

New Inside Out

Upper intermediate
Companion

Italian 1st Edition

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MACMILLAN

Welcome to the New *Inside Out* Upper intermediate Companion!

What information does the *New Inside Out* Companion give you?

- a summary of key words and phrases from each unit of *New Inside Out* Upper intermediate Student's Book
- pronunciation of the key words and phrases
- translations of the key words and phrases
- sample sentences showing the words and phrases in context
- a summary of the *Grammar Extra* Reference from *New Inside Out* Upper intermediate Student's Book

(art) article	(phr v) phrasal verb	(m) masculine
(v) verb	(pron) pronoun	(pl n) plural noun
(v*) irregular verb	(prep) preposition	(adv) adverb
(adj) adjective	(det) determiner	(conj) conjunction
(n) noun	(f) feminine	

VOWELS AND DIPHTHONGS

/ɪ/	big fish	/bɪ: fɪʃ/	/ɑ:/	calm start	/kɑ:m stɑ:t/
/i:/	green beans	/grɪ:n bi:nz/	/ɒ/	hot spot	/hɒt spɒt/
/ʊ/	should look	/ʃʊd lʊk/	/ɪə/	ear	/ɪə/
/u:/	blue moon	/blu: mu:n/	/eɪ/	face	/feɪs/
/e/	ten eggs	/ten eɡz/	/ʊə/	pure	/pjʊə/
/ə/	about mother	/əbaʊt mʌðə/	/ɔɪ/	boy	/bɔɪ/
/ɜ:/	learn words	/lɜ:n wɜ:dz/	/əʊ/	nose	/nəʊz/
/ɔ:/	short talk	/ʃɔ:t tɔ:k/	/eə/	hair	/heə/
/æ/	fat cat	/fæt kæt/	/aɪ/	eye	/aɪ/
/ʌ/	must come	/mʌst kʌm/	/aʊ/	mouth	/maʊθ/

CONSONANTS

/p/	pen	/pen/	/s/	snake	/sneɪk/
/b/	bad	/bæd/	/z/	noise	/noɪz/
/t/	tea	/ti:/	/ʃ/	shop	/ʃɒp/
/d/	dog	/dɒɡ/	/ʒ/	measure	/meʒə/
/tʃ/	church	/tʃɜ:tʃ/	/m/	make	/meɪk/
/dʒ/	jazz	/dʒæz/	/n/	nine	/naɪn/
/k/	cost	/kɒst/	/ŋ/	sing	/aɪŋ/
/g/	girl	/gɜ:l/	/h/	house	/haʊs/
/f/	far	/fɑ:r/	/l/	leg	/leg/
/v/	voice	/voɪs/	/r/	red	/red/
/θ/	thin	/θɪn/	/w/	wet	/wet/
/ð/	then	/ ðen/	/j/	yes	/jes/

Unit 1 (page 4)

adopt a child	/ə,dɒpt ə 'tʃaɪld/	adottare un bambino	Madonna and her husband adopted a child from Malawi, called David Banda.
annoy (v)	/ə'nɔɪ/	dar fastidio	It annoys Belinda that some people think the royal family had something to do with Diana's death.
ascent (n)	/ə'sent/	ascesa	Someone's ascent to stardom is the way in which they progress towards or achieve fame.
attract criticism	/ə,tɹækt 'krɪtɪsɪz(ə)m/	attirare critiche	The adoption attracted criticism from people who felt Madonna had used her fame to fast-track it.
bleach (v)	/bli:tʃ/	schiarire	People who bleach their hair use a special product to make it blonde.
as bright as a button	/əz ,braɪt əz ə 'bʌt(ə)n/	molto intelligente	Someone who is as bright as a button is very intelligent.
buckle down (phr v)	/,bʌk(ə)l 'daʊn/	mettersi sotto (impegnarsi a fondo)	When you buckle down , you start to work hard to achieve something.
calm down (phr v)	/,kɑ:m 'daʊn/	calmarsi	Don't get so angry – just calm down!
career-wise (adj)	/kə'riəwaɪz/	come carriera	Career-wise , Madonna is as successful now as she's ever been.
celebrity (n)	/sə'lebrəti/	celebrità	Madonna is not just a celebrity – she's a real pop icon.
charity (n)	/'tʃærəti/	beneficenza	Princess Diana raised a lot of money for charity .
chilly (adj)	/'tʃɪli/	freddo/a	Chilly is a word that means "cold".
collar (v)	/'kɒlə/	attaccar bottone con	If you collar someone , you find someone and force them to talk or listen to you.
consolidator (n)	/kən'sɒlɪdeɪtə/	uno/a che fa tendenza	When we say that Madonna is a consolidator of trends, we mean she makes them more popular and well known.
controversy (n)	/kən'trɒvəsi; 'kɒntrəvɜ:sɪ/	polemica	Madonna is no stranger to controversy and has shocked many people over the years.
cowgirl (n)	/'kaʊ,gɜ:l/	mandriana, bovara	A cowgirl is a girl or woman whose job is to look after cows on a ranch.
criticism (n)	/'krɪtɪsɪz(ə)m/	critica	Criticism is a comment or comments that you think something is wrong or bad.
to date	/,tə 'deɪt/	fino ad ora	To date is an expression meaning "until now".
death (n)	/deθ/	morte	Belinda thinks that Diana's death was a tragic accident.

distinctive (adj)	/dɪ'stɪŋktɪv/	caratteristico/a	Something that is distinctive is easy to recognize because it is different from other things.
dreadful (adj)	/'dredf(ə)l/	terribile	I'm sorry we're so late – the traffic was dreadful .
earth mother (n)	/'ɜːθ ˌmʌðə/	madre terra	An earth mother is someone who prefers natural methods of living and likes to look after people.
ever-evolving (adj)	/ˌevəri'vɒlvɪŋ/	sempre all'ultima moda	Something that is ever-evolving changes all the time and stays fashionable.
exceptionally (adv)	/ɪk'sepʃ(ə)nəli/	eccezionalmente	Madonna is an exceptionally talented singer.
an existing look	/ən ɪg,zɪstɪŋ 'lʊk/	un look attuale	Madonna picks up on an existing look and makes it her own.
explode (v)	/ɪk'spləʊd/	scoppiare	At midnight, fireworks exploded across the sky – it was spectacular.
be up to your eyes in sth	/biː ˌʌp tə jər 'aɪz ɪn /sʌmθɪŋ/	averne fin sopra le orecchie di qualcosa	If you are up to your eyes in work , you are extremely busy.
fame (n)	/feɪm/	fama	Some people felt Madonna had used her fame to fast-track the adoption.
feature film (n)	/'fiːtʃə ˌfɪlm/	lungometraggio	A feature film is a film that is made for the cinema.
fit in (phr v)	/ˌfɪt ɪn/	legare con	Madonna was different and didn't fit in with the popular group.
geisha (n)	/'geɪʃə/	geisha	A geisha is a Japanese woman, whose job is to entertain men.
genius (n)	/'dʒiːniəs/	genio	A genius is someone who is extremely clever or talented.
global (adj)	/'glɔːb(ə)l/	famoso/a in tutto il mondo	Something that is global is well known all over the world.
gracefully (adv)	/'ɡreɪsf(ə)li/	con naturalezza	If you do something gracefully , you do it in a quiet way without drawing attention to yourself.
highlight (n)	/'haɪlaɪt/	parte migliore	Seeing the Great Wall was the highlight of Dana's trip to China.
hitchhike (v)	/'hɪtʃˌhaɪk/	andare in autostop	Madonna hitchhiked to New York with \$35 in her pocket.
hound (v)	/haʊnd/	perseguire	If journalists hound a famous person, they do not leave them alone.
huge (adj)	/hjuːdʒ/	enorme	Watching the first man land on the Moon made a huge impression on Alec.
icon (n)	/'aɪkɒn/	icona	Madonna is not just a celebrity – she's a real pop icon .
iconic (adj)	/aɪ'kɒnɪk/	di icona	How did Madonna achieve her iconic status?
the key to sth	/ðə 'kiː tə ˌsʌmθɪŋ/	la chiave di qualcosa	She realised that marketing was the key to her success .
kid (n)	/kɪd/	bambino	A kid is an informal word meaning a "child".
leotard (n)	/'liːətɑːd/	body	A leotard is a tight piece of clothing that people wear when they dance or exercise.
lingering (adj)	/'lɪŋgərɪŋ/	lungo/a	A lingering kiss is one that lasts for quite a long time.

look back (phr v)	/,lʊk 'bæk/	smettere di progredire	She had her first hit with <i>Holiday</i> in 1984 and has never looked back .
mainstream (adj)	/'meɪn,stri:m/	tradizionale, mainstream	Something that is mainstream is used, liked, or accepted by most people.
make an impression on sb	/,meɪk ən ɪm'preʃ(ə)n ɒn/	fare impressione su qc.	Watching the first man land on the Moon made a huge impression on Alec.
market (v)	/'mɑ:kɪt/	vendere	Madonna is brilliant at marketing her image.
midriff (n)	/'mɪd,rɪf/	busto, tronco	Your midriff is the front part of your body between your waist and your chest.
millennium celebrations (n pl)	/mɪ'lenɪəm selə,breɪʃ(ə)nz/	festeggiamenti per il nuovo millennio	The millennium celebrations took place on 31st December 1999.
momentous (adj)	/məʊ'mentəs/	epocale	A momentous event is extremely important.
moon landing (n)	/'mu:n ,ləndɪŋ/	allunaggio	The first moon landing was the occasion on which the first man walked on the Moon.
motherhood (n)	/'mʌðə,hʊd/	maternità	Madonna has three children and enjoys motherhood .
off-the-cuff (adj)	/'ɒfðə'kʌf/	improvvisato/a	An off-the-cuff remark is one that you make without planning it or thinking about it.
off stage	/'ɒf 'steɪdʒ/	privato/a (fuori di scena, giù dal palco)	Off stage is an expression for describing what an actor or singer is really like when they are not performing.
on stage	/'ɒn 'steɪdʒ/	pubblico/a (sul palco)	Madonna has known controversy both on stage and off stage.
the press (n)	/'ðə 'pres/	stampa	The press is an expression meaning newspapers and magazines, or the people who work for them.
pick up on sth (phr v)	/'pɪk 'ʌp ɒn sʌmθɪŋ/	far attenzione a qualcosa	If you pick up on something , you notice it and react to it.
pride yourself on sth	/'praɪd jəsəlf ɒn ,sʌmθɪŋ/	vantarsi di qualcosa	Madonna prides herself on her ever-evolving look, style and sound.
proud (adj)	/'praʊd/	orgoglioso/a	The fireworks were spectacular – I felt proud to be Australian.
the queen of ...	/'ðə 'kwɪ:n əv/	la regina di	A woman who is known as the queen of an activity is very good at that activity.
raise money (for sth)	/'reɪz 'mʌni (fə sʌmθɪŋ) /	raccogliere soldi (per qualcosa)	Princess Diana raised a lot of money for charity.
recall (v)	/'rɪ'kɔ:l/	ricordare	You recall Madonna's career as a series of images.
recording artist (n)	/'rɪ'kɔ:dɪŋ ,ɑ:tɪst/	cantante	A recording artist is a professional singer.
register sth (as sth) (v)	/'redʒɪstə sʌmθɪŋ (əz ,sʌmθɪŋ) /	registrare	In 1979 she registered "Madonna" as a trademark.

bear no resemblance to sb	/beə nəʊ rɪ'zembləns tə/ sʌmbədi/	non assomigliare a	If someone bears no resemblance to another person, they do not look like that person at all.
the royal family (n)	/ðə ˌrɔɪəl 'fæm(ə)li/	famiglia reale	Belinda doesn't think the royal family had anything to do with Diana's death.
self-esteem (n) (TS)	/ˌselfɪs'tiːm/	autostima	Clothes that are clean and neat say that you care about yourself and have good self-esteem .
self-image (n) (TS)	/ˌself'ɪmɪdʒ/	immagine di se stessi	CHAPS magazine are doing a survey about men's self-image .
sell out (phr v)	/ˌsel 'aʊt/	fare il tutto esaurito	If a concert sells out , people buy all the tickets and there are none left.
sell your image	/ˌsel jə 'ɪmɪdʒ/	vendere la propria immagine	She's a talented business woman who's brilliant at selling her image .
spectacular (adj)	/spek'tækjʊlə/	spettacolare	At midnight, fireworks exploded across the sky – it was spectacular .
the spitting image of sb	/ðə ˌspɪtɪŋ 'ɪmɪdʒ əv sʌmbədi/	la copia esatta	Someone who is the spitting image of another person looks exactly like them.
stand still	/ˌstænd 'stɪl/	ristagnare	A situation that stands still stops developing.
stardom (n)	/'stɑːdəm/	notorietà	Stardom is the state of being very famous.
status (n)	/'steɪtəs/	status	Madonna achieved her iconic status by constantly changing and staying fashionable.
step down (phr v)	/ˌstep 'daʊn/	diminuire	I don't want to step down – I want to carry on with my career.
step up (phr v)	/ˌstep 'ʌp/	crescere	She is stepping up career-wise and has no exit plan.
struggle (n)	/'strʌɡ(ə)l/	periodo duro	A struggle is a difficult period of time during which you have to work very hard.
super-brand (n)	/'suːpə,brænd/	super marchio	The name Madonna is a global super-brand .
think back (on) (phr v)	/ˌθɪŋk 'bæk (ɒn) /	tornare con la mente a	Think back on her career – it's not the songs you remember, it's the images.
tighten yr belt	/ˌtaɪt(ə)n jə 'belt/	tirare la cinghia	If you tighten your belt , you spend less money.
trademark (n)	/'treɪd,mɑːk/	marchio commerciale	In 1979 she registered "Madonna" as a trademark .
tragic (adj)	/'trædʒɪk/	tragico/a	Diana's death was a tragic accident.
understatement (n)	/'ʌndə,steɪtmənt/	minimizzazione	An understatement is something that you say that makes something seem less important than it is.
wealth (n)	/welθ/	patrimonio	Someone's wealth is the amount of money they have.
wear your heart on your sleeve	/weə jə ˌhɑːt ɒn jə 'sliːv/	mostrare i propri sentimenti	If you wear your heart on your sleeve , you show your feelings to other people.

weird (adj) (TS) /wɪəd/
 wind up (phr v) /,waɪnd 'ʌp/

bizzarro/a
 irritare

Something that is **weird** is strange in an unexpected or slightly frightening way.
 If someone is easy to **wind up**, it is easy to make them angry or upset.

CLOTHING AND APPEARANCE

bangles (n) /'bæŋg(ə)lz/
 belt (n) /bɛlt/
 buckle (n) /'bʌk(ə)l/
 button (n) /'bʌt(ə)n/
 casual (adj) /'kæʒuəl/
 change your style /,tʃeɪndʒ jə 'staɪl/
 collar (n) /'kɒlə/
 cool (adj) /ku:l/
 cuff (n) /kʌf/
 hem (n) /hem/
 image (n) /'ɪmɪdʒ/
 image-conscious (adj) /'ɪmɪdʒ,kɒnʃəs/
 lacy gloves (n pl) /,leɪsi 'glʌvz/
 professional (adj) /prə'feʃ(ə)nəl/

braccialetto
 cintura
 fibbia
 bottone
 casual, informale
 cambiare look
 colletto
 fico/a
 polsino
 orlo
 immagine
 attento/a alla propria immagine
 guanti di pizzo
 professionale

A **bangle** is a big circular bracelet that you wear around your wrist.
 A **belt** is a narrow piece of leather or cloth that you wear around your waist.
 A **buckle** is a metal object used for fastening a belt.
 A **button** is a small round object that you push through a hole to fasten clothes.
Casual clothes are comfortable and suitable for informal situations.
 If you **change your style**, you change the type of clothes you wear.
 A **collar** is the part of a shirt or coat that goes around your neck.
 Clothes that are **cool** are fashionable and attractive.
 A **cuff** is the part of a sleeve that goes around your wrist.
 A **hem** is the bottom edge of a dress, skirt or coat.
 The genius of Madonna is the way she manages her **image**.
 Someone who is **image-conscious** cares about their clothes and appearance.
Lacy gloves are made of fine material and have small holes in them.
 Someone who looks **professional** wears smart clothes that are suitable for work.
Satin is a smooth, shiny expensive material.
 The **sleeves** are the part of a piece of clothing that covers your arms.
Sporty clothes are designed for doing sport or for informal occasions.
 Someone who is **trendy** wears fashionable and attractive clothes.
 A **zip** is a long piece of metal or plastic used for opening or closing a piece of clothing.

COLLOCATIONS

designer/old-fashioned/scruffy clothes /dɪ,zaɪnə/,əʊldfæʃ(ə)nd/,skɾʌfi 'kləʊðz/

abiti firmati/ antiquati/ sciatti

Designer clothes are expensive and fashionable;
old-fashioned clothes are not modern; **scruffy clothes** are untidy or dirty.

bright/close-set/staring eyes	/,braɪt/,kləʊsət/,steəriŋ /'aɪz/	occhi lucenti/vicini/sguardo fisso	Bright eyes look lively and intelligent; close set eyes are very near each other; staring eyes seem to look at you in a very fixed way.
expressive/impassive/round face	/ɪk,spreɪsɪv/ɪm,pæɪsɪv/ ,raʊnd 'feɪs/	volto espressivo/impassibile/ viso rotondo	An expressive face shows what you are feeling; an impassive face does not show what you are feeling; a round face has the shape of a circle.
sleek/spiky/tousled hair	/,sli:k/,spaɪki/,taʊz(ə)ld 'heə/	capelli setosi/ setolosi/ arruffati	Sleek hair is smooth and shiny; spiky hair sticks up; tousled hair looks untidy.
firm/hearty/limp handshake	/,fɜ:m/,hɑ:ti/,lɪmp 'hændʃeɪk/	stretta di mano ferma/ cordiale/debole	A firm or hearty handshake feels strong; a limp handshake feels weak.
abrasive/charming/mild manner	/ə,breɪsɪv/,tʃɑ:mɪŋ/,maɪld 'mænə/	modi bruschi/affascinanti/ gentili	An abrasive manner seems rude; a charming manner is friendly and pleasant; a mild manner is kind and gentle.
fake/forced/warm smile	/,feɪk/,fɔ:st/,wɔ:m 'smaɪl/	sorriso falso/forzato/ smagliante	A fake or forced smile is not natural or genuine; a warm smile is kind and friendly.
deep/husky/shrill voice	/,di:p/,hʌski/,ʃrɪl 'vɔɪs/	voce profonda/roca/acuta	A deep or husky voice is low; a shrill voice is high and unpleasant.

WORD FORMATION

rearrange (v)	/,ri:ə'reɪndʒ/	risistemare	If you rearrange people or things, you put them in a different place.
rebuild (v)	/,ri:'bɪld/	ricostruire	If you rebuild something, you build it again after it has been damaged or destroyed.
reconsider (v)	/,ri:kən'sɪdə/	riconsiderare	If you reconsider a decision, you think about it again in order to decide whether you should change it.
reconstruct (v)	/,ri:kən'strʌkt/	ricostruire	If you reconstruct something, you build it again.
rediscover (v)	/,ri:dɪs'kʌvə/	riscoprire	If you rediscover something, you discover it again.
redo (v)	/,ri:'du:/	rifare	If you redo something, you do it again in a different way in order to improve it.
redraft (v)	/,ri:'drɑ:ft/	fare una nuova bozza	If you redraft something, you write it again in order to make changes to it.
re-examine (v)	/,ri:ɪg'zæmɪn/	riesaminare	If you re-examine something, you look at or think about it carefully again.
reinvent (v)	/,ri:ɪn'vent/	reinventare	If you reinvent something, you change something that already exists and give it a different purpose.
reinvention (n)	/,ri:ɪn'venʃ(ə)n/	reinvenzione, riciclaggio	Madonna is known as the queen of reinvention!
relocate (v)	/,ri:ləʊ'keɪt/	trasferirsi	If you relocate , you move to a different place.

remake (v)	/,ri:'meɪk/	rifare	If you remake something, you make it again in a different way.
reorganise (v)	/,ri:'ɔ:gənaɪz/	riorganizzare	If you reorganise something, you organise something in a different way.
repackage (v)	/,ri:'pækɪdʒ/	riconfezionare	If you repackage something, you present it in a different way to make it look more attractive.
reschedule (v)	/,ri:'ʃedju:l/	spostare (la data o l'ora di q.csa)	If you reschedule something, you, you change the time when it was planned to happen.
rethink (v)	/,ri:'θɪŋk/	ripensare	If you rethink something, you think about it again in order to improve it.
reunite (v)	/,ri:ju:'naɪt/	riunire	If you reunite people, you bring them together again.
reword (v)	/,ri:'wɜ:d/	riformulare	If you reword something, you express it using different words.
rewrite (v)	/,ri:'raɪt/	riscrivere	If you rewrite something, you write it using different words in order to improve it.

Unit 2 (page 14)

academic qualifications (n pl)	/ækədemɪk / /,kwɒlɪfɪ'keɪʃ(ə)nz/	qualifiche accademiche	Your academic qualifications are the exams you have passed at school, college or university.
act (n)	/ækt/	numero	An act is a short performance of singing, dancing etc.
adolescence (n)	/ədə'les(ə)ns/	adolescenza	Adolescence is the period of time when you are a teenager.
adulthood (n)	/'ædʌlthʊd; æ'dʌlthʊd/	età adulta	Adulthood is the period of life when you are an adult.
all-in-one (adj)	/ɔ:lɪn'wʌn/	coordinato	An all-in-one piece of clothing is made up of separate parts that look like one part.
aptitude (n)	/'æptɪtju:d/	attitudine	If you have an aptitude for something, you are good at it.
backroad (n)	/'bæk,rəʊd/	strada secondaria	The backroads are small, quiet roads with less traffic.
ball girl (n)	/'bɔ:l ,gɜ:l/	raccattapalle	A ball girl is a girl whose job is to throw a ball back to a player during a match.
bus pass (n)	/'bʌs ,pɑ:s/	biglietto gratuito per l'autobus	A bus pass is a special ticket that allows older people to travel by bus without paying.
childhood (n)	/'tʃaɪld,hʊd/	infanzia	Childhood is the period of time when you are a child.
clown around (phr v)	/'klaʊn ə'raʊnd/	fare il pagliaccio	If you clown around , you act in a silly or stupid way.
comically (adv)	/'kɒmɪk(ə)li/	comicamente	Comically is an adverb that means "in a way that seems amusing".

compensate (v)	/'kɒmpənsɪt/	compensare	If something compensates for something else, it makes it seem less bad.
cosmetic surgery (n)	/kɒz,metɪk 'sɜ:dʒəri/	chirurgia estetica	Cosmetic surgery is a medical operation to improve someone's appearance.
cuddle (v)	/'kʌd(ə)l/	abbracciare, stringere	If you cuddle someone, you put your arms around them to show that you love them.
do sb a favour	/,du: sʌmbədi ə 'feɪvə/	fare un favore a q.cno	If you do someone a favour , you do something in order to help them.
dote on sb (phr v)	/'dəʊt ɒn ,sʌmbədi/	stravedere per q.cno	If you dote on someone , you love them very much.
dread (v)	/dred/	avere il terrore di	If you dread something, you are very frightened that it might happen.
drop (v) (TS)	/drɒp/	lasciare	As soon as we told Sarah we liked Jeremy, she dropped him.
dull (adj)	/dʌl/	noioso/a	Dull is an adjective that means "boring".
to good/excellent etc effect	/tə ,ɡʊd/,eksələnt ɪ'fekt/	bene, in modo eccellente	If you use something to good effect , you use it in a way that impresses people.
sb's elders (n pl)	/,sʌmbədɪz 'eldəz/	maggiore, più grande, anziano, antenato	Your elders are people who are older than you.
exchange (=a person) (n)	/ɪks'tʃeɪndʒ/	parter di scambio	When she was 15, Viv went to stay with her German exchange , Frauke Schoon.
(school) exchange (n)	/(sku:l) ɪks'tʃeɪndʒ/	scambio scolastico con l'estero	Have you ever done a school exchange ?
exoticism (n)	/ɪɡ'zɒtɪsɪzəm/	esotismo	Viv loved the exoticism of new friends such as Axelle and Amalia.
extended family (n)	/ɪk,stendəd 'fæm(ə)li/	famiglia allargata	An extended family is a large family group that includes grandparents, aunts, uncles, cousins etc.
fake ID (n)	/'feɪk aɪ'dɪz/	carta d'identità falsa	Fake ID is an identity card that has been made to look real in order to trick people.
family background (n)	/'fæm(ə)li 'bækgraʊnd/	retroterra familiare	Your family background is the type of family that you come from.
faultline (n)	/'fɔ:lt,laɪn/	incrinature	Faultlines are small problems that develop.
fluency (n)	/'flu:ənsi/	scioltezza	Fluency in a language is the ability to speak it well.
fool around (phr v)	/'fu:l ə'raʊnd/	fare il buffone	If you fool around , you act in a silly or stupid way.
see the funny side of sth	/'si: ðə 'fʌni saɪd əv/ sʌmθɪŋ/	vedere il lato divertente di q.csa	If you see the funny side of something , you see the amusing part of a difficult or embarrassing situation.
get to hear about sth	/'get tə 'hɪər əbaʊt/ sʌmθɪŋ/	venire a sapere q.csa	All Alex's friends got to hear about the fact that his father was a clown.
grow apart (phr v)	/'grəʊ ə'pɑ:t/	distanziarsi gradualmente	Viv and Axelle grew apart and eventually lost touch.
have a wild side	/'hæv ə 'waɪld saɪd/	avere un lato selvaggio	Amalia was quiet but had a secret wild side .
hip (adj)	/'hɪp/	fico/a	Someone who is hip is cool and trendy.

host family (n)	/ˈhəʊst ˌfæm(ə)li/	famiglia che dà ospitalità	Your host family is the family that welcomes you into their home.
humiliation (n)	/hjuːˌmɪli'eiʃn/	umiliazione	Humiliation is the state of feeling embarrassed and ashamed.
immersion (n)	/ɪ'mɜːʃ(ə)n/	immersione	Immersion is a way of learning another language in which you only use the foreign language in class.
infancy (n)	/ˈɪnfənsi/	prima infanzia	Infancy is the period of time when you are a baby or very young child.
be on its last legs	/biː ɒn ɪts ˌlɑːst 'legz/	essere malconcio	If something is on its last legs , it is very old and no longer very useful.
sb's loved ones (n pl)	/sʌmbədɪz 'lʌvd ˌwʌnz/	cari	Your loved ones are the people you love, especially members of your family.
(club) mascot (n)	/ (klʌb) 'mæskɒt/	mascotte di un'associazione	Kayleigh's mum is club mascot for Cardiff City and wears a bird costume at matches.
middle age (n)	/ˌmɪd(ə)l 'eɪdʒ/	mezza età	Middle age is the period of time when you are no longer young, but are not yet old.
music decks (n pl) (TS)	/ˈmjuzɪk ˌdeks/	impianto stereo	It's easy for Andy, as a DJ, to hide behind his music decks at work.
nappy (n)	/ˈnæpi/	pannolino	A nappy is a thick piece of cloth that a baby wears between its legs before it has learned to use the toilet.
nickname (v)	/ˈnɪkˌneɪm/	nomignolo	Alex's friends nicknamed him "Corky Junior".
nightlife (n)	/ˈnaɪtˌlaɪf/	vita notturna	Nightlife is entertainment available in the evenings in clubs, bars, restaurants etc.
object (v)	/ɒb'dʒekt/	opporsi	If you object to something, you do not like it or approve of it.
old age (n)	/ˌəʊld 'eɪdʒ/	vecchiaia	Old age is the period of someone's life when they are old.
outrageous (adj)	/aʊt'reɪdʒəs/	scandaloso/a, atroce	Something that is outrageous is slightly shocking.
perform (v)	/pə'fɔːm/	esibirsi	Gina's mum dresses up as Cher and performs at clubs.
poster-girl (n)	/ˈpəʊstə ˌgɜːl/	ragazza da pubblicità	A poster-girl is a girl or woman who is a good advertisement for something.
prospect (n)	/ˈprɒspekt/	prospettiva	If you have good job prospects , you are likely to get a good job and earn a lot of money.
rusty (adj)	/ˈrʌsti/	arrugginito/a	If your knowledge of a language is rusty , you have forgotten a lot of what you have learnt.
see-through (adj)	/ˈsiːθruː/	trasparente	See-through is an adjective that means "transparent."
sink or swim	/ˌsɪŋk ɔː 'swɪm/	affogare o nuotare	If you are in a situation where you must sink or swim , you must deal with problems on your own if you want to succeed.
sour (v)	/saʊə/	inacidire	If a relationship between two people sours , the people stop liking each other.

can't stand (doing) sth	/kɑ:nt 'stænd du:ɪŋ /sʌmθɪŋ/	non sopportare di fare/essere qualcosa	Gina is shy and can't stand being the centre of of attention.
stay in shape	/,steɪ ɪn 'ʃeɪp/	essere in forma	If you stay in shape , you stay fit and healthy.
sticky (adj)	/'stɪki/	appiccicoso/a	Sticky objects are covered with a substance that sticks to things.
study trip (n)	/'stʌdi ,trɪp/	viaggio di studio	A study trip is a period of time that you spend away from home in order to study or learn something.
table manners (n pl)	/'teɪb(ə)l ,mænəz/	modi a tavola	Your table manners are the way you behave when you are at a table eating food.
ultimate (adj)	/'ʌltɪmət/	migliore	When Viv says she is the ultimate poster-girl for school exchanges, she means she is a perfect example of someone who enjoys them.
underneath (adv)	/,ʌndə'ni:θ/	sotto	She wears a bird costume, but everyone knows it's Mum underneath .
urban (adj)	/'ɜ:bən/	cittadino/a	Someone who is urban is used to life in cities.
want the ground to open up	/,wɒnt ðə ,graʊnd tu: /,əʊpən 'ʌp/	desiderare di sprofondare nel terreno	If you want the ground to open up , you feel extremely embarrassed.
wiggly (adj)	/'wɪgli/	fluente	A wiggly moustache is not straight and you can move it around.
witness (n)	/'wɪtnəs/	testimone	A witness at a wedding is someone who also signs the official document that the married couple sign.

