οξυγόνο
Is there any oxygen in space?

- 5.6 **pollution** (n) μόλυνση
When the factory started using filters and new machines, the pollution in the air went down.
- 5.7 **solar power** (n) ηλιακή ενέργεια
Solar power is much cleaner than other forms of energy.
- 5.8 **environment** (n) περιβάλλον
Solar power doesn't pollute the environment so much.
- 5.9 **planet** (n) πλανήτης
How many planets are there in our solar system?
- 5.10 **waste** (n) απόβλητα, απορρίματα
What happens to waste? Is it recycled or does it end up in the sea?
- 5.11 **wildlife** (n) άγρια πανίδα, άγρια ζωή
Our government isn't doing enough to protect the wildlife in our country.

- 5.12 **produce** (v) παράγω
We should try to find ways to produce cleaner, greener energy for our needs.
- 5.13 **reduce** (v) μειώνω
If you want to reduce waste, you should try to buy recycled products.
- 5.14 **destroy** (v) καταστρέφω
If we don't stop destroying the planet, all wildlife will die out in the end.
- 5.15 **cut down** (phr v) κόβω (για δέντρα)
They have cut down a huge tree to make a football pitch. That's not on!
- 5.16 **ocean** (n) ωκεανός
There's so much plastic waste in our oceans that the fish and the sea birds think it's food and they eat it.
- 5.17 **species** (n) είδος (ζώου)
How many species of wild animals are there in your country?
- 5.18 **fill up with** (phr v) γεμίζω
He filled up his car with petrol at the petrol station and set off.
- 5.19 **plastic** (n) πλαστικό
I try not to buy things made of plastic as it's bad for the planet.
- 5.20 **trillion** (number) τρισεκατομμύριο
There are trillions of pieces of plastic in our seas. Will we ever manage to clean them?
- 5.21 **current** (n) (θαλάσσιο) ρεύμα
The Gulf Stream is a warm current that starts in Mexico Gulf and ends up in the North Sea.
- 5.22 **push (sth) together** (phr v) συσσωρεύω
The wind pushed all the fallen leaves together in a big pile.
- 5.23 **area** (n) περιοχή
The Great Pacific Garbage Patch was the first area in the ocean where scientists noticed the problem.
- 5.24 **garbage patch** (n) μια θαλάσσια περιοχή που είναι γεμάτη σκουπίδια που επιπλέουν
So far, scientists have found five enormous garbage patches in the planet's oceans!
- 5.25 **Pacific Ocean** (n) Ειρηνικός Ωκεανός
The Pacific Ocean is the largest ocean on the planet.
- 5.26 **size** (n) μέγεθος
The size of the biggest garbage patch is twice as big as France!
- 5.27 **extremely** (adv) υπερβολικά
It was extremely hot in the room, and we felt bad.
- 5.28 **unless** (conj) εκτός και αν
Unless we find a solution to pollution and climate change soon, life on our planet will change for ever!
- 5.29 **barrier** (n) φράγμα, εμπόδιο
There was a barrier in the middle of the road and we couldn't drive on.
- 5.30 **straw** (n) καλαμάκι
I never use plastic straws anymore to drink my fizzy drinks.
- 5.31 **cause** (v) προκαλώ
Climate change will cause many problems, in my opinion.
- 5.32 **slow down** (phr v) μειώνω ταχύτητα
The polar ice will melt unless climate change slows down.
- 5.33 **polar** (adj) πολικός
The Arctic and the Antarctic are the two polar regions of the planet.
- 5.34 **melt** (v) λειώνω
If polar ice melts, polar bears, penguins and seals won't be able to find food easily.
- 5.35 **polar bear** (n) πολική αρκούδα
Where do polar bears live? In the Arctic or the Antarctic?
- 5.36 **bay** (n) κόλπος, όρμος
Last summer we went camping at a beautiful little bay on Tilos island.

- 5.37 **cave** (n) σπηλιά
The Blue Grotto is an awesome cave on Kastelorizo, which you can only visit by boat.
- 5.38 **cliff** (n) γκρεμός
Don't go too near the cliff. It's dangerous and you might fall off.
- 5.39 **coast** (n) ακτή
Wendy and Kevin travelled along the coast of East Evia and they loved it!
- 5.40 **iceberg** (n) παγόβουνο
The Titanic sank because it hit an iceberg.
- 5.41 **stream** (n) ρέμα, χείμαρος
When we go to my grandparents' village, we often swim or fish in the stream.
- 5.42 **rainforest** (n) τροπικό δάσος
Rainforests are very important for the planet because they produce a large amount of oxygen.
- 5.43 **valley** (n) κοιλάδα
From the top of the hill, we looked down at the valley where hundreds of sheep were eating the fresh grass.
- 5.44 **volcano** (n) ηφαίστιο
The last time the volcano on Santorini was active was in 1950.
- 5.45 **waterfall** (n) καταρράκτης
Victoria Waterfalls in Zimbabwe are the tallest in the world!
- 5.46 **blanket** (n) κουβέρτα
It was cold, so I used a blanket to cover myself.
- 5.47 **worm** (n) σκουλήκι
Worms are very useful animals because they let oxygen into the ground.
- 5.48 **reflect** (v) αντανακλώ
The mirror reflected the sunlight into the room.
- 5.49 **ray** (n) ακτίνα (του ήλιου)
You should avoid looking directly at sun rays. They can be very dangerous for your eyes.
- 5.50 **recycled materials** (n) ανακυκλωμένα υλικά
They built their houses with recycled materials only!
- 5.51 **forever** (adv) για πάντα
If the polar ice melts, life on the planet will change forever!
- 5.52 **marine park** (n) θαλάσσιο πάρκο
In my view, marine parks should close down and all dolphins and whales should be set free.
- 5.53 **be off to** (phr v) φεύγω, ξεκινάω για
We're off to the cinema. Bye!
- 5.54 **Wanna join us?** (phr) Θέλεις να έρθεις μαζί μας;
We're going out for a pizza. Wanna join us?
- 5.55 **I'll give it a miss.** (phr) Προτιμώ να το αποφύγω.
If you're ordering burgers, I'll give it a miss. I don't eat meat.
- 5.56 **It's not on.** (phr) Δεν είναι σωστό.
Wild animals should live free, not in zoos and parks. It's not on!
- 5.57 **educational** (adj) εκπαιδευτικός
Some people believe that zoos are educational, but I disagree!
- 5.58 **entertainment** (n) ψυχαγωγία
I think marine parks for entertainment should close down immediately.
- 5.59 **killer whale** (n) όρκα
Killer whales are very clever animals who form families, and travel and live together!
- 5.60 **I see your point, but ...** (phr) Καταλαβαίνω την άποψη σου, αλλά ...
I see your point, but I don't think we should keep animals in prison!
- 5.61 **let's agree to disagree.** (phr) Ας συμφωνήσουμε ότι διαφωνούμε.
Let's agree to disagree. You have your opinion and I have mine.

