

FOUNDATIONS LEVEL VOCABULARY LIST

UNIT 1

WORD	POS	DEFINITION	PAGE	CEFR
age	n	how many years old someone is	4	A1
alone	adj	without other people	12	A2
both	adj	talking about two people or things	12	A1
by myself	adv phr	with no help from other people	12	A2
common	adj	happening often or many times	12	B1
different	adj	not the same	4	A1
favorite	adj	liking the most or more than others	4	A1
fun	n	something you enjoy	12	A1
hobby	n	an activity you do (read, paint, etc.)	4	A2
kind	n	one of many; a type of thing or person	4	A1
loud	adj	with a lot of noise	12	A2
member	n	a person in a group	4	A2
opposite	n	something very different	12	B1
part of	n phr	some but not all of	4	A2
prefer	v	to like something more	12	A2
problem	n	something that is not good	4	A1
quiet	adj	not talking a lot	12	B1
shy	adj	afraid to meet people	12	B1
similar*	adj	almost the same	4	B1
team*	n	a group of people who play a sport or game together	4	A2

*Academic Word

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UNIT 2

WORD	POS	DEFINITION	PAGE	CEFR
advice	n	ideas from other people	32	A2
boring	adj	not fun	24	A1
boss	n	the person you work for	24	A2
company	n	a business	32	A2
create*	v	to make	24	B1
enjoy	v	to like	32	A1
exciting	adj	fun and different	24	A1
find out	v phr	learn; get information	32	A2
grow	v	to get better in some way	24	A2
interesting	adj	not boring; fun	32	A1
location*	n	somewhere, such as a building, a town, etc.	24	B1
manager	n	boss; leader	32	A2
own	adj	belonging to someone	32	A2
satisfied	adj	feeling happy	24	B1
skill	n	a thing you are good at	32	B1
store	n	place where people sell things	32	A1
technology*	n	new, modern machines	32	B1
together	adv	with another person or people	24	A1
try	v	to do your best	24	A2
work	n	the job people do	24	A1

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UNIT 3

WORD	POS	DEFINITION	PAGE	CEFR
amazing	adj	very good in a surprising way	52	A2
area*	n	a place; part of a location	52	A2
beautiful	adj	very pretty	44	A1
crowded	adj	full of people	44	A2
culture*	n	the art, music, and food of a country	44	B1
expensive	adj	costs a lot of money	44	A1
famous	adj	known by many people, like an actor	44	A1
idea	n	a thought; a plan for how to do something	52	A2
inside	adv	not outside; in a building	52	A2
modern	adj	belonging to the present time	52	A2
natural	adj	not made by people	52	B1
new	adj	not old; was made recently	52	A1
normal*	adj	usual, average	52	A2
place	n	a location	44	A1
special	adj	different and better in some way	52	A2
stay	v	to not move; to spend time somewhere	52	A2
tourist	n	a person who travels to a place for fun	44	A2
unusual	adj	different	44	A2
vacation	n	a time when you go to a place for a short time	44	A1
visit	v	to go to a place for a short time	44	A1

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UNIT 4

WORD	POS	DEFINITION	PAGE	CEFR
attention	n	the act of focusing on something	72	B1
benefit*	n	something that helps you	64	B1
brain	n	the part inside your head that makes you think, feel, and move	72	A2
break	n	time away from something	72	A2
communicate*	v	to share ideas	64	B1
contact*	v	to talk or write to someone	64	A2
effect	n	a change caused by someone	72	B1
fact	n	true information	72	A2
health	n	how your body feels	72	A2
hurt	v	to injure, harm, or cause pain	72	A2
memory	n	the ability to remember things	72	B1
phone	n	something that you use to talk to someone in another place	64	A1
practice	v	to do something to get better at it	64	A1
receive	v	to get	64	A2
screen	n	flat glass part of a TV or computer	72	A2
send	v	to give something to someone far away	64	A1
stress*	n	a worried feeling	72	B1
teenager	n	someone who is between 13 and 19 years old	64	A2
text message	n phr	a short written message sent from a phone	64	A2
worried	adj	a little afraid; stressed	64	A2

