Unit 1 - Lesson 1

Word	Definition	Example
Delighted (adj.)	Highly pleased	I was delighted to see her friend.
Embarrassed (adj.)	Feeling ashamed, self-conscious, or awkward	She felt embarrassed when she tripped and fell.
Grumpy (adj.)	Irritable or grouchy	The old man is always grumpy in the morning.
Hurt (v./adj.)	Cause pain or injury/Injured or pained	He hurt his knee while playing football.
Lonely (adj.)	Feeling sad or isolated due to lack of company	She felt lonely after her friends moved away.
Optimistic (adj.)	Expecting the best possible outcome	Despite the challenges, he remained optimistic .
Pessimistic (adj.)	Expecting the worst possible outcome	She had a pessimistic view of the situation.
Sarcastic (adj.)	Using irony or mockery to convey contempt	He made a sarcastic remark about her outfit.
Confrontation (n.)	A situation where people or groups oppose each other and there is often an argument or a fight	The confrontation between the two rival gangs escalated quickly.
Hospitality (n.)	The friendly and generous reception and entertainment of guests, visitors, or strangers	The hotel staff showed great hospitality to the guests.
Compliment (n.)	A remark that expresses approval, admiration, or praise	She received a lovely compliment on her new dress.
Feelings (n.)	Emotions or physical sensations experienced by a person	She couldn't hide her feelings of sadness.
Achievement (n.)	Something accomplished or successfully completed, typically through effort or skill	Graduating with honors was a great achievement for him.
Arrival (n.)	The act or process of arriving at a place	We eagerly awaited the arrival of our guests.

Unit 1 - Lesson 2

Word	Noun	Adjective	Definition
Accompanied	Accompaniment	Accompanied	To go somewhere or do something with someone as a companion
Appropriate	Appropriation	Appropriate	Suitable or fitting for a particular purpose
Avoidable	Avoidance	Avoidable	Capable of being avoided or prevented
Direct	Direction	Direct	Straightforward or without deviation
Modest	Modesty	Modest	Not excessively showy or confident
Personal	Personalism	Personal	Relating to a particular person or private

Unit 2 - Lesson 1

Word	Definition	Example
Enthusiasm (n.)	A strong feeling of excitement or interest	She tackled the project with great enthusiasm.
Disgust (n.)	A strong feeling of disapproval or revulsion	The smell of rotten eggs filled him with disgust.
Envy (n.)	A feeling of wanting what someone else has	She couldn't help but feel envy towards her coworker's success.
Fury (n.)	Extreme anger or rage	His betrayal ignited a fury within her.
Amazement (n.)	A feeling of great surprise or astonishment	The magician's tricks left the audience in amazement.

Unit 2 - Lesson 2

Collocation/Expression	Meaning
In a panic	In a state of extreme fear or anxiety
In agreement	In a state of mutual understanding or harmony
Out of curiosity	Motivated by a desire to know or learn something
Out of her mind	Mentally unstable or irrational
Up to his eyes	Very busy or deeply involved in something
Up in arms	Angry or outraged about something
Bottle up	To keep emotions or feelings hidden or suppressed
Make up	To reconcile or resolve a disagreement or conflict
Broke down	To stop working or functioning properly, often due to emotional stress or physical strain
Brought down	To cause someone or something to fall or become defeated or less successful
Cheer you up	To make someone feel happier or more positive
Back you up	To support or defend someone or their actions
Calm down	To become or make someone become less agitated, anxious, or upset
Get you down	To cause someone to feel sad, discouraged, or demoralized
Think up/Think down	To come up with or devise something (think up) / To belittle or disparage someone or something (think down)

