

**Lead-in (str. 70)**

- 5.1 **daily routine** (phr) = a series of things done every day without change or alteration / *ustalony porządek dnia*  
e.g. *Although she was on holiday, she still kept to her strict **daily routine**.*
- 5.2 **clumsy** /kɒlmsi/ (adj) = moving or handling things in a careless, awkward way / *niezdarny*  
e.g. *As soon as she entered the shop, the **clumsy** girl broke a vase.*  
**Der.:** clumsiness (n), clumsily (adv)
- 5.3 **suffer (from sth)** /sʌfə/ (v) = be affected by an illness / *cierpieć na, uskarżać się na*  
e.g. *She went to the doctor because she was **suffering** from headaches.*
- 5.4 **muscular pain** (phr) = pain or ache in one's muscles / *ból w mięśniach*  
e.g. ***Muscular pain** can be caused by excess exercise.*

- 5.5 **sleep pattern** (phr) = the routine of sleeping / *porę snu*  
e.g. *His **sleep pattern** was interrupted when he began working night shifts.*

- 5.6 **lifestyle** /laɪfstaɪl/ (n) = living conditions, behaviour and habits of sb / *styl, tryb życia*  
e.g. *Computers have had an enormous effect on people's **lifestyles**.*

**Reading (str. 71)**

- 5.7 **nine-to-fiver** /nɪn tu faɪvə/ (n) = someone who works from nine o'clock to five o'clock / *osoba pracująca od dziewiątej rano do piątej po południu*  
e.g. *All the employees of the company are **nine-to-fivers**.*
- 5.8 **groceries** /ˈgrɒsərɪz/ (n pl) = foods you buy at the grocer's or the supermarket / *zakupy spożywcze, artykuły spożywcze*  
e.g. *The shopping bag ripped and all the **groceries** fell to the ground.*

- 5.9 **crack of dawn** (phr) = the first light of the day, very early in the morning / *świt*  
e.g. He woke up at the **crack of dawn** to watch the sunrise.
- 5.10 **revolution** /revəˈluːʃən/ (n) = an important change in an area of human activity / *rewolucja*  
e.g. The Internet has brought about a **revolution** in telecommunications.  
Der.: revolutionary (adj)
- 5.11 **round-the-clock** (phr) = all day and all night, non-stop / *dwudziestoczerogodzinny, całodobowy*  
e.g. They worked **round-the-clock** to finish the project.
- 5.12 **brain** /breɪn/ (n) = the organ inside the head that controls the body's activities and enables you to think / *mózg*  
e.g. The **brain** is a very complex organ.  
Der.: brainy (adj)
- 5.13 **hypothalamus** /haɪˈpɒθəˌleɪməs/ (n) = part of the brain which controls the body's natural rhythms / *podwzgórze (część mózgu)*  
e.g. There was a difficult question on the **hypothalamus** in our biology test.
- 5.14 **physical** /fɪzɪkəl/ (adj) = relating to a person's body / *fizyczny*  
e.g. He is in excellent **physical** condition because he exercises regularly.
- 5.15 **psychological** /saɪkəˈlɒdʒɪkəl/ (adj) = concerned with a person's mind and thoughts / *psychologiczny*  
e.g. Mandy's problem was **psychological** rather than physical.  
Der.: psychologically (adj)
- 5.16 **well-being** /welˈbiːŋ/ (n) = the feeling of happiness and health / *dobre samopoczucie*  
e.g. A good diet can lead to a feeling of **well-being**.
- 5.17 **what makes sb tick** (phr) = what motivates sb / *co kimś powoduje*  
e.g. **What makes Sharon tick** is her wish to become successful.
- 5.18 **hormone** /ˈhɔːrmɒn/ (n) = a chemical in the body which makes an organ of your body do sth / *hormon*  
e.g. **Hormones** are a very important part of one's physical make-up.  
Der.: hormonal (adj)
- 5.19 **alertness** /əˈlɜːtnəs/ (n) = full attention to what is going on around you / *czujność*  
e.g. It was his **alertness** that prevented us from having a bad accident.
- 5.20 **synchronise** /sɪŋkronaɪz/ (v) = cause two activities to happen at the same time and speed as each other / *synchronizować*  
e.g. The dancers **synchronised** their movements to the music.
- 5.21 **conductor** /kənˈdʌktə/ (n) = a person who directs an orchestra / *dyrygent*  
e.g. The **conductor** tapped his baton as a signal for the orchestra to start.
- 5.22 **regulate** /ˈregjuleɪt/ (v) = to control a process so that it works properly / *regulować*  
e.g. Perspiring helps to **regulate** body temperature.
- 5.23 **tempo** /ˈtempoʊ/ (n) = the speed of motion or activity / *tempo*  
e.g. As the end of the concert approached, the **tempo** of the music increased.
- 5.24 **instrument** /ɪnˈstrʊmənt/ (n) = a device that is used to do a particular task / *instrument*  
e.g. Do you **play** any musical **instruments**?  
Der.: instrumental (adj)
- 5.25 **random** /ˈrændəm/ (adj) = not following a definite pattern or plan / *przypadkowy*  
e.g. They questioned a **random** sample of 200 teenage students.
- 5.26 **ignore** /ɪɡnɔː/ (v) = pay no attention to sb or sth / *ignorować*  
e.g. She **ignored** his advice and did what she wanted.  
Der.: ignorant (adj), ignorance (n)
- 5.27 **deprive (sb of sth)** /dɪˈpraɪv/ (v) = take sth away from someone / *pozbawić (kogoś czegoś)*  
e.g. He **deprived** me of the promotion by choosing somebody else for the position.  
Der.: deprivation (n)
- 5.28 **run the risk** (phr) = do sth knowing that sth unpleasant might happen / *ryzykować*  
e.g. If we don't look at the map, we **run the risk** of getting lost.
- 5.29 **anxious** /æŋkʃəs/ (adj) = nervous or worried / *zaniepokojony, niespokojny*  
e.g. The students were very **anxious** about their exam results.  
Der.: anxiously (adv), anxiety (n)  
Opp.: relaxed
- 5.30 **accident-prone** (phr) = sb to whom lots of accidents happen / *często ulegający wypadkom*  
e.g. He must be **accident-prone**; he knocks everything over.
- 5.31 **heart disease** (phr) = an illness related to the heart / *choroba serca*  
e.g. **Heart disease** is an extremely common illness in western countries.
- 5.32 **fatigue** /ˈfætɪɡ/ (n) = extreme physical or mental tiredness / *wyczerpanie*  
e.g. The doctor advised her to take a week off work due to **fatigue**.  
Der.: fatigued (adj)