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UNIT 5

WORD	POS	DEFINITION	PAGE	CEFR
add	v	to put or mix with another thing	92	A2
afraid	adj	scared of	84	A2
be able to	v phr	to have the ability to do something	84	A2
best	adj	better than anyone or anything else	84	A1
body	n	the physical parts of a person or animal	84	A1
change	v	to make different	84	A2
choose	v	to decide which one of a group of things you want	84	A1
climb	v	to move to the top of something	84	A2
dangerous	adj	likely to hurt someone or something	92	A2
difficult	adj	hard; not easy	84	A1
easy	adj	not hard to do; can be done without much work	92	A1
example	n	something that shows the kind of thing you mean	92	A1
good for	phr	helpful; healthy	92	A1
life	n	the period of time between birth and death	92	A1
mistake	n	something done wrong	92	A2
plan	n	a list of steps you make to help you do something	92	A2
prepare	v	to make a plan or practice; to make	92	A2
risk	n	the chance that something bad might happen	92	B2
strong	adj	having a lot of physical power	84	A2
win	v	to do better than everyone else in a competition or game	84	A2

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UNIT 6

WORD	POS	DEFINITION	PAGE	CEFR
a variety of	phr	a lot of kinds	112	A2
believe	v	to think something is true	104	A2
build	v	to make a building, bridge, etc.	112	A2
business	n	a company that sells something	112	A2
daily	adj	happening every day	104	A2
explain	v	to say something so it's easy to understand	104	A2
finish	v	to end	112	A1
goal*	n	something you want to do in the future	112	B1
lazy	adj	not liking or not doing work	104	A2
nature	n	the animals, plants, rocks, and more that make up the world	112	A2
planet	n	a world; a very big round rock that goes around a star	112	B1
reason	n	the cause of something	104	A2
save	v	to keep away from danger	112	B1
sell	v	to give something to someone in exchange for money	112	A2
solve	v	to find the answer to something	104	B1
terrible	adj	very bad	112	A2
the future	n phr	not past or present	104	B1
throw away	v phr	to put something you don't want in the trash	104	B1
waste	v	to use too much of something	104	B1
way	n	how you do something	104	A2

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UNIT 7

WORD	POS	DEFINITION	PAGE	CEFR
be called	v phr	to be named	124	A1
cost	v	to be worth something	124	A2
dig	v	to move dirt with hands or a tool	132	B1
discovery	n	something you find that was hidden before	132	B2
download	v	to move information, programs, etc., from the Internet to a computer	124	A2
exchange	v	to give someone something and get something from them	124	B1
fancy	adj	special	132	B1
find	v	to see something after looking for it	124	A1
hide	v	to put something where people cannot see it	124	B1
history	n	events from the past	132	A2
instruction*	n	information saying how to do something	124	A2
international	adj	coming from more than one country	124	A2
object	n	a thing you can see or touch	132	B1
plain	adj	simple, not special	132	B1
puzzle*	n	a game with many pieces	132	A2
return	v	to give something back to someone	124	A2
strange	adj	unusual; different	132	A2
the past	n phr	period of time before now	132	B1
the present	n phr	period of time happening now	132	B1
treasure	n	something that is very special or worth a lot of money	124	B2

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UNIT 8

WORD	POS	DEFINITION	PAGE	CEFR
become	v	to begin to be something	152	A2
conclusion*	n	a final thought; a decision	144	B1
end	v	to make something stop happening	152	A2
experiment	n	a way to test an idea	144	B1
happen	v	to take place; to occur	144	A2
healthy	adj	having good health	144	A2
heart	n	the part of the body that moves blood	152	A2
hope	v	to want something to happen	152	A2
look forward to	v phr	to be excited for something	144	B1
machine	n	a human-made object with moving parts	152	A2
make sure	v phr	to confirm that something is so	144	A2
medicine	n	something that helps you when you are sick	152	A2
missing	adj	gone; not there	152	B1
notice	v	to see, feel, or hear something	144	B1
observe	v	to watch or pay attention to something; to notice	144	B2
replace	v	to get a new thing instead of the one you used before	152	B1
result	n	an effect or outcome	144	B1
scientist	n	somebody who studies science	152	B1
simple	adj	easy; not complicated	152	B1
take time	v phr	need a lot of time	144	A2

*Academic Word