SAYINGS

Birds of a feather flock together.	/bɜ:dz əv ə ,feðə flɒk tə'geðə/	Dio li fa e poi li accoppia	Birds of a feather flock together means that people of a similar type spend time together.
Blood is thicker than water.	/blʊd ɪz ,θɪkə ðən 'wɔ:tə/	il sangue non è acqua	Blood is thicker than water means that family relationships are the most important.
Charity begins at home.	/'tʃærəti bɪ,gɪnz ət 'həʊm/	la carità inizia a casa	Charity begins at home means that you should look after your family and friends first.
Home is where the heart is.	/,həʊm ɪz weə ðə 'hɑ:t ɪz/	la casa è dov'è il cuore	Home is where the heart is means that your home is wherever your loved ones are.
One good turn deserves another.	/,wʌn gʊd ,tɜ:n dɪz:ɪvz ə'nʌðə/	un buon servizio ne merita un altro	One good turn deserves another means that if someone is kind and helpful to you, you should also be kind and helpful to them.
Two's company. Three's a crowd.	/'tu:z ,kʌmp(ə)ni θri:z ə 'kraʊd/	in due compagnia, in três folla	Two's company. Three's a crowd means that two people can be happy together, but a third person causes problems.

SHOWING SOMEONE AROUND YOUR HOME

Welcome to our home!	/ˌwelkəm tuː ɑː ˈhəʊm/	Benvenuto, fa come fossi a casa tua!	Hello Marie. Welcome to our home!
Did you have a pleasant journey?	/ˌdɪd juː hæv ə plez(ə)nt ˈdʒɜːni/	Hai fatto buon viaggio?	“Did you have a pleasant journey?” “Yes, but I’m feeling a bit tired now.”
Let me introduce you to ...	ˌlet miː ɪntrəˈdjuːs juː tuː	Lascia che ti presenti ...	Let me introduce you to the rest of the family.
Then I’ll show you around.	/ˌðen aɪl ʃəʊ juː əˈraʊnd/	Poi ti mostro i dintorni	I’ll introduce you to the rest of the family, then I’ll show you around.
You must call me ...	/ˌjuː mʌst ˈkɔːl miː/	Chiamami ...	You must call me Jill.
Help yourself to ...	/ˌhelp jəˈself tuː/	Serviti ...	Help yourself to tea and coffee.
Make yourself at home.	/meɪk jəˈself ət ˈhəʊm/	Fai come a casa tua.	If you make yourself at home somewhere, you feel relaxed and comfortable.
If there’s anything you need ...	/ɪf ðeəz ˌənɪθɪŋ ju ˈniːd/	Se ti serve qualcosa	If there’s anything you need , just give me a shout.
Give me a shout.	/ˌɡɪv miː ə ˈʃaʊt/	Fammi un fischio (chiamamia)	Give me a shout if there’s anything you need.

SOCIAL REGISTER

Informal

Hiya!	/ˈhaɪjə/	Ehilà! Ciao!	Hiya! The door’s open.
The door’s open.	/ðə ˌdɔːz ˈəʊpən/	La porta è aperta.	The door’s open. Come in.
Cheers – that’s great!	/ˌtʃɪəz ðæts ˈɡreɪt/	Bene, grandioso!	“I remembered to bring you that CD.” “Cheers, that’s great!”
“How’s it going?”	/ˌhaʊz ɪt ˈɡəʊɪŋ/	Come va?	“How’s it going?” “All right, but I’m shattered.”
chill out (phr v)	/ˌtʃɪl ˈaʊt/	rilassarsi	I just want to chill out this evening and watch TV.
Do you want to ...?	/duː ju ˈwɒnt tuː/	Vuoi...?	Do you want to watch a DVD?
Whatever.	/wɒt ˈevə/	Fa lo stesso.	“Do you want to watch TV or shall I get a DVD?” “Whatever.”
No idea.	/nəʊ aɪˈdɪə/	Non ne ho idea.	“What’s on TV?” “No idea – rubbish as usual, I expect.”

Formal

Welcome!	/ˈwelkəm/	Benvenuto/a!	Welcome! Do come in!
Do come in!	/ˌduː kʌm ˈɪn/	Entra!	Welcome! Do come in!
That’s very kind of you!	/ˌðæts veri ˈkaɪnd əv juː/	Davvero gentile da parte tua!	Thank you, that’s very kind of you!
relax	/rɪˈlæks/	Mettersi a proprio agio	You must sit down and relax.
Would you prefer ...?	/ˌwʊd ju prɪˈfɜː/	Preferisci ...	Would you prefer tea or coffee?

I don't mind.	/aɪ dəʊnt 'maɪnd/	Quel che c'è va bene.	Would you prefer tea or coffee?" "I don't mind."
I'm afraid I don't know.	/aɪm ə'freɪd aɪ dəʊnt 'nəʊ/	Mi spiace, non lo so.	"How many miles is it exactly?" "I'm afraid I don't know."

Unit 3 (page 24)

adventurer (n)	/əd'ventʃərə/	avventuriero	An adventurer is someone who will take a risk in order to make money.
antique (n) (TS)	/æn'ti:k/	pezzo d'antiquariato	An antique is an object that is old and valuable.
appear in court	/ə'pɪər ɪn 'kɔ:t/	presentarsi in tribunale	If someone appears in court , they go to a court of law so that people can ask you questions about something illegal they think you have done.
band together (phr v)	/,bænd tə'geðə/	associarsi	If people band together , they work together in order to achieve something.
brehtaking (adj)	/'breθ,tɛɪkɪŋ/	mozzafiato	Something that is brehtaking is very is extremely impressive or beautiful.
capitalise on sth	/'kæpɪtəlaɪz ɒn ,sʌmθɪŋ/	giovarsi di	If you capitalise on something, you use it to get an advantage for yourself.
be charged with sth	/bi 'tʃɑ:ʒd wɪð/	imputato/a di	Someone who is charged with a crime is officially accused of it.
collapse (v)	/kə'læps/	collassare	If something collapses , it fails completely.
community service (n)	/kə,mju:nəti 'sɜ:vɪs/	lavori di pubblica utilità	Community service is work that someone does as a punishment instead of going to prison.
concern (n)	/kən'sɜ:n/	preoccupazione, interesse	Concern is a feeling of worry or sympathy for someone who is in a bad situation.
con-man (n)	/'kɒn,mæn/	truffatore	A con-man is a criminal who tricks other people in order to get their money.
corner the market (TS)	/'kɔ:nə ðə 'mɑ:kɪt/	monopolizzare il mercato	If you corner the market , you get complete control of an area of business.
cornice (n) (TS)	/'kɔ:nɪs/	nevaio	A cornice is an overhanging area of snow on the edge of a mountain.
crops (n pl)	/krɒps/	raccolto	Crops are plants that farmers grow to produce food.
cynic (n)	/'sɪnɪk/	cinico	A cynic is a person who thinks that people are not sincere or honest.
declare (v)	/dɪ'kleə/	dichiarare	If you declare something, you say officially that it is true.
discovery (n)	/dɪ'skʌv(ə)rɪ/	scoperta	The discovery of gold attracted thousands of people to California.

disillusion (n)	/,dɪsɪ'lu:ʒ(ə)n/	disillusione	Disillusion is a feeling of great disappointment when something is not as good as you thought.
disillusioned (adj)	/,dɪsɪ'lu:ʒ(ə)nd/	deluso/a	John Sutter eventually left California feeling disillusioned .
easterner (n)	/'i:stənə/	orientale	Easterners are people who live in the east of a country or state.
eastward (adv)	/'i:stwəd/	verso est	If you travel eastward , you travel in a direction towards the east.
entrepreneur (n)	/,ɒnrəprə'nɜ:z/	imprenditore	An entrepreneur is someone who uses money to start a business.
epic (adj)	/'epɪk/	epico/a	An epic journey is very long and exciting.
epidemic (n)	/epɪ'demɪk/	epidemia	An epidemic is a situation in which a feeling spreads very quickly.
follow sb's tracks (TS)	/,fɒləʊ sʌmbədɪz 'træks/	seguire le tracce di qualcuno	If you follow someone's tracks , you follow where they are walking or moving.
foolishness (n)	/'fu:lɪʃnəs/	stupidità	Foolishness is a word that means the same as "stupidity".
fort (n)	/fɔ:t/	fortezza	A fort is a strong building that is used to defend a place.
a gap in the market	/ə ,gæp ɪn ðə 'mɑ:kɪt/	una micchia mercato	A gap in the market is an opportunity to sell something that is not available but that people would like to have.
glint (n)	/glɪnt/	scintilla	A glint of something is a quick flash of light from something that is shiny.
go through with sth (phr v)	/gəʊ 'θru: wɪð sʌmθɪŋ/	venire a capo di qualcosa	If you go through with something , you succeed in doing something difficult.
gold (n)	/gəʊld/	oro	In 1848 gold was discovered in California.
gold fever (n)	/'gəʊld ,fi:və/	febbre dell'oro	Gold fever was the wish to find gold that a lot of people felt in the 19 th century.
gold rush (n)	/'gəʊld ,rʌʃ/	corsa all'oro	The gold rush was the period in the 19 th century when a lot of people went to a place where gold had been discovered.
gold strike (n)	/'gəʊld ,straɪk/	scoperta dell'oro	A gold strike is the act of discovering that gold exists in a place.
GPS (Global Positioning System) (n) (TS)	/,dʒi:pi:'es/	GPS (Global Positioning System)	GPS is a system you install in your car that tells you where you are and gives you directions.
hammock (n)	/'hæmək/	amaca	A hammock is a bed consisting of a piece of cloth tied to a tree.
a handful (of)	/ə 'hændfʊl (əv) /	manciata	A handful of people or things is a very small number of them.
hand-painted (adj) (TS)	/'hænd,peɪntəd/	dipinto a mano	Eric bought some beautiful hand-painted toy soldiers.
a hard turn (n) (TS)	/ə ,hɑ:d 'tɜ:n/	scarto	A hard turn is a sudden movement you make to the right or left.
a head of (cattle)	/ə ,hed əv 'kæt(ə)l/	un capo di (bestiame)	" A head " is an expression used as a way of counting farm animals.
hot up (phr v)	/'hɒt 'ʌp/	espandersi	When an activity hots up , it becomes much more popular.
immigrant (n)	/'ɪmɪgrənt/	immigrato/a	Sutter was a Swiss immigrant who came to California in 1848.

be intent on	/bi: ɪn'tent ɒn/	essere intento a	Sutter was intent on building his own private empire.
joint (adj)	/dʒɔɪnt/	di gruppo	A joint company is owned by more than one person.
keenly understand sth	/,ki:nlɪ ʌndə'stænd sʌmθɪŋ/	capire perfettamente	If you keenly understand a situation, you have thought about it and understand it well.
kingdom (n)	/'kɪŋdəm/	regno	A kingdom is an area or activity that someone controls.
lead to sb's downfall (TS)	/,li:d tə sʌmbədɪz/ 'dʌʊnfɔ:l/	portare alla rovina di q.cno	Alcoholism led to his downfall and California's first millionaire died an unnoticed death.
life-affirming (adj)	/'laɪfə,fɜ:mɪŋ/	propositivo/a	Something that is life-affirming makes you feel happier or more positive about life.
lifetime (n)	/'laɪf,tɑɪm/	vita	The adventurers were willing to spend a difficult year in return for a lifetime of riches.
madness (n)	/'mædnəs/	pazzia	If people think that something is madness , they think it is extremely stupid.
mid-life crisis (n)	/,mɪdlɑɪf 'kraɪsɪs/	crisi di mezza età	A mid-life crisis is when people who are middle-aged feel very anxious about their life.
mortgage (v)	/'mɔ:ɡɪdʒ/	ipotecare	People mortgaged their farms in order to travel to California.
newcomer (n)	/'nju:ˌkʌmər/	nuovo arrivato	Sutter welcomed the newcomers as subjects for his new kingdom.
opportunist (n)	/,ɒpə'tju:nɪst/	opportunista	An opportunist is someone who always tries to get an advantage for themselves.
outpost (n)	/'aʊt,pəʊst/	avamposto	An outpost is a place that is far away from other places.
pan (n)	/pæn/	setaccio	A pan is a large, flat bowl used for collecting gold.
pick (n)	/pɪk/	piccone	A pick is a tool used for breaking hard surfaces.
private empire (n)	/'praɪvət 'empaɪə/	impero privato	Someone's private empire is a business that they own.
prosecute (v)	/'prɒsɪkjʊ:t/	far causa a q.cno	If you prosecute someone, you officially accuse them of a crime.
be registered in sb's name	/bi ˌredʒɪstəd ɪn/ sʌmbədɪz 'neɪm/	essere intestato a q.cno	Christopher sold the car although it was registered in his mother's name .
resident (n)	/'rezɪd(ə)nt/	residente	Residents are the people who live in a particular place.
risk-taker (n)	/'rɪsk,tetkər/	uno che ama rischiare	A risk-taker is someone who is not afraid of taking risks to get what they want.
at the root of sth	/ət ðə 'ru:t əv sʌmθɪŋ/	alla radice di q.csa	If something is at the root of a problem or situation, it is the thing that has caused it.
rug (n)	/rʌɡ/	tappetino	A rug is a very small carpet that you put on a floor.
ruined (adj)	/'ru:ɪnd/	rovinato/a	In 1850 Sutter had lost all his wealth and was a ruined man.

satellite navigation (n) (TS)	/,sætələɪt nəvɪ'geɪf(ə)n/	navigatore satellitare	Satellite navigation is a system that tells you where you are and gives you directions.
sawmill (n)	/'sɔ:mɪl/	segheria	A sawmill is a building where wood is cut into pieces using a machine.
scheme (n)	/ski:m/	piano	A scheme is a plan that you make in order to get something.
shovel (n)	/'ʃʌv(ə)l/	pala	A shovel is a tool that is used for lifting and moving earth or snow.
spa (n)	/spa:/	pediluvio	A spa is a type of bath filled with water that you put your feet into in order to relax.
special delivery (n)	/,speʃ(ə)l dɪ'lɪv(ə)ri/	consegna speciale	A special delivery is a parcel that is delivered by a fast postal service.
spotlight (n)	/'spɒt,lait/	centro dell'attenzione	If you are in the spotlight , everyone is looking at you or is interested in you.
start afresh	/,stɑ:t ə'freʃ/	ricominciare da capo	Ian Usher has sold his life because he wants to start afresh .
starving (adj)	/'stɑ:vɪŋ/	affamatisissimo	I haven't eaten since this morning – I'm starving .
statement (n)	/'steɪtmənt/	dichiarazione	A statement is something that you say or write publicly.
stock company (n)	/'stɒk ,kʌmp(ə)ni/	stock company	A stock company is one that is owned by several people.
subject (n)	/'sʌbdʒekt/	suddito	A subject is a person who works for someone who is very powerful.
supply and demand (n)	/sə,'plɑ: ən dɪ'mɑ:nd/	domanda e offerta	The laws of supply and demand relate to the amount of a product that is available and how many people want to buy it.
support a charity	/sə,'pɔ:t ə 'tʃærəti/	sostenere un istituto di beneficenza	If you support a charity , you give money to it.
sweep sb up (phr v) (TS)	/,swi:p sʌmbədi 'ʌp/	travolgere	If water or snow sweeps someone up , it moves over them quickly.
Swiss (adj)	/swɪs/	svizzero/a	Someone who is Swiss is from Switzerland.
tear down (phr v)	/'tiə 'daʊn/	tirar giù	If you tear down a building, you destroy it.
telegraph (v)	/'telɪgrɑ:f/	telegrafare	News of the discovery of gold was telegraphed to every village and town.
thump (v)	/θʌmp/	battere	If your heart thumps , it beats very fast.
trample (v)	/'træmp(ə)l/	calpestare	If people trample something, they destroy it by walking all over it.
traverse (v) (TS)	/trə'vɜ:s/	attraversare	If you traverse an area, you move over or across it.
trickle (v)	/'trɪk(ə)l/	migrare poco per volta	By the mid-1840s more and more Americans were trickling into California.
undertake (v)	/'ʌndə'teɪk/	intraprendere	Other people have undertaken similar schemes to Ian Usher and profited.
vigorous (adj)	/'vɪg(ə)rəs/	energico/a	If you do vigorous exercise, you exercise very hard.
vision (n)	/'vɪʒ(ə)n/	visione	Sutter had a vision of building his own private empire.
visionary (n)	/'vɪʒən(ə)ri/	idealista	Someone who is a visionary has a clear idea of how things should be done.

wagon (n)	/ˈwæɡən/	carrozza
be in the way	/biː ɪn ðə ˈweɪ/	essere tra i piedi
wealthy (adj)	/ˈwelθi/	facoltoso/a
whisper (n)	/ˈwɪspə/	diceria, bisbiglio
Why on earth?	/ˌwaɪ ɒn ˈɜːθ/	Perché mai?
without sb's knowledge	/wɪð, aʊt sʌmbədɪz/ ˈnɒlɪdʒ/	senza che q.cno lo sappia

A **wagon** is an old-fashioned vehicle pulled by horses.
If you **are in the way**, you are stopping people from doing what they want to do.

Wealthy is a word meaning the same as “rich”.

Whispers of a gold strike drifted eastward across the country.

“**Why on earth?**” is an expression that is used to emphasize the question word “Why?”

Without his mother's knowledge, Christopher sold her car.

COLLOCATIONS

have

have a chat	/,hæv ə ˈtʃæt/	chiacchierare
have difficulty	/,hæv ˈdɪfɪk(ə)lti/	avere problemi
have a duty	/,hæv ə ˈdʒuːti/	avere il dovere di
have a go	/,hæv ə ˈgəʊ/	provare
have a guess	/,hæv ə ˈges/	indovinare, ipotizzare
have a laugh	/,hæv ə ˈlɑːf/	farsi quattro risate
have a look	/,hæv ə ˈlʊk/	dare un'occhiata
have a right	/,hæv ə ˈraɪt/	avere il diritto di
have a think	/,hæv ə ˈθɪŋk/	pensarci su
have a word	/,hæv ə ˈwɜːd/	dire una parola

If you **have a chat** with someone, you talk to them for a short time.

We **had difficulty** finding somewhere to park.

We all **have a duty** to help each other.

If you **have a go** at something, you try to do it.

“How many people live in the UK?” “I don't know.” “**Have a guess.**”

I like meeting friends and **having a laugh**.

Can I **have a look** at your new iPod?

People over 18 **have the right** to vote.

We'll **have a think** and let you know what we decide.

Can I **have a quick word** with you, please?

make

make a fortune	/,meɪk ə ˈfɔːtʃuːn/	fare una fortuna
make a fuss	/,meɪk ə ˈfʌs/	agitarsi
make a living	/,meɪk ə ˈlɪvɪŋ/	mantenersi
make a loss	/,meɪk ə ˈlɒs/	perdere
make a mess	/,meɪk ə ˈmes/	fare un disastro
make money	/,meɪk ˈmʌni/	far soldi
make a profit	/,meɪk ə ˈprɒfɪt/	fare un affare

Top football players can **make a fortune**.

If you **make a fuss** about something, you get too worried or excited about it.

It can be hard to **make a living** as an actor.

Banks have **made huge losses** in recent months.

I always **make a mess** when I cook.

Businessmen such as Bill Gates and Richard Branson have **made** a lot of **money**.

If you **make a profit**, you sell something for more money than it cost to buy.

make sense	/,meɪk 'sens/	avere un senso	I don't understand my dreams. They never make sense .
make a start	/,meɪk ə 'stɑ:t/	incominciare	We've a lot of work to do – we'd better make a start .
take			
take action	/teɪk 'ækʃ(ə)n/	agire	There's a time for talking and a time for taking action .
take advice	/,teɪk əd'vaɪs/	chiedere consiglio	If you take advice , you ask someone for their opinion about the best thing to do.
take a deep breath	/,teɪk ə di:p 'breθ/	fare un profondo respiro	Take a deep breath and calm down.
take an exam	/,teɪk ən ɪg'zæm/	fare un esame	She's taking her piano exam tomorrow.
take notes	/,teɪk 'nəʊts/	prendere appunti	Students listened to the teacher and took notes .
take office	/,teɪk 'ɒfɪs/	prendere servizio	President Barack Obama took office in January 2009.
take place	/,teɪk 'pleɪs/	aver luogo	The 2012 Olympics take place in London.
take responsibility	/,teɪk rɪ'spɒnsə'bɪləti/	prendersi la responsabilità di	She's 16 and old enough to take responsibility for herself.
take a risk	/,teɪk ə 'rɪsk/	assumersi un rischio	You sometimes have to take risks to succeed.
take sugar	/,teɪk 'ʃʊgə/	zuccherare	Do you take sugar in coffee?

METAPHORS

Time = Money

be running out of time	/bi ,rʌnɪŋ aʊt əv 'taɪm/	essere in ritardo	Hurry up! We're running out of time .
spare (sb) a couple of minutes	/,speə (sʌmbədi) ə /kʌp(ə)l əv 'mɪnɪts/	trovare un attimo	We need to talk. Can you spare a couple of minutes ?
sb's time is precious	/,sʌmbədɪz taɪm ɪz 'preʃəs/	il tempo (di qualcuno) è prezioso	If someone's time is precious , they are busy and do not have a lot of time.
use your time profitably	/,ju:z jə taɪm 'prɒfɪtəbli/		You should use your time more profitably and get a proper job.
waste your time	/,weɪst jə 'taɪm/	mettere a profitto il tempo sprecare il tempo	You're wasting your time if you think you can make money out of the Internet.
be worth sb's while	/bi ,wɜ:θ sʌmbədɪz 'waɪl/	essere tempo ben speso	Just five minutes of your time – I promise it will be worth your while !

Ideas = Food

chew sth over	/,tʃu: sʌmθɪŋ 'əʊvə/	rimuginare	Martha had been chewing over the idea for the past few weeks.
digest information	/daɪ,dʒest ɪnfə'meɪʃ(ə)n/	digerire delle informazioni	I need time to digest all this information .

food for thought /,fu:ɔ:d fə 'θɔ:t/
 be a half-baked idea /bi: ə ,hɑ:f beɪkt aɪ'dɪə/

cibo per la mente
 mezza idea

That's interesting. There's certainly **food for thought** here.
 A **half-baked idea** is one that you have not thought about properly.

MONEY

afford (v) /ə'fɔ:d/
 be a bargain (TS) /,bi: ə 'bɑ:gɪn/
 blow it on sth /'bləʊ ɪt ɒn ,sʌmθɪŋ/
 breadwinner (n) /'bred,wɪnə/

permettersi
 essere un affare
 scialacquare
 chi lavora per mantenere
 tutta la famiglia
 al verde
 budget

If you can **afford** something, you have enough money to buy it.
 If something is a **bargain** it costs much less than normal.
 He didn't save the money – instead he **blew it all on** a new music system.
 A **breadwinner** is the person who earns the money to support a family.

broke (adj) /brəʊk/
 budget (n) /'bʌdʒɪt/

economic e bello/a

If you are **broke**, you have spent all your money.
 A **budget** is an amount of money that you can afford to spend on something.
 Something that is **cheap and cheerful** does not cost a lot of money but is suitable for a particular purpose.

cheap and cheerful (TS) /,tʃi:p ən 'tʃi:f(ə)l/
 earn a living /,ɜ:n ə 'lɪvɪŋ/
 There's no such thing as a free lunch. /ðeəz ,nəʊ sʌtʃ 'θɪŋ əz ə /fri: 'lʌntʃ/
 hard-up (adj) /,hɑ:d'ʌp/
 inherit (v) /ɪn'herɪt/

guadagnarsi da vivere
 Tutto si paga
 squattrinato/a
 ereditare

Do you agree that it's a man's job to **earn a living**? **There's no such thing as a free lunch** means that you cannot get something good without paying for it.
 Someone who is **hard-up** does not have a lot of money.
 He told his girlfriend he had **inherited** the money from his grandfather, who had died.

invest (v) /ɪn'vest/
 loaded (adj) /'ləʊdəd/
 The love of money is the root of all evil. /ðə ,lʌv əv ,mʌni ɪz ðə ,ru:t əv ɔ:l 'i:v(ə)l/
 be made of money /bi ,meɪd əv 'mʌni/

investire
 ricco sfondato
 L'amore per il denaro è la radice di ogni male
 navigare nell'oro

If you **invest** money, you use it in order to make more money.
Loaded is an informal word meaning "extremely rich".
The love of money is the root of all evil means that money makes people do bad things to other people.
 No, I can't afford to buy you a new car – I'm not **made of money**, you know!

Money makes the world go round. /,mʌni meɪks ðə 'wɜ:ld ɡəʊ raʊnd/
 overdraft (n) /'əʊvə,dra:ft/
 get sth for peanuts /,ɡet sʌmθɪŋ fə 'pi:nʌts/
 In for a penny, in for a pound. /,ɪn fər ə ,penɪ ,ɪn fər ə 'paʊnd/

I soldi fanno girare il mondo/a.
 scoperto (bancario)
 comprare a poco prezzo
 Quando inizi una cosa la devi finire

Money makes the world go round means that it is people's desire to make money that makes them do things.
 If you pay off an **overdraft**, you pay the bank money that you owe to it.
 Computers are much cheaper nowadays – you can **get them for peanuts**.
In for a penny, in for a pound means that you intend to finish something you have started doing.

pricey (adj) (TS)	/ˈpraɪsi/	costoso/a	Pricey is a word that means “expensive”.
push the boat out	/ˌpʊʃ ðə ˈbəʊt aʊt/	investire molto	If you push the boat out , you decide to spend a lot of money on something.
Put your money where your mouth is.	/ˌpʊt jə ˌmʌni weə jə ˈmaʊθ ɪz/	Dimostrare qualcosa coi fatti.	If you put your money where your mouth is , you give money to someone or something to show that you mean what you say.
save it for a rainy day	/ˌseɪv ɪt fər ə ˌreɪni ˈdeɪ/	Risparmiare per quando ce ne sarà o non	If you save money for a rainy day , you save it for a time when you need it.
splash out (on) (phr v)	/ˌsplæʃ ˈaʊt (ɒn) /	spendere una follia	He splashed out on an extravagant champagne holiday for himself and his girlfriend.
stretch to sth (phr v)	/ˈstreɪtʃ tə sʌmθɪŋ/	arrivare a	“How much can you afford to spend?” “I could stretch to about £10,000 .”
a sum of money	/ə ˌsʌm əv ˈmʌni/	una somma di denaro	Christopher said he had inherited a sum of money from his grandfather.
tax (v)	/tæks/	tassare	The government taxes cigarettes and alcohol heavily.
Watch the pennies, and the pounds take care of themselves.	/ˌwɒtʃ ðə ˌpenɪz ən ðə ˌpaʊndz teɪk ˌkeə əv ðəmˈselvz/	Se risparmi i penny i pounds si prenderanno cura di sé.	Watch the pennies and the pounds take care of themselves means that if you save small amounts of money, you will eventually have a large amount.
be worth £100/\$250 etc	/bi ˌwɜːθ ə ˌhʌndrəd ˈpaʊndz/tuː ˌhʌndrəd ən fɪfti ˈdɒləz/	avere un valore di	Win a holiday worth £6,000!

