

# UPSTREAM PRE-INTERMEDIATE VOCABULARY LIST

## MODULE 4

### Feel Good

Module  
**4**

(p. 77)

- M4.1 **feel good** = czuć się dobrze, być szczęśliwym  
*e.g. I feel good when people appreciate my hard work.*
- M4.2 **memo** /'meməʊ/ (n) = notatka (służbowa)
- M4.3 **method** /'meθəd/ (n) = metoda  
*e.g. The astronomist used a new method to observe the stars.*
- M4.4 **cutlery** /'kʌtləri/ (n) = sztucce
- M4.5 **crockery** /'krɒkəri/ (n) = dishes / naczynia stołowe

- M4.6 **appliance** /ə'plaiəns/ (n) = urządzenie
- M4.7 **the pros and cons** = the advantages and disadvantages / zalety i wady
- M4.8 **negotiate** /ni'gəʊʃieɪt/ (v) = negocjować  
*e.g. We must negotiate a price that we can both agree on.*  
Der.: negotiations (n)

### Eating out!

**7**

7a – (pp. 78–79)

- 7a.1 **eat out** /'ti 'aʊt/ (phr v) = jeść poza domem  
*e.g. Eating out is much more enjoyable than eating at home, but it can be expensive.*
- 7a.2 **waiter** /'weɪtə/ (n) = kelner  
*e.g. I asked the waiter to bring me a menu half an hour ago, and I'm still waiting for it!*
- 7a.3 **dessert** /di'zɜ:t/ (n) = deser
- 7a.4 **tip** /tɪp/ (n) = napiwek
- 7a.5 **napkin** /'næpkɪn/ (n) = serwetka  
*e.g. Please wipe your mouth with a napkin – you have food all over your face.*
- 7a.6 **linen** /'lɪnɪn/ (adj) = lniany
- 7a.7 **tablecloth** /'teɪbəl'klɒθ/ (n) = obrus
- 7a.8 **side dish** /'saɪd dɪʃ/ (n) = przystawka
- 7a.9 **four-course meal** /'fɔ:kɔ:s 'mi:l/ (n) = posiłek składający się z czterech dań

- 7a.10 serving /'sɜːvɪŋ/ (n) = a portion / porcja jedzenia
- 7a.11 seafood /'siːfʊd/ (n) = owoce morza  
e.g. *Some people find seafood disgusting, especially the shrimps and mussels.*
- 7a.12 starter /'stɑːtə/ (n) = zakaśka, przystawka
- 7a.13 luxurious /lʌg'zʊəriəs/ (adj) = luksusowy, komfortowy  
e.g. *It's a luxurious hotel, so be prepared to spend a lot of money if you decide to stay there.*
- 7a.14 tasty /'teɪstɪ/ (adj) = delicious / smakowity
- 7a.15 spicy /'spaɪsɪ/ (adj) = pikantny  
e.g. *The food was so spicy that I burnt my mouth and had to drink lots of water.*
- 7a.16 plain /pleɪn/ (adj) = simple / (o jedzeniu) prosty, niewyszukany
- 7a.17 be keen on sth = uwielbiać coś  
e.g. *Since my nephew is keen on basketball, I bought him a pair of trainers for his birthday.*
- 7a.18 surroundings /sə'reʊndɪŋz/ (n pl) = otoczenie
- 7a.19 offer good value for money = oferować towary/usługi warte swej ceny
- 7a.20 decor /'deɪkə/ (n) = wystrój (np. domu, pokoju)
- 7a.21 anniversary /,æni'vɜːsəri/ (n) = rocznica  
e.g. *For our first-year wedding anniversary, we went to an expensive restaurant.*
- 7a.22 review /rɪ'vjuː/ (n) = recenzja  
e.g. *Before she goes to the cinema, she always reads a review of the film to see what others say about it.*
- 7a.23 taste = smak (czegoś)
- 7a.24 situated /'sɪtʃu'eɪtɪd/ = located / (o miejscu) usytuowany
- 7a.25 shopping mall /'ʃɒpɪŋ mɔːl/ (n) = centrum handlowe  
e.g. *Everyone in the family enjoys going to the shopping mall because there is something for everyone to buy or eat there.*
- 7a.26 reasonable /'rɪzənəbəl/ (adj) = logical / rozsądny  
Opp.: unreasonable
- 7a.27 flowerpot /'flaʊəpɒt/ (n) = doniczka
- 7a.28 jug /dʒʌg/ (n) = dzbanek
- 7a.29 mammoth /'mæməθ/ (adj) = olbrzymi, gigantyczny
- 7a.30 appetite /'æpɪtaɪt/ (n) = apetyt  
e.g. *He has such a big appetite that he can eat a whole chicken.*
- 7a.31 save room = zostawić sobie miejsce (np. na deser)
- 7a.32 scoop /skuːp/ (n) = gałka (lodów)
- 7a.33 waterfall /'wɔːtəfɔːl/ (n) = wodospad
- 7a.34 aquarium /ə'kwɪəriəm/ (n) = akwarium
- 7a.35 parrot /'pærə/ (n) = papuga
- 7a.36 sound effects /saʊnd 'ɪfekts/ (n pl) = efekty dźwiękowe
- 7a.37 thunderstorm /'θʌndə'stɔːm/ (n) = burza
- 7a.38 warehouse /'weəhɑːs/ (n) = magazyn, skład
- e.g. *All the boxes sent from abroad are stored at the warehouse for the time being.*
- 7a.39 gas lamp /gæs læmp/ (n) = lampa gazowa
- 7a.40 stained glass /'steɪnd glɑːs/ (n) = szkło witrażowe; witraże
- 7a.41 carousel /,kærə'sel/ (n) = karuzela
- 7a.42 baked /beɪkt/ = pieczony  
e.g. *Baked potatoes are healthier than fried potatoes because they are cooked in the oven.*
- 7a.43 bottomless /'bɒtəmləs/ (adj) = bez dna, niewyczerpany
- 7a.44 included /ɪn'klʊdɪd/ (adj) = zawarty  
e.g. *Food and drinks are included in the price of the airline ticket.*
- 7a.45 range /rændʒ/ (v) = wahać się (od... do...)
- 7a.46 harbour /'hɑːbə/ (n) = port, przystań  
e.g. *There were many fishermen at the harbour repairing their nets.*
- 7a.47 deck /dek/ (n) = pokład
- 7a.48 gentle /dʒentl/ (adj) = soft / łagodny
- 7a.49 rocking /'rɒkɪŋ/ (n) = kołysanie (się)  
e.g. *The gentle rocking of the boat put the young boy to sleep.*
- 7a.50 cuisine /kwi'ziːn/ (n) = kuchnia (danego kraju, regionu)
- 7a.51 celebrity /sɪ'lebrɪti/ (n) = a star / sława, znana osoba  
e.g. *She has been a celebrity in this country ever since she won an Olympic gold medal.*
- 7a.52 grow /grəʊ/ (v) = rosnąć  
e.g. *They say that if kids drink lots of milk, they grow faster.*
- 7a.53 fountain /'faʊntɪn/ (n) = fontanna
- 7a.54 dine /daɪn/ (v) = jeść obiad/kolację  
Der.: dinner (n)
- 7a.55 lively /'laɪvli/ (adj) = żywy, wesoły  
e.g. *She is such a lively girl – she never runs out of energy.*
- 7a.56 tower /'taʊə/ (n) = wieża
- 7a.57 view /vjuː/ (n) = widok  
e.g. *We have a wonderful view of the sea from our living room window.*
- 7a.58 revolve /rɪ'vɒlv/ (v) = obracać (się)
- 7a.59 constantly /'kɒnstəntli/ (adv) = always / ciągle
- 7a.60 be on top of the world (idm) = być w siódmym niebie

