

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Objects					
agenda	**	n C	/ə'dʒendə/	a list of things that people will discuss at a meeting	This is today's agenda.
alarm clock	**	n C	/ˈɹlɑ:(r)m klɒk/	a clock that wakes you up at a particular time by making a noise	Is that the alarm clock?
bottle of water		n C	/ˈbɒt(ə)l əv wɔ:tə(r)/	a glass or plastic container containing water	That's my bottle of water.
business card		n C	/ˈbɪznəs kɑ:(r)d/	a small card that has a person's name on it, as well as the address, telephone number, and email address of the company that they work for	This is my business card.
camera	***	n C	/ˈkæm(ə)rə/	a piece of equipment used for taking photographs	Is that a camera?
chair	***	n C	/tʃeə(r)/	a piece of furniture for one person to sit on, with a back, legs, and sometimes two arms	Excuse me. Is this your chair?
computer	***	n C	/kəmˈpjʊ:tə(r)/	a machine that stores programs and information in electronic form and can be used for a variety of processes, for example writing, calculating, and communicating on the Internet	It's my computer.
desk	***	n C	/desk/	a table that you sit at to write or work, often with drawers in it	This is my desk.
earphones		n pl	/ˈɹə(r)fəʊnz/	a piece of electronic equipment with parts that you wear over your ears to listen to recorded music	This is your phone, but those are my earphones.
glasses	*	n pl	/ˈglɑ:sɪz/	an object that you wear in front of your eyes to help you see better.	Are those your glasses?
memory stick		n C	/ˈmem(ə)rɪ stɪk/	a small disk drive that can store information for use in electronic equipment and that you carry around with you	The memory stick is in my computer.
mirror	***	n C	/ˈmɪrə(r)/	a piece of special glass in which you can see yourself or see what is behind you	This is my mirror.
newspaper	***	n C/U	/ˈnju:z,peɪpə(r)/	a set of large printed sheets of folded paper containing news, articles, and other information, usually published every day.	Is that today's newspaper?
paper	***	n C/U	/ˈpeɪpə(r)/	the thin flat substance that you use for writing on or wrapping things in	Is this the paper for the computer?
phone	***	n C	/fəʊn/	a telephone	This is your phone, but those are my earphones.
umbrella	*	n C	/ʌmˈbrelə/	an object that you hold over your head when it is raining	Is that your umbrella?
wallet		n C	/ˈwɒlɪt/	a small flat case that people keep money, bank cards, and small documents in and usually carry in their pocket or bag	Hey! That's my wallet!
Countries & nationalities					
Brazil		n	/brəˈzɪl/	a country in South America	He's from Brazil.
Brazilian		adj	/brəˈzɪljən/	someone who is Brazilian comes from Brazil; relating to Brazil, or its people or culture	He is from Rio de Janeiro in Brazil, he is Brazilian.

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Britain		n	/ˈbrɪt(ə)n/	England, Scotland, and Wales	We're from Britain.
British		adj	/ˈbrɪtɪʃ/	someone who is British comes from the UK; relating to the UK, or its people or culture	The British and Russian flags are red, white and blue.
China		n	/ˈtʃaɪnə/	a large country in Asia	They're from China.
Chinese		adj	/ˌtʃaɪˈniːz/	someone who is Chinese is from China; relating to China, or its language or culture	The Chinese flag is red and yellow.
France		n	/frɑːns/	a country in Europe	Pierre is from France.
French		adj	/frentʃ/	someone who is French is from France; relating to France, or its language or culture	They are French students.
Germany		n	/ˈdʒɜː(r)məni/	a country in Europe	Jens is from Germany.
German		adj	/ˈdʒɜː(r)mən/	someone who is German is from Germany; relating to Germany, or its language or culture	Mark is a German student.
Greece		n	/griːs/	a country in southern Europe	The students are from Greece.
Greek		adj	/griːk/	someone who is Greek is from Greece; relating to Greece, or its language or culture	This is a Greek restaurant.
Ireland		n	/ˈaɪələnd/	a country in northern Europe	He's a language teacher from Ireland.
Irish		adj	/ˈaɪrɪʃ/	someone who is Irish is from Ireland; relating to Ireland, or its language or culture	He's from Ireland, so his nationality is Irish.
Italy		n	/ˈɪtəlɪ/	a country in southern Europe	My parents are from Italy.
Italian		adj	/ɪˈtæljən/	someone who is Italian is from Italy; relating to Italy, or its language or culture	The Italian flag is red, white and green.
Japan		n	/dʒəˈpæn/	a country in Asia	Mixi is a social network in Japan.
Japanese		adj	/ˌdʒæpəˈniːz/	someone who is Japanese is from Japan; relating to Japan, or its language or culture	Mixi is a Japanese online social network.
Poland		n	/ˈpəʊlənd/	a country in eastern Europe	I'm from Poland.
Polish		adj	/ˈpəʊlɪʃ/	someone who is Polish comes from Poland; relating to Poland, or its language or culture	I'm Polish.
Russia		n	/ˈrʌʃə/	a large country in northern Asia	V Kontakte is a social network in Russia.
Russian		adj	/ˈrʌʃ(ə)n/	someone who is Russian is from Russia; relating to Russia, or its language or culture	The British and Russian flags are red, white and blue.
Turkey		n	/ˈtɜː(r)ki/	a country in Europe	He's from Turkey.
Turkish		adj	/ˈtɜː(r)kɪʃ/	someone who is Turkish is from Turkey; relating to Turkey, or its language or culture	The Turkish flag is red.