- 5.33 **ulcer** /ʌlsə/ (n) = an open sore inside or outside the body which is painful and may bleed / wrzód  
e.g. *People who are under stress may get stomach ulcers.*  
Der.: ulcerous (adj)
- 5.34 **viral infection** (phr) = a disease caused by a virus / infekcja wirusowa  
e.g. *Flu is a viral infection.*
- 5.35 **outsmart** /autsmaɪ/ (v) = gain an advantage over sb in a clever, sometimes dishonest way / przechytrzyć, wykiwać  
e.g. *By crossing the river the fox outsmarted the hunting dogs.*
- 5.36 **alter** /ɔltə/ (v) = change / zmienić, przerobić  
e.g. *I had the dress altered to fit me.*  
Der.: alteration (n)
- 5.37 **immune system** (phr) = organs and processes in the body which protect you from illness and infection / system odpornościowy  
e.g. *Colds and infections weaken the immune system.*
- 5.38 **repair mechanism** (phr) = a process which helps the correction of sth / mechanizm naprawczy  
e.g. *The body's repair mechanism helps to keep it in working order.*
- 5.39 **circulate** /ɜːkjələt/ (v) = move within a closed place / krążyć  
e.g. *Blood circulates through the body, carrying oxygen.*  
Der.: circulation (n), circulatory (adj)
- 5.40 **digestive system** (phr) = the set of organs in your body that digest the food you eat / układ trawienny  
e.g. *You may have problems with your digestive system if you don't eat enough fibre.*
- 5.41 **glucose** /gluːkəʊz/ (n) = a type of sugar that gives you energy / glukoza  
e.g. *The runner's diet contained glucose.*
- 5.42 **bloodstream** /blʊdstriːm/ (n) = the blood that circulates inside your body / krwiobieg  
e.g. *The disease spread throughout the body via the bloodstream.*
- 5.43 **evolution** /ˈevəljʊʃn/ (n) = a process whereby the characteristics of plant and animal species gradually change over a long period of time / ewolucja  
e.g. *The process of human evolution was very slow.*  
Der.: evolutionary (adj)
- 5.44 **wakefulness** /wækfʊlnəs/ (n) = a state of being unable to sleep or of waking up often / bezsenność  
e.g. *During the night, he had long periods of wakefulness.*
- 5.45 **be in tune with** (phr) = be in agreement with sth/sb / współgrać z, pozostawać w harmonii z czymś/kimś  
e.g. *Although he's in his fifties, he's in tune with young people.*
- 5.46 **cue** /kju/ (n) = a signal that tells you when to start doing sth / znak, sygnał, wskazówka  
e.g. *When the film director gave the cue, the acting began.*
- 5.47 **harmony** /hɑːməni/ (n) = peace, without conflict / harmonia  
e.g. *The couple lived in perfect harmony with each other.*  
Der.: harmonious (adj), harmonise (v)
- 5.48 **predictable** /priːdɪkəbəl/ (adj) = known in advance that sth will happen / przewidywalny  
e.g. *His reaction to the teacher's comments was predictable; I knew exactly what he was going to say!*  
Der.: predictability (n)  
Opp.: unpredictable
- 5.49 **motivate** /məʊtɪveɪ/ (v) = cause sb to behave in a particular way / motywować  
e.g. *The teacher motivated her students to study harder.*  
Der.: motivation (n)
- 5.50 **precise** /priːsɪs/ (adj) = exact and accurate / precyzyjny, dokładny  
e.g. *That dock shows the precise time.*  
Der.: precisely (adv), precision (n)
- 5.51 **slow-paced** /slɔː ˈpeɪsɪ/ (adj) = at a slow speed / wolny, o wolnym tempie  
e.g. *The lifestyle of the islanders was very slow-paced.*  
Opp.: fast-paced
- 5.52 **determine** /dɪˈtɜːmɪn/ (v) = cause sth to be in a certain way / decydować o, określać  
e.g. *A person's success in exams is determined by good preparation, lack of anxiety and, of course, luck!*