## 7b – Vocabulary Practice (pp. 80–81)

- 7b.1 dairy /deəri/ (adj) = mleczny  
e.g. *Yoghurt and milk are two dairy products that middle-aged women should never avoid.*
- 7b.2 frozen /'frɒzənz/ (adj) = zamrożony
- 7b.3 bakery /'beɪkəri/ (n) = dosł. piekarnia; tu: pieczywo
- 7b.4 tinned /tɪnd/ (adj) = duszkowy, w duszce

- 7b.5 **pasta** /pæstə/ (n) = pasta (makarony, pierożki)  
e.g. *Pasta is very tasty with grated cheese and tomato sauce.*
- 7b.6 **poultry** /pəʊltri/ (n) = drób, mięso drobiowe
- 7b.7 **section** /sekʃən/ (n) = stoisko, dział
- 7b.8 **aisle** /aɪl/ (n) = przejście
- 7b.9 **pour** /pɔː/ (v) = wlać  
e.g. *Could you pour some more water into my glass, please?*
- 7b.10 **sprinkle** /sprɪŋkl/ (v) = posypać (czymś)
- 7b.11 **simmer** /sɪmə/ (v) = gotować/duścić na wolnym ogniu
- 7b.12 **fry** /fraɪ/ (v) = smażyć
- 7b.13 **chop** /tʃɒp/ (v) = posiekać, pokroić  
e.g. *Before putting the onions into the salad, chop them into tiny pieces.*
- 7b.14 **drain** /dreɪn/ (v) = odsączyć
- 7b.15 **mushroom** /mʌʃrʊm/ (n) = grzyb
- 7b.16 **dried** /draɪd/ (adj) = suszony  
e.g. *There was no fresh fruit at the supermarket, so we had to buy dried fruit instead.*
- 7b.17 **basil** /bæzəl/ (n) = bazylia
- 7b.18 **oregano** /ˌɒrɪˈɡænəʊ/ (n) = oregano
- 7b.19 **pinch** /pɪntʃ/ (n) = szczypta
- 7b.20 **grated** /græɪtɪd/ (adj) = tarty  
e.g. *Would you like some grated cheese on your spaghetti?*
- 7b.21 **topping** /ˈtɒpɪŋ/ (n) = przybranie, dodatek
- 7b.22 **tblsp**: abbreviation for *tablespoonful* = łyżka stołowa
- 7b.23 **tsp**: abbreviation for *teaspoonful* = łyżeczka
- 7b.24 **boiled** /bɔɪld/ (adj) = gotowany
- 7b.25 **grilled** /grɪld/ (adj) = z grilla
- 7b.26 **roasted** /rəʊstɪd/ (adj) = (o mięsie) pieczony
- 7b.27 **scrambled eggs** /skræmbəld 'egz/ (n pl) = jajecznica  
e.g. *I prefer scrambled eggs to fried eggs.*
- 7b.28 **mashed potatoes** (n pl) = purée ziemniaczane
- 7b.29 **steamed** /stiːmd/ (adj) = ugotowany na parze
- 7b.30 **bitter** /bɪtə/ (adj) = gorzki  
e.g. *He always drinks black coffee without sugar; he likes the bitter taste.*
- 7b.31 **sour** /saʊə/ (adj) = cierpki, kwaśny
- 7b.32 **creamy** /kriːmi/ (adj) = kremowy, śmietanowy
- 7b.33 **salty** /sɔːltɪ/ (adj) = słony  
e.g. *This food cannot be eaten; it is much too salty.*
- 7b.34 **juicy** /dʒuːsi/ (adj) = soczysty  
Opp.: dry
- 7b.35 **hot** /hɒt/ (adj) = spicy / ostry  
Opp.: mild
- 7b.36 **strong** /strɒŋ/ (adj) = tu: o silnym smaku
- 7b.37 **nuts** /nʌts/ (n pl) = orzechy, migdały