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Drinks					
beer	***	n C/U	/bɪə(r)/	a yellow or brown alcoholic drink made from malt and hops.	Would you like a beer?
coffee	***	n C/U	/ˈkɒfi/	a hot, slightly bitter drink made by pouring hot water over brown powder consisting of coffee beans that have been ground.	Would you like a coffee?
(orange, apple) juice	**	n C/U	/dʒu:s/	the liquid that comes out of fruit or vegetables when you squeeze them and is often used as a drink	I'd like an orange juice.
tea	***	n C/U	/ti:/	a hot brown drink made by pouring boiling water onto the dried leaves of the tea bush	He has tea and she has a cola.
(mineral) water	***	n U	/ˈwɔ:tə(r)/	the clear liquid that falls as rain and is used for things such as drinking and washing	Can I have a glass of water?
wine	***	n C/U	/waɪn/	an alcoholic drink made from grapes	Would you like a white wine?
Other words & phrases					
afternoon	***	n C/U	/ˌɑ:ftə(r)ˈnu:n/	the period of time between the middle of the day and the beginning of the evening	Good afternoon.
age	***	n C/U	/eɪdʒ/	the number of years that someone has lived	What's your name and age?
bar	***	n C	/bɑ:(r)/	a place where you go to buy and drink alcoholic drinks	They are in the bar.
cake	***	n C/U	/keɪk/	a sweet food made by baking a mixture that usually contains sugar, eggs, flour, and butter or oil	Mmm, this cake is lovely!
country	***	n C/U	/ˈkʌntri/	an area of land that has its own government and official borders	China is a very big country.
email	***	n C/U	/ˈi:meɪl/	a system for sending messages from one computer to another	If you have any questions about your tour, please send me an email.
evening	***	n C/U	/ˈi:vnɪŋ/	the part of the day between the end of the afternoon and night, including the time when the sun goes down	Good evening.
glass	***	n C/U	/glɑ:s/	a small container made of glass used for a drink	Would you like a glass of wine?
guide	***	n C	/gaɪd/	someone whose job is to look after a group of people who are visiting a place and give them information about it	I am your tour guide for the Explore London tour.
invite	***	v	/ɪnˈvaɪt/	to ask someone to come to see you or to spend time with you socially	Explore London tours would like to invite you to a welcome party.
language	***	n C/U	/ˈlæŋɡwɪdʒ/	the particular form of words and speech that is used by the people of a country, area, or social group	If you are a language teacher, click here.
meet	***	v	/mi:t/	to come together in order to talk to someone who you have arranged to see	Come for a drink and meet the other people on your tour.
morning	***	n C/U	/ˈmɔ:(r)nɪŋ/	the part of the day from when the sun rises until midday	Good morning.
nationality	*	n C/U	/ˌnæʃəˈnæləti/	the legal status of being a citizen of a particular country	What's your nationality?