Unit 3 - Lesson 1

Word	Definition	Example Sentence
Ecosystem	All the living things in an area	The coral reef is a diverse ecosystem
(n.)	and the way they affect each	teeming with marine life.
	other and the environment	
Fresh air	Air that is clean and not polluted	I love going for a walk in the countryside
(n.)		to breathe in the fresh air .
Natural habitat	The natural environment in which	The preservation of the rainforest is
(n.)	an organism lives	crucial for protecting its natural habitat.
Ozone layer	A layer in the Earth's	The depletion of the ozone layer has led
(n.)	atmosphere that absorbs most	to increased UV radiation reaching the
	of the sun's ultraviolet radiation	Earth's surface.
Rescue team	A group of people who are	The rescue team arrived just in time to
(n.)	trained to rescue others	save the trapped hikers.
Weather	A prediction of the weather	I always check the weather forecast
forecast	conditions	before planning outdoor activities.
(n.)		
Humid	Containing a lot of moisture in	The hot and humid weather made it
(adj.)	the air	difficult to stay comfortable outside.
Aftershocks	Smaller earthquakes that follow	After the major earthquake, the region
(n.)	a larger earthquake	experienced several aftershocks.
Catastrophe	A sudden event causing great	The earthquake was a catastrophe that
(n.)	damage or suffering	left the city in ruins.
Thrown into	To be plunged into a state of	The sudden announcement threw the
chaos	confusion or disorder	office into chaos.
(idm.)		
Casualties	People who are killed or injured	The war resulted in a high number of
(n.)	in a war or accident	casualties.
Survivors	People who remain alive after a	The survivors of the shipwreck were
(n.)	dangerous event	rescued by the coast guard.
Mild	Gentle or not severe	The doctor diagnosed him with a mild case
(adj.)		of the flu.
Extinct	No longer existing or living	The dodo bird is an extinct species that
(Adj.)		can only be seen in museums now.

Unit 3 - Lesson 2

Word	Noun	Adjective	Definition
Absent	Absence	Absent	Not being present; missing
Urge	Urgency	Urgent	Requiring immediate action or attention
Register	Registration	Registered	To officially record or enroll; a formal or official record
Injure	Injury	Injured	To harm or damage physically; physical harm or damage
Save	Saving	Saved	To rescue, protect, or prevent harm; act of rescuing or protecting
Live	Life	Living	To exist or be alive; the state of being alive or living

Unit 4 - Lesson 1

Word	Definition	Example
Adult education (n.)	Education for adults, typically after they have finished their formal schooling	She decided to enroll in adult education classes to further her career.
Formal education (n.)	Education provided in a structured and organized setting, such as schools	The government aims to ensure that every child has access to formal education.
Further education (n.)	Education and training beyond the compulsory level, often in specialized areas	After completing high school, he pursued further education at a technical college.
Higher education (n.)	Education provided by universities and colleges, leading to degrees or diplomas	She aspires to pursue a career in academia and is currently studying higher education.
Private education (n.)	Education provided by private institutions or organizations	Many parents choose private education for their children due to smaller class sizes and specialized programs.
Special education (n.)	Education tailored to meet the needs of individuals with disabilities	The school offers a range of support services for students in special education programs.

Unit 4 - Lesson 2

Phrasal Verb	Definition	Example
Answer back	To reply rudely or defiantly to someone	The student was reprimanded for answering back to the teacher.
Answer for	To take responsibility or explain one's actions or behavior	He had to answer for his mistakes during the meeting.
Catch up	To reach the same level or progress as others	After being away, she had to work hard to catch up with her peers.
Catch on	To understand or grasp something, especially a new concept	It took him a while to catch on to the new computer program.
Count on	To rely or depend on someone or something	You can count on me to help you with your project.
Carry on	To continue or proceed with an activity or action	Despite the challenges, they decided to carry on with the project.
Start over	To begin again from the beginning	After making mistakes, it's sometimes necessary to start over .
Go over	To review or examine something carefully	Let's go over the details of the plan one more time.
Give in	To surrender or yield to something	Despite his resistance, he eventually gave in to their demands.
Give out	To distribute or hand out something	She gave out the worksheets to the students.