- 7b.38 **mayonnaise** /ˌmeɪəˈneɪz/ (n) = majonez
- 7b.39 **pickle** /pɪkəl/ (n) = marynata, korniszon
- 7b.40 **garlic** /ˈgɑːlɪk/ (n) = czosnek
- 7b.41 **vinegar** /ˈvɪnɪgə/ (n) = ocet
- 7b.42 **chilly pepper** /ˈtʃɪli pepə/ (n) = chili; czerwony pieprz
- 7b.43 **disgusting** /dɪsˈgʌstɪŋ/ (adj) = obrzydliwy  
e.g. *How can you eat spaghetti with mayonnaise? It's disgusting!*
- 7b.44 **mug** /mʌg/ (n) = kubek
- 7b.45 **saucer** /ˈsɔːsə/ (n) = spodek (od filiżanki)
- 7b.46 **soup bowl** /suːp bəʊl/ (n) = miska na zupę
- 7b.47 **kettle** /ˈketl/ (n) = czajnik
- 7b.48 **carving knife** /ˈkɑːvɪŋ naɪf/ (n) = nóż do krojenia mięsa  
e.g. *In order to cut this turkey meat into slices, I'll need the carving knife.*
- 7b.49 **bar** /bɑː/ (n) = tabliczka (czekolady)
- 7b.50 **handful** /ˈhændfʊl/ (n) = garść, garstka; kilka  
e.g. *There are only a handful of shops that sell this rare CD.*
- 7b.51 **pot** /pɒt/ (n) = dzbanek (do kawy, herbaty)
- 7b.52 **tin** /tɪn/ (n) = puszka
- 7b.53 **jar** /dʒɑː/ (n) = słoik
- 7b.54 **clove** /kləʊv/ (n) = ząbek (czosnku)
- 7b.55 **slice** /slaɪs/ (n) = plaster; kawałek  
e.g. *May I have another slice of pizza, please?*
- 7b.56 **olive** /ˈɒlɪv/ (n) = oliwka

## 7c – Grammar in use (pp. 82–83)

- 7c.1 **peach** /pi:tʃ/ (n) = brzoskwinia
- 7c.2 **lobster** /ˈlɒbstə/ (n) = homar
- 7c.3 **cereal** /ˈsɪəriəl/ (n) = płatki zbożowe/śniadaniowe
- 7c.4 **salmon** /ˈsæməŋ/ (n) = łosoś
- 7c.5 **spring onion** /sprɪŋ ˈʌŋjən/ (n) = dymka
- 7c.6 **cauliflower** /ˈkɒlɪflaʊə/ (n) = kalafior
- 7c.7 **ketchup** /ˈketʃəp/ (n) = keczup  
e.g. *Most people enjoy ketchup on their chips.*
- 7c.8 **lettuce** /ˈletɪs/ (n) = sałata
- 7c.9 **mustard** /ˈmʌstəd/ (n) = musztarda
- 7c.10 **cabbage** /ˈkæbɪdʒ/ (n) = kapusta
- 7c.11 **celery** /ˈseləri/ (n) = seler naciowy
- 7c.12 **luggage** /ˈlʌɡɪdʒ/ (U n) = bagaż  
e.g. *Would you like to check in your luggage or carry it with you on the plane?*
- 7c.13 **pear** /peə/ (n) = gruszka
- 7c.14 **mineral water** /ˈmɪnərəl wɔːtə/ (n) = woda mineralna
- 7c.15 **meal** /miːl/ (n) = posiłek
- 7c.16 **reservation** /ˌrezəˈveɪʃən/ (n) = rezerwacja
- 7c.17 **waitress** /ˈweɪtrəs/ (n) = kelnerka  
e.g. *When the waitress finally brought us our food, we told her that it was cold.*
- 7c.18 **wallet** /ˈwɒlɪt/ (n) = portfel

- 7c.19 visible /vɪzɪbəl/ (adj) = widoczny  
 7c.20 emphasise /emfəsaɪz/ (v) = podkreślać, kłaść nacisk na  
 7c.21 run out (of) /rʌn 'aʊt/ (phr v) = skończyć się  
*e.g. We've run out of milk for the baby – could you go out and get some, please?*