Review A (page 34)

advisor	/ədˈvaɪzə/	consulente	Louise wanted to save the bookshop and asked a business advisor for help.
delighted	/dɪˈlaɪtɪd/	entusiasta	The bookshop is making a fortune and Louise is delighted .
fed-up	/ˌfedˈʌp/	scocciato/a	If you feel fed-up , you feel bored and annoyed or sad.
get sth noticed	/ˌget sʌmθɪŋ ˈnəʊtɪst/	far notare	In order to get the shop noticed , she painted it bright red.
get rid of sth	/ˌget ˈrɪd əv sʌmθɪŋ/	sbarazzarsi di	I decided to get rid of the old car and buy a new one.
give up	/ˌɡɪv ˈʌp/	piantarla	If you give up , you stop doing something.
pay sb back	/ˌpeɪ sʌmbədi ˈbæk/	ripagare, rimborsare	I don't mind lending you the money, but I expect you to pay me back soon.

have a row (with sb)	/,hæv ə 'raʊ (wɪð sʌmbədi)/	litigare
run a business	/,rʌn ə 'bɪznəs/	aprire un'attività

We **had a row** and now we're not speaking.
 Louise **runs** her own **business** – a bookshop.

Unit 4 (page 36)

achievement (n)	/ə'ʃi:vmənt/	impresa
aim (v)	/eɪm/	progettare
ammunition (n)	/æmjʊ'nɪf(ə)n/	munizione
the Antarctic (n)	/,ði: æn'tɑ:ktɪk/	Antartide
the Arctic (n)	/,ði: 'ɑ:ktɪk/	Artico
bear drill (n)	/'beə ,drɪl/	piano anti orso
bloke (n)	/bləʊk/	tipo, tizio
blood sugar level (n)	/blʌd 'fʊgə lev(ə)l/	glicemia
bother (n)	/'bɒðə/	guaio
bra (n)	/brɑ:/	reggiseno
carbohydrates (carbs) (n pl)	/'kɑ:bəʊ'hɑɪdreɪts/	carboidrati
cardio (n)	/'kɑ:diəʊ/	esercizio cardiostimolante
carnivore (n)	/'kɑ:nɪvɔ:/	carnivoro
cartridge (n) (TS)	/'kɑ:trɪdʒ/	cartuccia
cause (n)	/kɔ:z/	causa, fine
challenge (n)	/'ʃælɪndʒ/	sfida
clear sb's head	/'kliə sʌmbədɪz 'hed/	chiarire le idee a q.cno
comfort (v)	/'kʌmfət/	consolare
crucial (adj)	/'kru:ʃ(ə)l/	decisivo/a
look like death warmed up	/'lʊk laɪk ,deθ wɔ:md 'ʌp/	sembra uno zombie

Getting to the Pole was a tremendous **achievement** for Ben.
 Claire is **aiming** to raise money for a breast cancer charity.
Ammunition is bullets that can be fired from a gun.
The Antarctic is the extremely cold region in the most southern part of the world.
The Arctic is the extremely cold region in the most northern part of the world.
 A **bear drill** is a series of actions that you must do to avoid being attacked by a bear.
Bloke is an informal word meaning a "man".
 It's important to maintain **blood sugar levels** for energy.
Bother is an informal word meaning "problems" or "difficulties".
 A **bra** is a piece of underwear that supports a woman's breasts.
Carbohydrates or **carbs** are substances in foods such as bread and potatoes.
 A **cardio** is an exercise to make the heart stronger.
Carnivores are animals who eat meat.
 Pen reloaded the gun again with a fifth and sixth **cartridge**.
 Completing the MoonWalk means I will have contributed money to a good **cause**.
 Doing a walk for charity and giving up smoking are different types of **challenge**.
 If something **clears your head**, it helps you to think more clearly.
 If you **comfort** someone, you make them feel better.
 Carbohydrates are **crucial** for energy levels.
 Someone who **looks like death warmed up** looks extremely ill.

to sb's delight dial (v) drag (v) endeavour (n)	/tə ,sʌmbədiz dɪ'laɪt/ /'daɪəl/ /dræg/ /en'devə/	per la gioia di q.cno chiamare, contattare trascinare sforzo	To my delight , the twenty cigarettes were intact! I should dial Shubentsov whenever I feel the urge to smoke. If you drag something heavy, you pull it with difficulty. Do you think that the achievements and endeavours of explorers have significance for the rest of us?
energy bar (n)	/'enədʒi ,bɑː/	barretta energetica	An energy bar is a small piece of cake or biscuit that you eat to give you energy.
environmental scientist (n)	/ɪn,vairənmənt(ə)l 'saɪəntɪst/	scienziato dell'ambiente	An environmental scientist specialises in studying the environment.
expedition (n)	/,ekspeɪ'dɪʃ(ə)n/	spedizione	Ben went on an expedition to the North Pole.
explorer (n)	/ɪk'splɔːrə/	esploratore	Richard Branson, Ellen McArthur and Ben Saunders are all explorers .
fingertip (n)	/'fɪŋgə,tɪp/	polpastrello	Your fingertips are the parts right at the end of your fingers.
finishing line (n)	/'fɪnɪʃɪŋ ,laɪn/	traguardo	The finishing line is a line on a track that marks the end of a race.
fire (v)	/faɪə/	licenziare	Fire is an informal word meaning to "make someone leave their job".
focus (n)	/'fəʊkəs/	concentrazione, sforzo	Focus is the effort and concentration that you give to something.
frostbite (n)	/'frɒst,bɪt/	congelamento	Walking through snow and ice can give you frostbite .
fundamentally (adv)	/'fʌndə'ment(ə)li/	fondamentalmente	Fundamentally means the same as "basically".
gear (n)	/'gɪə/	vestiti	Running gear is the type of clothes you wear for running.
healing energy (n)	/'hiːlɪŋ 'enədʒi/	potere di guarire	Healing energy is energy that helps to cure people.
health freak (n)	/'helθ ,friːk/	salutista	A health freak is someone who is obsessed with keeping fit.
hibernate (v)	/'hɪbərneɪt/	andare in letargo	Do polar bears hibernate in winter?
hooked (adj)	/'hʊkt/	dipendente	If you are hooked on cigarettes, you cannot do without them.
horizon (n)	/'hɔːraɪz(ə)n/	obiettivo	People's horizons are the things they try to achieve.
hydrated (adj)	/'haɪ'dreɪtəd/	idratato/a	It's important to stay hydrated so I'll be drinking a lot of water.
imminent (adj)	/'ɪmɪnənt/	imminente	Something that is imminent is going to happen soon.
inquisitive (adj)	/'ɪn'kwɪzətɪv/	indiscreto/a	Inquisitive means the same as "curious".
intact (adj)	/'ɪn'tækt/	intatto/a	Something that is intact is not damaged or broken.
intrigue (v)	/'ɪn'triːg/	incuriosire	The question : "How far can we go?" intrigues Ben.
joint (n)	/'dʒɔɪnt/	articolazione	Your joints are the parts of your body that can bend such as your knees and hips.
keep sb going	/'kiːp sʌmbədi 'gəʊɪŋ/	dare la forza di andare avanti	The idea of giving money to a good cause keeps Claire going .
It's killing me!	/'ɪts 'kɪlɪŋ miː/	Mi fa male da morire!	My ankle's hurting – in fact it's killing me!

land-based (adj)	/ˈlænd,bɛɪst/	terrestre	Land-based animals are animals that live on the land, not in the sea.
media interest (n)	/ˈmi:diə ˌɪntrəst/	interesse mediatico	Media interest is the interest shown by TV, newspapers in events.
membership (n)	/ˈmembəʃɪp/	l'essere membro di	Gym membership can be quite expensive.
motivational speaker (n)	/məʊtɪˌveɪf(ə)nəl ˈspi:kə/	conferenziere motivazionale	A motivational speaker is someone who gives talks in public to try to encourage people to do something.
muddy (adj)	/ˈmʌdi/	poco chiaro	A muddy accent is deep and not very clear.
navigate (v)	/ˈnævɪgeɪt/	condurre	Someone who navigates uses maps or other equipment to decide which way to go.
obscenely (adv)	/əbˈsi:nli/	oscenamente	Someone who is obscenely rich is so rich that you think it is unacceptable.
only have yourself to blame	/ˌɒnli hæv jəˌself tə ˈbleɪm/	dover ringraziare solo se stessi	If you only have yourself to blame , you are completely responsible for something bad.
outline (v)	/ˈaʊtˌlaɪn/	descrivere a grandi linee	If you outline something, you give a quick description of it.
outrun (v)	/ˌaʊtˈrʌn/	superare nella corsa	If you outrun a person or animal, you run faster than them.
pocket (v)	/ˈpɒkɪt/	mettere in tasca	I picked the cigarettes up and pocketed them.
pointless (adj)	/ˈpɔɪntləs/	insignificante, inutile	Something that is pointless does not have any meaning or use.
power-walk/power-walking (n)	/ˈpaʊəˌwɔ:k/	marcia	A power-walk or power-walking is a form of exercise in which you walk very quickly.
quit (v)	/kwɪt/	smettere	Once you've started smoking, it's very difficult to quit .
quitting technique (n)	/ˈkwɪtɪŋ ˌteknɪ:k/	tecnica per smettere	Lots of quitting techniques are available to help you give up smoking.
since records began	/sɪns ˌrekɔ:dz bɪˈgæn/	da quando si è iniziato a registrarlo	Conditions in the Arctic were described as some of "the worst since records began ".
relieved (adj)	/rɪˈli:vɪd/	alleviato/a	I felt relieved when no one answered the phone.
reload (v)	/rɪˈləʊd/	ricaricare	Pen reloaded the gun when he saw the bear walking towards them.
the reverse (n)	/ˌɪðə rɪˈvɜ:s/	il contrario	The reverse of something is its opposite.
risky (adj)	/ˈrɪski/	rischioso/a	Something that is risky is slightly dangerous.
seal (n)	/si:l/	foca	Do polar bears eat seals ?
It serves you right.	/ɪt ˌsɜ:vz ju: ˈraɪt/	ti sta bene	"My back stings – I didn't put any sunblock on." "It serves you right then, doesn't it?"
shambolic (adj)	/ʃæmˈbɒlɪk/	molto disorganizzato/a	Something that is shambolic does not succeed because it is badly organised.
significance (n)	/sɪɡˈnɪfɪkəns/	senso	Do the achievements of explorers have significance for the rest of us?
not sleep a wink	/nɒt ˌslɪp ə ˈwɪŋk/	non chiudere occhio	If you don't sleep a wink , you don't sleep at all.
sledge (n)	/sledʒ/	slitta	Ben Saunders dragged a 180-kilogramme sledge over 1,420 miles.

slip into sth	/,slɪp 'ɪntə sʌmθɪŋ/	scivolare in	If you slip into a particular way of behaving or speaking, you start behaving or speaking in that way.
sole (n)	/səʊl/	pianta (del piede)	The soles of your feet are the flat parts underneath your feet.
the South Pole (n)	/ðə ,saʊθ 'pəʊl/	Polo Sud	The South Pole is the part of the earth that is the furthest south.
sponsor (v)	/'spɒnsə/	patrocinare	If you sponsor something, you provide the money that is necessary to do it.
stamina (n)	/'stæmɪnə/	resistenza	Your stamina is the ability to do something without getting tired.
steadily (adv)	/'stedəli/	regolarmente	Slowly and steadily most smokers get hooked on cigarettes.
a streaming nose	/ə ,stri:mɪŋ 'nəʊz/	naso che gocciola	If you have a streaming nose , liquid flows from your nose because you have a cold.
strength-training (n)	/'streŋθ,treɪnɪŋ/	esercizio rinforzante	Claire does a combination of cardio, aerobics and strength-training to prepare for the race.
stretch yourself (v refl)	/'stretʃ jə, self/	sforzarsi	The more you stretch yourself , the stronger your self-belief gets.
supplies (n pl)	/sə'plaɪz/	rifornimenti	Supplies are things such as food or medical equipment that you need.
transmit (v)	/trænz'mɪt/	trasmettere	Shubentsov transmits his healing energy through his fingertips.

COLLOCATIONS

be in charge of	/,bi: ɪn 'tʃɑ:ʒ əv/	essere incaricato di	If you are in charge of something , you are responsible for it.
close the barrel	/'kləʊz ðə 'bærəl/	chiudere la canna	If you close the barrel of a gun, you close the part that the bullet is fired through.
I couldn't quite figure out	/aɪ ,kʊd(ə)nt kwaɪt ,fɪɡə rɪt 'aʊt/	non sono riuscito proprio a capire	Something was wrong, but I couldn't quite figure it out .
The gun's still jammed.	/ðə ,ɡʌnz stɪl 'dʒæmɪd/	La pistola è di nuovo inceppata.	The gun's still jammed – it won't fire.
load the gun	/'ləʊd ðə 'ɡʌn/	caricare la pistola	If you load a gun , you put bullets in it.
go into slow motion	/'gəʊ ɪntə ,sləʊ /'məʊʃ(ə)n/	andare a rallentatore	If everything goes into slow motion , it seems to be happening very slowly.
pull the trigger	/'pʊl ðə 'trɪɡə/	premere il grilletto	If you pull the trigger of a gun, you fire it.
There's no way ...	/'ðeəz 'nəʊ ,weɪ/	è impossibile	There's no way we can outrun a bear!
undo the zip	/'ʌn,du: ðə 'zɪp/	aprire la cerniera	My fingers were too cold to undo the zip .

PHRASAL VERBS

call sb back	/,kɔ:l sʌmbədi 'bæk/	richiamare	Leave a message and I'll call you back .
chase sb/sth away	/,tʃeɪs sʌmbədi/sʌmθɪŋ ə'weɪ/	scacciare	Smoke chases away mosquitoes.
come up with	/,kʌm 'ʌp wɪð/	inventare, tirar fuori	I wish someone would come up with non-fattening chocolate!
cut down on	/,kʌt 'daʊn ɒn/	tagliare (diminuire)	He's trying to cut down on the number of cigarettes he smokes a day.
do without sth	/du: wɪ'ðaʊt sʌmθɪŋ/	far senza	Most smokers find it hard to do without cigarettes.
drive sb away	/,draɪv sʌmbədi ə'weɪ/	tener lontano	Smoking can help drive away annoying people!
get over sth	/,get 'əʊvə sʌmθɪŋ/	superare	If you get over something difficult or upsetting, you recover from it.
give in	/,gɪv 'ɪn/	sbagliare	If you give in , you do something that you shouldn't.
give sth in	/,gɪv sʌmθɪŋ 'ɪn/	consegnare	Don't forget to give your homework in .
hop down	/,hɒp 'daʊn/	saltar giù	I hopped down from the doorstep and picked the cigarettes up from the pavement.
keep up with	/,ki:p 'ʌp wɪð/	restare aggiornato/a	It's not easy keeping up with all the latest diets.
let sb down	/,let sʌmbədi 'daʊn/	deludere q.cno	If someone lets you down , they disappoint you.
light up	/,laɪt 'ʌp/	accendere	When you light up , you light a cigarette or cigar.
look sth up	/,lʊk sʌmθɪŋ 'ʌp/	cercare q.csa	Look the words up in a dictionary.
pick sth up	/,pɪk sʌmθɪŋ 'ʌp/	1. raccogliere 2. imparare	(Sense 1) He picked the cigarettes up from the pavement. (Sense 2) Some people find it easier to pick up a new language than others.
put the phone down	/,pʊt ðə 'fəʊn daʊn/	riagganciare il telefono	When he puts the phone down , he feels relieved.
put sth off	/,pʊt sʌmθɪŋ 'ɒf/	rinvviare q.csa	I need to lose weight but I keep putting it off .
run out of	/,rʌn 'aʊt əv/	terminare	During Ben's first expedition they ran out of food.
take sth up	/,teɪk sʌmθɪŋ 'ʌp/	1. prendere l'abitudine di 2. occupare, assorbire	(Sense 1) When did you take up smoking? (Sense 2) Work takes up a lot of most people's lives.

WORD FORMATION

-able/-ible

accessible	/ək'sesəb(ə)l/	accessibile	Prices that are accessible can be afforded by most people.
doable	/'du:əbl/	fattibile	My Arctic expedition is just about doable , and that's what's exciting to me.
edible	/'edɪb(ə)l/	commestibile	If food is not edible , it is not good enough to be eaten.
enjoyable	/ɪn'dʒɔɪəb(ə)l/	piacevole	We spent a very enjoyable evening together.
feasible	/'fi:zəb(ə)l/	realizzabile, credibile	My Arctic expedition is just about feasible , and that's what's exciting to me.

reasonable	/ˈriːz(ə)nəb(ə)l/	ragionevole	Something that seems reasonable seems sensible.
unbearable	/ʌnˈbeərəb(ə)l/	intollerabile	I find very hot temperatures unbearable .
self-			
self-belief (n)	/ˌselfbɪˈliːf/	fiducia in se stessi	Doing things that are risky or uncomfortable makes your self-belief get stronger.
self-conscious (adj)	/ˌselfˈkɒnʃəs/	imbarazzato/a	I feel self-conscious when I speak English to a native speaker.
self-discipline (n)	/ˌselfˈdɪsəplɪn/	autodisciplina	Self-discipline is the ability to make yourself do things that are difficult.
self-employed (adj)	/ˌselfɪmˈplɔɪd/	autonomo/a	I don't like working for other people – I'd rather be self-employed .

Unit 5 (page 46)

accidentally (adv) (TS)	/ˌæksɪˈdent(ə)li/	per caso	If you do something accidentally , you do it without meaning to.
affirmation (n)	/æfəˈmeɪʃn/	affermazione, conferma	An affirmation is a statement that something is true.
aftershave (n)	/ˈɑːftəˌʃeɪv/	dopobarba	Aftershave is a liquid with a pleasant smell that men put on their face after shaving.
assume (v)	/əˈsjuːm/	credere	If you assume something, you think it is true even though you have no proof that it is.
be attached to sth	/biː əˈtætʃt tuː/	essere affezionato a q.csa	Some people are very attached to their superstitions.
back out (phr v)	/ˌbæk ˈaʊt/	uscire in retromarcia	Dad always backs out of the drive carefully.
bounce (v)	/baʊns/	far rimbalzare	Serena bounces the ball five times before the first serve.
break a jinx	/ˌbreɪk ə ˈdʒɪŋks/	spezzare un maleficio	If you break a jinx , you stop something that is bringing you bad luck.
at breakneck speed	/ət ˌbreɪknek ˈspiːd/	a folle velocità	Someone who drives at breakneck speed drives extremely fast.
brush against (phr v) (TS)	/ˌbrʌʃ əˈgeɪnst/	grattare (con la macchina)	Nobody is allowed in the garage in case they accidentally brush against the car.
chant (v)	/tʃɑːnt/	salmodiare	If you chant something, you sing a word or phrase many times.
choking (adj) (TS)	/ˈtʃəʊkɪŋ/	affannato/a	If you are choking you cannot breathe properly and are coughing because of smoke or fumes.
come across (phr v)	/ˌkʌm əˈkrɒs/	imbattersi in	If you come across someone, you meet them by chance.
contrasting (adj)	/kɒnˈtrɑːstɪŋ/	contrastante	Contrasting colours are colours such as black and white that are very different from each other.

convertible (n)	/kən'vɜ:təb(ə)l/	decappottabile	A convertible is a car with a roof that can be folded back or removed completely.
cubicle (n)	/'kju:bɪk(ə)l/	cabina	A shower cubicle is a small, enclosed area where you can have a shower.
curse (n)	/kɜ:s/	malocchio, maleficio	A curse is a bad situation or event caused by someone who deliberately uses magic powers.
deep down (TS)	/,di:p 'daʊn/	dentro	If you feel something deep down , you feel it even though your behaviour may not show it.
derive from (phr v)	/dɪ'raɪv frɒm/	derivare da	Some of Serena's confidence derives from the knowledge that she's a super-talented player.
devote (v)	/dɪ'vəʊt/	dedicare	If you devote your time to doing something, you spend a lot of time doing that thing.
fall back on sth (phr v)	/fɔ:l 'bæk ɒn sʌmθɪŋ/	ricorrere a	Ana Ivanovic explains that she likes having rituals to fall back on .
first and foremost	/,fɜ:st ən 'fɔ:məʊst/	prima di tutto	A wedding, first and foremost , is a rite of passage to be shared with family and close friends.
focus (v)	/'fəʊkəs/	concentrarsi su	If you focus obsessively on one thing, you only think about or do that thing.
formula (n)	/'fɔ:mjələ/	formula	Superstitions form part of Serena's winning formula .
gig (n)	/gɪg/	esibizione	A gig is a performance of live music.
go through (phr v)	/'gəʊ 'θru:/	fare regolarmente	If you go through a routine, ritual or procedure, you do a series of actions regularly.
idyllic (adj)	/ɪ'dɪlɪk/	idilliaco/a	An idyllic situation is one that is perfect and makes you feel very happy.
immune (adj)	/ɪ'mju:n/	immune	If you are not immune to something, you are affected by it.
inside out (adv)	/'ɪnsaɪd 'aʊt/	rovescio/a	Something that is inside out has the inside part facing towards the outside.
jinx (n)	/dʒɪŋks/	malocchio	A jinx is something that causes bad luck.
loopy (adj)	/'lu:pi/	eccentrico/a	Someone who is loopy is slightly crazy.
match (v)	/mætʃ/	star bene insieme	If things match , they look good or attractive together.
mind game (n)	/'maɪnd ,geɪm/	gioco immaginario	A mind game is a series of actions intended to affect how someone thinks or feels.
national anthem (n)	/'næʃ(ə)nəl 'ænθəm/	inno nazionale	A national anthem is the official national song of a country.
obsessive compulsive disorder (n)	/əb,sesɪv kəm,pʌlsɪv dɪs'ɔ:də/	disturbo ossessivo compulsivo	Obsessive compulsive disorder is a type of mental illness which makes you repeat certain actions.

obsessively (adv)	/əb'sesɪvli/	ossessivamente	If you focus obsessively on one thing, you only think about or do that thing.
opponent (n)	/ə'pəʊnənt/	avversario	An opponent in a game of sport is the person or team you are playing against.
opt (for) (v)	/ɒpt (fɔː)/	optare per	Some people don't want the stress of a big wedding and opt for a low-key affair instead.
outfit (n)	/'aʊtfɪt/	vestiti	Some football fans wear the same clothing to a match if that outfit brought victory in the previous game.
pat down (phr v) (TS)	/,pæt 'daʊn/	appiattare con dei colpetti	If you pat something down , you press it gently with your fingers.
perfect (v)	/pə'fekt/	perfezionare	If you perfect a skill, you practise it until it is perfect.
perfectionism (n)	/pə'fektʃ(ə)nɪzəm/	perfezionismo	Perfectionism is the state of being perfect and without any mistakes.
pitch (n)	/pɪtʃ/	campo	A pitch is a flat area of ground used for playing sports such as cricket or football.
preside (over) (v)	/prɪ'zɑɪd ,əʊvə/	presiedere	If you preside over something, you are responsible or in charge of it.
procedure (n)	/prə'siːdʒə/	procedura	Dad always goes through exactly the same procedure before setting off in the car.
rational (adj)	/'ræʃ(ə)nəl/	razionale	Someone who is rational is sensible and makes good decisions.
relentlessly (adv)	/'rɪləntləsli/	ininterrottamente	If you do something relentlessly , you do it again and again without stopping.
be renowned for sth	/bi rɪ'naʊnd fə ,sʌmθɪŋ/	essere famoso/a per q.csa	If you are renowned for something , you are associated with it and well known for it.
reportedly (adv)	/'rɪpɔːtɪdli/	a quanto si dice	Beckham reportedly spends hours straightening the furniture at home.
repulsive (adj) (TS)	/'rɪpʌlsɪv/	ripugnante	Something that is repulsive is extremely unpleasant.
rife (adj)	/'raɪf/	comune	Something bad that is rife is very widespread and common.
ritual (n)	/'rɪtʃuəl/	rituale	A ritual is something that you do regularly and always in the same way.
ritual-bound (adj)	/'rɪtʃuəl,baʊnd/	legato/a a dei riti	Someone who is ritual-bound must do something regularly in order to feel happy.
ritualistic (adj)	/'rɪtʃuəl'ɪstɪk/	rituale	Victoria Beckham has had to get used to David's ritualistic ways.
be on the road	/biː ,ɒn ðə 'rəʊd/	essere in viaggio	If you are on the road a lot, you travel a lot.
run through (n)	/'rʌn ,θruː/	prova	After the run through for the wedding, we were ready for the real thing.
set off (phr v)	/,set 'ɒf/	partire	When you set off , you start a journey.
shades (n pl)	/'ʃeɪdz/	occhiali scuri	Shades is an informal word that means "sunglasses".
sit by (phr v)	/'sɪt ,baɪ/	essere accanto	If one building sits by another, it is situated next to that building.

skill (n)	/skɪl/	abilità	A skill is the ability to do something, usually to do it well.
skinny (adj)	/'skɪni/	ossuto	Someone who is skinny is very thin.
slam (v)	/slæm/	sbattere	If you slam a door, you shut it hard, usually because you are angry.
sneeze (v)	/sni:z/	starnutire	Strong aftershave makes me want to sneeze .
soloist (n)	/'səʊləʊɪst/	solista	"Elvis" is the most sought-after soloist in the Las Vegas wedding industry.
sought-after (adj)	/'sɔ:t,ɑ:ftə/	richiesto/a	Someone who is sought-after is very popular.
a spare pair (n)	/ə ,speə 'peə/	paio di scrota	Mum's always losing her glasses – she should get a spare pair !
take sth a stage further	/,teɪk sʌmθɪŋ ə steɪdʒ 'fɜ:ðə/	portare a uno stadio successivo	Beckham takes his rituals a stage further as everything has to be just right at home as well.
straighten (v)	/'streɪt(ə)n/	raddrizzare	If you straighten something, you make it straight or put it in a straight line.
stick thin (adj)	/,stɪk 'θɪn/	magro come uno stecchino	Someone who is stick thin is extremely thin.
What strikes me is ...	/wɒt 'straɪks mi: ɪz/	quel che mi colpisce, mi urta	What strikes me is that so many celebrity marriages are short-lived.
stride (v)	/straɪd/	camminare a lunghi passi	If you stride somewhere, you walk there quickly and confidently.
superstition (n)	/,su:pə'stɪʃ(ə)n/	superstizione	A superstition is the belief that things such as magic or luck have the power to affect your life.
superstitious (adj)	/,su:pə'stɪʃəs/	superstizioso/a	A lot of sports people are very superstitious .
tap out (phr v) (TS)	/,tæp 'aʊt/	mettere	If you tap out tobacco, you put it in a pipe.
thrash (v)	/θræʃ/	stracciare	If you thrash an opponent at sport, you beat them very easily.
at the top of your game	/ət ðə ,tɒp əv jɔ: 'geɪm/	essere il migliore	Someone who is at the top of their game is playing it better than anyone else.
track (n)	/træk/	traccia	A track on a CD is a particular song.
tuck up (phr v) (TS)	/,tʌk 'ʌp/	mettere a letto e rimboccare le coperte	When you tuck a child up , you put him or her into bed and put a duvet or blankets round them.
two-pronged (adj)	/,tu:'prɒŋd/	biforcuto/a	Something that is two-pronged has two long, sharp points at the end of it.
uneven (adj)	/ʌn'i:v(ə)n/	dispari	2,4,6,8 are even numbers; 1,3,5,7. are uneven numbers.
have the upper hand	/hæv ði: ,ʌpə 'hænd/	avere in pugno	If you have the upper hand in a situation, you are in control of it.
vandalise (v)	/'vændəlaɪz/	vandalizzare	If you vandalise something, you deliberately damage or destroy it.

USEFUL PHRASES

Things that annoy you

I can't stand it when ...	/aɪ kɑːnt 'stænd ɪt wen/	non sopporto	I can't stand it when people say they haven't done any work for an exam and then get top marks!
I find it irritating when ...	/aɪ faɪnd ɪt 'ɪrɪteɪtɪŋ wen/	mi irrita che ...	I find it irritating when people keep losing things.
I hate it when ...	/aɪ 'heɪt ɪt wen/	detesto quando ...	I hate it when men wear too much aftershave.
It really annoys me when ...	/ɪt ˌrɪəli ə'nɔɪz miː wen/	mi secca tantissimo che ...	It really annoys me when my brother and his girlfriend kiss in front of me!
It really winds me up when ...	/ɪt ˌrɪəli ˌwaɪndz miː 'ʌp wen/	mi scoccia da morire quando ...	It really winds me up when people who are thin talk about how fat they are.
The thing that annoys me most ...	/ðə ˌθɪŋ ðæt ə'nɔɪz mi 'mɔːst/	la cosa che più mi infastidisce	The thing that annoys me most is people who talk but never listen.

How something makes you feel

It makes me mad.	/ɪt ˌmeɪks mi 'mæd/	impazzisco	It makes me mad when mum keeps losing her glasses!
It makes me sick.	/ɪt ˌmeɪks mi 'sɪk/	mi sento male	It makes me sick when my brother and his girlfriend hug and kiss in front of me!
It's so annoying.	/ɪts ˌsəʊ ə'nɔɪɪŋ/	è così pesante	She talks all the way through films. It's so annoying.
That really gets on my nerves.	/ðæt ˌrɪəli ɡets ɒn maɪ 'nɜːvz/	mi dà proprio ai nervi	She complains all the time about being fat, and she's stick thin. That really gets on my nerves.