- 5.62 **ban** (v) απαγορεύω (τη χρήση κάποιου πράγματος)
Mobile phones are banned in hospitals. You can't use it when you are there.
- 5.63 **transport** (n) μέσα μεταφοράς
If all private cars were banned from city centres, there would be much less pollution and traffic.
- 5.64 **act** (v) δρα, παίρνω μέτρα
We need to act now, to protect the environment and the planet.
- 5.65 **government** (n) κυβέρνηση
In my view, the government should act now to stop the destruction of the forest before it's too late!
- 5.66 **organisation** (n) οργάνωση, μεγάλος οργανισμός
Charity organisations, like the Smile of the Child, can do a lot to protect children who are alone.
- 5.67 **reuse** (v) επαναχρησιμοποιώ
I always use a metal straw for my drinks because I can reuse it many times.
- 5.68 **Furthermore, ...** (adv) Επιπλέον, ...
The factory produced a lot of waste. Furthermore, it threw its waste in the river!
- 5.69 **for instance** (phr) για παράδειγμα
We should act now - for instance, we could do a project to show people the importance of protecting the environment.
- 5.70 **solar panel** (n) φωτοβολταϊκά πάνελ
My uncle used solar panels on his farm to produce clean electricity!
- 5.71 **To sum up, ...** (phr) Συνοψίζοντας, ...
To sum up, in my opinion, we're all responsible for the environment and we should all try to protect it.
- 5.72 **conclusion** (n) συμπέρασμα
In conclusion, governments around the world ought to act now to protect the planet.
- 5.73 **summarise** (v) συνοψίζω
She summarised her ideas and finished her speech with a wish for a better future.
- 5.74 **support** (v) υποστηρίζω
When you write an opinion essay, you must support your ideas with arguments and examples.
- 5.75 **However, ...** (adv) Ωστόσο, ...
They decided to stop using plastic. However, it was difficult to find a better material.
- 5.76 **In addition to this, ...** (phr) Επιπρόσθετα, ...
They decided to stop using plastic. In addition to this, they also decided to use solar energy.
- 5.77 **natural environment** (n) φυσικό περιβάλλον
To protect our natural environment, we must change our habits.
- 5.78 **lifestyle** (n) τρόπος ζωής
Mongolians have a very different lifestyle from our own.
- 5.79 **journal** (n) χρονικό, ημερολόγιο
She kept a journal of her adventures in Africa.
- 5.80 **snowstorm** (n) χιονοθύελλα
They were out skiing but there was a snowstorm and they got lost.
- 5.81 **reindeer** (n) τάρανδος
Reindeer live from Alaska to Siberia.
- 5.82 **direction** (n) κατεύθυνση
Follow the direction on the sun and you'll find your way back.
- 5.83 **storm** (n) θύελλα
Don't go out in the storm. It's too dangerous.
- 5.84 **nomad** (n) νομάδας
Nomads don't live in one place for ever, but travel and camp in different places.

- 5.85 **journey** (n) ταξίδι
Our journey lasted for two weeks. We saw and learnt a lot about the nomadic lifestyle.
- 5.86 **survive** (v) επιζώ
When their boat sank, they survived on a desert island until a boat saved them.
- 5.87 **provide** (v) παρέχω
Our land provides us with all we need for food and accommodation!
- 5.88 **tool** (n) εργαλείο
She used the tools to repair her bike.
- 5.89 **hide** (n) δέρμα ζώου
In the past, people used animal hides to make clothes, shoes and even homes.
- 5.90 **set up camp** (phr) κατασκηνώνω
After walking for five hours they decided to set up camp next to a small lake.
- 5.91 **icy** (adj) παγερός
The wind was icy and we felt terribly cold.
- 5.92 **raw** (adj) ωμός
I never eat raw meat or fish. Yuck!
- 5.93 **blood** (v) αίμα
Giving blood for the people who need it is good and easy. In addition, it doesn't hurt at all.
- 5.94 **surprisingly** (adv) παραδόξως
She's usually very calm and patient. Surprisingly, she was angry and upset yesterday.
- 5.95 **nutritious** (adj) θρεπτικός
You should try to eat healthy, nutritious snacks.
- 5.96 **amount** (n) ποσό
We must reduce the amount of plastic that ends up in our rivers and oceans.
- 5.97 **communicator** (n) επικοινωνιακός (αυτός που επικοινωνεί αποτελεσματικά)
Communicators care mostly about expressing their ideas and making others understand them.
- 5.98 **perfectionist** (n) τελειομανής
My best friend is a perfectionist. She checks everything very carefully before she hands it to the teacher.
- 5.99 **rule** (n) κανόνας
Can you explain the rules of this game to me, please?
- 5.100 **grade** (n) βαθμός
She cares about getting good grades so she's trying very hard.
- 5.101 **pronunciation** (n) προφορά
When I'm learning new words, I record myself on my phone to try and get the pronunciation right.
- 5.102 **memorise** (v) απομνημονεύω
She memorised a long list of new words, but unfortunately she couldn't use them when she spoke and wrote.
- 5.103 **aim** (v) στοχεύω
Nick aims to learn more languages when he's at university.

THINK OUTSIDE THE BOX

- 6.1 **ice lolly** (n) παγωτό γρανίτα
Ice lollies are made with fruit, sugar and water.
- 6.2 **add** (v) προσθέτω
She added some sugar to her tea to make it sweeter.
- 6.3 **boil** (v) βράζω
The pasta is boiled for seven minutes before it's taken out of the pot.
- 6.4 **cover** (v) καλύπτω, σκεπάζω
The cake is covered with melted chocolate.
- 6.5 **dip** (v) βουτώ (κάτι μέσα σε υγρό)
The cherries are dipped into melted chocolate.
- 6.6 **freeze** (v) παγώνω
If the temperature is below zero, water freezes.
- 6.7 **increase** (v) αυξάνω
If the temperature increases anymore, all ice in the poles of the Earth will melt.
- 6.8 **place** (v) τοποθετώ
He lifted the box and placed it on the table.
- 6.9 **pour** (v) χύνω
Here's some hot tea. Would you like me to pour you some?
- 6.10 **press** (v) πιέζω
The fruit is pressed until all the juice comes out.
- 6.11 **pull** (v) τραβώ
He pulled the rope and the boat came near the beach.
- 6.12 **remove** (v) απομακρύνω, βγάζω από κάπου
Please don't remove the stickers from the box.
- 6.13 **stir** (v) ανακατεύω
The fruit juice and the ice are stirred together before sugar is added.
- 6.14 **candle** (n) κερί
It was dark in the room but there were a few candles for light.
- 6.15 **perfume** (n) άρωμα
I bought my mum a perfume as a present for her birthday.
- 6.16 **smoothie** (n) μιλκ σέικ με φρούτα, κλπ
Would you like a smoothie? I've just made it and it's delicious!
- 6.17 **soup** (n) σούπα
We had fish soup for lunch yesterday, so I didn't eat!
- 6.18 **banana skin** (n) φλούδα μπανάνας
Did you know that plastic can be made from banana skins?
- 6.19 **look for** (phr v) ψάχνω
I'm looking for a material that doesn't pollute the environment so much!
- 6.20 **solution** (n) λύση
I'm sure the solution to our problem is a simple one!
- 6.21 **bioplastics** (n) πλαστικά από φυτικές ύλες
Bioplastics are much better for the environment because they're made from plants.
- 6.22 **environmentally friendly** (adj) φιλικός προς το περιβάλλον
Using a bike for transport is an environmentally friendly solution.
- 6.23 **starch** (n) άμυλο
You can make a strong glue with starch and water. Did you know that?