## Phrasal verbs

- 7c.22 give back /gɪv 'bæk/ = oddać, zwrócić  
 7c.23 give out /gɪv 'aʊt/ = (np. o bateriach, zapasach) wyczerpać się  
 7c.24 give up /gɪv 'ʌp/ = zrezygnować (z czegoś)  
*e.g. When I went on a diet, I had to give up chocolate.*  
 7c.25 give off /gɪv 'ɒf/ = wydzielać (nieprzyjemny zapach)  
 7c.26 give away /gɪv ə'weɪ/ = zdradzić (np. sekret)  
 7c.27 give in /gɪv 'ɪn/ = ulec (pokusie)

## 7d – Listening &amp; Speaking skills (pp. 84–85)

- 7d.1 twilight /'twalaɪt/ (n) = zmierzch  
 7d.2 relaxed /rɪ'læksɪd/ (adj) = calm / zrelaksowany, spokojny  
*e.g. Even though he was being blamed for the company's failure, he seemed very relaxed as if nothing had happened.*  
 7d.3 catering /'keɪtərɪŋ/ (n) = obsługa gastronomiczna  
 7d.4 function /'fʌŋkʃən/ (n) = tu: uroczystość, przyjęcie  
 7d.5 premises /'premɪsɪz/ (n pl) = teren, lokal  
 7d.6 karaoke /,kærɪ'əʊki/ (n) = karaoke  
 7d.7 contest /'kɒntest/ (n) = konkurs  
 7d.8 specialise /'speʃəlaɪz/ (v) = specjalizować się  
 7d.9 performance /pə'fɔ:məns/ (n) = występ  
*e.g. The boy's performance in the school play was so great that it even amazed his teacher.*  
 7d.10 manners /'mænəz/ (n pl) = manieri  
 7d.11 toast /təʊst/ (n) = toast  
 7d.12 still /stɪl/ (adj) = (o wodzie, napoju) niegazowany  
 7d.13 sparkling /'spɜ:kəlɪŋ/ (adj) = (o wodzie, napoju alkoholowym) gazowany  
 7d.14 rare /rəə/ (adj) = (o mięsie, befsztyku) krwisty  
 7d.15 medium /'mi:diəm/ (adj) = (o mięsie, befsztyku) średnio wysmażony/wypieczony  
 7d.16 well done /wel dʌn/ (adj) = (o mięsie, befsztyku) dobrze wysmażony/wypieczony  
 7d.17 seafood cocktail /'si:fd kɒktel/ (n) = sałatka z owoców morza  
 7d.18 main course /,meɪn 'kɔ:s/ (n) = główne danie  
 7d.19 pudding /'pu:dɪŋ/ (n) = pudding  
 7d.20 smartly /'smɔ:tli/ (adv) = starannie, elegancko  
 7d.21 helpful /'helpfʊl/ (adj) = pomocny, czynny  
 7d.22 stylish /'stɑɪlɪʃ/ (adj) = stylowy

## 7e – Writing (p. 86)

- 7e.1 refer (to) /rɪ'fɜ:/ (v) = odnosić się do (czegoś), nawiązywać do (czegoś)  
 7e.2 extremely /ɪk'stri:mli/ (adv) = niezwykle, bardzo  
*e.g. It is extremely hot, so wear the lightest clothes you have.*  
 7e.3 proud /praʊd/ (adj) = dumny  
 Opp.: modest  
 7e.4 there was no sign of (sb) = nie było śladu kogoś  
 7e.5 lose one's temper = stracić panowanie nad sobą  
*e.g. When she called me a bad name, I finally lost my temper and started shouting.*  
 7e.6 sink /smk/ (v) = zatonać  
 7e.7 stale /steɪl/ (adj) = (o chlebie) czerstwy  
*e.g. We're never going to that bakery again; their bread is always stale!*  
 Opp.: fresh

## Literature Corner 7 (p. 87)

- LC7.1 steamy /'sti:mi/ (adj) = parny, wilgotny  
 LC7.2 mist /mɪst/ (n) = mgła, mgielka  
 LC7.3 rise up /raɪz 'ʌp/ (phr v) = (o mgle) unosić się do góry  
 LC7.4 tunnel /'tʌnəl/ (n) = tunel  
 LC7.5 storeroom /'stɔ:rurɪm/ (n) = magazyn  
 LC7.6 whipped cream /,wɪpt 'krɪ:m/ (n) = bita śmietana  
 LC7.7 pineapple /'paɪnæpəl/ (n) = ananas  
 LC7.8 step out /step 'aʊt/ (phr v) = wyjść z  
 LC7.9 scramble /'skræmbəl/ (v) = gramolić się  
 LC7.10 keep up with /kɪp 'ʌp wɪð/ (phr v) = nadążyć za  
*e.g. I can't keep up with you – you're walking too fast!*  
 LC7.11 rush on /rʌʃ 'ɒn/ (phr v) = spieszyć się; iść szybko  
 LC7.12 no end = a lot / ogromnie  
*e.g. It upset her no end to find out about her car being stolen.*  
 LC7.13 ice cube /aɪs kju:b/ (n) = kostka lodu  
 LC7.14 take a peek = zerknąć  
*e.g. We had promised our parents not to look at the Christmas presents until Christmas Day, but I couldn't resist taking a peek.*  
 LC7.15 lift sb up /lɪft 'ʌp/ (phr v) = podnieść (do góry)  
 LC7.16 row /rəʊ/ (n) = rząd  
 LC7.17 fling the door open = otworzyć gwałtownie drzwi  
 LC7.18 tiny /'taɪnɪ/ (adj) = mały, mały  
 Opp.: huge  
 LC7.19 stare /steə/ (v) = gapić się  
 LC7.20 triumphantly /trɪ'ʌmfəntli/ (adv) = triumfalnie  
 LC7.21 By golly! = O kurczę!