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new	***	adj	/nju:/	recently arrived in a place or situation that you have not been in before	Julian, this is Alison. She's new.
online	**	adj	/ˈɒnlaɪn/	connected to or available through a computer or a computer network	Facebook is a big online network.
party	***	n C	/ˈpɑː(r)ti/	a social event at which people meet to celebrate something or to have fun by eating and drinking, dancing, playing games etc	Explore London tours would like to invite you to a welcome party.
practise	**	v	/ˈpræktɪs/	to repeat an activity regularly so that you become better at it	Choose a language you want to practise.
reception	**	n U/C	/rɪˈsepʃ(ə)n/	the part of a large building such as a hotel or office where there is someone whose job is to welcome visitors, deal with questions etc	She's at the hotel reception.
room	***	n C/U	/ru:m/	a part of a building with a floor, walls, and a ceiling	They are in room 34.
sandwich	**	n C	/ˈsæn(d)wɪdʒ/; / ˈsæn(d)wɪtʃ/	a light meal that you make by putting a layer of food such as meat, cheese, or egg between two pieces of bread	This isn't my sandwich!
social network		n C/U	/ˈsəʊʃ(ə)l ˈnet,wɜː(r) k/	a website for social interactions and personal relationships	Social networks are very popular on the internet now.
telephone	***	n C/U	/ˈtelɪfəʊn/	a piece of electronic equipment that you use for speaking to someone in a different place. A telephone is often simply called a phone	Listen to a telephone call to TSLN.
tour	***	n C	/tuə(r)/	a journey in which you visit several places for pleasure	I am your tour guide for the Explore London tour.

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Common verbs					
drink	***	v	/drɪŋk/	to take liquid into your body through your mouth	I drink lots of tea.
eat	***	v	/i:t/	to put food into your mouth and swallow it	I eat a lot of Mexican-American fast food.
go	***	v	/gəʊ/	to move or travel to a place that is away from where you are now	We go to language classes every Thursday.
have	***	v	/hæv/	to own something	I have a big car and a big house.
live	***	v	/lɪv/	to have your home in a particular place	They live in other countries.
read	***	v	/ri:d/	to look at and understand words in a letter, book, newspaper etc	We read English newspapers.
speak	***	v	/spi:k/	to be able to talk in a particular language	He speaks Turkish.
study	***	v	/'stʌdi/	the process of learning about a subject by reading and by going to school, university etc	I study alone.
travel	***	v	/'træv(ə)l/	to go on a journey or visit different places, especially places that are far away from where you live or work	I travel a lot for my job.
work	***	v	/wɜ:(r)k/	to have a job, usually one that you are paid to do	We don't work now, we're retired.
Free time activities					
go dancing		v	/gəʊ 'dɑ:nsɪŋ/	to move your feet and your body in a pattern of movements that follows the sound of music	We go dancing every weekend.
go shopping		v	/gəʊ 'ʃɒpɪŋ/	to go to shops to look at and buy things	She goes shopping with friends.
go to restaurants		v	/gəʊ tə 'rest(ə)rɒnts/	to go and eat in a building or room where meals and drinks are sold to customers sitting at tables	I don't go to restaurants.
go to the cinema		v	/gəʊ tə ðə 'sɪnəmə/	to go and watch a film on a big screen in a special building	He goes to the cinema alone.
listen to music		v	/'lɪs(ə)n tə 'mju:zɪk/	to pay attention to a sound made by voices or instruments arranged in a way that is pleasant	Does he listen to music?
play sports		v	/pleɪ spɔ:(r)tz/	to take part in a sport or game	I play sports with friends.
watch tv		v	/wɒtʃ 'ti: 'vi:/	to look at something on a television, usually from the beginning to the end	We watch the BBC on satellite television.
Family					
aunt	***	n C	/ɑ:nt/	the sister of your mother or father, or the wife of your uncle	My aunt lives in France.
brother	***	n C	/'brʌðə(r)/	a boy or man who has the same parents as you	It's his brother's birthday.
child	***	n C	/tʃaɪld/	a young person from the time they are born until they are about 14 years old	It is normal for a British woman to have her first child when she is 29 years old.