- 6.24 **organic** (adj) βιολογικός, φυσικός
We only buy organic fruit and vegetables that are grown without any chemicals.
- 6.25 **tonne** (n) τόνος
What's heavier? A tonne of cotton or 1,000 kilos of silk?
- 6.26 **teen** (adj) έφηβος
Most teens enjoy listening to rap and hip hop these days.
- 6.27 **develop** (v) αναπτύσσω, εξελίσσω
She wants to develop a material that won't pollute the environment so much.
- 6.28 **carry out** (phr v) κάνω, πραγματοποιώ, διενεργώ
We carried out some experiments in class to see how light can affect plants.
- 6.29 **glass** (n) γυαλί
An inventor has developed a type of glass that is used to produce electricity from solar power.
- 6.30 **heat** (v) θερμαίνω
The sauce is heated in big pots.
- 6.31 **dry** (v) στεγνώνω
The fresh pasta is dried in special rooms and then it's packed in packets.
- 6.32 **paste** (n) πάστα, πολτός
If you want your tomato sauce to be tastier, use some tomato paste in it.
- 6.33 **oven** (n) φούρνος
My grandma took the pastitsio out of the oven and let it cool on the kitchen table.
- 6.34 **bin** (n) σκουπιδοτενεκές
Please don't throw your rubbish on the floor. Put it in the bin.
- 6.35 **case** (n) θήκη
I'm going to buy a new case for my smart phone!
- 6.36 **circuit board** (n) πλακέτα κυκλώματος
The circuit board is designed and tested very carefully before the phone is produced in factories.
- 6.37 **important** (adj) σημαντικός
It's very important to check your test before you give it to the teacher.
- 6.38 **whole** (adj) ολόκληρος
Do you think that the whole world will speak English one day?
- 6.39 **system** (n) σύστημα
We've designed a system that filters plastic out of drinking water!
- 6.40 **design** (v) σχεδιάζω
The system was designed by some teens who wanted to improve the quality of the air in their town.
- 6.41 **once** (conj) μιας και, άπαξ και
Once you've stirred the mixture, you must put it in the freezer to freeze.
- 6.42 **keypad** (n) πληκτρολόγιο
This phone has a large keypad and it's easier for older people to use it because they see the letters and numbers well.
- 6.43 **microphone** (n) μικρόφωνο
I can't hear you very well. Speak closer to the microphone, please.
- 6.44 **speakers** (n) ηχεία
The music came out of the speakers loud and clear, and everybody started dancing.
- 6.45 **test** (v) τεστάρω, δοκιμάζω
Before we start selling our new gadget, we should test it in every condition to see if it works well.
- 6.46 **ingredient** (n) συστατικό
My grandma makes delicious cookies. She adds a secret ingredient but she never tells us what it is!
- 6.47 **cardboard** (n) χαρτόνι
I made my cat a house out of cardboard and an old T-shirt.
- 6.48 **leather** (n) δέρμα (ζώου)
Her shoes and her bag are made of leather.
- 6.49 **rubber** (n) λάστιχο (το υλικό)
The soles of my trainers are made of rubber.
- 6.50 **silk** (n) μετάξι
My sister and I bought a silk scarf to our mother as a present.

- 6.51 **tin** (n) κασσίτερος
He thought the ring was made of silver but it was made of tin. It wasn't expensive at all.
- 6.52 **container** (n) δοχείο
You should keep oil in a dark glass container, not plastic.
- 6.53 **jar** (n) γυάλα
There's still some jam in the jar. Let's eat it!
- 6.54 **tube** (n) σωληνάριο
When you go to the supermarket, don't forget to buy a tube of toothpaste, please.
- 6.55 **bagpipes** (n) γκάιντα
The bagpipes are a traditional musical instrument in Scotland.
- 6.56 **boomerang** (n) μπούμερανγκ
When my uncle came back from Australia, he brought me a boomerang as a present.
- 6.57 **piñata** (n) πινιάτα
The piñata was filled with sweets and candy and the kids loved the idea.
- 6.58 **chewing gum** (n) τσίχλα
She had chewing gum in her mouth so it was difficult for her to speak clearly.
- 6.59 **accident** (n) ατύχημα
Discovering penicillin was a happy accident for science!
- 6.60 **chicle** (n) τσίχλα
Chicle was a kind of chewing gum that the Aztecs used to chew.
- 6.61 **be located** (v) βρίσκομαι
The trees that produce chicle are located in Central America.
- 6.62 **inhabit** (v) κατοικώ
The caves in Cappadocia are still inhabited by the local population.
- 6.63 **Dutch** (adj) Ολλανδός
Carl is Dutch and he lives in Amsterdam.
- 6.64 **explorer** (n) εξερευνητής
Magellan was a great explorer - he was the first to sail between the Antarctic and South America.
- 6.65 **population** (n) πληθυσμός
The population of Easter islands disappeared mysteriously.
- 6.66 **mysterious** (adj) μυστηριώδης
The explorer found a mysterious drawing on the rock walls of the cave.
- 6.67 **candy floss** (n) μαλλί της γριάς
When my dad took me to the theme park, he always bought me some pink candy floss!
- 6.68 **go for it!** (phr) Κάν'το!, Πές μου!
Look! There's Daniel Radcliff. I'll ask him for a selfie and an autograph!' 'Go for it.'
- 6.69 **any old ...** (phr) ένα οποιοδήποτε ...
To make a cat house, you need a cardboard box and any old T-shirt.
- 6.70 **blow up** (phr v) φουσκώνω
We blew up all the balloons for Tina's party.
- 6.71 **tightly** (adv) σφικτά
The little boy held his mum tightly by the hand because he was scared of getting lost in the crowd.
- 6.72 **escape** (v) δραπετεύω, ξεφεύγω
The monkey managed to open the cage door and escaped in the street.
- 6.73 **inflate** (v) φουσκώνω
Once the hot-air balloon is inflated, you can get in and start your journey.
- 6.74 **face** (v) να κοιτάω προς
I was facing the other way, so I didn't see the accident.
- 6.75 **upwards** (adv) τα πάνω
Pick a card and place it face upwards on the table.
- 6.76 **I get it.** (phr) Το' πιασα.
Ok, I get it. What must I do next?' 'Next choose a number from 1 - 10.'
- 6.77 **kind of tricky** (phr) λίγο δύσκολο
Climbing to the top of the tree was kind of tricky, but we did it!
- 6.78 **Hang on a sec!** (phr) Μια στιγμή!
So, that's it then. Bye!' 'Hang on a sec! I want to ask you something more.'

- 6.79 **And there you have it!** (phr) Και ορίστε! 'Έτοιμο!
After that, you let the ice cream freeze. And there you have it!
- 6.80 **Once (something is done), ...** (phr) 'Όταν, Μόλις (κάτι είναι έτοιμο) ...
Once the cake is baked through, take it out of the oven and let it cool completely.
- 6.81 **The next bit's ...** (phr) Το επόμενο βήμα είναι ...
Ok, got it.' 'Good. Now the next bit's a bit tricky.'
- 6.82 **Let me check I've got this right.** (phr) Για κάτσε να δω αν κατάλαβα καλά.
Ok, now let me check I've got this right. So, first we pour the liquid in the bowl, right?
- 6.83 **review** (n) κριτική
I've just read this review about the new XLZ phone. It sounds amazing!
- 6.84 **(be) colour blind** (phr) έχω αχρωματοψία
Tom's colour blind so he can't see the colours red or green.
- 6.85 **lens** (n) φακός
She can't see well. I think she needs new lenses for her glasses.
- 6.86 **separate** (v) ξεχωρίζω
Before you load the dirty clothes into the washing machine, you need to separate the white clothes from the rest.
- 6.87 **point out** (phr v) επισημαίνω
He pointed out that I could do my job with a cheaper laptop, as well, and I didn't need to spend so much money.
- 6.88 **unhealthy** (adj) ανθυγιεινός
Harry tries not to eat unhealthy snacks, such as crisps and chocolate every day.
- 6.89 **prize** (n) βραβείο
My team have won the first prize for the app we designed.
- 6.90 **vegetable** (n) λαχανικό
She made a delicious pasta sauce with some vegetables and tomato paste.
- 6.91 **time limit** (n) προθεσμία
When I study, I set a time limit to finish my work. It helps me concentrate.
- 6.92 **celebration** (n) γιορτή
We sang songs and danced and had a great time at the end-of-the-year school celebration.
- 6.93 **unique** (adj) μοναδικός
Here paintings are unique. No one else paints like her!
- 6.94 **fingerprint** (n) δακτυλικό αποτύπωμα
The detective used the fingerprints he discovered on the window to catch the thief.
- 6.95 **satellite** (n) δορυφόρος
The Moon is the only natural satellite the Earth has.
- 6.96 **forbidden** (adj) απαγορευμένος
The Forbidden City in Beijing, in China, was the palace of the emperor. Only a few people could get in.
- 6.97 **face down** (adv) με το πρόσωπο προς τα κάτω
She picked six cards and placed them face down on the table.