WEDDINGS

aisle (n)	/aɪl/	navata	The aisle is the long, narrow part of a church that you walk down before you get married.
annul (v)	/ə'nʌl/	annullare	When a marriage is annulled , it is declared officially that it is no longer legal.
best man (n)	/ˌbest 'mæn/	valletto	The best man is a male friend who helps the groom at a wedding.
bouquet of flowers (n)	/buːˌkeɪ əv 'flaʊəz/	bouquet	In the UK, it's a ritual for the bride to throw a bouquet of flowers into the crowd of guests.
bride (n)	/braɪd/	sposa	It's traditional for Muslim brides to have their hands and feet decorated in henna designs.
bridesmaid (n)	/'braɪdzmeɪd/	damigella d'onore	A bridesmaid is a girl or young woman who helps the bride at a wedding.

ceremony (n)	/'serəməni/	cerimonia	The wedding ceremony was presided over by Ron DeCar, also known as “Elvis”.
conduct a ceremony/service	/kən,dʌkt ə 'serəməni/ 'sɜ:vɪs/	celebrare un rito/una funzione	Rebecca said she’s only marry Mat if Elvis conducted the service .
confetti (n)	/kən'feti/	coriandoli	Confetti is small pieces of coloured paper that people throw in the air at a wedding.
drive-through chapel (n)	/,draɪvθru: 'tʃæp(ə)/	chiesa in cui si può entrare con l’auto	A drive-through chapel is one that you can travel through in your car.
elaborate (adj) (TS)	/ɪ'læb(ə)rət/	complicato/a	Moroccan weddings are elaborate affairs and preparations take weeks.
exchange vows	/ɪk,sʃtʃeɪndʒ 'vaʊz/	scambiarsi promesse	When a couple exchange vows , they make promises to each other during a wedding ceremony.
get married	/,get 'mæriɪd/	sposarsi	One in six couples now prefer to get married abroad.
go out of fashion	/gəʊ ,aʊt əv 'fæʃ(ə)n/	passare di moda	In Britain, the traditional white wedding is going out of fashion .
groom (n)	/gru:m/	sposo	The groom is the man who is getting married.
henna (n)	/'henə/	henné	Henna is a red-brown substance used for colouring hair or skin.
honeymoon (n)	/'hʌnimu:n/	luna di miele	A honeymoon is a holiday that a couple have after their wedding.
in-laws (n pl)	/'ɪnlɔ:z/	suoceri	Your in-laws are the parents of your husband or wife.
lavish (adj)	/'lævɪʃ/	fastoso/a	A lavish wedding is one that is extremely expensive.
limousine (n)	/'lɪməzi:n/	limousine	A limousine is a large, expensive, comfortable car.
low-key (adj)	/,ləʊ'ki:/	modesto/a, tranquillo/a	A low-key wedding is one that does not cost a lot of money and to which not many guests are invited.
make a speech	/,meɪk ə 'spi:tʃ/	tenere un discorso	It’s traditional for the groom and best man to make a speech .
matrimonial (adj)	/'mætrɪ'məʊniəl/	matrimoniale	Matrimonial is a word that means “relating to a wedding or marriage”.
modest (adj)	/'mɒdɪst/	modesto/a, tranquillo/a	A modest wedding is one that does not cost a lot of money and to which not many guests are invited.
your nearest and dearest	/jɔ: ,nɪəɹəst ən 'dɪəɹəst/	i tuoi cari	Your “ nearest and dearest ” is an expression meaning your family.
No wonder there is/are ...	/nəʊ 'wʌndə ðeəɪz/	non c’è da meravigliarsi se...	Millions of people get married in Vegas – no wonder there are wedding chapels round every corner.
once-in-a-lifetime	/,wʌnsɪnə'laɪftaɪm/	che si presenta una volta nella vita	Honeymoons are a once-in-a-lifetime holiday.
package (n)	/'pækɪdʒ/	pacchetto	The wedding package in Las Vegas included limo, video, three songs and twenty-four photos.

photographer (n)	/fə'tɒgrəfə/	fotografo	Wedding photographers are people who are paid to take photographs at weddings.
pin money on sth	/pɪn 'mʌni ɒn sʌmθɪŋ/	appuntare soldi su	At Muslim weddings, guests pin money on the bridegroom's suit.
pose (n)	/pəʊz/	foto	A pose is another word for a "photograph".
priest (n)	/pri:st/	sacerdote	A priest is a person who conducts the service during a religious wedding.
pronounce you man and wife	/prəˌnaʊns ju: ,mæn ən 'waɪf/	dichiarare marito e moglie	"I now pronounce you man and wife " are the words that are said at the end of a wedding ceremony.
propose a toast	/prəˌpəʊz ə 'təʊst/	proporre un brindisi	When the best man proposes a toast , he says that the guests at a wedding reception should drink together to send best wishes to the bride and groom.
purify (v) (TS)	/'pjʊərɪfaɪ/	purificare	In Morocco, the bride has a milk bath, which is supposed to purify her.
reception (n)	/rɪ'seɪpʃ(ə)n/	ricevimento	A wedding reception is a formal party after a wedding.
ring (n)	/rɪŋ/	anello	A wedding ring is a piece of jewellery that someone who is married wears on their finger.
rite of passage (n)	/'raɪt əv 'pæsiɔʒ/	rito di passaggio	A rite of passage is a ceremony that marks an important stage in someone's life.
separate (v)	/'sepəreɪt/	separarsi	Renée Zellweger and her husband separated after four months of marriage.
short-lived (adj)	/'ʃɔ:t 'lɪvd/	di breve vita	Celebrities are renowned for their short-lived marriages.
superstretch limo (n)	/'su:pəstreɪʃ 'lɪməʊ/	super limousine	A superstretch limo is a large, expensive car that is very long.
throw rice	/'θrəʊ 'raɪs/	lanciare riso	Sometimes guests throw rice over the bride and groom as they leave the church.
tie the knot	/'taɪ ðə 'nɒt/	sposarsi	" Tie the knot " is an informal expression meaning to get married.
veil (n)	/'veɪl/	velo	A veil is a thin piece of material worn over a woman's face.
vow (n)	/'vaʊ/	voto	A vow is a promise that you make to someone when you marry them.
walk (sb) down the aisle	/'wɔ:k daʊn ðɪ: 'aɪl/	accompagnare all'altare	Fathers are often very proud to walk their daughters down the aisle .
wedding cake (n)	/'wedɪŋ ,keɪk/	torta di nozze	A wedding cake is a special cake that is eaten during a wedding reception.
wedding present (n)	/'wedɪŋ ,prez(ə)nt/	regalo di nozze	The crystal vase was a wedding present from friends.
white wedding (n)	/'waɪt 'wedɪŋ/	matrimonio tradizionale	A white wedding is a traditional wedding where the bride is dressed in white.
worldly goods (n pl) (TS)	/'wɜ:lɪli 'gʊdz/	beni terreni	Worldly goods are your possessions.

Unit 6 (page 56)

abandon (v)	/ə'bændən/	abbandonare	If you abandon someone or something, you leave it and no longer care about it.
alarming (adj)	/ə'laɪmɪŋ/	allarmante	Alarming means “very frightening”.
alert (v)	/ə'leɪt/	avvisare	If you alert someone to something, you do something to make them realise what is happening.
approximate (adj)	/ə'prɒksɪmət/	approssimativo/a	An approximate figure or size is one that is close to a particular figure or size, but not exact.
archaic (adj)	/ɑ:'keɪɪk/	antiquato/a	Archaic means “very old or old-fashioned”.
avoidable (adj)	/ə'vɔɪdəb(ə)l/	evitabile	Something that is avoidable could be stopped and should not happen.
backlash (n)	/'bæk,læʃ/	reazione violenta, rigetto, contraccollo	A backlash against something is a strong reaction against something you do not like.
bee (n)	/bi:/	ape	A bee is a yellow and black insect that produces honey.
bird flu (n)	/'bɜːd ,flu:/	influenza aviaria	Bird flu is a dangerous disease that affects both birds and people.
bulge (v)	/'bʌldʒ/	essere gonfio/a	If your eyes bulge , they stick out and look bigger than usual.
cancer (n)	/'kænsə/	cancro	Cancer is a dangerous disease that affects different parts of the body and can kill you.
chilled (adj)	/tʃɪld/	ghiacciato	Chilled wine is very cold.
clean up (phr v)	/'kliːn 'ʌp/	ripulire	Wall-E is a robot who cleans up the polluted planet.
climate change (n)	/'klaɪmət ,tʃeɪndʒ/	cambio climatico	Climate change is the changes that people think are making the weather in the world warmer.
coffin (n)	/'kɒfɪn/	bara	A coffin is a box in which you put the body of a dead person.
combined (adj)	/'kəm'baɪnd/	messo/a insieme	The meat industry produces more greenhouse gases than all the cars, trains and planes in the world combined .
come out (phr v)	/'kʌm 'aʊt/	riuscire	If something you cook comes out well, it is very well cooked and good to eat.
Compliments to the chef.	/'kɒmplɪmənts tə ðə 'ʃef/	Complimenti al cuoco.	“ Compliments to the chef ” is an expression you use to say how much you have enjoyed someone’s cooking.
compromise (v)	/'kɒmprəmaɪz/	compromettere, danneggiare, confliggere	Vegetarians believe that eating meat compromises their beliefs.

conduct a study	/kən,dʌkt ə 'stʌdi/	condurre uno studio	The study into food waste was conducted by the Waste & Resources Action Programme.
confined space (n)	/kən,fʌɪnd 'speɪs/	spazio angusto	Confined spaces are places where there is not enough room to move.
consume (v)	/kən'sju:m/	consumare	If you consume food or drink, you eat or drink it.
consumption (n)	/kən'sʌmpj(ə)n/	consumo	The consumption of bottled water has increased.
contributor (n)	/kən'trɪbjʊtə/	fattore che contribuisce	Water bottles are a major contributor to global warming.
convincing (adj)	/kən'vɪnsɪŋ/	convincente	Something that is convincing seems true or good.
corked (adj)	/kɔ:kt/	che sa di tappo	Corked wine tastes unpleasant because the cork in the bottle is damaged.
cram (v)	/kræm/	stipare	Animals are treated badly and crammed into confined spaces.
cruelty (n)	/'kru:əlti/	crudeltà	I've stopped eating meat because I'm against cruelty to animals.
deprive sb of sth (phr v)	/dɪ'praɪv sʌmbədi əv ,sʌmθɪŋ/	privare q.cno di q.csa	If you are deprived of something , you do not get enough of it.
developing countries (n pl)	/dɪ,veləpɪŋ 'kʌntriz/	paesi in via di sviluppo	Developing countries are countries that are poor.
diabetes (n)	/'daɪə'bi:tɪz/	diabete	Diabetes is a medical condition in which your body cannot reduce the amount of sugar in your blood.
discard (v)	/dɪs'kɑ:d/	scartare	When you discard something, you throw it away.
discarded (adj)	/dɪs'kɑ:dəd/	gettato/a via (nell'immondizia)	Discarded water bottles release dangerous substances into the air.
disguise yourself (v refl)	/dɪz'gaɪz jəself/	travestirsi	If you disguise yourself , you wear something that hides your real appearance.
dispose of sth (phr v)	/dɪs'pəʊz əv ,sʌmθɪŋ/	disfarsi di q.csa	When you dispose of something , you throw it away.
do your bit	/'du: jə 'bɪt/	dare una mano	If you do your bit , you make an effort to help.
dump (v)	/dʌmp/	1. sbarazzarsi di 2. scaricare q.cno	(Sense 1) If you dump something, you get rid of something that is no longer wanted or needed. (Sense 2) If you dump someone, you end a romantic relationship with them in an unkind way.
electric shock (n)	/'ɪ,lektɪk 'ʃɒk/	scossa a elettrica	An electric shock is a sudden pain that you feel if your body comes into contact with electricity.
eliminate (v)	/'ɪlɪmɪneɪt/	eliminare	If you eliminate meat from your diet, you're less likely to get heart disease.
emissions (n pl)	/'ɪmɪʃ(ə)nz/	emissioni	Car, train and plane emissions are one of the biggest causes of greenhouse gases.
emit (v)	/'ɪmɪt/	emettere	Cars, trains and planes all emit polluting gases.

encounter (v)	/ɪn'kaʊntə/	incontrare	Can you remember the worst waiter you've ever encountered ?
energy-saving (adj)	/'enədʒi,seɪvɪŋ/	a basso consumo	Energy-saving light bulbs use less electricity.
estimate (v)	/'estɪmeɪt/	stimare	The study estimated that the average UK household throws away 18% of all food purchased.
expire (v)	/ɪk'spaɪə/	passare, scadere	I prefer not to eat food once the "best before" date has expired .
fatten up (phr v)	/'fæt(ə)n 'ʌp/	ingrassare	If you fatten an animal up , you feed it so it gets fatter.
fin (n)	/'fɪn/	pinna	A fin is the flat, thin part of a fish.
findings (n pl)	/'faɪndɪŋz/	risultati	The findings of a study are its results or the things it discovers.
flirt (with) (v)	/'flɜ:t wɪð/	civettare con	She was furious when her boyfriend started flirting with the waitress.
foot-and-mouth (n)	/'fʊtən'maʊθ/	afta epizootica	Foot-and-mouth is a very infectious disease that affects sheep, cows and pigs.
fuel-efficient (adj)	/'fju:əlɪ,fɪj(ə)nt/	a basso consumo	A fuel-efficient car does not use much petrol.
fuel-intensive (adj)	/'fju:əlɪn,tensɪv/	ad alto consumo	Fuel-intensive machines or activities use large amounts of gas, petrol etc.
fussy (adj)	/'fʌsi/	schizzinoso/a	Friends treat me as an eccentric animal-lover with a fussy attitude to food.
genetically altered (adj)	/'dʒə,netɪkli 'ɔ:ltəd/	modificato/a geneticamente	A genetically altered animal has had substances in its body changed to achieve a particular purpose.
gesture (n)	/'dʒestʃə/	gesto	People sometimes use hand gestures to communicate.
global warming (n)	/'glɔ:b(ə)l 'wɔ:ɪmɪŋ/	riscaldamento globale	Global warming is the increase in the Earth's temperature.
greenhouse gases (n pl)	/'gri:nhaʊs 'gæsɪz/	gas serra	Car, train and plane emissions are one of the biggest causes of greenhouse gases .
grind pepper	/'graɪnd 'pepə/	macinare il pepe	When you grind pepper , you break it into smaller pieces.
hazardous (adj)	/'hæzədəs/	pericoloso/a	Hazardous substances are dangerous.
be in the headlines	/'bi: ɪn ðə 'hedlɪnz/	essere di grandissima attualità	When something is in the headlines , it is talked about a lot in newspapers or on TV.
heart disease (n)	/'hɑ:t dɪ'zi:z/	malattia cardiaca	If you eliminate meat from your diet, you're less likely to get heart disease .
imaginary (adj)	/'ɪmædʒɪnəri/	immaginario/a	Something that is imaginary is made to look real although it is not.
in date	/'ɪn 'deɪt/	non scaduto	Food that is " in date " is fresh enough to be eaten.
incinerator (n)	/'ɪn'sɪnəreɪtə/	inceneritore	Plastic water bottles are burned in industrial incinerators .
intrusive (adj) (TS)	/'ɪn'tru:svɪv/	invadente	Someone who is intrusive asks too many questions or becomes too involved in something.

landfill (n)	/ˈlændˌfɪl/	discarica	A landfill is a large hole in the ground where rubbish is buried.
lapse (v)	/læps/	lasciare, mollare, smettere	If you lapse , you stop doing something that you should do or want to do.
launch (v)	/lɔːntʃ/	lanciare	If you launch something, you officially start or introduce it.
ligature (n)	/ˈlɪgətʃə/	laccio	A ligature is a piece of material that you tie round something.
light bulb (n)	/ˈlaɪt ˌbʌlb/	lampadina	Energy-saving light bulbs use less electricity.
loosely (adv)	/ˈluːsli/	senza molta forza	If you hold something loosely , you do not hold it very tight.
manufacturing (n)	/ˌmænʃʊˈfæktʃərɪŋ/	produzione	The manufacturing of plastic bottles requires large amounts of petroleum.
maximise (v)	/ˈmæksɪmaɪz/	massimizzare	All companies want to maximise profits.
make mental notes about sth (TS)	/ˌmeɪk ment(ə)l ˈnəʊts əbaʊt sʌmθɪŋ/	prendere mentalmente nota	If you make mental notes about something , you try hard to remember it.
mime (n)	/maɪm/	mimo	A mime is a series of actions that imitate something.
mimic (v)	/ˈmɪmɪk/	mimare	People used to mimic signing a cheque when they wanted the bill in a restaurant.
minimise (v)	/ˈmɪnɪmaɪz/	minimizzare	Companies are always trying to minimise their costs.
the moral high ground	/ðə ˌmɒrəl ˈhaɪ graʊnd/	superiorità morale	If someone takes the moral high ground , they think they are a better person than you.
needlessly (adv)	/ˈniːdləsli/	inutilmente	3.6m tonnes of food is needlessly thrown away in England and Wales each year.
be off sick	/biː ˌɒf ˈsɪk/	essere in malattia	When people are off sick , they do not go to work because they are ill.
overbooked (adj)	/ˌəʊvəˈbʊkt/	strapieno/a	The restaurant's overbooked and there are two waiters off sick!
overcook (v)	/ˌəʊvəˈkʊk/	far scuocere	It's very easy to overcook rice.
over-crowded (adj)	/ˌəʊvəˈkraʊdɪd/	sovraffollato/a	Keeping animals in overcrowded conditions is cruel.
overdone (adj)	/ˌəʊvəˈdʌn/	stracotto/a	If a steak is overdone , it has been cooked for too long.
the overwhelming majority	/ðiː əʊvəˌwelmlɪŋ məˈdʒɔːrəti/	la stragrande maggioranza	The overwhelming majority of plastic water bottles aren't recycled.
pepper mill (n)	/ˈpepə ˌmɪl/	macinapepe	A pepper mill is a piece of equipment used for adding pepper to food.
PIN number (n)	/ˈpɪn ˌnʌmbə/	codice del bancomat	A PIN number is a personal number that you put into a cash machine when you want to get money.
There's no point doing sth.	/ðeəz ˌnəʊ ˈpɔɪnt ɪn duːɪŋ sʌmθɪŋ/	Non ha senso fare q.csa	There's no point driving a fuel-efficient car if you eat meat every day of your life.
portion (n)	/ˈpɔːʃn/	porzione	A portion of food is enough for one person.
posh (adj)	/pɒʃ/	chic	Posh means "expensive and fashionable".
programme (v)	/ˈprəʊgræm/	programmare	Wall-E is a robot who has been programmed to clean up the planet.

be prone to	/bi 'prəʊn tuː/	essere predisposto a	People who eat a lot of meat are more prone to serious illnesses.
punch in (phr v)	/,pʌntʃ 'ɪn/	digitare	By stabbing the palm of your hand with your fingers, you are miming the act of punching in your PIN number.
purchase (v)	/'pɜːtʃəs/	acquistare	Purchase is a slightly formal word meaning “buy”.
ready meal (n)	/'redi ,miːl/	piatto pronto	A ready meal is one that you buy that is already cooked and can be put straight into the oven.
reciprocate (v)	/rɪ'sɪprəkeɪt/	corrispondere	If you reciprocate someone's feelings, you have the same feelings for them as they have for you.
regulations (n pl)	/,regjʊ'leɪʃ(ə)nz/	regolamenti	Regulations are official rules.
release (v)	/rɪ'liːs/	rilasciare	Factories create toxic waste and release it into the environment.
request (v)	/rɪ'kwest/	chiedere	Holding your hands a small distance apart is a way of requesting the bill.
reveal (v)	/rɪ'viːl/	rivelare	The study revealed that £9 billion of avoidable food waste was disposed of each year.
roll-over (adj)	/'rəʊləʊvə/	rotatorio/a, circolare	If you make a roll-over gesture with your hand, you move one hand over the other in a circular movement.
rotate (v)	/rəʊ'teɪt/	ruotare	If you rotate something, you move it in a circle.
seasoning (n)	/'siːz(ə)nɪŋ/	condimento	Salt and pepper are both types of seasoning .
see the light of day	/siː ðə ,laɪt əv 'deɪ/	vedere la luce del sole	Animals who don't see the light of day live in dark conditions.
ship (v)	/'ʃɪp/	trasportare per nave	If products are shipped somewhere, they travel to a place by ship.
shortage (n)	/'ʃɔːtɪdʒ/	carenza	When you think of food shortages in some countries, wasting food is very shocking.
shun (v)	/'ʃʌn/	scansare	If you shun something, you avoid it.
simulate (v)	/'sɪmjuleɪt/	simulare	If you simulate something, you pretend to do something.
simultaneously (adv)	/,sɪml'teɪniəsli/	contemporaneamente	Two things that happen simultaneously happen at the same time.
skip (v)	/'skɪp/	saltare	If you skip a meal, you do not have it.
slaughter (v)	/'slɔːtə/	macellare	Animals are slaughtered for their meat.
soggy (adj)	/'sɒɡi/	umidiccio/a, fradicio/a	Something that is soggy is wet in an unpleasant way.
spread (n)	/'spred/	diffusione	Animals are kept in conditions ideal for the spread of diseases such as bird flu.
squash (v)	/'skwɒʃ/	spiacciare	If you squash something, you press it hard.
squat down (phr v) (TS)	/'skwɒt 'daʊn/	accovacciarsi	If you squat down , you bend your knees towards the ground so you are balancing on your feet.
squeeze (v)	/'skwiːz/	stringere	If you squeeze two things together, you press them together hard.

stab (v)	/stæb/	toccare con le dita (lett. pungere, pugnolare)
staggering (adj)	/'stægəriŋ/	incredibile
be starving	/bi 'stɑ:viŋ/	soffrire la fame
stay off (phr v)	/,steɪ 'ɒf/	evitare
stroke (n)	/strəʊk/	ictus
substitute (v)	/'sʌbstɪtju:t/	sostituire
suburban (adj)	/sə'bɜ:bən/	periferico/a
suffering (n)	/'sʌfəriŋ/	sofferenza
swell (v)	/swel/	gonfiare, ingrandire
throw away (phr v)	/,θrəʊ ə'weɪ/	gettar via
tip (v)	/tɪp/	dare la mancia a q.cno
tooth decay (n)	/'tu:θ dɪ,keɪ/	carie
toxic waste (n)	/'tɒksɪk 'weɪst/	rifiuti tossici
toxin (n)	/'tɒksɪn/	tossina
tremble (v)	/'treɪbl/	tremare
sb's true love	/sʌmbədɪz tru: 'lʌv/	il grande amore di q.cno
untouched (adj)	/ʌn'tʌtʃt/	intatto/a
upright (adj)	/'ʌpraɪt/	dominante
use by/best before date (n)	/'ju:z baɪ/best bɪ'fɔ: ,deɪt/	data di scadenza
vast (adj)	/vɑ:st/	vasto/a
virtually (adv)	/'vɜ:tʃʊəli/	praticamente
wastefulness (n)	/'weɪstf(ə)lnəs/	spreco
wear down (phr v)	/'weə 'daʊn/	logorare
welfare (n)	/'welfeə/	benessere
wig (n)	/wɪg/	parrucca

PARTS OF THE BODY

bend your elbows/legs/knees	/,bend jə 'elbəʊz/'legz/ 'ni:z/	piegare i gomiti/le gambe/ le ginocchia	If you bend your elbows, legs or knees , you stretch them into a curved position.
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Stab the palm of your hand to mimic punching in your PIN number.

A **staggering** fact or amount is one that is very surprising.

People who **are starving** do not have enough food to eat.

If you **stay off** something, you do not consume it.

A **stroke** is a medical condition in which blood does not reach the brain.

If you **substitute** one thing for another, you use it instead of the other thing.

A **suburban** restaurant is away from the centre of a town or city.

She became a vegetarian because she hated animal **suffering**.

If one thing **swells** another, it makes it bigger.

The British public **throw away** an alarming amount of food.

If you **tip** someone, you give them a small amount of extra money.

Tooth decay is the gradual destruction of your teeth.

Factories produce **toxic waste** that harms the environment.

Toxins are poisonous substances.

If part of your body **trembles**, it shakes slightly.

Someone's true love is the person they love the most.

60% of all food waste is **untouched**.

Something that is in an **upright** position is in a tall and straight position.

The **use-by** or **best before date** is the date before which food should be eaten.

Vast means "extremely large".

Discarded water bottles are causing problems in **virtually** every country in the world.

Food **wastefulness** is shocking.

If you **wear** something **down**, you use it so much it becomes damaged.

People who are interested in animal **welfare** care about animals.

A **wig** is artificial hair that you wear on your head.

clench your fist/hands	/,klenʃ jə 'fɪst/'hændz/	stringere i pugni/ le mani	If you clench your fist or hands , you press it/them closely together.
hold your hand up	/,həʊld jə 'hænd ʌp/	alzare le mani	If you hold your hand up , you put it in the air.
hold your head up	/,həʊld jə 'hed ʌp/	tener alta la testa	If you hold your head up , you look straight ahead and do not look down.
hold your thumb up	/,həʊld jə 'θʌm ʌp/	alzare il pollice	If you hold your thumb up , you put it in the air, often to show that you approve of something.
clench your teeth	/,klenʃ jə 'ti:θ/	stringere i denti	If you clench your teeth , you press them together because you are angry or upset.
index finger	/,ɪndeks 'fɪŋgə/	indice	Your index finger is the finger next to your thumb.
palm of your hand	/,pɑ:m əv jə 'hænd/	palmo della mano	The palm of your hand is the flat part on the inside of your hand.
shake your finger	/,ʃeɪk jə 'fɪŋgə/	muovere le dita	If you shake your finger , you move it about.
shake your fist	/,ʃeɪk jə 'fɪst/	agitare il pugno	If you shake your fist , you move your hand, often because you are angry.
shake your head	/,ʃeɪk jə 'hed/	scuotere la testa	If you shake your head , you move it from side to side, often as a way of saying "no".
stick your chest out	/stɪk jə 'tʃest aʊt/	gonfiare il petto	If you stick your chest out , you walk in a way that pushes it out at the front of your body.
stick your leg out	/,stɪk jə 'leg aʊt/	stirare le gambe	If you stick your leg out , you stretch it in front of you.
stick your tongue out	/,stɪk jə 'tʌŋ aʊt/	fare la lingua	If you stick your tongue out , you push it out of your mouth, usually as way of being rude to someone.
raise your arm/hand	/,reɪz jər 'ɑ:m/'hænd/	alzare il braccio/la mano	If you raise your arm or hand , you put it in the air.
raise your eyebrows	/,reɪz jər 'aɪbrəʊz/	alzare le sopracciglia	If you raise your eyebrows , you move them upwards, often to show you are surprised.

FOOD

Collocations

fast food (n)	/,fɑ:st 'fu:d/	fast food	Fast food is food that is made and served very quickly.
organic food (n)	/ɔ:,gæni:k 'fu:d/	cibo biologico	Organic food is produced without artificial chemicals.
plain food (n)	/,pleɪn 'fu:d/	cibo semplice	Plain food is simple and not exotic.
rich food (n)	/,rɪʃ 'fu:d/	cibo grasso, sostanzioso	Rich food is contains a lot of butter, cream or eggs.
stodgy food (n)	/,stɒdʒi 'fu:d/	cibo pesante	Stodgy food is solid and not pleasant to eat.
vegetarian food (n)	/vedʒə,teəriən 'fu:d/	cibo vegetariano	Vegetarian food is food that does not contain meat or fish.
gourmet meal (n)	/,gʊəmeɪ 'mi:l/	leccornia	A gourmet meal consists of food of a very high quality.

heavy/light meal (n)	/,hevi/,laɪt 'mi:l/	pasto pesante/leggero	A heavy meal makes your stomach feel very full; a light meal does not make your stomach feel full.
ready-made meal (n)	/,redimeɪd 'mi:l/	piatto pronto	A ready-made meal is one that you buy that is already cooked and can be put straight into the oven.
square meal (n)	/,skweə 'mi:l/	pasto coi fiocchi	A square meal is a large meal that satisfies you when you feel hungry.
three-course meal (n)	/,θri:kɔ:s 'mi:l/	pasto di tre portate	A three-course meal consists of a starter, main course and dessert.
vegetarian meal (n)	/vedʒə'teəriən 'mi:l/	pasto vegetariano	A vegetarian meal does not contain meat or fish.
cold dish (n)	/'kəʊld ,dɪʃ/	piatto freddo	A cold dish has been cooked but is not eaten hot.
fish dish (n)	/'fɪʃ ,dɪʃ/	piatto di pesce	A fish dish consists mainly of fish.
local dish (n)	/'ləʊk(ə)l ,dɪʃ/	piatto tipico	A local dish is one that is eaten a lot in the region or area where you are.
main dish (n)	/'meɪn ,dɪʃ/	portata principale	A main dish is the one you eat after a starter and before a dessert.
regional dish (n)	/'ri:ʒ(ə)nəl ,dɪʃ/	piatto locale	A regional dish is one that is eaten a lot in a particular region.
serving dish (n)	/'sɜ:vɪŋ ,dɪʃ/	piatto di portata	A serving dish is a large plate or dish that you serve food from.
vegetarian dish (n)	/vedʒə'teəriən ,dɪʃ/	piatto vegetariano	A vegetarian dish does not contain meat or fish.
dessert plate (n)	/dɪ'zɜ:t ,pleɪt/	piatto da dessert	A dessert plate is one that you eat a dessert on.
dinner plate (n)	/'dɪnə ,pleɪt/	piatto piano	A dinner plate is a large plate that you eat a main course on.
side plate (n)	/'saɪd ,pleɪt/	piattino	A side plate is a small plate that you put a piece of bread on.
bland flavour	/,blænd 'fleɪvə/	sapore leggero	Food that has a bland flavour does not have much taste.
distinctive flavour	/dɪs,tɪŋktɪv 'fleɪvə/	sapore particolare	Food that has a distinctive flavour tastes unusual.
subtle flavour	/,sʌt(ə)l 'fleɪvə/	sapore delicato	Food that has a subtle flavour has a delicate, pleasant flavour.
unmistakable flavour	/ʌnmɪ,steɪkəb(ə)l 'fleɪvə/	sapore inconfondibile	Food that has an unmistakable flavour has a flavour that is easy to recognise.
à la carte menu (n)	/æ læ ,kɑ:t 'menju:/	menù à la carte	An à la carte menu has dishes that are priced separately.
extensive menu	/ɪk,stenɪv 'menju:/	menù ampio	An extensive menu has a large choice of dishes.
set menu (n)	/,set 'menju:/	menù fisso	A set menu offers a limited choice of dishes for a fixed price.