Unit 5 - Lesson 1

Word	Noun	Adjective	Definition
Rich	Riches	Rich	having a great deal of money or assets; wealthy
Owe	Debt	Owing	to be under an obligation to pay or repay someone or something
Mortgage	Mortgage	Mortgaged	a legal agreement by which a bank, building society, etc. lends money at interest in exchange for taking title of the debtor's property, with the condition that the conveyance of title becomes void upon the payment of the debt
Receipt	Receipt	Receivable	a written or printed statement that shows that goods or services have been paid for
Entrepreneur	Entrepreneur	Entrepreneurial	someone who starts their own business, especially when this involves seeing a new opportunity

Unit 5 - Lesson 2

Word	Noun	Adjective	Definition
Economize	Economy	Economical	to use money, resources, etc. carefully
Luxury	Luxury	Luxurious	something expensive that is pleasant to have but is not necessary
Finance	Finance	Financial	to provide or obtain funding for a person or enterprise
Risk	Risk	Risky	to put something, especially money or your life, in a dangerous situation where it could be lost or harmed
Operate	Operation	Operative	to (cause to) work, be in action or have an effect
Withdraw	Withdrawal	Withdrawn	to remove or take away something, especially because of a formal decision

Unit 6 - Lesson 1

Word	Definition	Example
Apprentice (n.)	A person learning a trade from a skilled employer, typically for a fixed term	She is working as an apprentice in a carpentry workshop.
Labourer (n.)	A person engaged in physical work, especially in construction or industry	The labourers were busy laying bricks on the construction site.
Manager (n.)	A person responsible for controlling and administering an organization	The manager of the company made strategic decisions to improve profitability.
Receptionist (n.)	A person employed to receive and assist visitors, clients, or customers	The receptionist greeted the guests and directed them to the meeting room.
Sculptor (n.)	An artist who creates sculptures	The sculptor used clay to shape a beautiful statue.
Surgeon (n.)	A medical practitioner who performs surgical operations	The surgeon successfully performed a complex heart surgery.

Unit 6 - Lesson 2

Word	Noun	Adjective	Definition
Support	Support	Supportive	to agree with and give encouragement to someone or something because you want him, her, or it to succeed
Cooperate	Cooperation	Cooperative	to work together with someone else to achieve something that you both want
Inspire	Inspiration	Inspiring	to make someone feel that they want to do something and can do it, or to create a particular feeling in someone
Influence	Influence	Influential	to have an effect on the way someone or something develops, behaves, or thinks, without directly controlling them
Value	Value	Valuable	to consider something important or beneficial and to have a high opinion of it
Fulfill	Fulfillment	Fulfilling	to do something that is expected, hoped for, or promised, or to cause it to happen

Unit 7 - Lesson 1

Word	Definition	Example
Disturbing the peace	Causing a public disturbance or breach of tranquility	The loud music from the party was disturbing the peace in the neighborhood.
Fraud (n.)	Wrongful or criminal deception for personal gain	The businessman was charged with fraud for his financial schemes.
Hijacking (n.)	The act of seizing control of a vehicle or aircraft	The hijacking of the plane resulted in a tense hostage situation.
Identity theft (n.)	The fraudulent acquisition of someone's personal information	The victim reported the incident of identity theft to the police.
Piracy (n.)	Unauthorized copying, distribution, or use of copyrighted material	The music industry is working to combat online piracy .

Unit 7 - Lesson 2

Commonly Confused Words	Definition	Example
Beside	Next to or by the side of	Please sit beside me during the meeting.
Besides	In addition to or apart from	Besides English, she can also speak French and Spanish.
After	Subsequently or following in time or order	We went for a walk after dinner.
Afterwards	After an event or in the time following	He apologized afterwards for his behavior.
On Time	Punctual or at the scheduled time	The train arrived on time.
In Time	With enough time before something happens	I arrived at the airport just in time to catch my flight.
Any Way	In any manner or by any means	Is there any way we can resolve this issue?
Anyway	Regardless or in any case	I know it's raining, but let's go for a walk anyway .
All Ready	Completely prepared or fully ready	The team is all ready for the game.
Already	Prior to a specified time or before now	I have already finished my homework.
Foreword	Introduction or preface to a book or document	The author wrote a heartfelt foreword to her latest novel.
Forward	Moving ahead or towards a destination	He took a step forward and introduced himself.