A WORLD OF CELEBRATION

- 7.1 **atmosphere** (n) ατμόσφαιρα
The atmosphere at the party was amazing! Everybody was dancing and having a great time!
- 7.2 **carnival** (n) καρναβάλι
Last year we went to Patras carnival. It was awesome and we loved it!
- 7.3 **ceremony** (n) τελετή
What special traditions are there in wedding ceremonies in your country?
- 7.4 **costume** (n) μεταμφίεση
All the kids at the festival were dressed as superheroes.
- 7.5 **crowd** (n) πλήθος
There was a huge crowd in the town square and we couldn't pass through!
- 7.6 **decoration** (n) διακόσμηση
Sally is a designer and she makes the decorations for big parties and special events.
- 7.7 **firework** (n) πυροτέχνημα
We always enjoy watching the fireworks on New Year's Eve from our balcony.
- 7.8 **float** (n) άρμα παρέλασης
As soon as the carnival ends, people in Rio de Janeiro start building the floats for the next carnival!
- 7.9 **funfair** (n) λούνα παρκ
My little brother enjoys going to the funfair and getting on the rides. He loves the rollercoaster the most!
- 7.10 **lantern** (n) (χάρτινο) φαναράκι
The garden was beautifully decorated with hundreds of colourful lanterns.
- 7.11 **parade** (n) παρέλαση
Will you take part in the national parade this year?
- 7.12 **programme** (n) πρόγραμμα
Let's have a look at the programme of the festival to see when Dr Dre is performing.
- 7.13 **stall** (n) πάγκος σε πανηγύρι
I love looking at stalls for small presents when I'm at a festival.
- 7.14 **occasion** (n) περίπτωση
Mrs Blake usually wears her nice blue dress on special occasions like family celebrations and weddings.
- 7.15 **celebrate** (v) γιορτάζω
How do you celebrate New Year in your family? Do you have any special traditions?
- 7.16 **folk tale** (n) θρύλος, μύθος, παραμύθι
When I was little, my mum used to read me a folk tale before I went to bed.
- 7.17 **throughout** (prep) σε όλη τη διάρκεια, δια μέσου
Throughout history, folk tales have played an important part in various cultures.
- 7.18 **Native American** (n) Ινδιάνος, ιθαγενής της Αμερικής
When the Europeans first arrived in America, Native Americans welcomed them in a very friendly way.
- 7.19 **Once upon a time, ...** (phr) Μια φορά και έναν καιρό ...
Once upon a time, there was a princess who lived in a tall castle.
- 7.20 **bank** (n) όχθη ποταμού
Jim and his grandpa sat on the bank of the river and started fishing.

- 7.21 **furious** (adj) εξοργισμένος
When my brother broke my new camera I was furious with him!
- 7.22 **opposite** (adj) αντίθετος, απέναντι
I told him to turn left, but he misunderstood and turned to the opposite direction.
- 7.23 **heartbroken** (adj) συντετριμμένος
After her dog died, she was heartbroken for months.
- 7.24 **change (your) mind** (phr) αλλάζω γνώμη
Jeremy originally wanted to buy an electric bike, but later he changed his mind and bought a regular one.
- 7.25 **flock** (n) κοπάδι
Oh! Wow! Look at that huge flock of birds in the sky! They're all flying together!
- 7.26 **magpie** (n) καρακάξα
There was a magpie in the tree this morning, but then it flew away.
- 7.27 **wing** (n) φτερούγα
The wings of an eagle can be as long as two metres in total.
- 7.28 **traditional** (adj) παραδοσιακός
There's a festival of traditional Greek music on our island and people come from all over Greece to enjoy the music and the dancing.
- 7.29 **wish** (n) ευχή
Henry's wish to meet his favourite athlete came true last summer in the Olympics.
- 7.30 **fair** (adj) δίκαιος
Your decision to give all the ice cream to George wasn't fair, Mum!
- 7.31 **band member** (n) μέλος μουσικού γκρουπ
All the band members signed autographs after the gig.
- 7.32 **campsite** (n) κατασκήνωση
There's a campsite near the venue of the festival, so we're going to spend the night there.
- 7.33 **encore** (n) ενκόρ, μπιζάρισμα, το τελευταίο τραγούδι όταν ο καλλιτέχνης τελειώσει την παράσταση
The band said goodbye and got ready to get off the stage, but their fans kept clapping and asking for an encore.
- 7.34 **gig** (n) παράσταση
Mike and his band have performed several times in our town. Their gigs are always very popular.
- 7.35 **headliner** (n) βασικός καλλιτέχνης σε μια παράσταση
Malakasa Rockwave Festival invites several headliners every year and is hugely popular with people from all over the country.
- 7.36 **stage** (n) σκηνή (θεάτρου ή συναυλίας)
Vangelis was the headliner of the gig, and we were standing so close to the stage that we could actually touch his guitar!
- 7.37 **support act** (n) δευτερεύων καλλιτέχνης ή γκρουπ σε συναυλία
Arctic Monkeys started their very popular career doing support acts to more famous pop bands.
- 7.38 **tent** (n) σκηνή (για κάμπινγκ)
Every summer we go camping and we sleep in our tent. It isn't very comfortable, but it's great fun!
- 7.39 **track** (n) μουσικό κομμάτι
She downloaded the new tracks of the album to her phone.
- 7.40 **venue** (n) χώρος εκδηλώσεων
Have you seen the venue where the festival takes place? It's a beautiful square in the old town and the side streets.
- 7.41 **brilliant** (adj) φανταστικός, υπέροχος
Tindersticks are my favourite band. I think their music is brilliant!
- 7.42 **castle** (n) κάστρο
The castle in Mytilene is one of the largest in the Mediterranean sea.