#### Vocabulary Practice (str. 72–73)

- 5.53 **bloated** /blɔːtɪd/ (adj) = enlarged, due to liquid or gas (for part of the body) / wzdęty  
e.g. *After drinking so much water, he felt bloated.*
- 5.54 **fever** /fɪvə/ (n) = a higher body temperature than usual / gorączka  
e.g. *The symptoms of flu are fever and aching bones.*  
Der.: feverish (adj)
- 5.55 **aching** /ɛɪkɪŋ/ (adj) = painful / bolący, obolały  
e.g. *You'll feel better if you put your aching feet into hot soapy water.*
- 5.56 **nausea** /nɑːziə/ (n) = a feeling of sickness and vomiting / mdłości, nudności  
e.g. *The sea voyage gave him a feeling of nausea.*  
Der.: nauseous (adj)
- 5.57 **dizziness** /dʒɪzɪnəs/ (n) = the feeling of losing one's balance and falling down / zawroty głowy  
e.g. *After she had sat down, the dizziness passed.*
- 5.58 **muscle contraction** (phr) = painful tightening of the muscles / skurcz mięśni

	<i>e.g. Doing exercise without warming up can cause painful muscle contractions.</i>		
5.59	<b>wheeze</b> / <sup>h</sup> wi:z/ (v) = to breathe with difficulty and make a whistling sound / mieć trudności z oddychaniem, rzęzić <i>e.g. The effort of climbing up the five floors made the old man wheeze.</i>	5.72	<b>virus</b> / <sup>v</sup> aɪərəs/ (n) = a kind of germ that can cause disease / wirus <i>e.g. There are various types of flu virus.</i>
5.60	<b>yawn</b> /jɔ:n/ (v) = to open one's mouth very wide, showing tiredness or boredom / ziewać <i>e.g. Members of the audience started yawning after he had been talking for over an hour.</i>	5.73	<b>bacteria</b> / <sup>b</sup> bæktəriə/ (n) = small organisms, some of which can cause disease / bakterie <i>e.g. Chlorine can help to kill most bacteria in the home.</i> Der.: bacterial (adj)
5.61	<b>runny nose</b> (phr) = when liquid flows from the nose, caused by a cold or an allergy / zakatarzony nos (nos z którego cieknie) <i>e.g. His runny nose showed he had a cold.</i>	5.74	<b>pollen</b> / <sup>p</sup> pɒlən/ (n) = fine powder produced by flowers / pyłek kwiatowy <i>e.g. Some people are allergic to pollen.</i>
5.62	<b>sore eye</b> (phr) = pain or discomfort in the eye / obolałe oko <i>e.g. He rubbed his sore eyes.</i>	5.75	<b>sling</b> /sliŋ/ (n) = a piece of cloth used to support sb's broken arm / temblak <i>e.g. He had to wear a sling until his broken arm mended.</i>
5.63	<b>sneeze</b> /sni:z/ (v) = to suddenly take in air and blow it down your nose in an uncontrolled way / kichać <i>e.g. The pepper made him sneeze loudly.</i>	5.76	<b>cast</b> /kɑ:st/ (n) = a cover made of plaster used to protect a broken bone by keeping it stiff / gips <i>e.g. She had to wear a cast for six weeks until her leg had healed.</i>
5.64	<b>spot</b> /spɒt/ (n) = small, red mark on the skin / pryszcz, krostka <i>e.g. He used a special soap to get rid of the spots on his face.</i> Der.: spotty (adj)	5.77	<b>fluid</b> / <sup>f</sup> fluɪd/ (n) = liquid / płyn <i>e.g. In summer, it is important to drink lots of fluids to prevent dehydration.</i>