## 8a – (pp. 88–89)

- 8a.1 fit for = nadający się do (czegoś)
- 8a.2 race /reɪs/ (n) = wyścig  
e.g. *If you win this race, I will admit that you are the best runner in our school.*
- 8a.3 marathon /ˈmæɪrəθən/ (n) = maraton
- 8a.4 fit /fɪt/ (adj) = wysportowany  
e.g. *The coach told me that I'm not fit enough to join the volleyball team.*
- 8a.5 brave /breɪv/ (adj) = bold / odważny  
e.g. *You need to be brave to go into that dark forest all by yourself.*  
Opp.: cowardly
- 8a.6 well-trained /wel'treɪnd/ (adj) = dobrze wytrenowany, przygotowany  
e.g. *An athlete needs to be well-trained in order to compete in the Olympics.*
- 8a.7 disciplined /dɪsɪplɪnd/ (adj) = zdyscyplinowany
- 8a.8 competitive /kəm'petɪtɪv/ (adj) = ambitny / lubiący rywalizację  
e.g. *Sally is so competitive; she always wants to show that she's better at chess than everyone else.*
- 8a.9 patient /peɪʃənt/ (adj) = enduring / cierpliwy  
Der.: patience (n)
- 8a.10 stamina /stæmɪnə/ (n) = wytrzymałość, odporność  
e.g. *The runner did not have the stamina to finish the race; he was out of breath.*
- 8a.11 sense of direction = zmysł orientacji  
e.g. *Stanley has no sense of direction; even when he has a map, he still manages to get lost.*
- 8a.12 musher /mʌʃə/ (n) = (American and Canadian English) osoba powożąca psim zaprzęgiem
- 8a.13 line up /laɪn 'ʌp/ (phr v) = ustawiać się
- 8a.14 paw /pɔː/ (v) = drapać, skrobać (łapą)
- 8a.15 ground /graʊnd/ (n) = ziemia
- 8a.16 be off /bi 'ɒf/ (phr v) = wyruszyć
- 8a.17 trek /trek/ (n) = wyprawa
- 8a.18 onlooker /ɒnlʊkə/ (n) = a spectator / obserwator, gap  
e.g. *There were many onlookers present at the time of the accident, so it was very easy for the police to get information.*
- 8a.19 cheer /tʃɪə/ (v) = wiblować  
e.g. *When the boxing champion entered the ring, everyone in the audience cheered.*
- 8a.20 encourage /ɪn'kʌrɪdʒ/ (v) = zachęcić  
e.g. *My mother encouraged me to study harder so that I could pass the Maths exam.*  
Opp.: discourage
- 8a.21 sled /sled/ (n) = a sledge, sleigh / sanie
- 8a.22 tough /tʌf/ (adj) = trudny, ciężki
- 8a.23 guide /gaɪd/ (v) = prowadzić
- 8a.24 on the trail = na szlaku, w drodze
- 8a.25 rest /rest/ (v) = to relax / odpocząć  
e.g. *Could we rest for a while? I'm not used to hiking for such long periods of time.*
- 8a.26 win /wɪn/ (v) = wygrać  
e.g. *The coach told us that we had to train hard every single day if we wanted to win.*  
Opp.: lose
- 8a.27 thick fur /θɪk 'fɜː/ (n) = gęste futro
- 8a.28 vet /vet/ (n) = weterynarz  
e.g. *Although it was time for the vet to go home, he agreed to take a look at a dog whose paw was broken.*
- 8a.29 transport /træns'pɔːt/ (v) = transportować
- 8a.30 mail /meɪl/ (n) = poczta  
e.g. *Could you ask the postman if we have received any mail?*
- 8a.31 snowmobile /snoʊmə'biːl/ (n) = skuter śnieżny
- 8a.32 die out /daɪ 'aʊt/ (phr v) = wymierać  
e.g. *Many species are slowly dying out as hunters kill them.*
- 8a.33 challenging /tʃælɪndʒɪŋ/ (adj) = demanding / trudny, wymagający wysiłku  
e.g. *It is a very challenging mountain to climb; that explains why so few mountain climbers have reached the top.*  
Opp.: unchallenging, undemanding
- 8a.34 cross /kros/ (v) = przekroczyć  
e.g. *The only way to cross this river is to make a bridge.*
- 8a.35 icy /aɪsɪ/ (adj) = frozen over / oblodzony
- 8a.36 valley /væli/ (n) = dolina
- 8a.37 odd-numbered /ɒd'nʌmbəd/ (adj) = nieparzysty
- 8a.38 even-numbered /iːv'n'nʌmbəd/ (adj) = parzysty
- 8a.39 challenge /tʃælɪndʒ/ (n) = wyzwanie  
e.g. *It is a challenge that he accepted, and if he returns alive, he will be known as the greatest explorer who has ever lived.*
- 8a.40 cope (with) /kəʊp/ (v) = radzić sobie z  
e.g. *How do you cope with all those screaming kindergarten kids? You must be very patient.*
- 8a.41 head (for) /hed/ (v) = to go towards / zmierzać (ku)  
e.g. *We are heading for the shopping mall; are you coming with us?*