Unit 8 - Lesson 1

Phrase	Definition	Example
Environmental Risks (n.)	Dangers or hazards related to the environment	Environmental risks such as pollution and climate change can have long-term effects on ecosystems.
Medical Check- ups (n.)	Regular examinations by a healthcare professional	It is important to schedule regular medical check-ups to monitor your overall health and well-being.
Nutritious Food (adj.)	Food that provides essential nutrients for good health	A balanced diet should include a variety of nutritious foods such as fruits, vegetables, and lean proteins.
Regular Exercise (adj.)	Physical activity performed on a consistent basis	Engaging in regular exercise can improve cardiovascular health and boost energy levels.
Sleep Loss (n.)	Insufficient or inadequate sleep	Chronic sleep loss can have negative effects on cognitive function and overall well-being.
Stressful Lifestyles (adj.)	Ways of living characterized by high levels of stress	Many individuals today lead stressful lifestyles due to demanding work schedules and personal commitments.

Unit 8 - Lesson 2

Word	Noun	Adjective	Definition
concentrate	concentration	concentrated	to direct your attention or your efforts towards a particular activity, subject, or problem
alert	alertness	alert	to make someone aware of something, especially a problem or danger
drowse	drowsiness	drowsy	to be almost asleep or to sleep lightly, especially during the day
recommend	recommendation	recommendable	to suggest that someone or something would be good or suitable for a particular job or purpose, or to suggest that a particular action should be done
attend	attendance	attentive	to go to an event, place, etc.

Unit 9 - Lesson 1

Word	Definition	Example
Addiction (n.)	The state of being physically or mentally dependent on a particular substance or behavior, often characterized by a compulsive craving.	"He struggled with addiction and sought help from a rehabilitation center."
Bullying (n.)	The act of using superior strength or influence to intimidate, harm, or coerce others, typically on a repeated basis.	"The school implemented strict policies to prevent bullying and promote a safe environment for all students."
Disorder (n.)	A state of confusion, disruption, or disturbance, often referring to a mental or physical condition that impairs normal functioning.	"The patient was diagnosed with a sleep disorder and prescribed medication to improve their sleep patterns."
Image (n.)	A representation or impression of something, often visual, that reflects its characteristics or conveys a particular perception.	"The company's brand image was enhanced through effective marketing strategies."
Pressure (n.)	The force or influence exerted on someone to do something or act in a certain way, often resulting in stress or burden.	"She felt immense pressure to meet the deadline and deliver high-quality work."
Violence (n.)	Behavior involving physical force intended to hurt, damage, or kill someone or something.	"The protest turned violent , with clashes between demonstrators and law enforcement."

Unit 9 - Lesson 2

Commonly Confused Words	Definition	Example
Childish (adj.)	Behaving in an immature, foolish, or naive manner.	His behavior was childish and irresponsible.
Childlike (adj.)	Resembling or characteristic of a child; having childlike qualities such as innocence or wonder.	"She has a childlike curiosity and always finds joy in exploring new things."
Influences (v.)	The power or capacity to have an effect on someone or something; the impact or sway of someone or something.	"Her parents' positive influences shaped her values and beliefs."
Impresses (v.)	Making a strong, positive impression on someone; captivating or influencing someone deeply.	"Her talent for storytelling always impresses her audience and leaves them wanting more."
Injure (v.)	To cause physical harm or damage to someone; to inflict an injury.	"He fell off his bike and injured his leg, requiring medical attention."
Damage (v.)	Physical harm or injury to something; the negative impact or destruction of something.	"The storm caused extensive damage to homes and infrastructure in the coastal area."
Betrayed (v.)	Being disloyal or unfaithful to someone's trust or confidence; revealing secrets or breaking trust.	"She felt betrayed when her best friend shared her personal information with others."
Revealed (v.)	Disclosed or made known something that was previously hidden or unknown.	The investigation revealed a web of corruption.
Colleagues (v.)	People who work together, especially in a professional or business setting.	I appreciate the help and support of my colleagues.
Acquaintances (v.)	People who are known, but not necessarily close friends; individuals with whom one is acquainted.	"He bumped into an old acquaintance from high school at the grocery store."