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cousin	**	n C	/ˈkʌz(ə)n/	a child of your uncle or aunt	This is John's cousin.
daughter	***	n C	/ˈdɔːtə(r)/	your female child	I have a daughter, Emily.
father	***	n C	/ˈfɑːðə(r)/	your male parent	My father isn't very happy.
grandchild		n C	/ˈgræn(d)ɪtʃaɪld/	the son or daughter of one of your children	They would like a grandchild.
granddaughter	*	n C	/ˈgræn(d)ɪdɔːtə(r)/	the daughter of one of your children	I have two grandsons and a granddaughter.
grandfather	**	n C	/ˈgræn(d)ɪfɑːðə(r)/	the father of one of your parents	I want to be a grandfather!
grandmother	**	n C	/ˈgræn(d)ɪmʌðə(r)/	the mother of one of your parents	My grandmother lives with us.
grandparent	*	n C	/ˈgræn(d)ɪpeərənt/	the mother or father of your mother or father	I visit my grandparents every year.
grandson	*	n C	/ˈgræn(d)ɪsʌn/	the son of one of your children	Jack is her oldest grandson.
husband	***	n C	/ˈhʌzbənd/	the man that a woman is married to	Jane lives with her husband and her daughter.
mother	***	n C	/ˈmʌðə(r)/	your female parent	His mother says he's a good boy.
parent	***	n C	/ˈpeərənt/	a mother or father	Andy Castle lives with his parents.
sister	***	n C	/ˈsɪstə(r)/	a daughter of your parents	I go to the cinema with my sister.
son	***	n C	/sʌn/	your male child	Andy is my only son.
uncle	**	n C	/ˈʌŋk(ə)l/	the brother of one of your parents, or the husband of your aunt	My uncle is a teacher.
Descriptions					
age	***	n C/U	/eɪdʒ/	the number of years that someone has lived	Are these adjectives for height, age or looks?
average-looking	***	adj	/ˈæv(ə)rɪdʒ ˌlʊkɪŋ/	not very attractive, but not ugly	He's an average-looking man.
beautiful	***	adj	/ˈbjuːtəf(ə)l/	a beautiful person is extremely attractive	She's a beautiful singer.
dark	***	adj	/dɑː(r)k/	black, or almost black, in colour	She has dark hair.
fair	***	adj	/feə(r)/	fair hair is blonde (=light yellow) or very light brown in colour	She has fair hair.
fat	**	adj	/fæt/	a person or animal that is fat has too much flesh on their body and weighs too much	He's a fat man.
glasses	*	n pl	/ˈglɑːsɪz/	an object that you wear in front of your eyes to help you see better	She has glasses.
hair	***	n C/U	/heə(r)/	the mass of thin fibres that grows on your head	What colour hair does he have?
handsome	**	adj	/ˈhæns(ə)m/	a handsome man or boy has a very attractive face	He's a handsome young man.
height	***	n C/U	/haɪt/	the degree to which something is high or someone is tall	Are these adjectives for height, age or looks?
medium height		adj	/ˈmiːdiəm haɪt/	not very tall and not very short	She's medium height.

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middle-aged	*	adj	/ˈmɪd(ə)l eɪdʒd/	no longer young but not yet old	She's middle aged and has glasses.
old	***	adj	/əʊld/	used for talking about the age of someone or something	She's thirty years old.
pretty	**	adj	/ˈprɪti/	a pretty girl or woman is good-looking in a fairly ordinary way and has a nice face.	Delilah is pretty.
short	***	adj	/ʃɔː(r)t/	measuring a small height, length, or distance	Delilah is short.
tall	***	adj	/tɔːl/	a tall person or object has greater height than the average person or object	How tall is John?
thin	***	adj	/θɪn/	someone who is thin has very little fat on their body	She's a thin woman.
ugly	**	adj	/ˈʌɡli/	someone who is ugly has a face that is unpleasant to look at.	He's an ugly politician.
weight	***	n C/U	/weɪt/	a measurement of how heavy a person or thing is	What's his weight?
young	***	adj	/jʌŋ/	someone who is young has lived for only a short time	They are young children.
Other words & phrases					
boy	***	n C	/bɔɪ/	a male child	He is a very good boy.
bread	***	n U	/bred/	a common food made from flour, water, and usually yeast	I don't eat bread.
cat	***	n C	/kæt/	an animal with soft fur, a long thin tail, and whiskers, that people keep as a pet or for catching mice.	I have a black cat.
chocolate	**	n C/U	/ˈtʃɒklət/	a sweet brown food eaten as a sweet or used for flavouring other food	Would you like some chocolate?
different	***	adj	/ˈdɪfrənt/	not the same as another person or thing, or not the same as before	How is your life different?
divorce	**	n C/U	/dɪˈvɔː(r)s/	to take legal action to end your marriage	On average, 45% of marriages end in divorce.
fashion	***	n C/U	/ˈfæʃ(ə)n/	the fact that something such as a style of dress or an activity is popular at a particular time	What's the fashion this summer?
feelings	***	n pl	/ˈfiːlɪŋz/	an opinion that you have about something, especially when it is based on general thoughts rather than definite reasons	They talk about their feelings.
flat	***	n C	/flæt/	a set of rooms for living in, usually on one floor of a large building.	How many people live in the family house or flat?
friend	***	n C	/frend/	someone you know well and like, but who is not a member of your family	I live there with three friends.
get married		v	/get ˈmærid/	if someone marries someone else, they become the husband or wife of that person	When I meet the right girl, I'll get married.
girl	***	n C	/ɡɜː(r)l/	a female child	When I meet the right girl, I'll get married.
home	***	n C/U	/həʊm/	the place where you live	How old are people when they leave the family home?

