

# 4 INTERESTS

## STUDENT'S BOOK PAGES 34–35

### baking /ˈbeɪkɪŋ/ Noun uncount

*baking* is the activity of making bread, cakes, pies, etc that you cook in an oven

*I did some baking for my sister's birthday party | place the pastry on a baking tray (a flat tray that will go into the oven)*

Verb: *bake* | Noun: *baker*

*bake the loaf for 40 minutes | freshly baked biscuits | my dad's a really good baker*

#### • rebosteria

### block /blɒk/ Noun

a *block* is a group of buildings in a town or city with streets on all sides

*we took a walk around the block | walk five blocks, then turn left*

#### • bloc

### card /kɑː(r)d/ Noun

a *card* or a *playing card* is a small piece of cardboard that has numbers or pictures on it, used for playing games. A pack of *cards* usually has 52 cards in it. If you *play cards*, you play a game using a pack of cards

Collocates: *play cards* | a pack/deck of cards | *shuffle the cards* | *deal the cards*

*I was playing cards until two in the morning | I don't enjoy card games*

#### • carta

### end up /ˌend ʻʌp/ Phrasal verb

if you *end up* doing something, you eventually do it, although you probably did not want to or mean to do it

Collocates: *end up* doing something

*I went to Paris for a month and ended up staying there for five years | be careful, or you'll end up losing your job*

#### • acabar fent alguna cosa

### impressive /ɪmˈpresɪv/ Adjective

something that is *impressive* is very good and makes you admire it

*his piano playing was really impressive | an impressive achievement*

Verb: *impress*

*what impressed me about the film was the quality of the acting*

#### • impressionant

### play /pleɪ/ Noun

a *play* is a story that is performed by actors who speak the words of the people who are in the story and who behave as if they are the people

Collocates: *write a play* | *act in a play* | *see a play*

*we went to the theatre and saw an amazing play | she has written three plays for radio*

#### • obra

### sailing /ˈseɪlɪŋ/ Noun uncount

if you go *sailing*, you go on the water in a small boat that has sails, for pleasure or as a sport

Collocates: *go sailing* | a sailing club

*I went sailing on a big lake near my house | his hobbies include sailing, golf and tennis*

#### • vela

### trust /trʌst/ Verb

if you *trust* someone, you think they are honest, and you believe they will not try to do anything bad to you

Collocates: *trust* someone to do something | *trust* someone completely

*most people seem to trust me | I trust you to bring the car back before 9 | she never completely trusted anyone*

Noun: *trust*

Collocates: *earn/gain* someone's trust | *place/put* your trust in someone

*it's a slow process to gain his trust*

#### • confiar

## STUDENT'S BOOK PAGES 36–37

### balance /ˈbæləns/ Noun uncount

your *balance* is your ability to stand still and not fall over. If you are *off balance*, your body is leaning on one side and you may fall

Collocates: *lose* your balance | *be off balance* | *regain* your balance

*you need good balance for judo | she lost her balance and fell over backwards*

#### • equilibri

### bang /bæŋ/ Verb

if you *bang* something, you hit it. If you *bang* a part of your body, you accidentally hit it against something

*I fell off my bike and banged my head | I banged my knee on the side of the table | I was banging on the door for ages*

Noun: *bang*

#### • copejar

**bet** /bet/ Verb

if you *bet*, you risk money on the result of a game, race, or other activity. If you say to someone "*I bet I can*" do something, you are telling them that you think you can do it, even if they think you can't

Collocates: bet someone (that) | bet against someone/ something | bet (something) on something

*I bet I could throw you over | he bet me that Arsenal would win the match | I bet £5 on a horse race*

Noun: *bet* | Noun: *betting*

Collocates: place a bet

*a £5 bet | my father always warned me against betting*

- *apostar*

**boast** /bəʊst/ Verb

if you *boast*, you tell other people that you are very good at something or that you have very nice or expensive things in a way that is very annoying

Collocates: boast about something (to someone) | boast that

*Rika never boasts about her success | he was boasting that he'd never failed an exam*

- *vanar-se*

**bully** /'bʊli/ Verb

if someone *bullies* you, they hurt you or laugh at you because you are different from them and weaker than them

*the big kids used to bully me at school | she was bullied for wearing glasses | some children get bullied just because they're clever*