- 7.43 **volunteer** (n) εθελοντής
We need some volunteers to help us organise the festival. We should advertise in the local news site.
- 7.44 **pack** (v) φτιάχνω (τη) βαλίτσα (μου), πακετάρω
Kelly packed her backpack very carefully because she wanted to take everything she needed for her journey.
- 7.45 **suitcase** (n) βαλίτσα
My uncle from Germany arrived at the airport with two huge suitcases packed with presents for all the family.
- 7.46 **incredible** (adj) απίστευτος
The gig was incredible! The atmosphere and the music were absolutely awesome!
- 7.47 **What are you up to?** (phr) Τι κάνεις;
Hey, Jonah! What are you up to on Saturday evening? 'Nothing much, really. Why?'
- 7.48 **at my place** (phr) σπίτι μου
I'm having a small party for my birthday at my place on Saturday evening. would you like to come?
- 7.49 **surprise party** (n) πάρτυ έκπληξη
Last month we organised a surprise party for our favourite teacher. She loved it!
- 7.50 **I won't say a word.** (phr) Δεν θα βγάλω τσιμουδιά.
It's a secret. Don't tell anyone!' 'Ok. I won't say a word!'
- 7.51 **it kicks off at ...** (phr) ξεκινάει στις ...
The party kicks off at nine.' 'Ok, I'll see you at nine, then.'
- 7.52 **Count me in.** (phr) Υπολόγιζε με.
We're thinking of organising an end-of-year celebration and we need volunteers to help.' 'Great idea! Count me in.'
- 7.53 **See you there, then!** (phr) Τα λέμε εκεί!
Bye! See you at Josh's party!' 'See you there, then!'
- 7.54 **The more, the merrier.** (phr) Όσο πιο πολλοί, τόσο πιο καλά.
Can I invite Tom to the party, too?' 'Sure, why not! The more, the merrier!'
- 7.55 **I'd love to.** (phr) Θα το ήθελα πολύ.
Would you like to come to the gig with us?' 'Really? I'd love to! Thanks for inviting me!'
- 7.56 **I'll be there (at / around) ...** (phr) Θα είμαι εκεί (στις / κατά τις) ...
I've got work until 6 o'clock, but I'll be at your place at around 7. Is that alright?
- 7.57 **Should I bring anything?** (phr) Να φέρω τίποτα;
Thanks for inviting me to the party. Should I bring anything?
- 7.58 **What time should I be there?** (phr) Τί ώρα να είμαι εκεί;
Thanks for inviting me to the party. What time should I be there?
- 7.59 **keep a secret** (phr) κρατάω κρυφό, κρατάω μυστικό
Don't tell Anita anything. She can't keep a secret!
- 7.60 **It was great to hear from you!** (phr) Χάρηκα που άκουσα τα νέα σου!
Dear Molly, thank you for your email! It was great to hear from you!
- 7.61 **graduation** (n) αποφοίτηση
After the graduation, all the students and their parents had a celebration in the campus gardens! It was brilliant!
- 7.62 **take place** (phr) λαμβάνω χώρα, συμβαίνω
When did the accident take place?
- 7.63 **formal** (adj) επίσημος
People used to wear formal clothes when they went to the Opera, but not so much any more.
- 7.64 **speech** (n) ομιλία, λόγος
Our headmaster gave a very emotional and inspiring speech at the end of the school year.

- 7.65 **certificate** (n) πιστοποιητικό
When he passed his exams and got his certificate in his hands, he was the happiest boy on Earth!
- 7.66 **proud** (adj) περήφανος
Harry's mother was very proud of him when he won first prize in the competition.
- 7.67 **canal** (n) κανάλι (με νερό)
I loved Amsterdam with its canals and boats and bicycles. It's a lovely city!
- 7.68 **put on** (phr v) φοράω, βάζω (ρούχα)
Come on! Put on your clothes and let's go! We're going to be late!
- 7.69 **crown** (n) κορώνα
If you visit the Tower of London, you can see the Queen's jewellery and the crown she wears on formal occasions.
- 7.70 **Anyway, that's all from me.** (phr)
Αυτά τα νέα από μένα.
... Anyway, that's all from me. I hope to hear from you soon. Kisses, Maria'
- 7.71 **victory** (n) νίκη
The local team's fans celebrated the victory in the final with a huge party in the streets of the town.
- 7.72 **Write back soon!** (phr) Γράψε μου σύντομα!
... Anyway, I've got to go now. My mum is calling me for dinner. Write back soon, Dennis'
- 7.73 **compared to** (phr) συγκριτικά με ...
My new bike feels light as a feather compared to my old one!
- 7.74 **compete** (v) ανταγωνίζομαι
The children competed who would build the biggest sand castle.
- 7.75 **percent** (adv) τοις εκατό
More than 11 percent of the population of our planet hasn't got access to clean water! We must do something about that!
- 7.76 **pay respects to** (phr) υποβάλλω τα σέβη μου
The town organised a celebration to pay its respects to the ancestors who built it.
- 7.77 **ancestor** (n) πρόγονος
She's doing research to learn more about the ancestors of her family.
- 7.78 **exchange** (v) ανταλλάσσω
We exchange presents and small gift on New Year's Eve.
- 7.79 **gift** (n) δώρο
I'm looking for a gift for my best friend. It's her birthday tomorrow.
- 7.80 **poem** (n) ποίημα
The children wrote poems about their favourite animal and shared them in class.
- 7.81 **bright** (adj) φωτεινός, λαμπερός
Marina always wears bright colours, like red or yellow and orange.
- 7.82 **dragon** (n) δράκος
My favourite story when I was little was about a girl who knew a friendly dragon and they went on adventures together.
- 7.83 **misunderstand** (v) παρανοώ, καταλαβαίνω κάτι λάθος
I'm afraid you misunderstood what I said. I didn't say that.
- 7.84 **wooden** (adj) ξύλινος
Simon stirred the sauce with a wooden spoon.
- 7.85 **awesome** (adj) φανταστικός, υπέροχος
The party was awesome! We enjoyed it a lot!
- 7.86 **powerful** (adj) δυνατός
If you want to go mountain biking, you need to have very powerful legs.
- 7.87 **rower** (n) κωπηλάτης
Cambridge and Oxford universities organise a rowing competition every year. Their best rowers take part in it.

7.88 **BCE** (adv) προ Χριστού
The Parthenon was built in 447 BCE.

7.89 **luck** (n) τύχη
Wish me luck! I've got an important exam tomorrow!

7.90 **leaf** (n) φύλλο
I love autumn when the leaves in the trees change colour.

7.91 **take part in** (phr v) παίρνω μέρος σε
...
Are you going to take part in the dance competition? Good luck!

7.92 **dirt** (n) βρωμιά
Oh look at all this dirt! We must clean it before we can use the kitchen.

7.93 **thought** (n) σκέψη
Dina wasn't speaking to anyone. She was looking out of the window, lost in her thoughts.

7.94 **respect** (v) σέβομαι
I think we should all learn to respect every living creature on the planet.

7.95 **zodiac** (n) ζωδιακός κύκλος
The zodiac was a system that ancient Babylonians first created to measure time and seasons.

7.96 **represent** (v) αντιπροσωπεύω
Each hieroglyphic symbol represents a letter or a syllable.

7.97 **athlete** (n) αθλητής
When the athletes entered the stadium, all the spectators stood up and started clapping.

7.98 **enter** (v) μπαίνω
The actors entered the stage from a small side door and the audience didn't notice them at first.

7.99 **swap** (v) ανταλλάσσω
Can you swap places with me? I'd like to sit near the window, please.

UNIT 8

BACK TO SCHOOL

8.1 **cheat in a test** (phr) αντιγράφω στο διαγώνισμα
Kyle cheated in the test, the teacher saw him and gave him detention.

8.2 **fail an exam** (phr) αποτυγχάνω σε εξέταση
If you fail the exam it's not the end of the world. You can take it again.

8.3 **get detention** (phr) με βάζουν τιμωρία - να μείνω παράπανω στο σχολείο
Paul was a very naughty child at school and got detention almost every day when he was younger.

8.4 **get good grades** (phr) παίρνω καλούς βαθμούς
Tonia was happy because she got a good grade in her final exam.

8.5 **pay attention** (phr) προσέχω
My sister never paid attention in class because she was bored, so she always had problems doing her homework.

8.6 **pass an exam** (phr) περνάω μια εξέταση
I'm revising this weekend because I want to pass my exams with good grades.