## 8b – Vocabulary Practice (pp. 90–91)

- 8b.1 cricket /'kɪkɪt/ (n) = krykiet
- 8b.2 baseball /'beɪsbɔːl/ (n) = baseball  
e.g. *Cricket and baseball have one thing in common: they both require bats.*
- 8b.3 ice-hockey /'aɪshoʊki/ (n) = hokej (na lodzie)
- 8b.4 bowling /'bɔːlɪŋ/ (n) = gra w kregle
- 8b.5 skateboarding /'sketbɔːdɪŋ/ (n) = jazda na deskorolce
- 8b.6 rugby /'rʌŋbi/ (n) = rugby
- 8b.7 individual /'ɪndɪ'vɪdʒuəl/ (adj) = indywidualny
- 8b.8 martial arts /'mɑːtʃəl 'ɑːts/ (n pl) = sztuki walki
- 8b.9 athletics /æθlɪ'tetiks/ (n) = lekkoatletyka
- 8b.10 gymnastics /'dʒɪm'næstiks/ (n) = gimnastyka
- 8b.11 aerobics /əə'reʊbɪks/ (n) = aerobik  
e.g. *He cannot do aerobics because his doctor has forbidden him to run and jump.*
- 8b.12 pull a muscle = naciągnąć mięsień
- 8b.13 break one's leg = złamać nogę  
e.g. *What bad luck! The star footballer won't be playing because he has broken his leg.*
- 8b.14 twist an ankle = skręcić nogę w kostce
- 8b.15 sprain a wrist = skręcić nadgarstek
- 8b.16 coach /kəʊtʃ/ (n) = trener  
e.g. *We have a very strict coach who trains us hard.*
- 8b.17 dissatisfied (with) /dɪ'sætɪsfɑɪd/ (adj)  
= disappointed / niezadowolony z  
Opp.: satisfied, content
- 8b.18 experienced /ɪk'spɪəriənst/ (adj) = doświadczony  
e.g. *She is a very experienced swimmer and works as a lifeguard on a beach.*  
Opp.: inexperienced
- 8b.19 ring /rɪŋ/ (n) = ring
- 8b.20 swimming pool /'swɪmɪŋ puːl/ (n) = basen
- 8b.21 hall /hɔːl/ (n) = hala sportowa
- 8b.22 alley /æli/ (n) = kregielnia  
e.g. *I'd love to go to a bowling alley tonight.*
- 8b.23 course /kɔːs/ (n) = pole golfowe; bieżnia
- 8b.24 football pitch /'fʊtbɔːl pɪtʃ/ (n) = boisko do gry w piłkę nożną
- 8b.25 tennis court /'tenɪs kɔːt/ (n) = kort tenisowy  
e.g. *The hotel not only has a swimming pool, but also two tennis courts.*
- 8b.26 snooker /'snʊkə/ (n) = snooker
- 8b.27 rink /rɪŋk/ (n) = lodowisko  
e.g. *The two little kids were afraid to skate on the ice-skating rink.*
- 8b.28 track /træk/ (n) = tor; bieżnia
- 8b.29 management /'mænɪdʒmənt/ (n) = zarząd (w firmie)

## 8c – Grammar in use (pp. 92–93)

- 8c.1 umpire /'ʌmpaɪə/ (n) = sędzia, arbiter (np. w tenisie, krykiecie)
- 8c.2 award /ə'wɔːd/ (v) = przyznać (np. medal, nagrodę)  
e.g. *The athlete was awarded a silver medal as he came second in the race.*
- 8c.3 decathlon /dɪ'kæθlɒn/ (n) = dziesięciobój
- 8c.4 pentathlon /pen'tæθlɒn/ (n) = pięciobój
- 8c.5 lifejacket /'laɪfdʒækt/ (n) = kamizelka ratunkowa  
e.g. *The Captain says that everyone on this boat is required to wear a lifejacket.*
- 8c.6 training session /'treɪnɪŋ seʃən/ (n) = sesja treningowa
- 8c.7 install /ɪn'stɔːl/ (v) = instalować, montować  
e.g. *We wish we had the money to install air conditioning in all the rooms.*
- 8c.8 cancel /'kænsəl/ (v) = to call off / odwołać  
e.g. *The concert was cancelled as there was little demand to see the ageing performer.*
- 8c.9 broadcast /'brɔːdkɑːst/ (v) = (o rozgłośni telewizyjnej, radiowej) nadawać
- 8c.10 throw out /θrəʊ 'aʊt/ (phr v) = wyrzucić
- 8c.11 keep out of reach of children = trzymać z dala od dzieci
- 8c.12 postpone /pəʊs'pəʊn/ (v) = to put off / odłożyć, przełożyć  
e.g. *If the meeting is postponed until Thursday, it will give us more time to prepare ourselves.*
- 8c.13 refreshments /rɪ'freʃmənts/ (n pl) = napoje
- 8c.14 poster /'pɔːstə/ (n) = plakat  
e.g. *At our company, it is not allowed to put posters on the walls because they have just been painted.*
- 8c.15 noticeboard /'nəʊtɪsbɔːd/ (n) = tablica ogłoszeń
- 8c.16 application form /'æplɪ'keɪʃən 'fɔːm/ (n) = formularz, podanie  
e.g. *Please fill in this application form and we will call you if there is a vacancy.*
- 8c.17 wound /waʊnd/ (n) = rana
- 8c.18 surgical spirit /sɜːdʒɪkəl 'spɪrɪt/ (n) = spirytus używany do dezynfekcji
- 8c.19 reject /rɪ'dʒekt/ (v) = odrzucić (np. propozycję)  
Der.: rejection (n)  
Opp.: accept
- 8c.20 Town Council /'taʊn 'kaʊnsəl/ (n) = Rada Miejska
- 8c.21 competitor /kəm'petɪtə/ (n) = uczestnik, zawodnik
- 8c.22 based on = na podstawie, według
- 8c.23 gender /'dʒendə/ (n) = płeć
- 8c.24 level /'levəl/ (n) = poziom
- 8c.25 tournament /'tʌənəmənt/ (n) = turniej