5.65	<b>lump</b> / <sup>l</sup> lʌmp/ (n) = a small, hard swelling on the body caused by an illness or injury / wykwit <i>e.g. She went to the doctor because she had lumps on her arm.</i> Der.: lumpy (adj)	5.78	<b>prescribe</b> / <sup>p</sup> prɪskraɪb/ (v) = when the doctor recommends what medicines one needs to take for a particular illness / przepisać, zapisać (np. lekarstwo) <i>e.g. The doctor prescribed some tablets for his hay fever.</i> Der.: prescription (n), prescriptive (adj)
5.66	<b>asthma</b> / <sup>æ</sup> æsmə/ (n) = a lung condition causing breathing difficulties / astma <i>e.g. The polluted air made her asthma worse.</i> Der.: asthmatic (adj)	5.79	<b>throat lozenge</b> (phr) = a sweet you suck on to relieve a sore throat / pastylka do ssania <i>e.g. Although it tasted terrible, the throat lozenge really made my throat feel better.</i>
5.67	<b>insomnia</b> / <sup>ɪ</sup> ɪnsmɪniə/ (n) = difficulty in sleeping / bezsenność <i>e.g. People who have insomnia should avoid drinking coffee.</i>	5.80	<b>sprained wrist</b> (phr) = accidental damage to the wrist joint by twisting or bending / skręcony nadgarstek <i>e.g. He was wearing a sling because of his sprained wrist.</i>
5.68	<b>flu</b> / <sup>f</sup> flu/ (n) = an illness with symptoms including high temperature and runny nose / grypa <i>e.g. John had to stay in bed because he had the flu.</i>	5.81	<b>travel sickness</b> (phr) = a feeling of nausea caused by travelling in a vehicle / choroba lokomocyjna <i>e.g. She gets travel sickness whenever she travels by boat.</i>
5.69	<b>cramp</b> / <sup>k</sup> kraemp/ (n) = a sudden strong pain caused by a muscle contracting / nagły skurcz <i>e.g. He got cramp in his leg while he was swimming in the pool.</i>	5.82	<b>pulled muscle</b> (phr) = injured muscle caused by straining it / naderwany mięsień <i>e.g. The footballer was taken off the team because he had a pulled muscle in his leg and couldn't play.</i>
5.70	<b>acne</b> / <sup>æ</sup> ækni/ (n) = a skin condition which causes lots of spots on the face and neck / trądzik <i>e.g. Many teenagers suffer from acne.</i>	5.83	<b>food poisoning</b> (phr) = illness caused by eating food which has gone off / zatrucie pokarmowe <i>e.g. After several cases of food poisoning, the restaurant closed down.</i>
5.71	<b>heat stroke</b> (phr) = an illness caused by spending too much time in the sun / udar słoneczny <i>e.g. Many people get heat stroke in the summer.</i>	5.84	<b>streaming cold</b> (phr) = a very bad cold, characterised by fluid flowing from the nose / bardzo silny katar <i>e.g. He had to stay in bed because he had a streaming cold.</i>
		5.85	<b>nose bleed</b> (phr) = blood coming from the inside of the nose / krwotok z nosa <i>e.g. It is best to hold your head back when you have a nose</i>