Unit 10 - Lesson 1

Word	Definition	Example
Disembark (v.)	To leave a vehicle or vessel after a journey.	"Passengers were instructed to disembark the plane once it had landed."
Board (v.)	To get on or enter a vehicle, especially a ship, airplane, or train.	"We need to board the train before it departs."
Take off (v.)	To leave the ground and begin flying; to depart, especially by airplane.	"The plane is scheduled to take off in ten minutes."
Touch down (v.)	To make contact with the ground or land, especially after a flight.	"The airplane touched down smoothly at the destination airport."
Cruise (n.)	A voyage or trip on a ship or boat taken for pleasure or as a vacation.	"We went on a Caribbean cruise last summer."
Voyage (n.)	A long journey, typically by sea or in space.	"Magellan's voyage around the world was a significant exploration endeavor."
Bus (n.)	A large motor vehicle used for transporting passengers, typically along a fixed route with designated stops.	"I take the bus to work every morning."
Coach (n.)	A comfortable bus used for long-distance travel, typically equipped with amenities and reserved for a specific group of passengers.	"The team traveled to the tournament in a luxurious coach ."
Monument (n.)	A structure or building that is created to commemorate a person, event, or historical period.	"The Eiffel Tower in Paris is one of the most famous monuments in the world."
Gallery (n.)	A building or room that displays works of art, such as paintings or sculptures.	"We spent the afternoon exploring the art gallery and admiring the beautiful artwork."
Wharf (n.)	A structure built on the shore of a harbor or river for loading and unloading ships.	"The cargo ship docked at the wharf to unload its containers."
Statue (n.)	A sculpture representing a person, animal, or abstract form, typically made of stone or metal.	"The statue of liberty in New York City is a symbol of freedom and democracy."

Unit 10 - Lesson 2

Phrasal Verb	Meaning	Example
Run away	To escape or flee	The children ran away from home.
Run out	To use up all of something and have none left	We ran out of milk, so I need to go to the store.
Showed off	To display or exhibit something proudly	He showed off his new car to his friends.
Showed up	To arrive or appear	She showed up late for the meeting.
Go through with	To proceed with or carry out something	Are you going to go through with your plan to quit your job?
Go off	To explode or make a loud noise	The fire alarm went off in the middle of the night.
Made out	To perceive or understand something	I couldn't make out what he was saying from the back of the room.
Made for	To be suitable or appropriate for	This job is made for someone with your skills and experience.
Pulled over	To stop a vehicle at the side of the road	The police officer pulled over the speeding car.
Pulled away	To move away or depart	The train pulled away from the platform just as I arrived.

Unit 11 - Lesson 1

Word	Definition	Example
Bland (adj.)	Lacking strong flavor or character	The soup was bland and needed more seasoning.
Bitter (adj.)	Having a strong, unpleasant taste	The medicine tasted bitter , but it helped with my cough.
Exotic (adj.)	Foreign or strikingly different from the ordinary	We tried an exotic dish from Thailand at the new restaurant.
Crispy (adj.)	Firm and brittle in texture, often with a slight crunch	The fried chicken had a crispy coating and juicy meat inside.
Soggy (adj.)	Soaked with liquid and soft, often unappetizing	The bread became soggy after being left out in the rain.
Greasy (adj.)	Covered in or containing a lot of fat or oil	The greasy pizza left oil stains on the napkin.
Home-made (adj.)	Made at home, often implying freshness and quality	She brought a delicious home-made pie to the potluck.
Mouth- watering (adj.)	Very appetizing or enticing	The aroma of the freshly baked bread was mouth-watering .
Revolting (adj.)	Extremely unpleasant or disgusting	The smell from the garbage can was revolting.
Savoury (adj.)	Having a pleasant, savory taste	The chef prepared a savoury stew with a blend of herbs and spices.
Slimy (adj.)	Wet and slippery, often with an unpleasant texture	The slimy seaweed washed up on the beach after the storm.
Spicy (adj.)	Having a strong, hot flavor from spices	The curry was spicy and made my mouth tingle.