- e.g. This important sports tournament is being broadcast all over the world.*
- 8c.26 **judge** /dʒʌdʒ/ (n) = sędzia, juror (w niektórych sportach)
- 8c.27 **careless** /ˈkæələs/ (adj) = nieostrożny  
*e.g. He is so careless that he forgot to lock his car last night.*  
Opp.: careful
- 8c.28 **disqualify** /disˈkwɒlɪfaɪ/ (v) = zdyskwalifikować  
Der.: disqualification (n)  
Opp.: qualify
- 8c.29 **insurance** /ɪnˈʃʊərəns/ (n) = ubezpieczenie  
*e.g. Since he was old and not in the best of health, he decided it would be best for his family if he took out life insurance.*
- 8c.30 **expand** /ɪkˈspænd/ (v) = (o metalu) rozszerzyć się  
Opp.: contract
- 8c.31 **rust** /rʌs/ (n) = rdza  
Der.: rusty (adj)
- 8c.32 **helmet** /ˈhelmt/ (n) = kask  
*e.g. You cannot go cycling with your friends unless you wear a helmet.*

## Phrasal verbs

- 8c.33 **bring back** /ˈbrɪŋ ˈbæk/ = przypominać; przywoływać (wspomnienia)
- 8c.34 **bring round** /ˈbrɪŋ ˈraʊnd/ = ocucić
- 8c.35 **bring up** /ˈbrɪŋ ˈʌp/ = wychować
- 8c.36 **bring about** /ˈbrɪŋ əˈbaʊt/ = spowodować (zmianę, coś złego)  
*e.g. It was her carelessness that brought about the accident.*
- 8c.37 **bring out** /ˈbrɪŋ ˈaʊt/ = wydać (książkę)
- 8c.38 **unconscious** /ʌnˈkɒnʃəs/ (adj) = nieprzytomny
- 8c.39 **childhood** /ˈtʃɪldhʊd/ (n) = dzieciństwo  
*e.g. The old woman has fond memories of her childhood.*  
Opp.: adulthood

## 8d – Listening &amp; Speaking skills (pp. 94–95)

- 8d.1 **the weather gets rough** = pogoda się pogarsza
- 8d.2 **compromise** /kəmˈprəmaɪz/ (n) = kompromis  
*e.g. I originally wanted a Porsche, but I had to reach a compromise and buy a Volkswagen instead.*
- 8d.3 **medication** /ˌmedɪˈkeɪʃən/ (n) = lek lub leki
- 8d.4 **take off** /ˈteɪk ˈɒf/ (phr v) = zdjąć  
*e.g. Take off your jacket – it's hot in here.*  
Opp.: put on
- 8d.5 **kill the pain** = usmierzyć ból

- 8d.6 **express** /ɪkˈspres/ (v) = wyrazić  
Der.: expression (n)
- 8d.7 **sympathy** /ˈsɪmpəθi/ (n) = współczucie  
*e.g. She has no sympathy for people who treat animals badly.*  
Der.: sympathetic (adj)
- 8d.8 **sore throat** /ˈsɔː θrəʊt/ (n) = ból gardła
- 8d.9 **in a way** = w pewnym sensie
- 8d.10 **operation** /ɒpəˈreɪʃən/ (n) = operacja  
*e.g. Although he has a weak heart, the doctor told him that an operation was unnecessary.*
- 8d.11 **perform** /pəˈfɔːm/ (v) = przeprowadzić (np. operację); spisać się (na zawodach sportowych)  
*e.g. In the finals, the gymnast did not perform as well as he wanted to.*