- 8.7 **tell sb off** (phr v) **μαλώνω κάποιον**
When Janice broke the window, the teacher told her off and gave her detention for a week!
- 8.8 **write an essay** (phr) **γράφω δοκίμιο / έκθεση**
I like writing essays - it's an opportunity to express my ideas.
- 8.9 **take an exam** (phr) **γράφω διαγώνισμα**
Maria is always very nervous before taking an important exam.
- 8.10 **revise** (v) **κάνω επανάληψη**
How often should you revise your vocabulary if you want to remember it?
- 8.11 **situation** (n) **κατάσταση**
The local school was old, dirty and without good equipment, so the students, the parents and the teachers decided to change that situation.
- 8.12 **attend** (v) **πηγαίνω (είμαι παρών / παρούσα) στο σχολείο**
Most students who attend primary school have to wear a uniform in my country.
- 8.13 **primary school** (n) **δημοτικό σχολείο**
My little sister is six and she has just started primary school.
- 8.14 **secondary school** (n) **γυμνάσιο / λύκειο**
When I finish secondary school, I'll take exams to get into university.
- 8.15 **allow** (v) **επιτρέπω**
We're allowed to take our phones to school, but we aren't allowed to use them in class.
- 8.16 **along** (prep) **κατά μήκος**
They walked along the river for a few kilometres and then sat on the bank to have a picnic.
- 8.17 **rope** (n) **σχοινί**
The climbers used the rope to climb to the top of the cliff.
- 8.18 **kilometre** (n) **χιλιόμετρο**
Jenny runs ten kilometres every morning.
- 8.19 **destroy** (v) **καταστρέφω**
The road was destroyed when the river flooded its banks. Now nobody can pass.
- 8.20 **risky** (adj) **επικίνδυνος**
I try not to put myself in risky situations.
- 8.21 **education** (n) **εκπαίδευση**
In my opinion, education needs to prepare young people to live in their society.
- 8.22 **online education** (n) **τηλεκπαίδευση**
Online education is the future as it offers students and teachers opportunities to do so much more.
- 8.23 **hand in** (phr v) **παραδίνω (εργασία, διαγώνισμα, κλπ)**
Before you hand in your test, check it carefully.
- 8.24 **internet connection** (n) **σύνδεση στο ίντερνετ**
Our internet connection was bad and we couldn't download the film we wanted to watch.
- 8.25 **bridge** (n) **γέφυρα**
The longest bridge in the world is the Lake Pontchartrain Causeway in Louisiana.
- 8.26 **remote** (adj) **απομακρυσμένος**
They lived in a remote village in the north of the country so getting to the nearest city was a whole day's trip!
- 8.27 **basic** (adj) **βασικός, στοιχειώδης**
I believe that basic education should be a right of all the children in the world.
- 8.28 **dangerous** (adj) **επικίνδυνος**
The most dangerous road in the world is in Turkey.
- 8.29 **a thing of the past** (phr) **(εδώ) θα γίνει ανάμνηση του παρελθόντος**
We hope that with the use of the internet and online education, people who can't read or write will be a thing of the past!

- 8.30 **risk** (n) κίνδυνος, ρίσκο
Natasha doesn't like taking risks in her life. She prefers to be safe.
- 8.31 **essential** (adj) βασικός, σημαντικός, απαραίτητος
Is education an essential right of people, in your opinion?
- 8.32 **care about** (phr v) νοιάζομαι για
If you care about the environment, you should act now to protect the planet.
- 8.33 **regularly** (adv) τακτικά, σε τακτά διαστήματα
He visits his dentist regularly to make sure his teeth are ok.
- 8.34 **permission** (n) άδεια
If you want to go out of the classroom, you must ask your teacher for permission, first.
- 8.35 **prohibition** (n) απαγόρευση
Since the prohibition on cars in the city centre, the air is less polluted and there's less noise, too.
- 8.36 **borrow** (v) δανείζομαι
Can I borrow your calculator for a moment, please?
- 8.37 **calculator** (n) κομπιουτεράκι, αριθμομηχανή
Do you need a calculator or can you add up numbers in your head?
- 8.38 **subject** (n) σχολικό μάθημα
What's the most useful school subject in your opinion?
- 8.39 **term** (n) σχολική περίοδος (τρίμηνο ή εξάμηνο)
At the end of the term, we have to take exams, but after that, we will celebrate with a huge party.
- 8.40 **jewellery** (n) κοσμήματα
Pandora designs lovely jewellery, like rings, bracelets and earrings.
- 8.41 **against the rules** (phr) ενάντια στους κανόνες
It's against the rules of the school to use your phone in class.
- 8.42 **poster** (n) αφίσα
My brother and I have decorated our bedroom with posters of our favourite athletes.
- 8.43 **exchange trip** (n) εκπαιδευτικό ταξίδι μαθητών με φιλοξενία σε ξένη χώρα
Our class went on an exchange trip to Spain and spent a week having lessons at a local school.
- 8.44 **careless** (adj) απρόσεκτος
She's very careless and makes too many mistakes.
- 8.45 **childish** (adj) παιδιάστικός, ανώριμος
Philip is a bit childish for his age. I hope he gets more mature as he grows up.
- 8.46 **disorganised** (adj) ανοργάνωτος
Jenny is very disorganised and always loses her things or misses her classes.
- 8.47 **mature** (adj) ώριμος
Tom is very mature for his age - he's always polite and careful and very well-behaved.
- 8.48 **naughty** (adj) άτακτος
Were you naughty or well-behaved as a child?
- 8.49 **polite** (adj) ευγενικός
My little cousin is very polite and well-behaved - it's a pleasure to baby sit her.
- 8.50 **rude** (adj) αγενής
The man was angry and rude and didn't even apologise for pushing the old lady!
- 8.51 **well-behaved** (adj) (αυτός που) έχει καλούς τρόπους
If you're well-behaved and polite, people want to help you if you are in need.
- 8.52 **recently** (adv) πρόσφατα
She recently went on a trip to Italy.
- 8.53 **obligatory** (adj) υποχρεωτικός
Some school subjects, such as maths and language, are obligatory, but others, like art or history, are optional.
- 8.54 **optional** (adj) προαιρετικός
We can choose up to four optional subject this school term.

- 8.55 **make an appointment** (phr) κλείνω ραντεβού
My mum made an appointment to see the doctor.
- 8.56 **counsellor** (n) σύμβουλος ψυχικής υγείας
I went to see the school counsellor and she gave me some very good advice on how to deal with stress.
- 8.57 **corridor** (n) διάδρομος
Our classroom was at the end of a long, dark corridor.
- 8.58 **silence** (n) σιωπή
He enjoyed the silence of the empty building.
- 8.59 **kind of** (phr) περίπου, κάπως έτσι
My dad was kind of worried because I'd forgotten to call him.
- 8.60 **to be honest** (phr) για να είμαι ειλικρινής
To be honest, I don't really like football. I think it's boring!
- 8.61 **no big deal** (phr) δεν τρέχει και τίποτα
I'm sorry, I forgot to call you.' 'That's no big deal, don't worry about it!'
- 8.62 **Yeah, right!** (phr) Ναι, αμέ!
I think our team is the best in the world!' 'Yeah, right! Ha-ha!'
- 8.63 **What are the rules about ...?** (phr) Τί κανόνες ισχύουν σχετικά με ...;
What are the rules about using phones and tablets at school?
- 8.64 **How come?** (phr) Πώς και έτσι;
I can't come to your party next week I'm afraid.' 'How come? You said you were going to come!'
- 8.65 **break** (n) διάλειμμα
At break time, Tina usually goes to the library to check out books she's interested in.
- 8.66 **It's a lot to get your head around.** (phr) Σαν πολλά να πρέπει να θυμάμαι.
Oh, my! All these rules! It's a lot to get your head round, really!' 'Nah, you'll get used to it. No big deal!'
- 8.67 **Anything else I need to know about?** (phr) Κάτι άλλο που πρέπει να γνωρίζω;
Anything else I need to know before I visit your country?' 'Well, people never wear their shoes in the house. We always take them off before entering.'
- 8.68 **view** (n) γνώμη
Sometimes people have strong views about the use of technology in class.
- 8.69 **preparation** (n) προετοιμασία
Early preparation for the exam will save you hours of studying later in the year!
- 8.70 **opportunity** (n) ευκαιρία
Sally had a unique opportunity to study alongside a great teacher who taught her a lot.
- 8.71 **identity** (n) ταυτότητα
Artists express their feelings and identity through their works of art.
- 8.72 **In this essay, I outline ...** (phr) Σε αυτό το δοκίμιο, θα αναφερθώ σε ...
In this essay, I outline my views on using the internet in class.
- 8.73 **On the one hand, ...** (phr) Από την μία πλευρά, ...
On the one hand, the internet makes finding information much easier than in the past.
- 8.74 **On the other hand, ...** (phr) Από την άλλη πλευρά, ...
On the other hand, the information on the internet isn't always correct and we have to be very careful.
- 8.75 **Others argue that ...** (phr) Κάποιοι άλλοι υποστηρίζουν ότι ...
Others argue that using the internet in class has made students lazy and taken away basic skills that they should have.
- 8.76 **Some say that ...** (phr) Κάποιοι λένε ότι ...
Some say that the internet has opened a window to the world for those students who can't travel abroad easily.