Noun: *bully* | Noun: *bullying*

*he's a horrible bully! | bullying is a big problem in the school*

- *assetjar / insultar*

**champion** /'tʃæmpiən/ Noun

a *champion* is the person who has won a sports competition

Collocates: a defending champion | a world champion  
*she's a famous judo champion | Hamilton is the world motor racing champion*

Noun: *championship*

*she won the school table tennis championship*

- *campió*

**confidence** /'kɒnfɪd(ə)ns/ Noun uncount

*confidence* is your belief in your ability to do something well

Collocates: lose confidence | regain/recover confidence

*I lost a lot of confidence after he beat me | she approached the match with confidence*

Adjective: *confident* | Adverb: *confidently*

*he entered the tournament confident that he could win it | we confidently believed that we could succeed where others failed*

- *confiança*

**defend** /dɪ'fend/ Verb

to *defend* someone or something means to try and protect them by fighting against someone who is attacking them

*I wanted to learn judo so I could defend myself | 100 soldiers successfully defended the city for three days | they brought in several large guns to defend the airport against the rebels*

Noun: *defence* | Noun: *self-defence*

*my grandfather died during the defence of Stalingrad | I decided to join a self-defence class (where people learn how to defend themselves if they are attacked)*

- *defensar*

**fall off** /fɔ:l 'ɒf/ Phrasal verb

if you *fall off* something that you are standing or sitting on, you accidentally drop to the ground from there

*I fell off my bike and hurt myself | he fell off a horse and broke his shoulder*

- *caure*

**PHRASAL VERBS WITH 'FALL'**

If you slip or trip, you might fall over: *I slipped on the ice and fell over / I was running and I tripped and fell over.*

You fall down the stairs: *I slipped and fell down the stairs and broke my leg.*

You fall off something you are standing on or riding: *she fell off a motorbike and was lucky to survive.*

**final** /'faɪn(ə)l/ Noun

the *quarter-finals* are the four matches in a competition which are played when there are eight people or teams left in the competition. The two *semi-finals* are the matches that are played when there are only four people or teams left, and the *final* is the game or match between the last two players or teams. The winner of the *final* is the winner of the whole competition

*she won the final of the women's national judo championship | he reached the semi-final at Wimbledon*

Noun: *finalist/semi-finalist/quarter-finalist*

*the crowd cheered as the two finalists came onto the pitch | she was a semi-finalist in the national championship*

- *final*

**go on** /gəʊ 'ɒn/ Phrasal verb

if you *go on* to do something, you do it after you have done something else

Collocates: go on to do something

*the girl who beat me went on to win the whole competition | they went on to build a highly successful business*

- *continuar*

**helmet** /'helmt/ Noun

a *helmet* is a hard hat that you wear to protect your head

Collocates: put a helmet on | take a helmet off

*luckily, I was wearing my helmet | she took off her helmet*

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• **casc**

**injury** /'ɪndʒəri/ Noun

if you have an *injury*, a part of your body has been hurt and needs time to recover

Collocates: suffer an injury

*I got a really bad knee injury | proper shoes can also help prevent injuries*

Verb: *injure* | Adjective: *injured*

*he injured his shoulder playing football | he came home with an injured foot*

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• **lesió / ferida**

**patience** /'peɪʃ(ə)ns/ Noun uncount

*patience* is the ability to do something that takes a long time without losing interest or becoming angry or upset

Collocates: lose your patience | test/try/exhaust someone's patience | have/require patience

*I'm beginning to lose my patience | learning to play the piano requires a great deal of patience*

Adjective: *patient* | Adverb: *patiently*

Collocates: be patient with someone/something

*thanks for waiting, you've been very patient | they waited patiently until the bus arrived*

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• **paciència**

**persuade** /pə(r)'sweɪd/ Verb

if you *persuade* someone to do something, you talk to them and give reasons so that they agree to do it

Collocates: persuade someone to do something | persuade someone that

*her teacher persuaded her to start doing judo | I tried to persuade him to change his mind | he was persuaded by her argument*

Noun: *persuasion*

*She has the power of persuasion to make people do whatever she wants*

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• **convèncer**

**properly** /'prɒpə(r)li/ Adverb

if you do something *properly* you do it correctly. If something happens *properly*, it happens in the way it is meant to happen

*in judo, you need to know how to fall properly | the machine isn't working properly*