## 8e – Writing (p. 96)

- 8e.1 **target reader** = odbiorca tekstu, czytelnik docelowy
- 8e.2 **to start with** = przede wszystkim
- 8e.3 **in addition** = w dodatku  
*e.g. Full-time English classes are offered. In addition, students can take classes in computing and French.*
- 8e.4 **on the whole** = ogólnie rzecz biorąc  
*e.g. Your report had some mistakes but, on the whole, I am satisfied with it.*
- 8e.5 **what is more** = ponadto
- 8e.6 **as a result** = w efekcie
- 8e.7 **therefore** /ðəˈfɔː/ (adv) = dlatego
- 8e.8 **consequently** /kɒnsɪkwentli/ (adv) = wskutek czego, w rezultacie
- 8e.9 **contrast** /kɒnˈtrɑːst/ (n) = kontrast
- 8e.10 **however** /haʊˈevə/ (adv) = jednakże
- 8e.11 **although** /ɔːlˈðəʊ/ (conj) = chociaż, pomimo
- 8e.12 **conclude** /kənˈkluːd/ (v) = zakończyć  
Der.: conclusion (n)
- 8e.13 **to sum up** = podsumować
- 8e.14 **consist (of)** /kənˈsɪst/ (v) = składać się z  
*e.g. My breakfast usually consists of eggs, toast and coffee.*

## Literature Corner 8 (p. 97)

- LC8.1 **anthem** /ænθəm/ (n) = hymn (narodowy, olimpijski)
- LC8.2 **stand for** /ˈstænd fɔː/ (phr v) = (o skrócie) oznaczać  
*e.g. WHO stands for World Health Organisation.*
- LC8.3 **extract** /ɪkˈstrækt/ (n) = wyjątek
- LC8.4 **ceremony** /serɪˈmeni/ (n) = ceremonia
- LC8.5 **spirit** /ˈspɪrɪt/ (n) = duch, nastrój  
Der.: spiritual (adj)

LC8.6	committee /kə'mɪtɪ/ (n) = komitet, komisja e.g. <i>The athletics committee has decided which athletes will represent our country.</i>	LC8.12	everlasting /,evə'læstɪŋ/ (adj) = wieczny
LC8.7	official /ə'fɪʃl/ (adj) = oficjalny Der.: officially (adv)	LC8.13	ancient /'eɪnjənt/ (adj) = starożytny; stary e.g. <i>This ancient statue, which dates back to the 5th century BC, can be seen in the national museum.</i> Opp: modern
LC8.8	immortal /ɪ'mɔ:təl/ (adj) = never dying, living forever / nieśmiertelny e.g. <i>Would you like to be immortal and live forever?</i> Der.: immortality (n) Opp: mortal	LC8.14	patriotic /,pætri'ɒtɪk/ (adj) = patriotyczny e.g. <i>Our neighbours seem to be very patriotic – they have flags of their country all over the place.</i>
LC8.9	antiquity /æn'tɪkwɪtɪ/ (n) = starożytność	LC8.15	cheerful /tʃiəfəl/ (adj) = happy / radosny e.g. <i>The reason why she's cheerful is because it's her birthday today.</i> Opp: sad
LC8.10	descend /dɪ'send/ (v) = to come down / zejść, zstąpić Opp.: ascend	LC8.16	inspired /ɪn'spaɪəd/ (adj) = natchniony, szczęśliwy
LC8.11	shed /ʃed/ (v) = (o lampie) rzucać światło		

## SA

## Self-Assessment Module 4

(pp. 98–99)

SA4.1	herb /hɜ:b/ (n) = zioło, przyprawa
SA4.2	spacious /speɪʃəs/ (adj) = przestronny e.g. <i>Since this flat is spacious, it must be quite expensive.</i>
SA4.3	recommend /,rekə'mend/ (v) = polecić, zarekomendować

e.g. *I strongly recommend this Indian restaurant which has such delicious curry.*

Der.: recommendation (n)

SA4.4	self-defence /,selfdɪ'fens/ (n) = samoobrona
SA4.5	monk /mɒŋk/ (n) = zakonnik
SA4.6	meditation /,medɪ'teɪʃən/ (n) = medytacja

## CCs

## Curricular Cuts 4: Science

(p. 100)

CCs.4.1	cereals /'sɪəriəlz/ (n pl) = płatki zbożowe/śniadaniowe lub produkty zbożowe
CCs.4.2	protein /prəʊtɪn/ (n) = białko
CCs.4.3	oil /ɔɪl/ (n) = olej
CCs.4.4	carbohydrate /,kɑ:bə'haidreɪt/ (n) = węglowodan
CCs.4.5	fat /fæt/ (n) = tłuszcz Der.: fatty (adj)
CCs.4.6	vitamin /vɪ'tæmɪn/ (n) = witamina

CCs.4.7	mineral /'mɪnərəl/ (n) = minerał
CCs.4.8	fatty acid /'fæti 'æsɪd/ (n) = kwas tłuszczowy
CCs.4.9	chemical reaction /kəmɪkəl rɪ'ækʃən/ (n) = reakcja chemiczna
CCs.4.10	process /prəʊses/ (n) = proces
CCs.4.11	amount /ə'maʊnt/ (n) = ilość
CCs.4.12	serving /sɜ:vɪŋ/ (n) = porcja (jedzenia)
CCs.4.13	iron /aɪən/ (n) = żelazo
CCs.4.14	calcium /kælsɪəm/ (n) = wapno
CCs.4.15	low-fat /ləʊ'fæt/ (adj) = niskotłuszczowy