5.86	<b>traffic jam</b> (phr) = a long line of vehicles which cannot move forward because of some obstruction / korek na drodze e.g. <i>There are always traffic jams in the centre of the city.</i>	5.99	<b>perfectionist</b> /pe'fɛkʃənɪst/ (n) = sb who refuses to accept anything unless it is as good as it can possibly be / perfekcjonista e.g. <i>Being a perfectionist can sometimes be difficult on others.</i>
5.87	<b>queue</b> /kiː/ (n) = a long line of people waiting to do or buy sth / kolejka (np. w sklepie) e.g. <i>There was a long queue at the ticket office.</i>	5.100	<b>arrogant</b> /ə'reɪɡənt/ (adj) = behaving in an unpleasant way towards others because of a feeling of being better than them / arogancki, pyszny e.g. <i>He is so arrogant, always thinking he's the best.</i> Der.: arrogance (n), arrogantly (adv)
5.88	<b>drill</b> /drɪ/ (n) = the instrument used by dentists to make cavities in teeth larger in order to fill them / wiertło e.g. <i>The thing I hate most about visits to the dentist is the drill.</i>	5.101	<b>moody</b> /muːdi/ (adj) = to change mood frequently or to become angry or aggressive suddenly / humorzasty, kapryśny e.g. <i>Although he jokes around a lot, he is, in fact, a very moody person.</i>
5.89	<b>be keen on sth</b> (phr) = like sth a lot / uwielbiać coś e.g. <i>Jo is keen on reading; she's read lots of books.</i>	5.102	<b>reliable</b> /rɪ'laɪəbəl/ (adj) = can be depended on to work well or behave in the way one wants them to / godny zaufania, solidny e.g. <i>The company is always looking for reliable staff.</i> Der.: reliability (n) Opp.: unreliable
5.90	<b>be fond of sth</b> (phr) = like sth very much / bardzo coś lubić e.g. <i>I'm really fond of the opera; I think it's great!</i>	5.103	<b>practical</b> /præktɪkəl/ (adj) = sensible / praktyczny, rozsądny e.g. <i>The teacher made a lot of practical suggestions about how to study well.</i> Der.: practicality (n), practically (adv) Opp.: impractical
5.91	<b>squash</b> /skwɒʃ/ (n) = a game in which two players hit a small, rubber ball against the walls of a court using rackets / squash (dyscyplina sportu) e.g. <i>I play squash with my friend every week.</i>	5.104	<b>impatient</b> /ɪm'peɪjənt/ (adj) = unwilling to wait too long for sth / niecierpliwy e.g. <i>Don't be so impatient; wait your turn!</i> Der.: impatience (n), impatiently (adv) Opp.: patient
5.92	<b>embarrassed</b> /ɪm'bærəsd/ (adj) = shy, ashamed or guilty / skrępowany, zażenowany e.g. <i>When he arrived late for the wedding he looked embarrassed.</i> Der.: embarrassment (n)	5.105	<b>sensible</b> /sɛnsɪbəl/ (adj) = based on reason rather than emotion, logical / rozsądny e.g. <i>The doctor gave her sensible advice on how to lose weight.</i> Der.: sensibly (adv) Opp.: foolish, senseless
5.93	<b>frightened (of sth)</b> /fraɪtənd/ (adj) = anxious or afraid of sth / przestraszony (czymś) e.g. <i>Sam was frightened of the barking dog.</i>	<b>Grammar in use (str. 74–77)</b>	
5.94	<b>annoyed</b> /ə'noɪd/ (adj) = quite angry about sth / zdenerwowany, zły e.g. <i>I could see how annoyed my mother was when I came home late for dinner.</i>	5.106	<b>annual check-up</b> (phr) = a series of routine health tests, carried out once every year / badania okresowe (przeprowadzane co roku) e.g. <i>I went for my annual check-up last week and I am in perfect health.</i>
5.95	<b>fascinated</b> /fə'sɪneɪtɪd/ (adj) = finding sth interesting and attractive / zafascynowany e.g. <i>The scientist was fascinated by the new discovery.</i> Der.: fascination (n), fascinate (v)	5.107	<b>essential</b> /ɛ'senʃəl/ (adj) = extremely important or absolutely necessary / konieczny, podstawowy, niezbędny e.g. <i>Calcium is essential for the formation of strong bones in the body.</i>
5.96	<b>relieved</b> /rɪ'li:v/ (adj) = happy because sth unpleasant has not happened / odczuwający ulgę e.g. <i>I was relieved when the teacher didn't give us the test.</i> Der.: relief (n)	5.108	<b>shift work</b> (phr) = work carried out for a set period of time by sb before being replaced by sb else to ensure sth is always working / praca na zmianę
5.97	<b>sociable</b> /səʊ'ʃəbəl/ (adj) = friendly / towarzyski e.g. <i>Kate loves going to parties because she is so sociable.</i> Der.: sociability (n) Opp.: unsociable, shy		
5.98	<b>sentimental</b> /sɛntɪməntəl/ (adj) = showing or feeling exaggerated pity or love / sentymentalny, nostalgiczny e.g. <i>Old people are often sentimental about the past.</i> Der.: sentimentality (n)		