Adjective: *proper*

*make sure you get proper medical treatment*

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• **correctament**

**pull a muscle** /,pʊl ə 'mʌs(ə)l/ Verb

if you *pull a muscle*, you injure it by stretching it too much

*I pulled a muscle in my leg | I've pulled my hamstring (the muscle at the top of my leg) | she pulled her calf muscle (the muscle at the bottom of her leg)*

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• **esquinçar**

**recover** /rɪ'kʌvə(r)/ Verb

if you *recover* a mental or physical state, you get it back again after you have spent some time without it

*it took a while to recover my confidence | he recovered consciousness after ten minutes | she recovered the use of her fingers after the operation*

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• **recuperar**

**slip** /slɪp/ Verb

if you *slip*, your foot moves accidentally and you lose your balance or fall. You usually *slip* when the ground is wet

*I slipped and fell backwards | I slipped on the ice | it's a bit muddy – be careful you don't slip*

Adjective: *slippery*

*the river bank is very slippery*

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• **relliscar**

**stiff** /stɪf/ Adjective

if something is *stiff*, it is difficult to move. If your muscles are *stiff*, they hurt because you have used them too much

*my legs are really stiff after the long walk yesterday | I've got a stiff neck | the window is a bit stiff (it won't open easily)*

Adverb: *stiffly* | Noun: *stiffness*

*he marched stiffly to the door and went out | some stiffness is to be expected after that sort of exercise*

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• **rigid**

**tournament** /'tʊə(r)nəmənt/ Noun

a *tournament* is a competition with several rounds. When a team or player loses, they leave the competition. At the end, just two teams or players are left and they play the final to decide who is the winner of the whole *tournament*

*Rika won the judo tournament | a tennis tournament*

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• **torneig**

**training** /'treɪnɪŋ/ Noun uncount

*training* is doing exercises and practice in order to become fit and to develop the skills needed for a sport

*a training session | I go to football training on Wednesday evenings*

Verb: *train*

Collocates: train for something

*he trains hard every day | I'm training for a marathon*

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• **entrenament**

**warm up** /wɔː(r)m 'ʌp/ Phrasal verb

when you *warm up*, you move your body gently so that you are ready to start doing exercise or a sport

*you need to warm up properly before you start your run | the players are warming up in the changing room*

Noun: *warm-up*

*I always do a ten-minute warm-up before a match*

- escalfar

**STUDENT'S BOOK PAGES 38–39****challenge** /tʃæləndʒ/ Noun

a *challenge* is something difficult which you want to try and do

Collocates: set (someone) a challenge

*we want to set our readers a challenge | climbing this mountain will be a real challenge*

Adjective: *challenging*

*it's a very challenging job*

- repte

**commercial** /kə'mɜː(r)ʃ(ə)l/ Adjective

Commerce is business. If something is *commercial*, it is related to business or making money. When you say music or a film is *commercial*, you're suggesting that it isn't very good because it was only made in order to make money

*their first album was good, but this new one is very commercial | a commercial TV channel (run as a business, not paid for by the government)*

- comerç

**energetic** /ˌenə(r)'dʒetɪk/ Adjective

something or someone that is *energetic* does things in a very lively and enthusiastic way

*the band were loud and energetic on stage | the dogs were very active and energetic | he had been much more energetic when he was younger*

Adverb: *energetically*

*the children were playing energetically in the garden*

- enèrgic / actiu

**funeral** /'fjuːn(ə)rəl/ Noun

a *funeral* is the ceremony that takes place when someone who has died is put into the ground, or when their body is burned

Collocates: hold a funeral | attend a funeral

*I'd like this music to be played at my funeral | her funeral will be held on Wednesday*

- funeral

**generation** /ˌdʒenə'reɪʃ(ə)n/ Noun

a *generation* is all the people in a country of the same age. A *generation* is also a period of time of about 30 years, usually thought of as the time it takes for a family to have children and for the children to grow up and become adults. If you say something has been true *for generations*, you mean it has been true for a long time

*my family have lived here for generations | the younger generation are keen to protect the environment | if we don't act now, the area could be under water within a generation*

- generació

**jump** /dʒʌmp/ Verb

if you *jump*, you move very quickly or suddenly, for example because you are surprised or you want to start doing something quickly