Idioms

the best thing since sliced bread	/ðə ,best θɪŋ sɪns ,slaɪst 'bred/	fantastico	If you think that someone or something is the best thing since sliced bread , you think they are very good.
a big cheese	/ə ,bɪg 'tʃi:z/	pezzo grosso	A big cheese is someone who is very important.
butter sb up	/,bʌtə sʌmbədi 'ʌp/	adulare, lisciare	If you butter someone up , you are very nice to them.
go as red as a beetroot	/gəʊ əz ,red əz ə 'bi:trʊt/	diventare rosso come un pomodoro	If you go as red as a beetroot , your face goes very red because you are embarrassed or ashamed.

feel a real lemon	/,fi:l ə ,ri:l 'lemən/	sentirsi un imbecille	If you feel a real lemon , you feel very stupid.
as nice as pie	/əz ,naɪs əz 'paɪ/	buono come il pane	If someone is as nice as pie , they are very polite or charming.
pay peanuts	/,peɪ 'pi:nʌts/	pagare una sciocchezza	If you pay peanuts for something, you pay a very small amount of money for something.
pear-shaped	/'peəʃeɪpt/	in malora	If something goes pear-shaped , it goes very wrong.
a recipe for disaster	/ə ,resəpi fə dɪ'zɑ:stə/	un disastro totale	A situation that is a recipe for disaster is one in which things will go very wrong.
take sth with a pinch of salt	/,teɪk sʌmθɪŋ wɪð ə pɪnʃ əv 'sɔ:lt/	prendere col beneficio d'inventario	If you take something with a pinch of salt , you only believe part of what you hear.
a smart cookie	/ə ,smɑ:t 'kʊki/	uno molto intelligente	A smart cookie is someone who is very intelligent.
spill the beans	/,spɪl ðə 'bi:nz/	rivelare un segreto	If you spill the beans , you tell someone something that is secret.
walk on eggshells	/,wɔ:k ɒn 'egʃelz/	andare coi piedi di piombo	If you feel you have to walk on eggshells , you feel you have to be very careful.
Linkers			
although	/ɔ:l'dəʊ/	anche se,	Although he's rich he seems unhappy.
and	(<i>weak</i>) /ənd/ (<i>weak</i>) /ənd/ (<i>strong</i>) /ænd/	e	Being a vegetarian isn't easy and I'm in danger of lapsing.
but	/bʌt/	ma	Being a vegetarian isn't easy but I'm glad I did it.
consequently	/'kɒnsɪkwəntli/	perciò	Animals are kept in overcrowded conditions. Consequently disease spreads quickly.
even though	/,i:v(ə)n 'ðəʊ/	benché, anche se	Even though there is enough food for everyone, people are still starving.
finally	/'faɪn(ə)li/	alla fine, in fondo	Finally , I became a vegetarian for health reasons.
furthermore	/,fɜ:ðə'mɔ:z/	inoltre	If you don't eat meat you're less likely to have heart disease. Furthermore , vegetarians are less likely to develop cancer.
however	/haʊ'evə/	comunque	Cars, trains and planes produce a lot of greenhouse gases. However , the meat industry is worse than all of them put together.
in other words	/ɪn ,ʌðə 'wɜ:dz/	in altre parole	You use the expression " in other words " to introduce another way of expressing something.
On balance ...	/ɪn 'bæləns/	in fin dei conti	On balance , I'm very happy to be a vegetarian.
or	/ɔ:z/	o	I'm a vegetarian or , as a friend put it, I no longer eat anything with a face or a fin.
as a result	/,æz ə rɪ'zʌlt/	per conseguenza	Conditions are overcrowded. As a result disease spreads quickly.

secondly	/ˈsekən(d)li/	in secondo luogo	“ Secondly ” is a word you use to introduce the second point in a discussion or argument.
so	/səʊ/	quindi	The food industry is focused on profits and so they don’t care about animal welfare.
To sum up ...	/tə ˌsʌm ˈʌp/	per riassumere, insomma	To sum up , if you can’t be a vegetarian, cutting down on meat and fish is a good start.
What is more ...	/ˌwɒt ɪz ˈmɔː/	inoltre	“ What is more ” is an expression that you use to introduce another point in a discussion or argument.

Review B (page 66)

for ages	/ˌfɔː ˈeɪdʒəz/	da una vita, per anni	If you have done something for ages , you have done it for a long time.
disastrous (adj)	/dɪˈzɑːstrəs/	disastroso/a	Something that is disastrous has very bad results.
intrepid (adj)	/ɪnˈtrepɪd/	intrepido/a	Someone who is intrepid is brave and not afraid to take risks.
march (v)	/mɑːtʃ/	marciare	If you march somewhere, you walk there quickly and in a determined way.
purposefully (adv)	/ˈpɜːpəs(ə)li/	apposta	If you do something purposefully , you do it in a determined way.
scream (v)	/skriːm/	gridare	If you scream , you suddenly shout or make a loud noise because you are frightened.

Unit 7 (page 68)

be in agony (TS)	/ˌbiː ɪn ˈæɡəni/	agonizzare	After the first day’s cycling my bottom was in agony!
arty (adj)	/ˈɑːti/	artistaide	Arty people are interested in things such as painting, music and theatre.
attachment (n)	/əˈtætʃmənt/	affetto	I just don’t understand the British attachment to the seaside.
beyond the reach of ...	/bɪˌjɒnd ðə ˈriːtʃ əv/	fuori dalla portata di...	If someone is beyond the reach of reason, they are not sensible or balanced.
boast (v)	/bəʊst/	vantare	If a city or place boasts a well-known landmark or area, that landmark or area is admired by other people.

bookish (adj)	/'bʊkɪʃ/	amante dei libri	Someone who is bookish enjoys studying and reading books.
be bound to do sth	/bi ˌbaʊnd tə 'duː sʌmθɪŋ/	servire a	A jokey card is bound to raise a smile.
cable car (n)	/'keɪb(ə)l ˌkɑː/	funivia	A cable car is a small vehicle that takes people up and down mountains.
caring (adj)	/'keərɪŋ/	premuroso/a	A caring person is kind and helpful towards other people.
city dweller (n)	/'sɪti ˌdwelə/	cittadino	City dwellers are people who live in cities.
click (n)	/klɪk/	scatto	The man was sleeping but the click of the camera woke him up.
compulsory (adj) (TS)	/kəm'pʌlsəri/	obbligatorio/a	If something is compulsory , the rules say you have to do it.
crisp (adj)	/krɪsp/	frizzante	Crisp air is cool and refreshing in a pleasant way.
be one of the crowd	/bi ˌwʌn əv ðə 'kraʊd/	essere uno tra tanti	If you don't want to be one of the crowd , you want people to realise that you are different from or better than other people.
culture vulture (n)	/'kʌltʃə ˌvʌltʃə/	persona avida di cultura	A culture vulture is a person who is interested in sightseeing and learning about things.
cycling shorts (n pl)	/'saɪklɪŋ ˌʃɔːts/	pantaloncini per andare in bici	Cycling shorts are tight shorts that go down to your knee worn for riding a bike.
demanding (adj)	/dɪ'mɑːndɪŋ/	impegnativo/a	A demanding person always wants your attention.
devilish (adj)	/'dev(ə)lɪʃ/	diabolico/a	Devilish behaviour is difficult or causes problems.
disturbing (adj)	/dɪ'stɜːbɪŋ/	insidioso, inquietante	Something that is disturbing shocks people.
double-check (v)	ˌdʌbl'tʃek/	ricontrollare	If you double-check something, you check it a second time to make sure it is right.
downright (adv)	/'daʊnˌraɪt/	proprio, assolutamente	That wasn't just foolish – it was downright irresponsible!
doze (v)	/dəʊz/	schiacciare un pisolino	If someone dozes , they sleep for a short time.
emerge (v)	ɪ'mɜːdʒ/	uscire da	When you emerge from a place, you finally leave it.
endless (adj)	/'endləs/	infinito/a	The children have endless competitions to see who can behave in the most devilish way!
exhibit (n)	ɪg'zɪbɪt/	campione, esempio	I was so sunburned a dermatologist invited me to a convention as an exhibit!
the final straw	/ðə ˌfaɪn(ə)l 'strɔː/	la goccia che fa traboccare il vaso	The final straw is the last of a series of events that makes someone feel very angry or upset.
a fleet of boats	/ə ˌfliːt əv 'bəʊts/	una flotta di navi	A fleet of boats is a group of boats owned by the same person or organization.
flowery (adj)	/'flaʊəri/	fiorito/a (ricercato/a)	Flowery language contains a lot of complicated words.
frankly (adv)	/'fræŋkli/	francamente	Frankly , I have never understood the British attachment to the seaside.
go down (phr v)	ˌgəʊ 'daʊn/	andar giù	If a drink goes down well, you swallow it and enjoy it.

go out of your way	/gəʊ ˌaʊt əv jə ˈweɪ/	fare pazzie per sbagliare	Arty people go out of their way to find unusual postcards.
go wrong	/ˌgəʊ ˈrɒŋ/	essere una peste	You can't go wrong with a pint of Guinness!
be a handful	/biː ə ˈhændfʊl/	dirigersi (verso)	Children who are a handful are difficult to control.
head (for) (v)	/hed (fɔː)/	straziante	In summer a lot of people head for the coast.
heartbreaking (adj)	/'hɑːtˌbreɪkɪŋ/	infernale	Something that is heartbreaking is extremely sad.
hellish (adj)	/'helɪʃ/	serioso/a	A hellish experience is very difficult or unpleasant.
humourless (adj)	/'hjuːmələs/	attenta alla propria immagine	Someone who is humourless is too serious.
image-conscious (adj)	/'ɪmɪdʒˌkɒŋʃəs/	indeciso/a	An image-conscious person cares about what people think of them and their appearance.
indecisive (adj)	/ˌɪndɪ'saɪsɪv/	inseparabile	Someone who is indecisive cannot make decisions.
inseparable (adj)	/ɪn'sepərə(ə)bl/	irresistibile	Gill and Ash spent the rest of the holiday together and became inseparable .
irresistible (adj)	/ˌɪrɪ'zɪstəbl/	irresponsabile	Someone who is irresistible is very attractive.
irresponsible (adj)	/ˌɪrɪ'spɒnsəbl/	burlone	That wasn't just foolish – it was downright irresponsible!
joker (n)	/'dʒɔːkə/	spiritoso/a	A joker is someone who enjoys jokes and having fun.
jokey (adj)	/'dʒɔːki/	succulento/a	Something that is jokey is amusing.
juicy (adj)	/'dʒuːsi/	eredità	A juicy steak is tasty and contains a lot of juice.
legacy (n)	/'legəsi/	proliso/a	A legacy is something that you leave to someone or something after you have died.
long-winded (adj)	/ˌlɒŋ'wɪndəd/	essere un logorroico	A long-winded description contains too much complicated language.
love the sound of your own voice	/ˌlʌv ðə ˌsaʊnd əv jər əʊn ˈvɔɪs/	sciacciare un pisolino	Someone who loves the sound of their own voice , enjoys talking rather than listening.
have a nap	/ˌhæv ə ˈnæp/	sgranocchiare	I'm tired – I'm going to have a nap .
nibble (at)	/'nɪbl (æt) /	pizzicare, mordere	If you nibble something , you take small bites out of it.
nip (v)	/nɪp/	pratico/a	The dog nipped me on the hand for eating his sandwich.
no-nonsense (adj)	/nəʊ'nɒnsəns/	osservazione	A no-nonsense person does things quickly and effectively without worrying.
observation (n)	/ˌɒbzə'veɪʃn/	imbottito/a	Observations are comments that someone makes about something.
padded (adj) (TS)	/'pædəd/	permesso per il parcheggio	Padded cycling shorts have thick material at the back that protects your bottom.
parking permit (n)	/'pɑːkɪŋ ˌpɜːmɪt/		A parking permit is a document that allows you to park in a particular place.

parking restrictions (n pl)	/'pɑ:kɪŋ rɪ,stri:kʃ(ə)nz/	regole per il parcheggio	Parking restrictions are official rules that say where you are allowed to park and for how long.
playful (adj)	/'pleɪfl/	allegro/a	A playful gesture is friendly and funny.
the prospect of	/ðə 'prɒspekt əv/	la prospettiva di	The author hates the prospect of a day on the beach.
put your foot down	/,pʊt jə 'fʊt daʊn/	puntare i piedi	If you put your foot down , you refuse to do something.
raise a smile	/'reɪz ə 'smɪl/	far sorridere	A jokey card is bound to raise a smile .
range in age	/'reɪndʒ ɪn 'eɪdʒ/	andare da ... a (età)	My children range in age from 6 months to 5 years old.
relentless (adj)	/rɪ'lentləs/	inesorabile	A relentless activity is one that never stops, especially in a way that is annoying.
have right of way	/hæv 'raɪt əv 'weɪ/	avere la precedenza su	Cyclists and pedestrians have right of way over car drivers.
saying (n)	/'seɪɪŋ/	detto	A saying is a well-known phrase or expression.
seafront (n)	/'si:frʌnt/	lungomare	The seafront is the part of a town or city that looks out over the sea.
serenely (adv)	/sə'ri:nli/	serenamente	If you say something serenely , you say it quietly and calmly.
shade (n)	/ʃeɪd/	ombra	It's too hot here. Let's find a place in the shade .
sharp (adj)	/'ʃɑ:p/	affilato/a, appuntito/a	A sharp object is pointed.
soak up (phr v)	/'səʊk 'ʌp/	assorbire	If you soak up culture or a lifestyle, you enjoy learning about it.
soothingly (adv)	/'su:ðɪŋli/	in modo da calmare	"Don't worry," my wife said soothingly .
sort out (phr v)	/'sɔ:t 'aʊt/	superare	If you sort out a problem, you solve it.
stick (v)	/stɪk/	piantare, ficcare	The children spent the journey sticking sharp objects into each other.
summarise (v)	/'sʌməraɪz/	sintetizzare	If you summarise something, you describe it in a few words.
surrender (v)	/sə'rendə/	cedere	If someone surrenders , they agree to do something that you ask or persuade them to do.
survey the scene	/sə'veɪ ðə 'si:n/	riflettere	When you survey the scene , you look at or think about a situation.
tacky (adj)	/'tæki/	insipido/a	Tacky means the same as "tasteless".
take a drive	/'teɪk ə 'draɪv/	fare un giro (in macchina)	Last weekend my wife suggested that we take a drive to the sea.
take sth seriously	/'teɪk sʌmθɪŋ 'sɪəriəsli/	prendere q.csa seriamente	Bookish people take life rather seriously .
tasteful (adj)	/'teɪs(t)f(ə)l/	raffinato/a	A tasteful postcard is one that is attractive and elegant.
tasteless (adj)	/'teɪs(t)ləs/	ordinario/a	A tasteless postcard is cheap and not attractive.
tearful (adj)	/'tɪəf(ə)l/	con le lacrime in tasca	If you feel tearful , you want to cry.
tender (adj)	/'tendə/	tenero/a	A tender steak is soft and easy to cut and eat.
there and then (TS)	/'ðeər ən 'ðen/	subito	If you do something there and then , you do it immediately.
thoughtful (adj)	/'θɔ:tf(ə)l/	riguardoso/a	A thoughtful person cares about other people's feelings.
time-conscious (adj)	/'taɪm,kɒnʃəs/	attento a non sciupare il tempo	If you are time-conscious , you are aware that you must do things quickly without taking too much time.

unadventurous (adj)	/,ʌnəd'ventʃərəs/	non avventuroso/a	Someone who is unadventurous does not like doing new things.
undivided attention (n)	/,ʌndɪ,vaidɪd ə'tenʃn/	attenzione totale	Children like to have your undivided attention .
unseasonably (adj) (TS)	/ʌn'si:znəbli/	stranamente (per la stagione)	If temperatures are unseasonably warm, they are warmer than usual at a particular time of year.
unwilling (adj)	/ʌn'wɪlɪŋ/	riluttante, contrario/a	If you are unwilling to do something, you do not want to do it.
watch the world go by	/,wɒtʃ ðə 'wɜ:ld ɡəʊ baɪ/	far passare il tempo	If you watch the world go by , you sit and relax, for example at a café, and watch people walk past.
water-colour (n)	/'wɔ:tə,kʌlə/	acquarello	A water-colour is a painting that has been done with paint mixed with water.
well-informed (adj)	/,welɪn'fɔ:md/	ben informato/a	Someone who is well-informed knows a lot about things.
winding (adj)	/'waɪndɪŋ/	tortuoso/a	It's not easy driving in the city centre because of the narrow, winding streets.

THE SEASIDE

bucket and spade (n)	/,bʌkɪt ən 'speɪd/	secchiello e paletta	Children enjoy playing with a bucket and spade in the sand.
candy floss (n)	/'kændi ,flɒs/	zucchero filato	Candy floss is a sweet food for children that looks like cotton wool on a stick.
hot dog (n)	/'hɒt ,dɒɡ/	hot dog	A hot dog is a sausage in a bread roll.
inflatable dinghy (n)	/ɪn,fleɪtəbl 'dɪŋi/	canotto gonfiabile	An inflatable dinghy is a small rubber boat that you fill with air.
Li-Lo (n)	/'laɪ,ləʊ/	materassino (gonfiabile)	A Li-Lo is a type of bed made of rubber that you use to float on water.
have a paddle	/,hæv ə 'pædl/	avere una pagaia	They had a paddle at the edge of the water.
saltwater (n)	/'sɔ:lt,wɔ:tə/	acqua salata	Saltwater is the type of water that is in the sea.
sand (n)	/sænd/	sabbia	The author hates getting sand in his hair and shoes.
scuba equipment (n)	/'sku:bə ɪ,kwɪpmənt/	attrezzatura da sub	Scuba equipment is all the things that you need for diving underwater.
seaside (n)	/'si:saɪd/	spiaggia	The author doesn't understand the British attachment to the seaside .
sun hat (n)	/'sʌn ,hæt/	cappellino per il sole	You put a sun hat on to protect your head from the sun.
sunburn (n)	/'sʌn,bɜ:n/	scottatura	Sunburn is the red, painful areas on your skin when you have been in the sun for too long.
sunburned (adj)	/'sʌn,bɜ:nd/	scottato/a (dal sole)	I was so sunburned a dermatologist invited me to a convention as an exhibit!
surf (n)	/sɜ:f/	frangenti	Surf is the waves that are falling on a beach.
waterslide(n)	/'wɔ:tə,slaɪd/	scivolo acquatico	A waterslide is a long thin piece of equipment that children slide down into water.

windburned (adj) /'wɪnd,bɜ:nd/

spellato/a dal vento

If you are **windburned**, your skin has been burnt by the wind.

SPOKEN DISCOURSE MARKERS

Actually /'æktʃʊəli/
Anyway /'eni,wei/
Basically /'beɪsɪkli/
Come to think of it ... ,kʌm tə 'θɪŋk əv ɪt/
Do you know what I mean? /də jə ,nəʊ wɒt aɪ 'mi:n/

anzi
comunque
fondamentalmente
pensaci ...
Capisci cosa voglio dire?

She doesn't seem very friendly but, **actually**, she's shy.
It was an awful experience but, **anyway**, it's over now.
Basically, Gill had two weeks to impress Ash.
Come to think of it, he does look a bit like Tom Cruise!
When I saw her, I thought she's the one for me. **Do you know what I mean?**

in the end /,ɪn ði: 'end/
in fact /,ɪn 'fækt/
to be honest /,tə bi: 'ɒnɪst/

alla fine
in effetti
per essere sincero

Everything worked out well **in the end**.
We spent the rest of the holiday together – **in fact**, we were inseparable.
To be honest, I don't think he's very happy.

“TELL” VERBS

advise /əd'vaɪz/
assure /ə'ʃʊə/
convince /kən'vɪns/
encourage /ɪn'kʌrɪdʒ/
inform /ɪn'fɔ:m/

persuade /pə'sweɪd/
reassure /,ri:ə'ʃʊə/

consigliare, raccomandare
assicurare
convincere
incoraggiare
informare

convincere
rassicurare

Tourists were **advised** not to swim in the sea because of sharks.
My wife **assured** me that we'd have a good time, but we didn't!
She always tries to **convince** me we'll have a good time.
We're trying to **encourage** her to come and visit.
My daughter then **informed** me I was eating the sandwich the dog had half-eaten!
Every year my wife manages to **persuade** me to drive to the seaside.
She always **reassures** me that we'll have a good time, but I don't!

“SAY” VERBS

admit /əd'mɪt/
announce /ə'naʊns/
claim /kleɪm/
confirm /kən'fɜ:m/
explain /ɪk'spleɪn/
insist /ɪn'sɪst/
mention /'menʃ(ə)n/

suggest /sə'dʒest/

ammettere
annunciare
affermare
confermare
spiegare
insistere
accennare

suggerire, proporre

The author **admits** that he hates the seaside!
My wife woke me up and **announced** that she had an idea.
He **claims** he eats six hamburgers a day!
Could you **confirm** that the tickets have arrived?
Just listen, and I'll **explain**.
My wife **insists** on going to the seaside every year.
My daughter casually **mentioned** that the dog had eaten half the sandwich.
The author hates it when his wife **suggests** going to the seaside!

Unit 8 (page 78)

adage (n)	/ˈædɪdʒ/	adagio (proverbio)	An adage is a well-known phrase about life.
blind date (n)	/ˌblaɪnd ˈdeɪt/	appuntamento al buio	A blind date is an arrangement in which two people who have never met before meet in order to decide whether they want to start a relationship.
by and large	/ˌbaɪ ən ˈlɑːdʒ/	in complesso	By and large , we all seem to be attracted to the same things.
Be careful what you wish for.	/bi ˌkeəf(ə)l ˌwɒt juː ˈwɪʃ fɔː/	star attenti a ciò che si desidera	“ Be careful what you wish for ” means that you wish for may not be as good as you hoped for, and may even be harmful.
challenge a theory	/ˌtʃæləndʒ ə ˈθiəri/	mettere in dubbio una teoria	If someone challenges a theory , they say that it is not true.
chaperone (n)	/ˈʃæpərəʊn/	chaperon	A chaperone is someone who looks after someone or makes sure they behave well, especially at a social event.
come to the conclusion that	/ˌkɒm tə ðə kənˈkluːʒn ðæt/	giungere alla conclusione che	Scientific evidence has come to the conclusion that beauty is objective and quantifiable.
composite (adj)	/ˈkɒmpəzɪt/	composto/a	A composite picture is made up of two or more separate parts.
cultural boundary (n)	/ˌkʌltʃ(ə)rəl ˈbaʊnd(ə)ri/	limiti culturali	Cultural boundaries are the differences that exist between different cultures.
be in daily contact with sb (TS)	/biː ɪn ˌdeɪli ˈkɒntækt wɪð sʌmbədi/	sb essere in contatto quotidiano con q.cno (TS)	If you are in daily contact with someone , you see them every day.
be dead against sth (TS)	biː ˌded əˈgeɪnst sʌmθɪŋ/	avercela a morte con	If you are dead against something , you disagree with it completely.
dim (adj)	/dɪm/	debole, scarso/a	Reading in dim light can damage your eyes.
be embodied in	/biː ɪmˈbɒdɪd ɪn/	essere incarnato/a da	The feminine ideal of beauty is embodied in dolls like Barbie and Sindy.
evolutionary (adj)	/ˌiːvəˈluːʃ(ə)n(ə)ri/	evolutivo/a	An evolutionary reason is one that is connected with the process of human change and development.
excruciating (adj)	/ɪkˈskruːʃiɪtɪŋ/	atroce	An excruciating experience is one that is extremely unpleasant or painful.
You can't get blood out of a stone.	/ju ˌkɑːnt get ˌblʊd aʊt əv ə ˈstəʊn/	Non si può cavare il sangue dalle rape.	“ You can't get blood out of a stone ” means that it is extremely difficult to persuade someone to give you something or tell you something.
get sb somewhere/ not get sb anywhere	/ˌget sʌmbədi ˈsʌmwɛə/ ˌnɒt get sʌmbədi ˈeniwɛə/	giovare/non portare da nessuna parte	Despite the fact Cindy had a genius IQ it never got her anywhere .
at first glance	/ət ˌfɜːst ˈglɑːns/	a prima vista	The picture look similar at first glance , but in fact they're different.

what all the fuss is about (TS)	/wɒt ˌɔ:l ðə 'fʌs ɪz əbaʊt/	il perchè di tutto questo trambusto	<i>The Secret</i> has sold 1.5million copies. Could you tell us what all the fuss is about ?
All that glitters is not gold.	/ɔ:l ðət ˌɡlɪtəz ɪz nɒt 'gəʊld/	Non è tutto oro ciò che luccica.	"All that glitters is not gold" means that what looks attractive or pleasant may not be so.
What goes around, comes around.	/wɒt ˌgəʊz əraʊnd 'kʌmz əˌraʊnd/	Chi semina vento raccoglie tempesta	"What goes around comes around" means that if you treat people badly, you will eventually suffer yourself.
grant your wishes (TS)	/ˌɡrɑ:nt jɔ: 'wɪʃəz/	esaudire i tuoi desideri	If someone grants your wishes , they give you what you ask them for.
hormone (n)	/'hɔ:məʊn/	ormone	A hormone is a substance produced by your body that makes it develop and grow.
imply (v)	/ɪm'plaɪ/	suggerire, insinuare	The film implies that for centuries people in power have kept the "law of attraction" secret.
the law of attraction	/ðə ˌlɔ: əv ə'trækʃn/	legge dell'attrazione	"The law of attraction" is a principle that says our thoughts and feelings influence events in our lives.
A leopard can't change its spots.	/ə ˌlepəd kɑ:nt ˌtʃeɪndʒ ɪts 'spɒts/	Il lupo perde il pelo ma non il vizio.	"A leopard can't change its spots" means that someone cannot really change their character.
like attracts like	/'laɪk ə'træktz 'laɪk/	il simile attrae il simile	"Like attracts like" means that people are attracted to other people who are similar to themselves.
materialise (v)	/mə'tɪəriəlaɪz/	concretizzarsi	Kevin has had a few serious relationships, but nothing has materialised .
negative thinking (n)	/ˌnegətɪv 'θɪŋkɪŋ/	pensieri negativi	Negative thinking attracts bad things.
objective (adj)	/ɒb'dʒektɪv/	obiettivo/a	An objective conclusion is based on facts, not personal feelings.
phenomenon (n)	/fə'nɒmɪnən/	fatto eccezionale	A phenomenon is an event or situation which is new or surprising.
positive thinking (n)	/ˌpɒzətɪv 'θɪŋkɪŋ/	pensieri positivi	Positive thinking attracts good things.
be in power	/bi: ɪn 'paʊə/	essere al potere	Those who are in power are the people who control things.
pull (v)	/pʊl/	attrarre	If you pull someone, that person is attracted to you in a sexual or romantic way.
quantifiable (adj)	/kwɒntɪ'faɪəb(ə)l/	quantificabile	Something that is quantifiable is able to be measured.
ramble (on) (v)	/'ræmb(ə)l (ɒn) /	farneticare	If someone rambles on about something, they talk about it in a boring way for too long.
rank (v)	/ræŋk/	classificare	Photographs of women were ranked for their attractiveness by a number of volunteers.
scientific evidence (n)	/saɪəntɪfɪk 'eɪvɪdəns/	prove scientifiche	Scientific evidence has come to the conclusion that beauty is objective and quantifiable.
self-help book/film (n)	/self''help ˌbʊk/ˌfɪlm/	libro/film di autoaiuto	A self-help book or film helps you to solve your own problems.

session (n)	/'seʃ(ə)n/	incontro, seduta	At the end of the session the couple can swap telephone numbers if they wish.
sign up for sth (phr v)	/,saɪn 'ʌp fɔː sʌmθɪŋ/	isciversi a	Five women and five men signed up for the speed dating night.
speed dating (n)	/'spiːd ,deɪtɪŋ/	appuntamento veloce	Speed dating is an event in which people looking for a partner spend 5 minutes with different people to decide who they like best.
think big (TS)	/,θɪŋk 'bɪɡ/	pensare in grande	If you think big , you think in a positive way that is likely to bring success.
top-ranking (adj)	/'tɒp,ræŋkɪŋ/	in cima alla classifica	The top-ranking person or thing is the one that is most important or popular.
transform (v)	/træns'fɔːm/	cambiare	The film says that the “law of attraction” has the power to transform our lives.
vibes (n pl) (TS)	/vaɪbz/	impressione	Vibes are the general impressions you get about a person from the way they behave.
volunteer (n)	/vɒlən'tɪə/	volontario	A volunteer is someone who does something without being paid.