- e.g. *Shift work* means factory production never stops.
- 5.109 **treatment** /'tri:tmənt/ (n) = medical attention given for a specific period of time / kuracja  
e.g. He received *treatment* for his injuries.
- 5.110 **patient** /'peɪʃənt/ (n) = a person who receives treatment for an illness / pacjent  
e.g. The hospital doctor visits all his *patients* every morning.
- 5.111 **heart attack** (phr) = when the heart beats irregularly or stops completely / zawał serca  
e.g. He was rushed to hospital when he had the *heart attack*.
- 5.112 **identical** /aɪ'dentɪkəl/ (adj) = exactly the same / identyczny  
e.g. She has an *identical* twin sister.
- 5.113 **early bird** (phr) = sb who usually gets up very early in the morning / ranny ptaszek  
e.g. I have always been an *early bird* – I get up at 6 o'clock every morning.
- 5.114 **owl** /aʊl/ (n) = night-flying bird / sowa  
e.g. The *owl* swooped down from the dark sky and grabbed the mouse in its talons.
- 5.115 **night owl** (phr) = sb who regularly stays up late at night / nocny murek  
e.g. You have to be a *night owl* if you work night shifts.
- 5.116 **nocturnal** /'nɒktʃrənəl/ (adj) = moving or active at night / nocny  
e.g. I always take a *nocturnal* walk with my dog.  
Opp.: diurnal
- 5.117 **bliss** /blɪs/ (n) = state of happiness / szczęście, rozkosz  
e.g. When the two brothers met after 40 years, they were in a state of *bliss*.
- 5.118 **feathered** /'feðəd/ (adj) = covered with feathers / opierzony  
e.g. Birds are known as our *feathered* friends.
- 5.119 **indicate** /'ɪndɪkeɪt/ (v) = show / wskazywać, wykazywać  
e.g. The thermometer *indicated* that she had a temperature of 40°C.  
Der.: indication (n), indicative (adj)
- 5.120 **gene** /dʒi:n/ (n) = part of a cell in a living thing which controls its physical characteristics, growth and development / gen  
e.g. The type of person you are depends on your *genes*.  
Der.: genetic (adj), genetically (adv)
- 5.121 **survival tool** (phr) = sth that helps you manage in a difficult situation / narzędzie umożliwiające przetrwanie / radzenie sobie w trudnych warunkach  
e.g. Archaeologists discovered some ancient *survival tools*.
- 5.122 **awaken** /ə'weɪkən/ (v) = to wake sb up from sleep / zbudzić  
e.g. He was *awoken* by the sound of the alarm clock ringing.
- 5.123 **existence** /ɪgzɪ'stəns/ (n) = sb's way of life / tryb życia  
e.g. He leads a very *lonely existence*; he hardly ever sees anyone.
- 5.124 **average** /'ævərɪdʒ/ (adj) = normal or usual / przeciętny  
e.g. She is of *average* height.
- 5.125 **be aware of sth** (phr) = having knowledge of sth / być świadomym czegoś  
e.g. He wasn't *aware* of what was going on until I told him.  
Der.: awareness (n)  
Opp.: be unaware of sth
- 5.126 **awake** /ə'weɪk/ (adj) = not asleep / rozbudzony, w stanie czuwania  
e.g. As soon as the alarm rang, I jumped out of bed, wide *awake*.
- 5.127 **enquiry** /ɪn'kwɪəri/ (n) = question asked in order to get some information / zapytanie  
e.g. In spite of his *enquiries*, nobody could give him the information he needed.
- 5.128 **construct** /kən'strʌkt/ (v) = build / budować  
e.g. The company finished *constructing* the bridge in record time.  
Der.: construction (n), constructive (adj)
- 5.129 **erect** /ɪ'rekt/ (v) = build or put sth up / postawić, wznieść  
e.g. The police have *erected* barriers on all roads in order to catch the escaped prisoners.  
Der.: erection (n)
- 5.130 **ward off** /wɔːd ɒf/ (phr v) = prevent sth from affecting you or harming you / zapobiec, ustrzec, odeprzeć  
e.g. Taking vitamin C can help *ward off* the flu.
- 5.131 **stroke** /stroʊk/ (n) = burst or blocked blood vessel in the brain, causing death or partial paralysis / wylew  
e.g. As a result of the *stroke*, he couldn't move his right arm.
- 5.132 **carbohydrate-rich** /kɑː'boʊhə'dreɪt-riʃ/ (adj) = having a lot of carbohydrate i.e. a substance found in bread, sugar etc, which gives you energy / bogaty w węglowodany  
e.g. *Carbohydrate-rich* foods provide the body with energy.
- 5.133 **cereal** /sɪəriəl/ (n) = foods from plants such as wheat, corn or rice / produkty zbożowe  
e.g. *Cereals* are necessary in our diet because they provide the body with fibre.
- 5.134 **serotonin** /sə'reɪtɒnɪn/ (n) = a chemical in the brain which gives a feeling of calmness / serotonina (hormon wpływający na układ nerwowy)  
e.g. When we feel stress, the chemical *serotonin* is released from the brain.
- 5.135 **dose** /doʊz/ (n) = a measured amount of a medicine or drug / dawka  
e.g. You must take the required *dose* of antibiotic every eight hours.

5.136 **ward** /wɔːrd/ (n) = a room in a hospital which has beds for people who need the same treatment / oddział (szpitalny)  
e.g. *The children's ward was closed off to hospital visitors.*