*we all jumped up and started dancing | I jumped out of bed when I heard the alarm | you made me jump! (you frightened me)*

- saltar

**live** /laɪv/ Adverb

a *live* concert or other performance is one that is happening as you are watching it, not a recording. If you see a performer *live*, you are present at the performance

*I saw Madonna live last year | the match was shown live on television*

Adjective: *live*

*a live TV show | a live performance*

- en viu

**match** /mætʃ/ Verb

if something *matches* something else, the two things go well together because there are similarities

*this music matches my mood tonight | those trousers don't match your jacket | his experiences at school matched mine*

- encaixar / coincidir

**remind** /rɪ'maɪnd/ Verb

to *remind* someone about something means to make them remember it. Be careful – you cannot use *remember* with this meaning

Collocates: remind someone about something | remind someone to do something | remind someone of someone or something

*she reminded me about my doctor's appointment | can you remind me to phone home? | he reminds me of my brother (he looks like my brother)*

Noun: *reminder*

*we'll send you a reminder a month before your subscription runs out*

- recordar

**repetitive** /rɪ'petətɪv/ Adjective

something that is *repetitive* happens again and again, often in a very boring way

*working in the factory involved doing a series of repetitive tasks | his poetry is very repetitive*

Verb: *repeat*

*my music practice involves repeating the same exercise several times*

- *repetitiu*

**set** /set/ Verb

if you *set* someone a challenge or something similar, you give it to them to do

Collocates: *set (someone) a challenge*

*the teacher always sets us too much homework | she set an essay for next week | the company always sets high sales targets*

- *fixar / posar*

**sing along** /ˌsɪŋ ə'ləŋ/ Phrasal verb

if you *sing along*, or *sing along* to something, you join in by singing at the same time as other people

Collocates: *sing along to something*

*listen and sing along on my YouTube page | you'll definitely be singing along to this tune when you hear it | the band asked us all to sing along*

- *cantar amb algú*

**soft** /soft/ Adjective

*soft* sounds are quiet, gentle, and relaxing

*her teacher spoke in a very soft voice | she heard the soft sound of a guitar coming from the other room*

Adverb: *softly*

*she spoke so softly I could hardly hear her | the church bells rang softly behind us*

- *suau / baix*

**suit** /su:t/ Verb

if something *suits* a person or a situation, it feels right for them. If a piece of clothing *suits* you, it makes you look good

*music to suit every mood and occasion | working part-time suits my lifestyle | that jacket doesn't suit him*

Adjective: *suitable*

*the classes are suitable for complete beginners*

- *encaixar / escaure*

**STUDENT'S BOOK PAGES 40–41****agreement** /ə'gri:mənt/ Noun

an *agreement* is an official arrangement in which two or more people, organisations, or countries decide what should happen

*an agreement was signed by many countries | the agreement took three months to write | an agreement on carbon emissions | a trade agreement | under the new agreement, the company will allow four weeks' holiday a year*

- *acord*

**cave** /keɪv/ Noun

a *cave* is a large natural hole in the side of a cliff or mountain

*tourists come to see the cave paintings | water was pouring down the wall of the cave | we had to sleep in a cave overnight | they sheltered in a cave after the storm started*

- *cova*

**flood** /flʌd/ Verb

when an area *floods*, or if something *floods* it, it fills with water from a river or lake, usually because there has been a lot of rain

*the lake was going to flood the temple | our house was flooded and a lot of our furniture was damaged | the river often floods in winter | the river flooded the town twice last year*

Noun: *flood*

*the church was damaged by a flood in 1873 | a flood destroyed the bridge*

- *inundar-se*

**heritage** /'herɪtɪdʒ/ Noun uncount

a country's *heritage* is its cultural traditions that have developed over a long time, its important and historical buildings, and its history

Collocates: *a rich heritage | a national/cultural heritage | a World Heritage Site | people should appreciate their own heritage | buildings that are part of our heritage | the country's rich cultural heritage*

- *patrimoni*

**list** /lɪst/ Verb

if something is *listed*, it is added to a list. If a building or place is *listed*, it is added to a list of buildings or places that are of historical interest and that need to be protected

*since the 1970s, almost 1,000 places have been listed | the website listed six reasons to visit the museum | the council decided not to list the old market building*

Adjective: *listed*

*the castle is a listed monument*

- *posat en una llista*