APPEARANCE

appealing (adj)	/ə'piːlɪŋ/	attraente	An appealing face is one that you think is attractive.
arched eyebrows (n pl)	/,ɑːft 'aɪbraʊz/	sopracciglia arcuate	Arched eyebrows have a high curve.
attractiveness (n)	/ə'træktɪvnəs/	fascino	Photographs of women were ranked for their attractiveness by a number of volunteers.
baby-faced (adj)	/'beɪbi ,feɪst/	con la faccia da bambino	Many women like baby-faced stars like LeonardoDiCaprio and Jude Law.
be in line with	/,biː ɪn 'laɪn wɪð/	essere parallelo a	Her chin was moved back so it was in line with her upper lip.
beauty comes from within	/,bjʊːtɪ kʌmz frəm wɪð'ɪn/	la bellezza viene da dentro	“ Beauty comes from within ” means that it is someone’s personality that makes them attractive, not their appearance.
beauty is in the eye of the beholder	/,bjʊːtɪ ɪz ɪn ðiː ,aɪ əv ðɪ bi'həʊldə/	La bellezza sta negli occhi di chi osserva	“ Beauty is in the eye of the beholder ” means that people have different opinions about what is beautiful.
bone structure	/'bəʊn ,strʌktʃə/	struttura ossea (del volto)	Your bone structure is the shape of your face that is formed by the bones underneath.
botox (n)	/'bəʊ,tɒks/	tossina botulinica	Botox is a substance that makes your skin look younger.
brunette (n)	/'bruː'net/	bruna	A brunette is a girl or woman with dark-brown hair.
collagen (n)	/'kɒlədʒ(ə)n/	collagene	Cindy had collagen put in her lips.
cosmetic surgery (n)	/kɒz,metɪk 'sɜːdʒəri/	chirurgia estetica	Do you think having cosmetic surgery is selfish?
cute (adj)	/kjuːt/	carino/a	Someone who is cute looks young and attractive.

dimples (n pl)	/ˈdɪmp(ə)lz/	fossette
exaggerated features (n pl)	/ɪɡ,zædʒəreɪtɪd ˈfi:tʃəz/	lineamenti pronunciati
fat (n)	/fæt/	grasso/a
feature (n)	/ˈfi:tʃə/	lineamenti
full lips (n pl)	/ˌfʊl ˈlɪps/	labbra carnose
good looks (n pl)	/ˌɡʊd ˈlʊks/	bell'aspetto
high cheekbones (n pl)	/ˌhaɪ ˈtʃi:kbəʊnz/	zigomi alti
implant (n)	/ˈɪmplɑ:nt/	trapianto, impianto
inject (v)	/ɪnˈdʒekt/	iniettare
sb's inner beauty shines out (TS)	/sʌmbədɪz ˌɪnə bju:ti ˌfaɪnz ˈaʊt/	la bellezza interiore di qualcuno traspare
nose job (n)	/ˈnəʊz ˌdʒɒb/	rifacimento del naso
nostril (n)	/ˈnɒstrəl/	narice
pert (adj)	/pɜ:t/	naso alla francese
piercing (n)	/ˈpɪəsɪŋ/	piercing
prominent cheekbones (n pl)	/ˌprɒmɪnənt ˈtʃi:kbəʊnz/	zigomi sporgenti
sexiness (n)	/ˈseksɪnəs/	sensualità
size zero (n)	/ˌsaɪz ˈzɪərəʊ/	taglia zero (persona magrissima)
smooth skin (n)	/ˌsmu:ð ˈskɪn/	pelle liscia
sparkling eyes (n pl)	/ˌspɑ:klɪŋ ˈaɪz/	occhi lucenti
a square jaw (n)	/ə ˌskweə ˈdʒɔ:z/	mandibola quadrata
tattoo (n)	/tæˈtu:z/	tatuaggio
a turned-up nose (n)	/ə ˌtɜ:nd ʌp ˈnəʊz/	naso all'insù
white teeth (n pl)	/ˌwaɪt ˈti:θ/	denti bianchi
widen (v)	/ˈwaɪd(ə)n/	allargare

Dimples are small areas on your cheeks that go inwards.

Exaggerated features are larger or more prominent than usual.

They took **fat** from Cindy's thighs and injected it into her lips.

What **features** do you think make a face look attractive?

Full lips look large and round.

My ideal date is someone with both intelligence and **good looks**.

High cheekbones are usually considered attractive.

An **implant** is something that is put into someone's body during a medical operation.

They took **fat** from Cindy's thighs and injected it into her lips.

Not everybody has the confidence to let **their inner beauty shine out**.

A **nose job** is a type of cosmetic surgery to change the shape of your nose.

Your **nostrils** are the two holes at the end of your nose.

A **pert** nose is small and considered to be attractive.

A **piercing** is a hole in someone's skin for jewellery to fit through.

Prominent cheekbones are easy to see or notice in someone's face and are considered attractive.

Karen's ideal date is someone with intelligence, good looks and **sexiness**.

A **size zero** model is extremely thin.

Smooth skin has no rough areas or spots.

Sparkling eyes look bright and lively.

Men with a **square jaw** are traditionally considered to be attractive.

A **tattoo** is a picture that is drawn on your body.

A **turned-up nose** curves slightly at the end.

White teeth look bright, healthy and attractive.

If you **widen** something, you make it wider.

CHARACTER

bubbly (adj)	/ˈbʌbli/	spumeggiante	Sindy was bubbly and lively – I'd like to see her again.
conventional (adj)	/kən'venʃ(ə)nəl/	tradizionalista	People who are conventional are very traditional and not modern.
dependable (adj)	/dɪ'pendəb(ə)/	affidabile	Someone who is dependable is honest and can be trusted.
dizzy (adj)	/ˈdɪzi/	tra le nuvole	Someone who is dizzy is not practical or down-to-earth.
down-to-earth (adj)	/ˌdaʊntu:'ɜ:θ/	coi piedi per terra	Someone who is down-to-earth is not pretentious.
drippy (adj)	/ˈdrɪpi/	sentimentale, sdolcinato/a	Someone who is drippy may be kind but is not very interesting.
enigmatic (adj)	/ˌenɪg'mætɪk/	enigmatico/a	Someone who is enigmatic is interesting because they seem mysterious.
experienced (adj)	/ɪk'spɪəriənst/	navigato/a, con esperienza	I prefer the company of people who are experienced and grown-up.
be full of yourself	/bi 'fʊl əv jə'self/	pieno/a di sé	Erica seemed selfish and full of herself .
grown-up (adj)	/ˌgrəʊn'ʌp/	maturato/a	I prefer the company of people who are experienced and grown-up .
indulgent (adj) (TS)	/ɪn'dʌldʒ(ə)nt/	irrispettoso/a	People who are indulgent do what they want without thinking of other people.
intense (adj)	/ɪn'tens/	passionale	He can be very intense and a bit obsessive.
laddish (adj)	/ˈlædɪʃ/	da ragazzaccio	A laddish man is young and not sophisticated.
laid-back (adj)	/ˌleɪd'bæk/	rilassato/a, indifferente	She doesn't let things worry her – she's very laid-back .
level-headed (adj)	/ˌlevl'hedɪd/	posato/a	Someone who is level-headed is calm and sensible.
lively (adj)	/ˈlaɪvli/	vivace	Sindy was bubbly and lively – I'd like to see her again.
materialistic (adj)	/mə'tɪəriəlɪstɪk/	materialista	Someone who is materialistic is interested in money and possessions.
mature (adj)	/mə'tʃʊə/	maturato/a	Girls are often more sensible and mature than boys.
mysterious (adj)	/mɪ'stɪəriəs/	misterioso/a	A mysterious person seems interesting because they are not easy to understand.
obsessive (adj)	/əb'sesɪv/	maniaco/a	Obsessive people are only interested in one person or thing.
open-minded (adj)	/ˌəʊpnməɪndəd/	di larghe vedute	Someone who is open-minded is tolerant and willing to listen to other people's opinions.
outgoing (adj)	/ˌaʊt'gəʊɪŋ/	estroverso/a	People who are outgoing are friendly and sociable.
self-centred (adj)	/ˌself'sentəd/	egocentrico/a	Stop thinking of yourself and being so self-centred !
selfish (adj)	/ˈselfɪʃ/	egoista	A selfish person thinks about themselves and is not interested in other people.
sensible (adj)	/ˈsensəb(ə)l/	ragionevole	A sensible person doesn't do stupid or crazy things.
sensitive (adj)	/ˈsensətɪv/	sensibile	A sensitive person cares about other people.
spaced-out (adj)	/ˌspeɪst'aʊt/	fuori	Someone who is spaced-out seems not very sensible and slightly crazy.
stand-offish (adj)	/ˌstænd'ɒfɪʃ/	scostante	Claire seemed stand-offish and not interested in me.

straight (adj)	/streɪt/	a posto, perfettino	Lara thought Jim was polite, but a bit too straight .
tolerant (adj)	/'tɒləərənt/	tradizionalista	My parents are rather traditional – I wish they'd be more tolerant.
trustworthy (adj)	/'trʌs(t)wɜːðɪ/	affidabile	Trustworthy is an adjective used to describe someone who you can trust.
unambitious (adj)	/,ʌnæm'biːʃəs/	privo di ambizioni	Erica thought Kevin was too young and unambitious .
unfriendly (adj)	/ʌn'frendli/	scortese	He's not unfriendly , he's just shy.
unpretentious (adj)	/,ʌnpri'tenʃəs/	sobrio/a, raffinato/a	Someone who is unpretentious does not try to impress people with their money or intelligence.

BODY IDIOMS

get it off my chest	/,ɪget ɪt ɒf maɪ 'tʃest/	togliersi un peso dal cuore	If you get something off your chest , you talk about something that is worrying you.
play it by ear	/,pleɪ ɪt baɪ 'ɪə/	andare a orecchio/braccio	If you play something by ear , you see how you deal with a situation without having a plan.
be up to your eyes in work	/biː ,ʌp tə jər ,aɪz ɪn 'wɜːk/	avere un mucchio di roba da fare	If you are up to your eyes in work , you have a lot of work to do.
have your fingers in a lot of pies	/hæv jə ,fɪŋgəz ɪn ,lɒts əv 'paɪz/	aver le mani in pasta dappertutto	If you have your fingers in a lot of pies , you are involved in a lot of different things.
put your foot in it	/əv pʊt jə 'fʊt ɪn ɪt/	fare una figuraccia	If you put your foot in something , you say something stupid or embarrassing.
sb hasn't made up their mind	/sʌmbədi ,hæzənt meɪd ʌp ðeə 'maɪnd/	non aver ancora deciso	If you haven't made up your mind , you haven't decided about something yet.
this neck of the woods	/ðɪs ,nek əv ðə 'wʊdz/	questa zona questo fazzoletto di terra	This neck of the woods is an expression that means the place where you are or where you live.
a shoulder to cry on	/ə ,ʃəʊldə tə 'kraɪ ɒn/	una spalla su cui piangere	If you need a shoulder to cry on , you need someone to listen to your problems.

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affectionate (adj)	/ə'fekʃ(ə)nət/	affettuoso/a	Affectionate laughter shows that you love or care about something.
ailment (n)	/'eɪlmənt/	affezione	An ailment is an illness or disability.

be aligned with sth (TS)	/bi: ə'laɪnd wɪð ,sʌmθɪŋ/	essere allineato/a con	Something that is aligned with something else is in the correct position in relation to that thing.
alluring (adj)	/ə'lʊərɪŋ/	allettante	An alluring place is attractive and interesting.
anguished (adj) (TS)	/'æŋɡwɪʃt/	angosciato/a	Someone who is anguished is extremely upset.
approach (v)	/ə'prəʊtʃ/	rivolgersi a	If you approach a person or organization, you make contact with them in order to discuss something.
approve (v)	/ə'pru:v/	approvare	The site for the Bilbao Guggenheim was approved in a week.
backer (n)	/'bækə/	sponsor	If you find a backer for a project, you find a person or company who will provide money for it.
backside (n) (TS)	/'bæksaɪd/	sedere	Your backside is an informal word meaning your bottom.
bakelite (n) (TS)	/'beɪkələɪt/	bachelite	Bakelite is a type of hard plastic used in the 1940s and 1950s for making radios and telephones.
barren (adj) (TS)	/'bærən/	brullo/a	Barren land is dry and plants cannot grow there.
brainchild (n)	/'breɪnʃaɪld/	invenzione personale, parto	The Guggenheim Museum in Bilbao was the brainchild of Thomas Krens.
a bunch of	/ə 'bʌŋtʃ əv/	un mucchio di	Frank Gehry affectionately describes the site as "a dirty river and a bunch of run-down buildings".
captivating (adj)	/'kæptɪveɪtɪŋ/	affascinante	A place that is captivating is attractive and interesting.
choir (n)	/kwaɪə/	coro	A choir is a group of people who sing together.
city council (n)	/'sɪti 'kaʊns(ə)l/	consiglio comunale	Krens didn't like the original site chosen by the city council for its new art museum.
commission (v)	/kə'mɪʃ(ə)n/	incaricare	The Basque regional government commissioned the best architects to redesign the city.
component (n)	/kəm'pəʊnənt/	elemento	A key component of something is an important part of something.
conceal (v)	/kən'si:l/	nascondere	The clothes Frida Kahlo wore were worn partly to conceal her physical ailments.
confidentiality agreement (n) (TS)	ˌkɒnfɪdənsɪjələti ə'grɪ:mənt/	accordo confidenziale (TS)	A confidentiality agreement is an official document that says that important information must be kept secret.
contract polio	/kən'trækt 'pəʊliəʊ/	contrarre la poliomielite	Frida contracted polio , which made her walk in a strange way.
confined to	/kən'faɪnd tu:/	confinato/a in	At the age of 6, she spent nine months confined to her room with polio.
craftsman (n) (TS)	/'krɑ:ftsmən/	artigiano	A craftsman is someone who makes beautiful or practical objects.
devastated (adj)	/'devəsteɪtɪd/	distrutto/a	Frida was devastated by the divorce proceedings.
divorce proceedings (n pl)	/dɪ'vɔ:s prə'si:dɪŋz/	pratiche di divorzio	In April 1939 Frida and Diego began divorce proceedings .

dominate (v)	/ˈdɒmɪneɪt/	dominare	The Bilbao Guggenheim dominates the city at every turn.
dove (n)	/dɒv/	colomba	Her father described Diego and Frida's marriage as "like an elephant marrying a dove ".
drastically (adv)	/ˈdræstɪkli/	drasticamente	Many shops have reduced the prices of goods drastically .
drizzling (adj)	/ˈdrɪzəlɪŋ/	piovigginoso/a	When it is drizzling , it is raining slightly.
enchancing (adj)	/ɪnˈtʃɑːntɪŋ/	incantevole	A place that is enchancing is extremely attractive and interesting.
endure (v)	/ɪnˈdjʊə/	durare, sopravvivere	Stonehenge has been standing for 5,000 years and still endures .
equinox (n) (TS)	/ˈiːkwɪnɒks/	equinozio	An equinox is one of the two days in the year when the day and the night are the same length.
eruption (n)	/ɪˈrʌpʃ(ə)n/	eruzione	The eruption of a volcano is the period when it explodes and flames and rocks come out of it.
establish (v)	/ɪˈstæblɪʃ/	stabilire	The museum's director, Thomas Krens, wanted to establish a European base for the Guggenheim.
extramarital (adj)	/ˌekstrəˈmæɪt(ə)l/	extraconiugale	Frida and Diego both had extramarital affairs.
face (v)	/feɪs/	affacciarsi su	Bilbao faces out onto the Bay of Biscay.
frantic (adj)	/ˈfræntɪk/	furioso/a	As the hymn was about to start, Fry would have a frantic search for the right page.
get off the ground (TS)	/ˌget ɒf ðə ˈgraʊnd/	iniziare a crescere	If something gets off the ground , it starts to develop or grow.
glimpse (v)	/glɪmps/	intravedere	As you leave the airport, the Guggenheim Museum can be glimpsed in the distance.
handrail (n)	/ˈhændˌreɪl/	bagaglio a mano	A handrail is the thing you hold onto with your hand when you are travelling in a bus or tram.
horseshoe (n) (TS)	/ˈhɔːsˌʃuː/	ferro di cavallo	If something has the shape of a horseshoe , it has a curved shape that is not quite complete.
hymn (n)	/hɪm/	inno	A hymn is a religious song.
incentive (n)	/ɪnˈsentɪv/	incentivo	An incentive to do something is a reason for doing it.
intriguing (adj)	/ɪnˈtrɪːɡɪŋ/	intrigante	An intriguing place is one that is attractive in a mysterious way.
ironically (adv)	/aɪˈrɒnɪkli/	ironicamente	Ironically she painted some of her most powerful works during her separation from Diego.
lever (n)	/ˈliːvə/	leva	The stones for Stonehenge were moved by a system of levers .
marvel (at) (v) (TS)	/ˈmɑːvl (æt) /	ammirare	If you marvel at something, you admire it very much.
meander (v)	/miːˈændə/	vagare	If you meander somewhere, you move there slowly and in an indirect way.

melted (adj)	/ˈmeltəd/	sciolto/a	A solid substance that is melted has become like a liquid.
a mere 4 tonnes/50 years etc	/ə mɪə ˌfɔː ˈtʌnz/, ˌfɪfti ˈjɪəz/	soltanto 4 tonnellate/50 anni ecc.	The stones weighed a mere four tonnes each.
newly-appointed (adj)	/ˌnjuːli əˈpɔɪntəd/	novellino/a	Someone who is newly-appointed to a job has just started it.
ochre-brown (adj)	/əʊkəˈbraʊn/	ocra	Ochre-brown is a colour between brown and yellow.
outer space (n)	/ˌaʊtə ˈspeɪs/	spazio	Outer space is the area that contains the stars and the planets.
overcast (adj)	/ˌəʊvəˈkɑːst/	coperto/a	When the sky is overcast it is grey and full of rain.
overlook (v)	/ˌəʊvəˈlʊk/	dominare	The Jesuit University overlooks the River Nervion.
ozone destruction (n)	/ˌəʊzəʊn dɪˈstrʌkʃ(ə)n/	buco nell'ozono	Ozone destruction is caused by chemical reactions.
pierce (v)	/pɪəs/	perforare	Frida Kahlo was injured in an accident when a handrail pierced her body.
Post-it (n)	/ˈpəʊstɪt/	post-it	Post-its are small pieces of coloured paper that you can stick on things.
radar-based (adj)	/ˈreɪdɑːˌbeɪst/	basato sul radar	Dr Percy LeBaron Spencer was working on a radar-based project when he made the discovery that led to the first microwave.
a raunchy number (n) (TS)	/ə ˌrɔːnʃi ˈnʌmbə/	canzone spinta	A raunchy number is a song that is sung in a sexy way.
redevelopment programme (n)	/ˌriːdɪˌveləpm(ə)nt ˈprəʊgræm/	programma di riqualificazione	In the 1980s the Basque regional government began a redevelopment programme for Bilbao.
remote control (n)	/rɪˌməʊt kənˈtrəʊl/	telecomando	A remote control is a small piece of equipment that you press to use a TV, Hi-Fi etc.
be/seem rooted to the ground (TS)	/ˌbiˌsiːm ruːtəd tə ðə ˈgraʊnd/	essere/sembrare incollato al terreno	If something seems rooted to the ground , it seems to be fixed there and unable to move.
sermon (n)	/ˈsɜːmən/	sermone	A sermon is a religious speech made in church.
settle out of court	/ˌset(ə)l aʊt əv ˈkɔːt/	decidere da solo	If you settle an argument out of court , you solve it without asking a court to decide.
shawl (n)	/ʃɔːl/	scialle	A shawl is a large piece of material worn by a woman around her shoulders.
shipbuilding community (n)	/ˌʃɪpbɪldɪŋ kəˈmjuːnəti/	comunità navale	Bilbao is Spain's fourth largest city and a former shipbuilding community .
site (n)	/saɪt/	posto	Krens didn't like the site chosen by the city council for the new art museum.
so-called (adj) (TS)	/ˈsəʊˌkɔːld/	chiamato così	The bluestones are so-called because they turn blue when they get wet.
social-networking site (n)	/ˌsəʊʃ(ə)l ˌnetwɜːkɪŋ ˈsaɪt/	sito di per relazioni sociali	Facebook is a popular social-networking site .

solstice (n) (TS)	/ˈsɒlstɪs/	solstizio	The summer solstice is the longest day of the year; the winter solstice is the shortest day of the year.
speculate (v) (TS)	/ˈspekjələɪt/	speculare	If you speculate about something, you wonder why it has happened, or what the reason for something is.
spitting (adj)	/ˈspɪtɪŋ/	piovigginare	When it is spitting , it is raining slightly.
spout (n)	/spaʊt/	beccuccio	A spout is the part of a tea- or coffee-pot where the tea or coffee comes out.
spring (n) (TS)	/sprɪŋ/	molla	A spring is a long, thin piece of metal twisted into circles that is often used in machinery.
sticky (adj)	/ˈstɪki/	appiccicoso/a	The sticky object turned out to be a melted peanut bar.
stormy (adj)	/ˈstɔːmi/	burrascoso/a	A stormy relationship is one in which people argue a lot.
streetcar (n)	/ˈstri:t,kɑː/	tram	A “ streetcar ” is the American word for a “tram”.
subtract (v)	/səbˈtrækt/	sottrarre	When you subtract one number from another, you take it away from that number.
tease (v)	/tiːz/	prendere in giro	When Frida returned to school, other children teased her about her leg.
at every turn	/ət ˌevri ˈtɜːn/	da ogni lato	The Bilbao Guggenheim dominates the city at every turn .
undergo (v)	/ˌʌndəˈgəʊ/	sottoporsi a	Over the years Frida Kahlo underwent thirty-two major operations.
urban sprawl (n)	/ˌɜːbən ˈsprɔːl/	espansione urbana incontrollata	Urban sprawl is ugly, unplanned development in a city.
sb’s mind begins to wander	/sʌmbədɪz ˌmaɪnd bɪɡɪnz tə ˈwɒndə/	distrarsi	Fry was listening to the sermon when his mind began to wander .
water supplies (n pl)	/ˈwɔːtə səˌplaɪz/	riserve idriche	The Nazca Lines in Peru were a map of underground water supplies .
waterfront zone (n)	/ˈwɔːtəfrʌnt ˌzəʊn/	riva, zona portuale	A waterfront zone is an area of a town or city that is near a river.
weapons of mass destruction (n pl)	/ˌwepənz əv ˌmæs dɪˈstrʌkʃ(ə)n/	armi di distruzione di massa	Weapons of mass destruction are very powerful that can destroy large areas and kill large numbers of people.
wind (through) (v)	/ˈwaɪnd (θruː)/	girare (per)	To get to Bilbao, you leave the airport and wind through the green hills of Northern Spain.
wine-bottling warehouse (n)	/ˈwaɪnbɒtlɪŋ ˌweəhaʊs/	fabbrica dove si imbottiglia il vino	A wine bottling-warehouse is a large building, like a factory, where wine is put into bottles.

BUILDINGS AND PLACES

19 th /20 th etc-century (adj)	/ˌnaɪntiːnθ/ˌtwentiəθ ˈsentʃəri/	del XIX/XX ecc secolo	A 19th/20th etc-century building was built in the 1800s/1900s etc.
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contemporary (adj)	/kən'temp(ə)rəri/	contemporaneo/a
eccentric (adj)	/ɪk'sentri:k/	eccentrico/a
hideous (adj)	/'hɪdiəs/	orribile
metallic (adj)	/mə'tæli:k/	metallico/a
post-industrial (adj)	/'pəʊstɪn'dʌstriəl/	post-industriale
post-modern (adj)	/'pəʊst'mɒd(ə)n/	post moderno/a
run-down (adj)	/'rʌndaʊn/	fatiscente
semi-derelect (adj)	/'semi'derɪlɪkt/	semi distrutto/a
space-age (adj)	/'speɪs,eɪdʒ/	futuristico/a
sprawling (adj)	/'sprɔ:ɪlɪŋ/	caotico/a, disordinato/a
tough (adj)	/'tʌf/	forte
urban (v)	/'z:bən/	urbano/a

The Bilbao Guggenheim is a **contemporary** art museum like no other. An **eccentric** building or design is one that is very unusual. **Hideous** is a word that means “very ugly”. Something that is **metallic** is made of metal. The architect, Frank Gehry, revelled in the chaos and dirt of the **post-industrial** environment. The Bilbao Guggenheim is a metallic, **post-modern**, space-age museum. **Run-down** buildings are in bad condition. A **semi-derelect** area is in bad condition and almost too bad to be repaired or restored. The Bilbao Guggenheim is a metallic, post-modern, **space-age** museum. A **sprawling** town or city covers an area in an untidy, ugly way. Bilbao is a **tough**, sprawling former shipbuilding community. **Urban** is an adjective meaning “relating to towns or cities”.

COLLOCATIONS

design/develop a prototype	/dɪ,zain/dɪ,veləp ə 'prəʊtətaɪp/	progettare un prototipo
do/carry out experiments	/'du:kæri ,aʊt/ɪk'sperɪmənts/	fare esperimenti su
do/conduct a search	/'du:kən,dʌkt ə 'sɜ:ʃ/	condurre una ricerca
file for/apply for a patent	/'faɪl fɔ:/ə,plai fər ə 'peɪt(ə)nt/	richiedere un brevetto
form/set up a company	/'fɔ:m/set ,ʌp ə 'kʌmp(ə)ni/	fondare una compagnia/società
have/come up with an idea	/'hæv/kʌm ,ʌp wɪð ən aɪ'diə/	avere/spuntar fuori con un'idea
start/begin a production	/'stɑ:t/bɪ,ɡɪn ə prə'dʌkʃ(ə)n/	iniziare la produzione

It took Trevor Baylis two to three months to **design/develop a prototype** for the clockwork radio. Scientists sometimes **do/carry out experiments** on animals. We're currently **doing/conducting a search** to find talented musicians in the region. Once Bayliss had developed a prototype, he **filed for/applied for a patent**. Money was found to **form/set up a company** in Cape Town. Trevor Baylis **had/came up with an idea** for a clockwork radio. How easy was it to find a backer and **start/begin production**?