#### Idioms and Fixed Phrases (str. 77)

- 5.137 **have a sweet tooth** (idm) = like sugary foods / uwielbiać słodczyce  
e.g. *She eats a bar of chocolate a day; she has a sweet tooth.*
- 5.138 **get sth off one's chest** (idm) = talk about sth that has been worrying you / wygadać się, powiedzieć komuś o swoich problemach  
e.g. *I had to get the problem off my chest so I told my mother about it.*
- 5.139 **put one's finger on sth** (idm) = precisely identify a problem / rozpoznać w czym tkwi problem  
e.g. *I know there is something wrong with her but I just can't put my finger on it.*
- 5.140 **to have a strong stomach** (idm) = not be disgusted by things that disgust other people / być odpornym na drastyczne widoki  
e.g. *Dealing with terrible accidents, rescuers must have strong stomachs.*
- 5.141 **feel sth in one's bones** (idm) = be instinctively certain about sth / czuć coś w kościach  
e.g. *I can feel it in my bones that something bad will happen tomorrow.*
- 5.142 **put words into sb's mouth** (idm) = suggest that sb means one thing when they really mean sth else / wkładać komuś w usta słowa, których nie wypowiedział  
e.g. *Stop putting words into my mouth; that's not what I mean!*
- 5.143 **break the ice** (idm) = say or do sth which makes people feel relaxed in a new situation / przełamać lody  
e.g. *At the beginning of the first class of term, the teacher broke the ice by playing a game with the students.*
- 5.144 **have itchy feet** (idm) = want to leave a place and travel / nie móc usiedzieć w miejscu  
e.g. *When he reached the age of 21, John had itchy feet and left home to see the world.*
- 5.145 **hit the jackpot** (phr) = have great success; e.g. winning the lottery / zgarnąć całą pulę  
e.g. *We have really hit the jackpot with that new business deal.*

#### Listening and Speaking Skills (str. 78–79)

5.146 **rat race** (phr) = a way of life where people compete aggressively with each other to be successful / wyścig szczurów  
e.g. *She quit the rat race to go and live on a desert island.*

5.147 **allergic** /əˈlɜːdʒɪk/ (adj) = ill or covered in a rash when you eat, smell or touch sth / uczulony  
e.g. *He is allergic to nuts.*

5.148 **weightlifting** /weɪtlɪftɪŋ/ (n) = a sport in which the competitor who can lift the heaviest weight wins / podnoszenie ciężarów  
e.g. *The Greeks have won many Olympic medals for weightlifting.*

5.149 **stethoscope** /stetʰəskoʊp/ (n) = instrument used to listen to sb's heartbeat or breathing / stetoskop (słuchawki lekarskie)  
e.g. *The doctor put the stethoscope to the child's chest in order to listen to his heartbeat.*

5.150 **pneumonia** /njuːmɒniə/ (n) = a serious disease affecting the lungs / zapalenie płuc  
e.g. *He was admitted to hospital with pneumonia.*

5.151 **diarrhoea** /daɪəˈriːə/ (n) = liquid faeces due to illness / biegunka  
e.g. *It is essential to drink a lot of fluids when one has diarrhoea.*

5.152 **antacid tablet** (phr) = a pill which reduces the level of acid in the stomach / tabletkę zmniejszająca poziom kwasu w żołądku  
e.g. *An antacid tablet can relieve stomach pains.*

#### Culture Clip (str. 80–81)

5.153 **limestone** /ˈlɪmstəʊn/ (n) = a type of porous rock / wapień  
e.g. *In areas with limestone rock, there are usually caves underground.*

5.154 **mineral** /ˈmɪnərəl/ (n) = substance such as tin or salt naturally found in rocks / sole mineralne, minerał  
e.g. *Valuable minerals were discovered in the mountains.*

5.155 **humid** /hjuːmɪd/ (adj) = very damp, moist / wilgotny  
e.g. *It is difficult to live in humid climates.*  
Der.: humidity (n)  
Opp.: dry

5.156 **cave** /keɪv/ (n) = a large hole on the side of a cliff or under the ground / jaskinia  
e.g. *After crawling through a long narrow passage, we suddenly found ourselves in a large cave.*

5.157 **steam** /stiːm/ (n) = the hot mist that forms when water boils / para  
e.g. *The steam from the boiling pot burned her hand.*  
Der.: steamy (adj)

5.158 **bubbling** /ˈbʌblɪŋ/ (adj) = liquid containing bubbles due to boiling / bulgoczący  
e.g. *Add the spaghetti to the bubbling water.*

5.159 **geyser** /ˈɡeɪzər/ (n) = a hole in the Earth's surface from which steam and water emerge violently / gejzer  
e.g. *Iceland is famous for its spectacular geysers.*