Unit 11 - Lesson 2

Word	Noun	Adjective	Definition
Refresh	Refreshment	Refreshing	To renew or revive; to provide new energy or vitality
Inconvenience	Inconvenience	Inconvenient	Something that causes trouble or difficulty; a nuisance
Cultivate	Cultivation	Cultivated	To foster growth or development; to nurture or improve
Resist	Resistance	Resistant	To withstand or oppose; to refuse to give in or comply
Consume	Consumption	Consumed	To eat, drink, or use up; to devour or absorb
Conclude	Conclusion	Conclusive	To bring to an end; to finish or terminate; to reach a decision or judgment

Unit 12 - Lesson 1

Word	Definition	Example Sentence
Ceramics (n.)	Objects, art, or materials made from clay that is heated and hardened, often used for practical or decorative purposes	The ceramics displayed in the gallery were beautifully crafted and showcased a range of styles and techniques.
Cartoon (n.)	A humorous or satirical drawing or animation, often with exaggerated features or caricatures	The newspaper published a political cartoon that cleverly portrayed the current state of affairs in a comical way.
Poem (n.)	A piece of writing in verse that expresses emotions, ideas, or experiences, often with a distinctive rhythm or structure	She recited a heartfelt poem at the poetry reading, capturing the audience with her evocative words.
Illustration (n.)	A visual representation or depiction, often used to accompany or enhance written content	The children's book was filled with colorful illustrations that brought the story to life and captivated young readers.
Sculpture (n.)	A three-dimensional art form created by shaping or carving materials such as stone, metal, or clay	The sculpture in the park was a magnificent bronze statue that stood tall and captured the essence of the artist's vision.
Portrait (n.)	A painting, photograph, or artistic representation of a person, capturing their likeness and often conveying their personality or mood	The museum had a collection of historical portraits , depicting influential figures from different eras in exquisite detail.

Unit 12 - Lesson 2

Word	Definition	Example
Scene	A sequence or area in a	The opening scene of the movie was
(n.)	play, movie, or other	set in a bustling city street,
	artistic production, often	creating a vibrant and energetic
	representing a specific	atmosphere.
	location or time	
Scenery	The natural or artificial	The scenic beauty of the
(n.)	features of a landscape,	countryside was breathtaking, with
	especially when	rolling hills and picturesque valleys
	considered in terms of	stretching as far as the eye could
	their aesthetic appeal	see.
Showing	The act of presenting or	The art gallery hosted a showing of
(n.)	exhibiting something to	contemporary paintings by local
	an audience or spectators	artists, attracting art enthusiasts
	• • •	from across the city.
Playing	The act of performing in	She was nervous before her first
(n.)	a play, concert, or other	solo piano playing at the recital, but
	live event	once she started, her fingers
	0	effortlessly danced across the
	• 7	keys.
Brand	A particular product or	The new clothing store focuses on
(n.)	company that is	sustainable fashion, and their brand
3	differentiated by its	emphasizes ethical manufacturing
	name, design, or	practices and eco-friendly
0	reputation	materials.
Make	To create or produce	The chef used fresh ingredients to
(n.)	something, often by	make a delicious pasta dish that was
	combining or manipulating	bursting with flavors.
	materials or resources	

Target (n.)	An objective or goal that is aimed at or intended to	The marketing campaign had a specific target of reaching young
	be achieved	professionals interested in fitness and wellness.
Aim	To direct one's efforts	The archer carefully aimed the
(v.)	or actions towards a	arrow at the target, focusing on
	specific target or goal	precision and accuracy.
Rented	Describing something	They stayed in a rented beach
(adj.)	that is temporarily	house for their vacation, enjoying
	acquired or obtained by	the comfort and convenience of a
	paying a fee or price	home away from home.
Hired	Describing someone who	The company hired a team of skilled
(adj.)	is employed or engaged	professionals to handle the project
	for a particular job or	and ensure its success.
	task	
Grant	A sum of money or	The research team received a grant
(n.)	financial aid given by an	from the government to fund their
	organization or	study on renewable energy sources.
	government for a specific	
	purpose or project	
Loan	A sum of money or	They applied for a loan from the
(n.)	property temporarily	bank to purchase a new car, and
	given to someone, with	they were approved based on their
	the expectation that it	creditworthiness.
	will be returned or repaid	