UNIT 8

- 8.77 **citizenship** (n) υπηκοότητα
Jorge has to study to pass an exam to get citizenship in our country.
- 8.78 **responsible** (adj) υπεύθυνος
If students were responsible for keeping their schools clean, they wouldn't throw their rubbish everywhere!
- 8.79 **suggest** (v) προτείνω
Tom suggested a very interesting idea at the school council meeting.
- 8.80 **vote** (v) ψηφίζω
Most people voted 'yes' to Tom's idea, so now we're going to have a school garden.
- 8.81 **staff** (n) προσωπικό, εργαζόμενοι
The staff in this company are very polite and helpful people.
- 8.82 **responsibility** (n) ευθύνη
I believe that it's our responsibility to teach the future generations how to take care of the planet.
- 8.83 **wash up** (phr v) πλένω τα πιάτα
She finished eating and washed up, then went to do her homework.
- 8.84 **have the right to** (phr) έχω δικαίωμα να
In my view, children should have the right to choose when and what to study.
- 8.85 **pros and cons** (phr) τα υπέρ και τα κατά
In class today, we're discussing the pros and cons of online education.
- 8.86 **classmate** (n) συμμαθητής
My classmates helped me a lot when I came to the school for the first time.
- 8.87 **remind** (v) υπενθυμίζω
The teacher reminded us that we have to hand in our project on Monday.
- 8.88 **detail** (n) λεπτομέρεια
She's very careful and pays great attention to details.
- 8.89 **infographic** (n) γράφημα με εικόνες και λέξεις που δίνει πληροφορίες για κάποια διαδικασία
The infographic helped us understand how ice lollies are made.
- 8.90 **land** (v) προσγειώνομαι
We played 'Snakes and Ladders' and I kept landing on squares with snakes!

UNIT 9

A HOLIDAY ON THE MOON

- 9.1 **abroad** (adv) στο εξωτερικό, σε ξένες χώρες
He's a businessman and he often has to travel abroad on business.
- 9.2 **accommodation** (n) κατάλυμα, μέρος για να μείνεις
All the hotels were full, and we couldn't find accommodation anywhere.
- 9.3 **backpacking** (n) ταξίδι με σακίδιο πλάτης, φτηνός τουρισμός
When I was a university student, I went backpacking all around Europe.
- 9.4 **booking** (n) κράτηση (σε ξενοδοχείο, εστιατόριο, κλπ)
Hello, I'd like to make a booking for a double room for next week, please.

- 9.5 **cruise ship** (n) κρουαζιερόπλοιο
In the summer, more than ten cruise ships arrive at the port of Santorini every day!
- 9.6 **destination** (n) προορισμός
Santorini is a very popular destination for tourists from Northern Europe and China.
- 9.7 **holiday resort** (n) θέρετρο
We booked a room in a holiday resort that offers sea sports and sightseeing.
- 9.8 **sightseeing** (n) περιήγηση στα αξιοθέατα
Florence is an amazing place for sightseeing - there's so much to see!
- 9.9 **tour** (n) οργανωμένη εκδρομή σε πολλά διαφορετικά μέρη
My grandparents went on a tour of Scandinavia last summer and had a wonderful time!
- 9.10 **tourist attraction** (n) τουριστική ατραξιόν
Knossos and Phaistos are two of the main tourist attractions in Crete.
- 9.11 **foreign** (adj) ξένος, από άλλη χώρα
If you want to work as a tour guide, you need to speak at least two foreign languages.
- 9.12 **distance** (n) απόσταση
You can't go to the beach on foot from the hotel - it's a long distance.
- 9.13 **book** (v) κάνω κράτηση, κλείνω (τραπέζι, δωμάτιο, κλπ)
If you want to go to Mykonos in the summer, you have to book your accommodation months in advance.
- 9.14 **tourism** (n) τουρισμός
Some people believe that tourism is bad for the planet as it creates more pollution.
- 9.15 **face-to-face** (adv) πρόσωπο με πρόσωπο
I've never met him face-to-face, we've only chatted online.
- 9.16 **adventurous** (adj) περιπετειώδης
Wendy loves adventurous holidays where she can do extreme sports or explore remote places.
- 9.17 **virtual reality** (n) εικονική πραγματικότητα
Do you think people will have virtual reality holidays one day and never leave their homes?
- 9.18 **experience** (v) βιώνω, αποκτώ εμπειρία σε κάτι
We wanted to experience life in the desert, so we went on a holiday to the Sahara desert.
- 9.19 **teleport** (v) τηλεμεταφέρομαι
In many science fiction films, people teleport to their destinations instead of travelling.
- 9.20 **high-speed** (adj) υψηλής ταχύτητας
High-speed trains in France can travel at 300 km per hour!
- 9.21 **pilotless** (adj) χωρίς πιλότο
Would you ever fly in a pilotless plane?
- 9.22 **human** (n) άνθρωπος, ανθρώπινο είδος
Robots have already replaced humans in some jobs, for example in factories.
- 9.23 **arrangement** (n) σχέδιο, πλάνο, κάτι που κανονίζω με άλλους
We've made an arrangement to meet next Friday afternoon after school.
- 9.24 **passport** (n) διαβατήριο
If you want to travel abroad, you need to have a passport with you.
- 9.25 **check in** (phr v) φτάνω και δηλώνω το εισιτήριο μου, κάνω τσεκ ιν στο αεροδρόμιο, στη ρεσεψιόν ξενοδοχείου, κλπ
When they arrived at the hotel, they checked in at the reception and got the key to their room.
- 9.26 **check out** (phr v) φεύγω από, αφήνω δωμάτιο ξενοδοχείου
Before you check out of your room, make sure you've taken all your stuff with you.