TIME EXPRESSIONS

barely	/ˈbeəli/	appena, soltanto	Frida died barely two weeks after taking part in a Communist demonstration.
before	/bɪˈfɔː/	prima	Diego Rivera was 42 and had been married twice before .
during (her/his etc separation)	/'dʒʊəriŋ (hɜː/hɪz/ /sepəreɪf(ə)n) /	durante	She painted some of her most powerful works during her separation from Diego.
each month/year etc	/iːtʃ ˈmʌnθ/'jɪə/	ogni mese/anno ecc	Each Sunday he sang with his local church choir.
a few days/months	/ə fjuː ˌdeɪz/ˌmʌnθs	pochi giorni/mesi prima	He remembered that a few months previously a colleague had made a glue which had been discarded.
etc previously	'priːviəsli/	il giorno seguente	Baylis had a dream and the following day started work on his concept of the clockwork radio.
the following day	/ðə ˌfɒləʊɪŋ 'deɪ/	da allora in poi	Children at school teased her about her leg and from then on she always concealed it.
from then on	/frəm 'ðen ɒn/	al ritorno di q.cno	On their return to Mexico, Frida and Diego started divorce proceedings.
on sb's return	/ɒn ˌsʌmbədɪz rɪ'tɜːn/	una domenica/ un pomeriggio ecc	One Sunday he was listening to the sermon when his mind began to wander.
one Sunday/afternoon etc	/ɪˌwʌn 'sʌndeɪ/ɑːftə'nuːn/	negli anni	Over the years Frida Kahlo underwent thirty-two ajor moperations.
over the years	/ˌəʊvə ðə 'jɪəz/	quando aveva 6/37/70 ecc	When Frida was 6 she contracted polio.
When she/he etc was	/ɪˌwen ʃiː/hiː wəz 'sɪks/	anni	While she was convalescing she took up painting.
6/37/70 etc	θɜːti 'sev(ə)n/'sev(ə)nti/	mentre era seduto/a, mentre stava guardando ecc	
while he/she etc was sitting/ watching etc	/ɪˌwaɪl hiː/ʃiː wəz 'sɪtɪŋ/ 'wɒtʃɪŋ/		

Review C (page 98)

break out (phr v)	/ɪˌbreɪk 'aʊt/	scoppiare	War broke out in 1939.
distinguished (adj)	/dɪ'stɪŋwɪʃt/	brillante	She enjoyed a distinguished career and won an Oscar.
hangover (n)	/'hæŋəʊvə/	risacca	A hangover is the feeling of being tired and ill because you have drunk too much alcohol.
be nominated for	/bi ˈnɒmɪneɪtəd fɔː/	essere candidato/a a	Audrey Hepburn was nominated for and won an Oscar.
oil reserves (n pl)	/'ɔɪl rɪˌzɜːvz/	giacimenti di petrolio	Vast oil reserves are thought to exist under the Arctic ice cap.
rate of inflation (n)	/ɪˌreɪt əv ɪnˈfleɪʃ(ə)n/	tasso d'inflazione	We expect the rate of inflation will rise sharply.

Unit 10 (page 100)

be addicted to	/bi: ə'dɪktɪd tu:/	essere dipendente da	Do you think it's healthy to be addicted to designer labels?
antithesis (n)	/æn'tɪθəsis/	antitesi	The old man in the straw hat is the antithesis of everything the Levis ad stands for.
circulation (n) (TS)	/,sɜ:kju'leɪʃ(ə)n/	tiratura	The circulation of a newspaper is how many copies it sells.
clue (n)	/klu:/	chiave (per capire q.csa)	A clue to something gives you an idea what it is really about.
conjure up (phr v)	/,kɒndʒə 'ʌp/	evocare	Something that conjures up an image or scene makes you think of that image or scene.
convention (n)	/kən'venʃ(ə)n/	convenzione	Rebels do not care about conventions .
couldn't care less	/,kʊd(ə)nt keə 'les/	non poter fregarsene di meno	If you couldn't care less about something, it doesn't concern or worry you at all.
by default	/,baɪ dɪ'fɔ:lt/	automaticamente	If there is too much product placement, the producer is the loser and, by default , the brand.
dejected (adj)	/dɪ'dʒektɪd/	abbattuto/a	Someone who is dejected is very disappointed and upset.
disapproval (n)	/dɪsə'pru:v(ə)l/	disapprovazione	Disapproval is the feeling that you do not like or approve of something.
epitomise (v)	/ɪ'pɪtəmaɪz/	compendiare	The Levis 501s ad epitomises everything that is cool.
extract (n)	/'ekstrækt/	stralcio, passo	An extract from a book is a short piece of writing that is taken from it.
fiercely male-dominated (adj)	/,fɪəsli 'meɪldɒmɪneɪtəd/	fieramente controllato da uomini	A business or industry that is fiercely male-dominated is controlled aggressively by men.
flattering (adj) (TS)	/'flæt(ə)rɪŋ/	lusinghiero/a	A flattering photo is one that makes you look good.
gutter press (n) (TS)	/'gʌtə ,pres/	stampa scandalistica	The gutter press are newspapers that print a lot of shocking stories.
haunting (adj)	/'hɔ:ntɪŋ/	malinconico/a	A haunting piece of music is sad in a beautiful way.
heart-throb (n)	/'hɑ:t,θrɒb/	rubacuori	Nick Kamen was considered a heart-throb amongst women.
hit the screens	/,hɪt ðə 'skri:nz/	andare in onda	The ad was a massive success the minute it hit British TV screens .
holdall (n)	/'həʊldɔ:l/	sacca	A holdall is a large bag used for carrying sports equipment.

inaccuracy (n) (TS)	/ɪn'ækjʊrəsi/	inesattezza	Inaccuracies are things that are said and written that are not true or correct.
junior school (n)	/'dʒuːniə ,skuːl/	scuola per bambini dai 7 agli 11 anni	In the UK, junior school is for children aged between 7 and 11.
lasting effect (n)	/,lɑːstɪŋ ɪ'fekt/	effetto prolungato	If something has a lasting effect , it changes or influences things for a long time afterwards.
look back (phr v)	/,lʊk 'bæk/	guardare a	Every period in history likes to look back nostalgically to a mythical past.
motion sickness (n) (TS)	/'məʊʃn ,sɪknəs/	mal d'auto (o di mare o d'aereo)	Motion sickness is an unpleasant feeling in your stomach when you are travelling.
mythical (adj)	/'mɪθɪk(ə)l/	mitico/a	Every period in history likes to look back nostalgically to a mythical past.
nostalgically (adv)	nɒ'stældʒɪkli/	nostalgicamente	Every period in history likes to look back nostalgically to a mythical past.
over-hyped (adj) (TS)	/,əʊvə'hɑɪpt/	gonfiato/a, esagerato/a	Something that is over-hyped is not as good as it is advertised to be.
promising (adj)	/'prɒmɪsɪŋ/	promettente	Something that looks promising seems attractive or interesting.
rebel (n)	/'reb(ə)l/	ribelle	A rebel is someone who opposes people in authority or traditional ways of doing things.
resolve to do sth	/rɪ,zɒlv tə 'duː sɒmθɪŋ/	decidere di	After his experience in the playground, Neil resolved to be more like the other boys.
rugged (adj)	/'rʌɡɪd/	aitante	" Rugged " is an adjective used to describe a man who is attractive in a strong, athletic way.
scandalous (adj) (TS)	/skænd(ə)ləs/	scandaloso/a	The gutter press prints scandalous or embarrassing stories about famous people.
be scared stiff (TS)	/bi ,skeəd 'stɪf/	essere un fifone	If you are scared stiff , you are extremely frightened.
soundtrack (n)	/'saʊnd,tɹæk/	colonna sonora	A soundtrack is the music that accompanies a film.
No smoke without fire. (TS)	/nəʊ ,sməʊk wɪðaʊt 'faɪə/	non c'è fumo senza arrosto	No smoke without fire is an expression meaning if something bad is said about a person or situation, there is usually a good reason for it.
storyline (n)	/'stɔːrɪ,lʌɪn/	trama	A storyline is the events in a book, film etc.
strip off (phr v)	/,strɪp 'ɒf/	spogliarsi	When someone strips off , they take their clothes off.
trade (v)	/treɪd/	scambiarsi	Trading football cards is a popular activity amongst boys.

SALES AND MARKETING

ad (n)	/æd/	pubblicità	" Ad " is an informal word meaning "advertisement".
advertising (n)	/'ædvətɑɪzɪŋ/	pubblicità	Advertising is a big part of the Bond movies.

advertising partner (n)	/'ædvətəɪzɪŋ ,pɑ:tnə/	sponsor pubblicitario	The film's advertising partners are the companies who finance the film and whose products are advertised in it.
box office hit (n)	/,bɒks ɒfɪs 'hɪt/	grande successo	A box office hit is a film that is extremely successful.
brainwashed (adj)	/'breɪn,wɒʃt/	che ha subito un lavaggio del cervello	Do you think children are brainwashed by advertising?
brand loyalty (n)	/'brænd 'lɔɪəlti/	fedeltà alla marca	Brand loyalty is the tendency of customers to buy a particular brand rather than trying other brands.
branded goods (n pl)	/'brændəd 'gudz/	roba di marca	Branded goods are expensive goods that are made by a well-known company.
commercial (n)	/kə'mɜ:ʃ(ə)l/	commerciale	The Levis commercial conjures up an authentic American scene.
credibility (n) (TS)	/'kredə'bɪləti/	credibilità	Children want what their friends have – playground credibility is very important.
deal (n)	/di:l/	affare	The deals between companies and the makers of the Bond movies were worth millions of dollars.
designer brand/label (n)	/dɪ,zəɪnə 'brænd/ 'leɪb(ə)l/	marche, firme, marchi di fabbrica	Designer brands/labels are very important to a lot of young people.
designer shop (n)	/dɪ,zəɪnə 'ʃɒp/	negozi di roba firmata	I love looking at the handbags and shoes in the windows of designer shops .
empowering (adj)	/ɪm'pauəɪŋ/	rinvigorente	Something that is empowering makes you feel powerful or attractive.
fake (adj)	/feɪk/	falso/a	I can't stand fake designer goods!
fake (n)	/feɪk/	il falso, l'imitazione	If you show me two handbags, one a designer and one a fake, I can usually spot the fake .
fragrance (n)	/'freɪgrəns/	profumo	Fragrance is a word used in advertising to mean "perfume".
iconic (adj)	/aɪ'kɒnɪk/	che è un'icona	Someone or something that is iconic is extremely famous and well-known.
jingle (n) (TS)	/'dʒɪŋɡl/	canzoncina	An advertising jingle is the music and words associated with a product that is advertised.
a leaping puma	/ə ,li:piŋ 'pju:mə/	il puma che salta	The leaping puma is a famous designer logo – it shows an animal called a puma jumping in mid-air.
logo (n)	/'lɒgəʊ/	marchio	How many of the logos on the first page of Unit 10 do you recognise?
nag (v) (TS)	/næg/	assillare	If you nag someone, you ask them again and again for something.
peer group (n)	/'piə ,gru:p/	gruppo di coetanei	Brands can help children fit in with a peer group , but they can also exclude them.
pester (v) (TS)	/'pestə/	assillare	If you pester someone, you ask them again and again for something.

pester power (n) (TS)	/ˈpestə ˌpaʊə/	potere dell'assillo	“ Pester power ” is the marketing potential of children who ask their parents to buy them things.
playground pound (n) (TS)	/ˌpleɪgraʊnd ˈpaʊnd/	cortile per la ricreazione	The “ playground pound ” is a key concept for advertisers.
positioning of a brand	/pəˌzɪʃ(ə)nɪŋ əv ə ˈbrænd/	mercato target	Positioning of a brand in the market refers to the type of people a particular product is aimed at.
product placement clutter	/ˌprɒdʌkt ˌpleɪsmənt ˈklʌtə/	molte cose di marca in un film	Product placement clutter is when there are too many branded products in a movie.
promote (v)	/prəˈməʊt/	promuovere	Twenty different companies promoted their products in the film <i>Die Another Day</i> .
radical chic (n)	/ˌrædɪkl ˈʃi:k/	radical chic	Radical chic is stylishness or fashion that is new and original.
revenue (n)	/ˈrevənjuː/	entrate	The Bond franchise rakes in a huge amount of revenue from advertisers.
a sense of identity (n)	/ə ˌsens əv aɪˈdentəti/	senso di identità	Do you agree that brands give children a sense of identity ?
sex appeal (n)	/ˈseks əˌpi:l/	attrattiva sessuale	The Levis 501s advert represented youthful rebellion and sex appeal .
strategically placed	/strəˌtɪ:dʒɪkli ˈpleɪst/	posizionati in modo strategico	Products that are strategically placed appear during a film in ways that are designed to make people notice them.
stripe (n)	/straɪp/	striscia a (di colore)	A stripe is a line of colour on a plain surface.
tick (n)	/tɪk/	segno che indica risposte satte	A tick is the symbol that a teacher writes against an answer to show that it is correct.
youthful rebellion (n)	/ˌjuːθf(ə)l rɪˈbeljən/	ribellione giovanile	The Levis 501s advert represented youthful rebellion and sex appeal.

SPOKEN DISCOURSE MARKERS

Anyway, to get back to what I was saying ...	/ˌeniweɪ tə get bæk tə ˌwɒt aɪ wəz ˈseɪɪŋ/	Comunque, tornando al discorso di prima ...	Anyway, to get back to what I was saying ... The point I’m trying to make is that famous people have families with feelings.
But the thing is...	/bʌt ðə ˈθɪŋ ɪz/	Ma il fatto è che ...	But the thing is, I rarely seem to read anything true about myself these days.
Hang on ...	/ˌhæŋ ˈɒn/	Aspetta ...	Hang on, I haven’t finished.
If I could just come in here ...	/ɪf aɪ kʊd ˌdʒʌst kʌm ˈɪn hɪə/	Se posso dire la mia ...	If I could just come in here, I think we need to address the root of the problem.
If you would just let me finish ...	/ɪf juː wʊd ˌdʒʌst let miː ˈfɪnɪʃ/	Se mi lasci finire ...	If you would just let me finish – of course the press have been important.
If you would let me answer the question ...	/ɪf juː wʊd ˌlet miː aːnsə ðə ˈkwesʃ(ə)n/	Se mi lasci rispondere alla domanda ...	If you would let me answer the question, I think we need to look at relationship between fame and the press.

The point I'm trying to make here is ...	/ðə ˌpɔɪnt aɪm traɪɪŋ tə 'meɪk hɪə/	Quello che sto cercando di dire è che...	The point I'm trying to make here is that famous people have families with feelings.
The problem is ...	/ðə 'prɒbləm ɪz/	Il problema è...	The problem is , it's not always clear what's true and what isn't.
I'm sorry to interrupt you but ...	/aɪm ˌsɒri tuː ɪntə'rʌpt juː/	Scusa se ti interrompo ma...	Well, I'm sorry to interrupt you , but we've run out of time.
Sorry, but ...	/'sɒri ˌbʌt/	Scusa, ma...	Sorry, but I can't believe that you're actually complaining about free publicity.
What you didn't say was ...	/wɒt juː 'dɪd(ə)nt seɪ wɒz/	Quello che non hai detto è che...	What you didn't say was what those inaccuracies were.

VERB PHRASES – “LOOK AT”

eye up	/ˌaɪ 'ʌp/	dare un'occhiata	I can't walk past a designer shop without eyeing up the handbags in the window.
gaze at	/'geɪz ˌæt/	fissare	She spends hours gazing at photos in fashion magazines.
glance at	/'glɑːns ˌæt/	dare un'occhiata a	I always glance at my reflection in shop windows.
stare at	/'steər ˌæt/	fissare	People stare at me because I look different.

VERB PHRASES – “SEE”

catch sight of	/ˌkæʃ 'saɪt əv/	notare	When she caught sight of my designer mobile phone, I could see she was jealous.
make out	/ˌmeɪk 'aʊt/	distinguere	I could just make out a building in the distance.
notice	/'nəʊtɪs/	notare	A lot of people like to be noticed .
spot	/spɒt/	distinguere	Could you spot a fake handbag from a designer one?

Unit 11 (page 110)

the accounts (n pl)	/ˌdiː ə'kaʊnts/	conti	The accounts are the record of the money a company receives and spends.
amoebic dysentery (n)	/əˌmiːbɪk 'dɪs(ə)ntri/	amebiasi intestinale	Amoebic dysentery is a tropical illness which makes you go to the toilet very often and become weak.
ant (n)	/ænt/	formica	An ant is an insect that lives under the ground in large, organised groups and can bite.

bash (v)	/bæʃ/	colpire con violenza	If you bash something, you hit it very hard.
go berserk	/,ɪgəʊ bə'zɜ:k/	diventare una belva	If you go berserk , you start behaving in a very angry or busy way.
birth rate (n)	/'bɜ:θ ,reɪt/	tasso di natalità	The birth rate is the number of babies who are born in a particular year or place.
black out (phr v)	/,blæk 'aʊt/	svenire	If you black out , you suddenly become unconscious.
bunk (n)	/bʌŋk/	cuccetta	A bunk is one of two small beds that are joined together, one above the other.
buzz (n)	/bʌz/	fermento	A buzz is a feeling of excitement among a group of people.
catering company (n)	/'keɪtərɪŋ ,kʌmp(ə)ni/	catering	A catering company is one that prepares food and drinks for an event or organization.
come to your senses	/,kʌm tə jɔ: 'sensəz/	tornare in sé	When you come to your senses , you finally start behaving sensibly again.
dent (v)	/dent/	ammaccare	If something dents something else, it pushes the surface inwards.
dodge gunfire	/,ɪdɒdʒ 'gʌnfʌɪə/	scansare un colpo	If you dodge gunfire , you run away to avoid being shot.
embellish (v)	/ɪm'belɪʃ/	abbellire	People love to embellish stories to make them sound more dramatic.
faint (v)	/feɪnt/	svenire	If you faint , you suddenly lose consciousness.
get sth out of your system	/'get sʌmθɪŋ aʊt əv jɔ: 'sɪstəm/	togliersi: dalla testa	If you get something out of your system , you get rid of strong feelings about someone or something.
judging by	/'dʒʌdʒɪŋ ,baɪ/	a giudicare da	Judging by her low marks, she is bound to fail the exam.
latrine (n)	/lə'tri:n/	latrina	A latrine is a toilet that is outside.
lower your expectations	/'ləʊə jə ɛkspek'teɪf(ə)nz/	diminuire le proprie aspettative	If you lower your expectations , you do not try to achieve something because you think it will be too difficult.
premises (n pl)	/'premɪsɪz/	sede	The premises are the buildings that a business or organization uses.
raging fever (n)	/'reɪdʒɪŋ 'fi:və/	febbre da cavallo	If you have a raging fever , you are very hot and have a very high temperature.
skull (n)	/skʌl/	cranio	Your skull is the bones of the head.
stinking (adj)	/'stɪŋkɪŋ/	puzzolente	A stinking place or object smells extremely unpleasant.
stitch (n)	/'stɪtʃ/	punto (di sutura)	A stitch is a short piece of thread that is used for joining your skin together when you have cut yourself badly.
be swarming with sth	/'bi 'swɔ:mɪŋ wɪð/	brulicare di	The room was swarming with huge ants.
swell up (phr v)	/'swel 'ʌp/	gonfiarsi	One ant had bitten my thigh, which had swollen up like a balloon.
women's liberation movement (n)	/'wɪmɪnɪz lɪbə'reɪʃn 'mu:vmənt/	movimento di emancipazione femminile	The women's liberation movement is an organisation that makes sure women have the same opportunities as men.

be wracked with pain	/bi ˌrækt wɪð 'peɪn/	essere distrutto/a dal dolore	If someone is wracked with pain , their body, or part of their body, hurts a lot.
EDUCATION			
A-level (n)	/'eɪlev(ə)l/	esami di maturità	A-levels are exams that students take in England and Wales before going to university.
apply for a place (at)	/əˌplaɪ fər ə 'pleɪs/	far domanda per	Henry's teacher told him he shouldn't apply for a place at university.
boarding school (n)	/'bɔːdɪŋ ˌskuːl/	collegio	A boarding school is a school where the students can live.
evening course (n)	/'iːvniŋ ˌkɔːrs/	corso serale	Romy took an evening course in maths and accounting.
fail an exam	/'feɪl ən ɪɡ'zæm/	non superare un esame	My parents will kill me if I fail the exam!
fees (n pl)	/'fiːz/	tasse	I had to get a bank loan to pay my university fees .
GCSE (n)	/'dʒiːsiːes'iː/	esami finali della scuola dell'obbligo	GCSEs are exams that students take in England and Wales when they are 15 or 16.
get a loan	/'get ə 'ləʊn/	chiedere un prestito	I need to get a loan to pay the university fees.
get good/low marks	/'get ˌɡʊd/ˌləʊ 'mɑːks/	prendere voti alti/bassi	Romy wasn't very good at maths at school and always use to get low marks .
go on to further education	/'gəʊ ɒn tə ˌfɜːðə edʒu'keɪʃ(ə)n/	continuare a studiare	Nowadays more and more people go on to further education .
learn by heart	/'lɜːn baɪ 'hɑːt/	imparare a memoria	A lot of vocabulary has to be learnt by heart .
secondary school (n)	/'sekənd(ə)ri ˌskuːl/	scuola media inferiore e superiore	Secondary school is a school for students between the ages of 11 and 16 or 18.
take a course	/'teɪk ə 'kɔːrs/	fare un corso	She decided to take a course in maths and accounting.

COLLOQUIAL EXPRESSIONS

It took my breath away.	/'ɪt ˌtʊk maɪ 'breθ əweɪ/	Mi ha tolto il fiato.	The view from the top of the mountain was spectacular – it took my breath away .
burst into tears	/'bɜːst ɪntə 'tɪəz/	scoppiare in lacrime	She burst into tears when she heard she'd failed the exam.
be at death's door	/'biː ət ˌdeθs 'dɔː/	stare per morire	I was at death's door until I got the antibiotics.
I was dying for a drink.	/'aɪ wəz ˌdaɪŋ fər ə 'drɪŋk/	Stavo morendo di sete.	We'd been walking for hours and it was hot and sticky – I was dying for a drink .

I was at the end of my tether.	/aɪ wəz ət ðiː ˌend əv maɪ ˈteðə/	Non ce la facevo più.	When they still hadn't come home by midnight, I was at the end of my tether .
I was on my last legs.	/aɪ wəz ɒn maɪ ˌlɑːst ˈlegz/	Stare in piedi per miracolo.	I'd been working for 12 hours and was on my last legs .
I was going out of my mind.	/aɪ wəz ˌgəʊɪŋ aʊt əv maɪ ˈmaɪnd/	Stavo uscendo di senno.	I'd been waiting all evening for him to call and was going out of my mind .
It was mind-blowing.	/ɪt wəz ˈmaɪnd ˌbləʊɪŋ/	È stato sconvolgente.	"What did you think of the concert?" " It was mind-blowing. "
be over the moon	/biː ˌəʊvə ðə ˈmuːn/	al settimo cielo.	I was over the moon when I heard I'd passed the exam.

JOB INTERVIEWS

concisely (adv)	/kənˈsaɪslɪ/	coincisamente	If you speak concisely , you use enough words, but not too many, to explain what you mean.
conscientious (adj)	/ˌkɒnʃiˈenʃəs/	scrupoloso/a	Someone who is conscientious works hard.
embark on a career	/ɪmˌbɑːk ɒn ə kəˈrɪə/	intraprendere una professione	He'd like to embark on a career in the legal profession.
gain experience	/ˌgeɪn ɪkˈspɪəriəns/	fare esperienza	It's important to gain as much experience as you can.
highly motivated	/ˌhaɪli ˈməʊtɪveɪtɪd/	fortemente motivato/a	Someone who is highly motivated works hard and is determined to succeed.
interpersonal skills (n pl)	/ˌɪntəˌpɜːs(ə)nəl ˈskɪlz/	capacità di relazionarsi	Good interpersonal skills are necessary when you're working with other people.
keenness (n)	/ˈkiːnnəs/	entusiasmo	Keeness is a word that means the same as "enthusiasm".
lack of experience	/ˌlæk əv ɪkˈspɪəriəns/	mancanza di esperienza	Sound confident but admit your lack of experience in certain areas.
proper planning (n)	/ˌprɒpə ˈplænɪŋ/	buona organizzazione	Proper planning is an expression meaning "good organisation".
sound confident	/ˌsaʊnd ˈkɒnfɪd(ə)nt/	sembrare sicuro di sé	Sound confident but admit your lack of experience in certain areas.
stick to the point	/ˌstɪk tə ðə ˈpɔɪnt/	non divagare	Answer questions concisely and stick to the point .
strengths and weaknesses (n pl)	/ˌstreŋθs ən ˈwiːknəsəz/	punti di forza/deboli	Your strengths are the things you are good at; your weaknesses are the things you are not good at.
team-player (n)	/ˈtiːmˌpleɪə/	uno bravo a giocare in squadra	A team-player is someone who is good at working with other people.
training opportunities (n pl)	/ˈtreɪnɪŋ ɒpəˌtjuːnətɪz/	opportunità di esercitarsi	Training opportunities are opportunities to get new skills and learn more.
waffle (v)	/ˈwɒf(ə)l/	blaterare	Someone who waffles talks a lot but doesn't say anything important.
be well-suited to sth	/bi ˌwelˌsuːtəd tə ˈsmθɪŋ/	essere molto adatto a	I'm well-suited to this kind of work because I work well under pressure.

Unit 12 (page 118)

aesthetics (n pl) (TS)	/əs'θetɪks/	estetica	The word " aesthetics " relates to the appearance of things rather than their practical use.
chunk (n)	/tʃʌŋk/	grosso pezzo, tocco	A chunk is a large piece of something.
draught (n)	/dra:ft/	corrente (d'aria)	A draught is cold air that comes into a building or room.
the elements (n pl)	/,di: 'elɪmənts/	elementi	" The elements " is an expression used to talk about the weather, especially the wind and rain.
estuary (n)	/'estjuəri/	estuario	An estuary is the part of a large river where it becomes wide and flows into the sea.
fossil fuels (n pl)	/'fɒs(ə)l ,fju:əlz/	combustibili fossili	Fossil fuels are fuels such as coal or oil; they are bad for the environment.
harbour (v)	/'hɑ:bəl/	contenere	If something harbours an unpleasant or harmful substance or thing, it contains it.
ivy (n)	/'aɪvi/	edera	Ivy is a plant with dark green leaves that grows up walls or spreads over a large area.
pitch dark (adj)	/'pɪtʃ 'dɑ:k/	buio pesto, nero come la pece	If a place is pitch dark , it is totally black with no light.
poker (n)	/'pəʊkə/	attizzatoio	A poker is a metal stick used for moving coal or wood around on a fire.
pop next door	/'pɒp nekst 'dɔ:/	fare un salto dal vicino	If you pop next door , you go to see your neighbours.
raker (n)	/'reɪkə/	pinza	A raker is a tool used for separating pieces of burning coal on a fire.
reliance on sb/sth	/'rɪ'laɪəns ɒn sʌmbədi ˌθɪŋ/	dipendenza da	The earth shelter demonstrates that you can have a comfortable life without reliance on fossil fuels.
rise (past tense rose) (v)	/'raɪz (pɑst tense rəʊz) /	alzarsi	When you rise in the morning, you get out of bed.
sandbank (n)	/'sænd,bæŋk/	banco di sabbia	A sandbank is an area of sand at the edge of a river or the sea.
serenity (n)	/'sə'renəti/	serenità	Serenity is a feeling of calm and peace.
at short notice	/ət ,ʃɔ:t 'nəʊtɪs/	con poco preavviso	If you do something at short notice , you do it without having much time to prepare for it.
socialise (v) (TS)	/'səʊʃəlaɪz/	socializzare	When you socialise with other people, you spend time with them in a relaxed way.