- 5.160 **volcano** /vɒlˈkænoʊ/ (n) = a mountain from which hot, melted rock, gas, steam and ash from inside the earth burst out / **wulkan**  
e.g. *It is very dangerous to live near an active volcano.*  
Der.: volcanic (adj)
- 5.161 **mud** /mʌd/ (n) = soil and water mixture / **biłoto**  
e.g. *After the football match, the team was covered in mud.*  
Der.: muddy (adj)
- 5.162 **hot spring** (phr) = flow of hot water from deep in the Earth / **gorące źródło**  
e.g. *A bath in hot springs can be very relaxing.*
- 5.163 **relieving** /rɪˈliːvɪŋ/ (adj) = making sth less painful / **przynoszący ulgę**  
e.g. *The pain-relieving qualities of hot springs are well-known.*
- 5.164 **arthritis** /ɑːˈθraɪtɪs/ (n) = a medical condition where the joints of the body are swollen and painful / **artretyzm**  
e.g. *Elderly people often suffer from arthritis in the knees.*  
Der.: arthritic (adj)
- 5.165 **rheumatism** /ˈrɪʊməˌtɪzəm/ (n) = an illness which makes the joints or muscles stiff and painful / **reumatyzm**  
e.g. *She couldn't move very quickly because of the rheumatism in her legs.*
- 5.166 **neuralgia** /nɪˈjʊərəˌdʒiə/ (n) = pain in the nerves of the body / **nerwoból**  
e.g. *Some plants can be used to treat neuralgia.*
- 5.167 **spa** /spɑː/ (n) = a place where water containing minerals flows out of the ground / **uzdrowisko**  
e.g. *Vichy is a French town famous for its spas.*
- 5.168 **miner** /ˈmɪnə/ (n) = a person who works underground in a mine / **górnik**  
e.g. *The miners came back up to the surface at the end of their shift.*
- 5.169 **resort** /rɪˈzɔːt/ (n) = a place where a lot of people spend their holidays / **kurort**  
e.g. *St. Tropez is a famous resort.*
- 5.170 **native** /ˈneɪtɪv/ (adj) = born in or of a particular country / **ojczysty**  
e.g. *Although he had lived abroad for many years, he still missed his native land.*
- 5.171 **found** /faʊnd/ (v) = establish, set up / **złożyć**  
e.g. *Ten years after founding the company, he sold it for a huge profit.*  
Der.: founder (n)
- 5.172 **prospector** /ˈprɒspekˌtə/ (n) = sb who searches in the ground for valuable substances such as gold / **poszukiwacz złota lub innych wartościowych minerałów**  
e.g. *When gold was discovered in the Klondike, thousands of prospectors flocked to the area.*
- 5.173 **decline** /dɪˈklaɪn/ (v) = become less in quantity / **podupadać**  
e.g. *The number of births over the last twenty years has declined.*  
Der.: decline (n)  
Opp.: increase
- 5.174 **surface** /ˈsɜːfɪs/ (v) = come to the top of sth / **wyjść na powierzchnię**  
e.g. *The submarine surfaced after being submerged in the sea for days.*  
Opp.: submerge
- 5.175 **healing properties** (phr) = the ways in which sth such as mineral water can cure a disease / **właściwości lecznicze**  
e.g. *Hot springs are said to have healing properties.*
- 5.176 **priest** /praɪst/ (n) = a member of the Christian clergy in the Catholic, Anglican and Orthodox churches / **ksiądz**  
e.g. *The priest held up his hands and blessed the people in the church.*
- 5.177 **cure** /kjʊə/ (v) = make sb well again after an illness / **leczyć**  
e.g. *Unfortunately, doctors still cannot cure some forms of cancer.*  
Der.: cure (n), curable (adj), incurable (adj)
- 5.178 **acidic** /əˈsɪdɪk/ (adj) = containing acid (i.e. a chemical substance that contains hydrogen) / **kwaśny (zawierający kwas)**  
e.g. *Some plants grow very well in acidic soil.*
- 5.179 **alkaline** /ˈælkəlaɪn/ (adj) = non-acidic / **zasadowy, alkaliczny**  
e.g. *Limestone rocks are usually found below alkaline soils.*
- 5.180 **crater** /ˈkreɪtə/ (n) = a large hole in the ground caused by an object hitting it with force or by an explosion or a large pit forming the mouth of a volcano / **krater**  
e.g. *Much to the surprise of the inhabitants, steam started coming out of the volcano crater.*

#### Writing (str. 82–83)

- 5.181 **endorphin** /ɪnˈdɔːrfɪn/ (n) = a hormone secreted within the brain and nervous system which reduces the effect of pain / **endorfina (peptyd regulujący m. in. odczuwanie bólu)**  
e.g. *Scientists say that eating chocolate causes endorphins to be released into the bloodstream, making us feel good.*
- 5.182 **obesity** /oʊˈbɪsɪti/ (n) = being extremely overweight / **otyłość**  
e.g. *Obesity is a major health problem in children nowadays.*
- 5.183 **pill** /pɪl/ (n) = medicine in the form of a small round tablet / **tabletki, pastylki**  
e.g. *The doctor prescribed some pills for her medical condition.*



- 5.184 **side effect** (phr) = the effect, usually bad, which happens when you take medication, in addition to its function of curing the illness / *skutek uboczny*  
e.g. *Pharmaceutical companies try to limit the side effects of the drugs they produce.*
- 5.185 **scar** /skɑːr/ (n) = a mark left on the skin after a wound has healed / *blizna*  
e.g. *The witness identified the robber because of the scar on his face.*
- 5.186 **blemish** /blɛmɪʃ/ (n) = a small mark on sth that spoils its appearance / *skaza*  
e.g. *Apart from one tiny blemish, the restored painting was now perfect.*  
Der.: blemished (adj)