- 9.27 **get away** (phr v) **φεύγω για μερικές μέρες, κάνω διακοπές (για λίγο)**
My parents decided to get away for a few days, so we're staying with our grandparents.
- 9.28 **get back** (phr v) **επιστρέφω από διακοπές**
When he got back from his holiday, he met his friends and told them about his trip.
- 9.29 **get in** (phr v) **φτάνω στο δωμάτιο**
We got in, left our bags, changed and went straight to the hotel swimming pool.
- 9.30 **go away** (phr v) **πάω διακοπές**
We're going away to Kenya on a safari this summer!
- 9.31 **look around** (phr v) **εξερευνώ ένα μέρος, τριγυρνώ**
When they went to Amorgos, they enjoyed looking around Chora, the capital town, with its beautiful small streets and white houses.
- 9.32 **set off** (phr v) **φεύγω για ταξίδι**
They packed their backpacks and set off on a tour of Ireland.
- 9.33 **take off** (phr v) **απογειώνομαι**
What time does the plane take off?
- 9.34 **delay** (v) **καθυστερώ**
Trains were delayed because of bad weather and we got to our hotel very late that night.
- 9.35 **reception** (n) **ρεσεψιόν (ξενοδοχείου, κλπ)**
She gave her passport at the reception and got her key.
- 9.36 **document** (n) **έγγραφο**
What travel documents do you need to travel to Egypt?
- 9.37 **prefer** (v) **προτιμώ**
She prefers staying in a tent rather than a hotel when she goes away.
- 9.38 **reason** (n) **λόγος, αιτιολογία**
The reason why he was so rude has remained a mystery.
- 9.39 **possession** (n) **υπάρχοντα, κάτι που μου ανήκει**
He takes as few possessions as possible when he travels on business.
- 9.40 **whose** (pron) **του οποίου**
The woman whose suitcase was stolen went to the police.
- 9.41 **What were you going on about?** (phr) **Τί έλεγες;**
Sorry, I didn't hear you well. What were you going on about?'
- 9.42 **in (two weeks') time** (phr) **σε (δύο εβδομάδες)**
Joanne will be swimming in Zakynthos in two weeks' time.
- 9.43 **jealous** (adj) **ζηλιάρης**
He's jealous of people who can go on holiday any time they want.
- 9.44 **bucket list** (n) **τα πράγματα που θέλω να κάνω πριν πεθάνω**
Visiting Tierra del Fuego is on my bucket list.
- 9.45 **right in the middle of ...** (phr) **στο κέντρο του ...**
They've got an apartment right in the middle of the city.
- 9.46 **all the usual stuff** (phr) **τα συνηθισμένα**
So how did you spend your holiday? Anything special?' 'No, we just did all the usual stuff, you know.'
- 9.47 **would rather** (phr) **θα προτιμούσα**
I'd rather stay at home this evening than go out.
- 9.48 **jet off** (phr v) **πετάω, πηγαίνω με το αεροπλάνο**
They're very rich and they jet off to various destinations around the world any time they want to get away.
- 9.49 **I'm really looking forward to (+ -ing)** (phr) **περιμένω με ανυπομονησία**
The children are really looking forward to going away to Naxos.

- 9.50 **We're going to try and ...** (phr) Θα προσπαθήσουμε να ...
When we arrive at Machu Picchu, we're going to try and climb to the top of the acropolis on foot.
- 9.51 **What are you planning on doing?** (phr) Τι σχεδιάζεις να κάνεις;
So, what are you planning on doing when you arrive in Jamaica?' 'We'll look around the town and we'll definitely go sightseeing.'
- 9.52 **global** (adj) παγκόσμιος
Some people believe that English will be a global language in the near future.
- 9.53 **fascinating** (adj) συναρπαστικός
Watching the artist paint the picture was absolutely fascinating.
- 9.54 **tropical** (adj) τροπικός
We're thinking of going away to a tropical island for a couple of weeks.
- 9.55 **make up** (phr v) αποτελείται από
The Amazon rainforest is made up of thousands of different plant species!
- 9.56 **outstanding** (adj) εξαιρετικός, έξοχος
Dorothy's projects are always outstanding! They're creative, exciting and very carefully done!
- 9.57 **nature reserve** (n) καταφύγιο άγριας ζωής
They went to the nature reserve in Pindos in the hope to photograph the wolves and bears which live there.
- 9.58 **butterfly** (n) πεταλούδα
The Monarch butterfly is one of the most colourful and interesting butterflies in the world!
- 9.59 **plant** (n) φυτό
A new plant species was recently discovered in the rainforest of New Guinea.
- 9.60 **variety** (n) ποικιλία
Tropical rainforests have an impressive variety of wild animals, insect and plants.
- 9.61 **insect** (n) έντομο
Mr Dross is an entomologist and studies insects and spiders.
- 9.62 **spectacular** (adj) θαυματικός, εντυπωσιακός
The waterfall in Victoria, in Africa is truly spectacular. It's on my bucket list.
- 9.63 **magical** (adj) μαγικός
I think Kastelorizo is a magical little island!
- 9.64 **cloud forest** (n) είδος τροπικού δάσους με το δικό του μικροκλίμα που δημιουργεί νέφη
Cloud forests are very important for our planet because they create their own weather and collect water in their clouds!
- 9.65 **conservation** (n) προστασία της άγριας ζωής
The conservation of wild life is our responsibility - we must do everything we can to protect it.
- 9.66 **ecotourism** (n) οικοτουρισμός
Ecotourism is a form of tourism where people can observe and enjoy wild animals in their natural environment.
- 9.67 **benefit** (v) οφελώ
Ecotourism benefits the country where it happens, the wild animals and the whole planet.
- 9.68 **local community** (n) τοπική κοινότητα
The local community of Kalloni, on Lesbos has realised how important it is to support ecotourism.
- 9.69 **educate** (v) μορφώνω, εκπαιδεύω, ενημερώνω
We must educate tourists to respect the places they visit and the wild animals which live there.
- 9.70 **natural resources** (n) φυσικοί πόροι
Making good use of our natural resources is very important for the future of the planet.

- 9.71 **coastal** (adj) παράκτιος
On our holiday last month, we stayed at a small coastal town in the north of Evia.
- 9.72 **turtle** (n) υδρόβια χελώνα
Caretta-Caretta turtles are an endangered species which is protected throughout Greece.
- 9.73 **count** (v) μετρώ
The volunteers counted the birds on the rocks and the number of nests they have built.
- 9.74 **capital** (n) πρωτεύουσα
What's the capital of Mexico?
- 9.75 **stunning** (adj) εκπληκτικός
The views from the top of the mountain were stunning!
- 9.76 **make a difference** (phr) κάνω τη διαφορά
Changing our habits as tourists can make a huge difference to the survival of endangered species.
- 9.77 **stressful** (adj) αγχώδης
Life in Athens was too stressful, so she decided to move to a small village in Crete.
- 9.78 **sanctuary** (n) καταφύγιο
Alonissos and the small islands around it are a sanctuary for Monachus-Monachus seals.
- 9.79 **feature** (n) χαρακτηριστικό
The geographical features and location of Madagascar created a place with unique animal and plant species which cannot be found anywhere else in the world.
- 9.80 **apartment** (n) διαμέρισμα
My cousin and her family live in a big apartment right in the middle of London.
- 9.81 **flight** (n) πτήση
What time does your aunt's flight from Paris arrive?
- 9.82 **host family** (n) οικογένεια που φιλοξενεί (συνήθως παιδιά από ξένες χώρες που σπουδάζουν)
When I went to Italy to study the language, I stayed with a lovely host family in Rome.
- 9.83 **nowadays** (adv) στις μέρες μας
Nowadays, more and more people realise the need to protect the environment.
- 9.84 **overcrowded** (adj) υπερπλήρης
The bus was overcrowded so I couldn't get on.
- 9.85 **podcast** (n) διαδικτυακή ραδιοφωνική μετάδοση
Dina was listening to a podcast about windsurfing on her phone.





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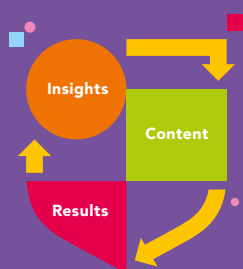
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