HOUSES/HOMES

apartment block (n)	/ə'pɑ:tmənt ,blɒk/	caseggiato	An apartment block is a tall building containing apartments on different levels.
bed and breakfast (n)	/,bed ən 'brekfəst/	bed and breakfast	A bed and breakfast is a small hotel or private house that provides a room for the night and breakfast in the morning.
bungalow (n)	/'bʌŋɡələʊ/	villetta a un piano	A bungalow is a house on one level.
central heating (n)	/,sentrəl 'hi:tɪŋ/	riscaldamento centralizzato	Central heating is a system that heats a whole house or building.
earth (n)	/ɜ:θ/	terra	Earth is the substance in which plants grow that covers most of the land.
eco-dwelling (n)	/'ekəʊ,dwelɪŋ/	casa ecologica	An eco-dwelling is a house that is built in a way that is not harmful to the environment.
eco-friendly (adj)	/'ekəʊ,frendli/	ecologico/a	An eco-friendly house is designed not to be harmful to the environment.
en suite (n)	/,ɒn 'swi:t/	bagno annesso a una stanza da letto	An en suite is a bathroom that is joined to a bedroom.
face north/south etc	/,feɪs 'nɔ:θ/'saʊθ/	guardare a nord/sud	One side of the earth shelter faces south with a lot of glass, so we have a lot of daylight.
guesthouse (n)	/'gest ,haʊs/	pensione	A guesthouse is a small hotel or private house where people pay to stay for the night.
heat loss (n)	/'hi:t ,lɒs/	perdita di calore	Heat loss is the process by which warm air leaves a house or building so that it becomes colder.
layout (n)	/'leɪ,aʊt/	disegno, disposizione, aspetto	The layout of a room or house is its shape and the way in which it is designed.
lighthouse (n)	/'laɪt ,haʊs/	faro	A lighthouse is a tall, thin building next to the sea with a light that flashes to warn ships of danger.
be in the middle of nowhere	/bi: ɪn ðə ,mɪdl əv 'nəʊweə/	stare in mezzo al nulla	If you are in the middle of nowhere , you are in a lonely place that is a long way from towns and cities.
plasterboard (n)	/'plɑ:stə,bɔ:d/	pannello di cartongesso	Plasterboard is plaster that is put between layers of strong paper and used for covering walls.
shelter (n)	/'ʃeltə/	rifugio	A shelter is a place to live.
structure (n)	/'strʌktʃə/	struttura	Living in a round structure , you feel protected.
stuffy (adj)	/'stʌfi/	senz'aria, chiuso, soffocante	A stuffy room or building does not have enough air.

terrace (n)	/ˈterəs/	terrazzo	A terrace is a flat area outside a building where you can sit and have meals.
vinyl (n)	/ˈvaɪn(ə)l/	linoleum	Vinyl is a type of light, strong plastic, often used for kitchen floors.
FURNISHINGS			
bell (n)	/bel/	campanello	A bell is a piece of equipment on a door that you ring to let someone know you are there.
blinds (n)	/blaɪndz/	veneziana	Blinds are window covers that you pull down from the top to the bottom.
bolt (n)	/bəʊlt/	catenaccio	A bolt is a metal bar that you slide across a door to lock it.
candlestick (n)	/ˈkænd(ə)l,stɪk/	bugia, candelabro	A candlestick is an object for holding a candle.
chrome (n) (TS)	/krəʊm/	cromo	Chrome is a hard metal substance used for covering other materials to make them shiny.
coat hook (n)	/ˈkəʊt ˌhʊk/	attaccapanni	A coat hook is a curved piece of metal used for hanging a coat on.
curtains (n pl)	/ˈkɜːtənz/	tende	Curtains are long pieces of material that hang down to cover a window.
cushion (n)	/ˈkʌʃ(ə)n/	cuscino	A cushion is a small square bag used for making a seat more comfortable.
doormat (n)	/ˈdɔːmət/	zerbino	A doormat is a piece of material that you clean the bottom of your shoes on before entering a house.
double-glazing (n)	/ˌdʌblˈgleɪzɪŋ/	doppio vetro	Double-glazing is windows made of two layers of glass to make a room warmer and quieter.
dustpan and brush (n)	/ˌdʌs(t)pæn ən ˈbrʌʃ/	paletta e scopa	A dustpan and brush is a small, flat container and brush used for brushing dirt from the floor into.
fireplace (n)	/ˈfaɪə,pleɪs/	caminetto	A fireplace is a place in a room where the fire burns.
fitted carpet (n)	/ˌfɪtɪd ˈkɑːpɪt/	moquette	A fitted carpet is a carpet that has been made especially to fit a particular room.
floor covering (n)	/ˈflɔː ˌkʌv(ə)rɪŋ/	rivestimento per pavimenti	Floor coverings are materials that are used to cover floors that you walk on.
ironing board (n)	/ˈaɪ(ə)nɪŋ ˌbɔːd/	asse da stiro	An ironing board is a tall, narrow table that you use to do the ironing.
knocker (n)	/ˈnɒkə/	batacchio	A knocker is a piece of metal on a front door that you use to let someone know you are there.
latch (n)	/lætʃ/	chiavistello, saliscendi	A latch is a thin, metal bar used for keeping a door shut.
letterbox (n)	/ˈletə,bɒks/	cassetta per le lettere	A letterbox is a small hole in a door for pushing letters through.

light switch (n)	/ˈlaɪt ˌswɪtʃ/	intermittore della luce	A light switch is a piece of plastic like a button that you use for switching a light on and off.
mantelpiece (n)	/ˈmænt(ə)lˌpiːs/	mensola del caminetto	A mantelpiece is a shelf above a fireplace that you can put ornaments or photos on.
ornament (n)	/ˈɔːnəmənt/	soprammobile	An ornament is a small attractive object used for decoration.
parquet (n)	/ˈpɑːkeɪ/	parquet	Parquet is a floor made of blocks of wood that form a pattern.
patterned wallpaper (n)	/ˌpæt(ə)nd ˈwɔːlpeɪpə/	carta da parati	Patterned wallpaper is paper that covers the walls of a room with a design on it.
power point (n)	/ˈpaʊə ˌpɔɪnt/	presa elettrica	A power point is a place on a wall where you can connect equipment to the electricity supply.
radiator (n)	/ˈreɪdiətə/	termosifone	A radiator is a large metal object on a wall used for heating a room.
rug (n)	/rʌg/	tappeto	A rug is a small carpet that covers part of a floor.
shaving socket (n)	/ˈʃeɪvɪŋ ˌsɒkɪt/	presa per il rasoio elettrico	A shaving socket is a place on a wall in a bathroom where men can connect their shaver to the electricity supply.
shelf (n)	/ʃelf/	mensola, scaffale	A shelf is a flat piece of wood, metal, or glass used for putting things such as books on.
shower curtain (n)	/ˈʃaʊə ˌkɜːt(ə)n/	tenda della doccia	A shower curtain is a long piece of plastic that you pull across a shower to prevent things getting wet.
shutters (n pl)	/ˈʃʌtəz/	imposte	Shutters are wooden covers used for covering the outside of a window at night or when it is hot.
sill (n)	/sɪl/	davanzale	A sill is a narrow shelf at the bottom of a window.
sink (n)	/sɪŋk/	lavandino	A sink is a large, open container for water in a bathroom or kitchen.
tea towel (n)	/ˈtiː ˌtaʊəl/	torcione	A tea towel is a small, cotton towel used for drying dishes, knives, forks, etc in a kitchen.
tiles (n pl)	/taɪlz/	piastrelle	Tiles are square, flat pieces of stone or other material used for covering walls or floors.
towel rail (n)	/ˈtaʊəl ˌreɪl/	portasciugamano	A towel rail is a long, thin piece of metal used for putting towels on.
tumble dryer (n)	/ˈtʌmb(ə)l ˌdraɪə/	asciugatrice	A tumble dryer is a piece of equipment used for drying clothes.
washbasin (n)	/ˈwɒʃˌbeɪs(ə)n/	lavandino	A washbasin is the container in a bathroom used for washing your face and hands in.

Review D (page 126)

binoculars (n pl)	/bɪ'nɒkjʊləz/	binocolo	We could see the island in the distance through the binoculars .
grant (n)	/grɑːnt/	borsa di studio	Adam got a full grant to pay for his studies.
invoice (n)	/'ɪnvɔɪs/	fattura	Could you take these invoices to the accounts department?
orphanage (n)	/'ɔːf(ə)nɪdʒ/	orfanotrofio	An orphanage is a place where children without parents live.
troubled (adj)	/'trʌb(ə)ld/	traumatico/a, difficottoso/a	Adam had a troubled childhood and was brought up in an orphanage.

Grammar *Extra*

Unit 1 Verb structures. Auxiliaries

Part 1: Verb structures

Verbi al presente

Si usa il simple present per parlare di abitudini o cose che sono sempre vere.

I usually go to bed around midnight. / The sun rises in the east.

Si usa il present continuous per attività che sono in corso di svolgimento o per descrivere situazioni che cambiano. *I'm learning Japanese as well as English. / The Earth is getting warmer.* Si usa il present perfect per parlare di situazioni iniziate nel passato che continuano nel presente o che dipendono da un episodio avvenuto nel passato o che sono avvenute in un tempo indefinito nel passato. *I've been*

taking English classes since last year. / Look, she's changed her hairstyle. / We've seen Madonna in concert nine times!

Strutture del verbo nel passato

Generalmente si usa il past continuous differenziandolo dal past simple per parlare di attività che si stavano svolgendo mentre qualcosa accadeva. *He was living in London when he met her.* Si usa il past perfect per indicare che un evento passato è avvenuto prima di un altro evento passato. *The film had started when I arrived.*

Si può usare sia *would* che *used to* per riferirsi a azioni regolari o ripetute nel passato. *When she lived with us, she used to get up at six o'clock and would always have coffee for breakfast.*

Si può anche utilizzare *used to* – ma non *would* – per riferirsi a delle situazioni o degli stati nel passato. *I used to have a motorbike but I sold it.*

Parte 2: Ausiliari

so / neither (nor)

I verbi ausiliari *be, have* and *do* sono impiegati in diverse strutture verbali. Vengono anche utilizzati con *so* e *neither (nor)* in brevi domande rafforzative o in risposte brevi. Si usa *so* nel significato di 'also' nella struttura *So + auxiliary + subject.*

'I'm American.' 'So am I.'

Si usa *neither* o *nor* nel significato 'also not' nella stessa struttura.

'I can't swim.' 'Nor can my brother.'

Sia *so* e *neither* vengono usati per esprimere accordo fra gli interlocutori. Quando invece non sono d'accordo, si dice *'I'm Irish.' 'I'm not.'* (e non *'I'm not Irish.'*) / *'He hasn't got a car.'* *'She has.'* (not *'She's.'*)

Question tags (Brevi domande rafforzative)

Per affermare qualcosa, si usa generalmente una question tag negativa, mentre per mettere

qualcosa in dubbio, si utilizza una question tag affermativa. *You're Irish (+), aren't you (-)? / You're not Irish (-), are you (+)?*

Si usa *they* per riferirsi a *somebody, anybody/everybody* e *nobody*. *Somebody must have seen her, mustn't they?* Si usa una question tag affermativa dopo *never, hardly, little*. *He never gives up, does he?* Si può usare *will/would* o *can/can't/could* dopo gli imperativi. *Get me some milk from the shops, would you?* Altri casi: *Let's go out for dinner, shall we? / There's no time left, is there? / Nothing can go wrong, can it?*

Unit 2 Paradigmi verbali (1)

verbo + infinito con *to*

Questi verbi non hanno un oggetto prima dell'infinito con *to*: *aim, arrange, attempt, can't afford, decide, hope, intend, manage, offer, plan, refuse, seem, tend, try*. *She manages to stay in shape.*

verbo + oggetto + infinito con *to*

a) Questi verbi a volte hanno un oggetto davanti all'infinito con *to*: *expect, help, want*. *I wanted her to go out with me, but she said she was busy.*

b) Questi verbi hanno in genere un oggetto davanti all'infinito con *to*: *allow, encourage, force, remind, teach, urge, warned (not)*. *My father taught me to swim when I was five.*

verbo + gerundio

Si usa il gerundio dopo questi verbi: *avoid, can't stand, don't mind, enjoy, fancy, finish, keep, miss, spend/waste time*.

I can't stand being the centre of attention.

verbo + oggetto + gerundio

Questi verbi a volte hanno un oggetto davanti al gerundio: *avoid, don't mind, dread*.

I dreaded my parents finding out.

verbo + oggetto + infinito senza *to*

Make e *let* hanno un oggetto davanti all'infinito senza *to*. *They let me have my own beliefs.*

Unit 3 Discorso indiretto. Il condizionale 'irreale'

Part 1: Discorso indiretto

Nel discorso indiretto si riferisce con proprie parole quello che altri hanno detto. Si usano generalmente i verbi *say (that)* o *tell (someone that)* e *ask (someone if / whether)* per domande.

Tempi

In genere c'è uno spostamento all'indietro dei tempi. Present simple, continuous e perfect diventano past simple, continuous e perfect. Past simple e past continuous si trasformano in past perfect simple e past perfect continuous. I verbi modali *can* e *will* diventano *could* e

would. Alcune forme non cambiano: per esempio i verbi nel past perfect e i verbi modali could, might e would.

Ordine delle parole nelle domande del discorso indiretto

L'ordine delle parole nelle domande del discorso indiretto è identico a quello delle frasi affermative (soggetto + verbo). Non si usa *do/does/did*. Per domande polari (yes/no) si usa *if* o *whether*.

'Do you have enough money?' → *She asked me if / whether*

I had enough money.

Pronomi

I pronomi e gli aggettivi possessivi possono cambiare.

Discorso diretto: 'I like **your** ideas.'

Discorso indiretto 1: **My boss told me that she liked my ideas.**

Discorso indiretto 2: **His boss told him that she liked his ideas.**

Riferimenti temporali

Ecco alcuni dei più frequenti cambiamenti dei riferimenti temporali nel passaggio dal discorso diretto a quello indiretto: a few weeks ago → a few weeks previously; now → then; today → that day; tomorrow → the following day; this week → that week; next week → the following week. 'I'll see you **tomorrow**' → *He said he'd see me **the following day**.*

Part 2: Condizionali irreali

Sono frasi formate da una subordinata ipotetica con *if* e una frase principale. Ci si riferisce a situazioni irreali nel presente o nel passato.

Subordinata ipotetica con *if*

La subordinata ipotetica con *if* esprime la condizione. Per indicare che una situazione è immaginaria, c'è uno spostamento del tempo all'indietro. (present → past; past → past perfect).

Situazione reale	Situazione immaginaria
<i>I'm not rich.</i>	→ <i>If I was/were rich, ...</i>
<i>I spent too much money.</i>	→ <i>If I hadn't spent so much money, ...</i>

Frase principale

La frase principale indica la conseguenza della condizione, e può essere riferita al presente

(1) *wouldn't* + infinito senza *to*, o al passato

(2) *wouldn't* + *have* + participio passato.

Subordinata con	<i>if</i> Frase principale
<i>If I hadn't wasted all my money,</i>	→ <i>I wouldn't be poor now. (1)</i>
	→ <i>I wouldn't have lost my house. (2)</i>

Unit 4 Tempi narrativi. Future continuous e future perfect

Part 1: Tempi narrativi

Past simple e continuous

Il past simple si usa per indicare avvenimenti nel passato. Vi si possono descrivere gli episodi salienti di una storia. La maggior parte dei verbi è regolare e termina in *-d/-ed/-ied*, sebbene i verbi più frequenti sono spesso irregolari. Il past continuous si usa differenziandolo dal past simple. Si usa per descrivere azioni che si svolgevano durante gli eventi principali della storia. *When they **looked back**, the polar bear **was running** after them.*

Past perfect simple e continuous

Il past perfect si usa per descrivere un evento (simple) or un'attività in svolgimento (continuous) che precede gli avvenimenti principali del racconto. *When they made their first stop, they **had been travelling** for 12 hours. / He was just twenty-three and **had never been** on a polar expedition.*

Part 2: Future continuous e future perfect

Si usa il future continuous per parlare di un'azione che sarà in corso di svolgimento a un dato momento futuro. *Don't phone at 8.00 – we'll **be having** dinner.*

Si usa il future perfect per parlare di un'azione che sarà compiuta prima a un dato momento futuro. *I'll **have finished** work by 5.30.*

Unit 5 Abitudini del presente e del passato. Paradigmi verbali (2)

Part 1: Abitudini del presente e del passato

will / would

Per parlare di azioni abituali che sono tipiche e prevedibili si usa *will* per il presente e *would* per il passato.

*He'll **get up** at seven o'clock and he **won't talk** to anyone until he's finished his breakfast. / I'd walk home every day unless it was raining.*

Will e *would* vengono quasi sempre contratte ('ll, 'd). Le forme complete possono dare l'impressione che chi parla sia irritato. *She **will insist** on opening all the windows.*

used to

Si può utilizzare *used to* per parlare di abitudini o situazioni del passato.

*I **used to have** a pet rabbit called 'Dingbat'. / I **used to come** home from school every day at five o'clock. I **didn't use to enjoy** sports lessons.*

Part 2: Paradigmi verbali (2)

Un piccolo gruppo di verbi può essere seguito sia dall'infinito con *to* sia dal gerundio. Il significato del verbo cambia in questi casi differenti.

1 *try*

Se si usa l'infinito con *to*, si indica che l'azione del verbo non è portata a compimento. *I **tried***

to make her understand my feelings, but she wouldn't listen.

Nella costruzione col gerundio, l'azione del verbo è portata a compimento, ma non ha ottenuto l'effetto desiderato. *I tried leaving her messages, but she never replied.*

2 stop

L'infinito con to indica la ragione di un'interruzione. *She stopped to tell me about her boyfriend when I saw her in town.*

Il gerundio indica semplicemente che una attività o un'azione non si è protratta. *She stopped talking to him after they split up.*

3 remember, (never/not) forget

L'infinito con to è usato per riferirsi a azioni che qualcuno dovrebbe / avrebbe dovuto fare. *I remembered to buy her a birthday card. But I forgot to post it.*

Con il gerundio ci si riferisce a eventi precisi – cose effettivamente svolte da persone. *I remember meeting her in a bar. (= I met her and now I remember this meeting.) / I'll never forget kissing her for the first time.*

Nota. È inusuale utilizzare affermativamente *forget + gerund* (*He forgot meeting Bob.*).

'Don't remember' è più comune

(*He didn't remember meeting Bob.*).

Unit 6 Present perfect simple e continuous. Il passivo.

Part 1: Present perfect simple e continuous

Il *present perfect* indica sempre un collegamento fra il passato e il presente. Descrive azioni o processi che sono avvenuti o che stanno avvenendo in un tempo che giunge fino al presente.

La forma semplice (simple form) descrive in genere azioni compiute, ma non si indica quando queste azioni sono avvenute. *I've been to Rome.* La forma progressiva (continuous form) descrive in genere azioni incompiute o in corso di svolgimento. Si indica normalmente la durata. *I've been going to Rome since I was a child.*

La forma progressiva può anche descrivere un'azione appena finita, e i cui risultati sono visibili: *My hair's wet because I've been swimming.*

! Verbi che descrivono una singola azione sono inusuali nella forma progressiva. *She's lost her keys* (NON *She's been losing her keys*).

! Verbi che descrivono stati sono inusuali nella forma progressiva. *I've known her for years* (NON *I've been knowing her for years*).

Part 2: Il passivo

Nelle frasi passive l'oggetto di un verbo attivo diviene il soggetto di un verbo passivo.

soggetto	attivo verbo	oggetto
Somebody	's eaten	my sandwich!

soggetto	passivo verbo
My sandwich	has been eaten!

soggetto	attivo verbo	oggetto
The police	are holding	two men.

soggetto	passivo verbo	by + agente
Two men	are being held	by the police

Nelle frasi passive l'esecutore dell'azione – anche chiamato 'agente' – non si menziona o viene menzionato alla fine della frase dopo la preposizione *by*.

Unit 7 I modali nel passato. Articoli

Part 1: I modali nel passato

In aggiunta ai nove verbi modali 'puri' (*can, could, may, might, will, would, shall, should, must*), ci sono alcune espressioni che svolgono una funzione simile, e sono definite perciò 'semimodali': *be allowed to, have to, need to and ought to*.

Funzione	affermativa	Struttura	negativa
Che esprimono permesso	<i>was/were allowed to could</i>	<i>wasn't/weren't allowed to couldn't</i>	+ infinito (senza to) (<i>go / do etc.</i>)
Che esprimono obbligo	<i>had to needed to</i>	<i>didn't have to didn't need to</i>	
Parlando del 'giusto corso / svolgimento di un'azione'.	<i>should have ought to have</i>	<i>shouldn't have ought not to have</i>	+ participio passato (<i>gone / done etc.</i>)

Part 2: Articoli

Nessun articolo

Non si usano gli articoli con nomi propri, di luoghi, persone o ditte.

Ian Smith is from Leeds. He works at IBM.

Un'eccezione si fa quando l'articolo è parte del nome (*The USA, The BBC, The Beatles*).

Dato che l'articolo indeterminativo significa 'uno' non si usa nel plurale o con sostantivi non quantificati. *He had lots of ideas, but not much money.*

Articolo indeterminativo a/an: introduzione

Si usa *a/an* menzionando per la prima volta una persona, un luogo o un oggetto.. *There was a tourist from the USA.*

Articolo indeterminativo *the*: riferimento o identificazione

Si usa *the* per riferirsi a una persona o una cosa già menzionata.

The tourist took a photo of a fisherman. ('Il turista' era già stato introdotto.) Puoi anche usare *the* quando una persona o una cosa fanno parte di un sapere condiviso.

The sun shone brightly as he looked out at the ocean.

(È ovvio di quale sole e quale oceano si tratta.)

Il riferimento a cose già menzionate e il sapere condiviso possono anche combinarsi. *He took a photograph. The click of the camera woke the man up.* (Sappiamo che per fare una foto ci vuole una macchina fotografica, e che le macchine fotografiche fanno click.)

Nota: Non si usa in genere l'articolo determinativo con sostantivi plurali o non numerabili.

Tigers are endangered. / Time is money.

Unit 8 *have / get something done*. Strutture del condizionale irreale

Part 1: *have / get something done*

Si usa *have something done* quando qualcuno fa qualcosa per te. Confronta le due frasi.

Mandy cut her hair last week. (= Si è tagliata lei stessa i capelli.)

Mandy had her hair cut last week. (= Si è fatta tagliare i capelli.)

Nota *get something done* è più informale.

Part 2: Strutture del condizionale irreale

Una frase irreali, con il condizionale irreali, si inizia generalmente con *if* quando si fanno delle domande. Ecco alcune alternative.

Frase condizionale		frase principale				
<i>If</i>		past simple	<i>what</i>	<i>would</i>	subject	infinitive?
<i>Imagine (that)</i>		past continuous	<i>where</i>	<i>could</i>		<i>be</i> + participio
<i>Supposing (that)</i>	subject	<i>were to</i> + inf.	<i>how</i>	<i>might</i>		passato?
<i>Suppose (that)</i>		<i>might</i>	etc.			<i>have</i> + participio
<i>Assuming (that)</i>		past perfect				passato?

Imagine you were meeting someone for the first time, how would you introduce yourself?

Assuming that you were to go on another date, where might you be planning to meet?

Unit 9 Verbi modali 'deduttivi' del passato. *look, seem, appear*

Part 1: Verbi modali 'deduttivi' del passato

Ci sono molti modi per esprimere il grado di certezza di eventi avvenuti nel passato.

Grado di certezza	Verbi modali ausiliari del passato	Altre espressioni
99% certain it WAS. ✓	<i>must</i> <i>may</i> (It) <i>could</i> + <i>have</i> + participio passato <i>might</i>	I'm almost certain it was ... I'm uncertain ...
99% certain it WASN'T. X	<i>can't</i>	I'm sure it wasn't ...

Stonehenge might have been a kind of temple. It must have taken a long time to move the huge stones.

! Il contrario di *must have been* è *can't have been*: *It can't have been easy trying to move stones without wheels.*

They must have been really heavy.

Part 2: *look, seem, appear*

look / seem + aggettivo

Il verbo *look* è relativo al senso della vista ed è seguito da un aggettivo

He looks great for his age. I verbi per gli altri sensi seguono lo stesso modello (*She sounds nice.*

It tastes great. It feels cold. That smells good.)

look like + sostantivo Significa 'somigliare ed è seguito in genere da un sostantivo.

He looks like Brad Pitt. (= Somiglia a Brad Pitt.)

look / seem as if / though + espressione verbale Si utilizza questa costruzione per esprimere un'impressione, ciò a cui una cosa somiglia. Il verbo di questa struttura può stare in qualsiasi tempo. *It looks as if it's fallen over. / She always seems as though she's going to cry.*

seem / appear + to be

Questi verbi servono a descrivere la comprensione di una situazione. Possono essere seguiti da un aggettivo o un'espressione nominale. phrase. *She seems sad. / He appears to be in trouble.*

Unit 10 Frasi relative. Enfasi (frase scissa)

Part 1: Frasi relative

Frasi relative non determinative

Le frasi relative non determinative si usano per due ragioni. O per commentare il complesso della frase principale o per dare informazioni aggiuntive, sebbene non essenziali, sulla persona o l'oggetto in questione. Confronta le seguenti:

He's going out with Julie, which I can't stand. (= un commento su tutta una frase principale)

He's going out with Julie, who I can't stand. (= un commento o un'informazione aggiuntiva su Julie)

Si inizia sempre una frase relativa non determinativa con un pronome relativo, e lo si separa dalla frase principale con delle virgole. Non si usa *that* nelle frasi relative non determinative. Si utilizza sempre *which* per introdurre un commento sul complesso della frase principale.

Frase relative determinative

Le frasi relative determinative vengono usate per identificare esattamente di quale persona o cosa si sta parlando.

Quando il pronome relativo (*who, that* o *which*) è il soggetto della frase relativa non può essere omesso. *I like friends **who** never let me down.*

Quando invece il pronome relativo è l'oggetto della frase relativa può essere omesso: *He's got a job **that** he's really interested in.* o *He's got a job he's really interested in.*

Nota: Un altro pronome per l'oggetto non è necessario. ... *he's really interested in.* (NOT ... *he's really interested in it.*) ! *whose* non può mai essere omesso. *That's the man **whose** dog bit my son.*

Part 2: Enfasi (frasi scisse)

What strutture (= Le cose che) Si può usare *What ... is/was ...* per enfatizzare il soggetto o l'oggetto di una frase. *I don't understand **why** it's so cold. → **What** I don't understand **is why** it's so cold.* Si può sostituire *What* con *All* per maggiore enfasi *The only thing that. I only want to play tennis. → **All** I really want to do **is** play tennis. **It is / was ... + frasi relative***

Si può utilizzare questa struttura per dare enfasi a qualsiasi parte di una frase. *Carla Bruni married Nicolas Sarkozy in Paris in 2008. **It was** Carla Bruni who married ... / **It was** Paris where Carla Bruni married ... / **It was in 2008** that Carla Bruni married ...*

Si utilizza spesso questa struttura per rettificare affermazioni altrui. ***It wasn't** Juliette Binoche who married Nicolas Sarkozy, it was Carla Bruni.*

Unit 11 Forme del futuro e frasi al futuro

Will ('ll), (be) going to, e il present continuous

Le tre forme più comuni del futuro sono:

1 *Will ('ll)* è usato per previsioni o per decisioni in risposta a offerte, promesse e richieste. *It'll be worth a fortune in a few years' time. I'll give you my photograph now.*

2 *(be) going to* si usa per previsioni o intenzioni che si basano su qualcosa di evidente nel presente. *I'm going to concentrate on my musical career. / Look at those clouds. It's going to pour down in a minute.*

3 Il present continuous si usa per progetti fissi o appuntamenti. *I'm moving to London next month.*

Il present simple

Si può usare questo tempo verbale per riferirsi a eventi futuri già fissati, orari, abitudini, calendari. *My exams **start** next week.*

might e may

Se si fanno ipotesi sul futuro, si può usare *might* o *may*. *He **might** have to get a part-time job.*

Il future continuous

Si utilizza per parlare di qualcosa in corso di svolgimento a un dato momento del futuro. *This time next week **I'll be trekking** in Nepal.*

Il future perfect

Si utilizza per parlare di un'azione compiuta in un certo momento del futuro. *The builder **will have finished** the kitchen walls by the end of the week.*

Frase al futuro (if, when, as soon as ...)

Se nella frase principale il verbo è al futuro, nella secondaria il futuro viene omesso. *When I **leave** school, I'm going to concentrate on my music career.* (NOT *When I will leave school, ...*) *It'll be a miracle if she's **passed** the exam.*

(NOT ... *if she will have passed the exam.*)

Altre congiunzioni che introducono il futuro: *after, as soon as, before, once, the moment, the minute, unless, until.*

Unit 12 'Participle clauses'. Sostantivi ed espressioni di quantità

Part 1: Participle clauses – Frasi relative ridotte

Quando un participio passato o presente forma parte di una frase relativa, è possibile omettere il pronome (*who, which, etc.*) e il verbo ausiliare *be*. *We live in a house **located in** the centre of town.* (= *We live in a house which is located in the centre of town.*)

Queste frasi sono conosciute come 'participle clauses' o 'frasi relative ridotte'. Come con altre frasi relative, ci sono 'frasi relative ridotte' sia determinative che indeterminate.

Frase relative ridotte determinative: *The man **walking down** the street **is** my neighbour.* (= *The man who is walking down the street is my neighbour.*)

Frase relative ridotte indeterminate contengono delle informazioni aggiuntive, non essenziali, separate dalla frase principale con delle virgole. *His house, **built in** the 1930s, **needs** redecorating.* (= *His house, which was built in the 1930s, needs redecorating.*)

Part 2: Nouns e quantity expressions

Per indicare una quantità si usano espressioni che determinano (*every, most, no*) e che quantificano (*all of, most of, none of*).

1 Espressioni di quantità vengono usate sia con sostantivi numerabili che non numerabili: *none, not any, hardly any, some, a lot, loads, plenty.*

2 Espressioni di quantità utilizzate solo con sostantivi numerabili: (*very*) *few, a few, several, (too/not) many.*

3 Espressioni di quantità utilizzate solo con sostantivi non numerabili: (*very*) *little, a little, a bit, (too/not) much.*

4 Se c'è un articolo definito (*the*), un pronome possessivo (*my, your, etc.*) o dimostrativo (*that, these, etc.*) davanti al sostantivo, si usa un'espressione di quantità con *of*: *Several **of my** friends live in small villages.* (non *Several my friends ...*)

5 Quando si parla di piccole quantità o somme si usa *a few / a little* per sottolineare la positività (*some*), o *few / little* per enfatizzare la negatività. (*not many/much*): *We did it because we wanted to have **a little** fun. Please hurry up! There's **very little** time.*

Forme verbali

Si usa una forma verbale singolare, se il sostantivo dopo *of* non è numerabile (NN) o singolare. Si usa il plurale, se il sostantivo è numerabile (N).

*There's lots of traffic (NN) in the centre; There **are** lots of tourists (N) in summer.*