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house	***	n C/U	/haus/	a building for living in, usually where only one family lives	Andy Castle lives with his parents, in his parents' house.
leave	***	v	/li:v/	to leave a place permanently	I'll get married and leave home.
life	***	n C/U	/laɪf/	your particular way of living and the experiences that you have	I have a very American life now.
love	***	v	/lʌv/	to like or enjoy something very much	We love Spanish food.
man	***	n C	/mæn/	an adult male person	He's a handsome young man.
office	***	n C/U	/'ɒfɪs/	a room or building where the people in an organization or department work	I work in an office.
per cent	***	n	/pə(r)'sent/	one part of 100, or a particular amount of a total that you have divided by 100	40 per cent of the British population is married.
personal	***	adj	/'pɜ:(r)s(ə)nəl/	used about your own opinions or feelings and/or about events or experiences in your life	They talk about personal things.
podcast		n C	/'pɒd,kɑ:st/	a multimedia file, such as a radio programme or music video, that can be downloaded from the Internet and played on an ipod or similar piece of equipment	I listen to the Weekly Podcast.
point of view	**	n C	/pɔɪnt əv vju:/	a way of judging a situation based on a particular aspect	What's your point of view?
politics	***	n pl	/'pɒlətɪks/	the study of how people gain and use political power	James studies politics.
problem	***	n C	/'prɒbləm/	something that causes trouble or difficulty	It's not a problem.
same	***	adj	/seɪm/	exactly like another person or thing	Are men and women the same?
sports	***	n pl	/spɔ:(r)ts/	activities in which players or teams compete against each other, usually an activity that involves physical effort	I play sports with friends.
thing	***	n C	/θɪŋ/	an object, or an item	Men and women like the same things as their friends.
university	***	n C/U	/'ju:nɪ'vɜ:(r)səti/	an educational institution where students study for degrees and where academic research is done	I go to an American university.
woman	***	n C	/'wʊmən/	an adult female person	She's a thin woman.

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Places to live					
city	***	n C	/ˈsɪti/	a large important town	Hugh's flat is in the city centre.
city centre		n C	/ˈsɪti ˈsentrə(r)/	the part of a city where the main shops and businesses are	Hugh's flat is in the city centre.
flat	***	n C	/flæt/	a set of rooms for living in, usually on one floor of a large building	Gerard's flat is very quiet.
house	***	n C/U	/haʊs/	a building for living in, usually where only one family lives	Hamed's house is in Luxor.
town	***	n C/U	/taʊn/	a place where people live and work that is larger than a village but smaller than a city	I live in a town.
village	***	n C	/ˈvɪlɪdʒ/	a very small town in the countryside	Jane lives in a village.
Parts of a house					
balcony	*	n C	/ˈbælkəni/	a place where you can stand just outside an upper window. It sticks out from the wall of a building.	Does your flat have a balcony?
bathroom	**	n C	/ˈbɑːθru:m/	a room containing a bath or shower, a washbasin, and often a toilet	Is there a bathroom?
bedroom	***	n C	/ˈbedru:m/	a room that you sleep in	How many bedrooms are there in your house?
dining room	*	n C	/ˈdaɪnɪŋ ˌru:m/	the room in a house or hotel where you eat meals	Is there a dining room in your house?
door	***	n C	/dɔː(r)/	a large flat object that you open when you want to enter or leave a building, room, or vehicle	Sorry, that's the door.
hall	***	n C	/hɔːl/	the area inside the front door of a house or other building that leads to other rooms	Go through the hall.
kitchen	***	n C	/ˈkɪtʃən/	a room where you prepare and cook food, and wash dishes	There are three kitchens.
living room	**	n C	/ˈlɪvɪŋ ˌru:m/	the main room in a house where you usually relax in comfortable chairs and entertain guests	Claudia has a lamp for the living room.
staircase	*	n C	/ˈsteə(r)ˌkeɪs/	a set of stairs in a building, including the banister that you hold onto when you go up or down	There are two staircases.
window	***	n C	/ˈwɪndəʊ/	a frame in a wall with glass in it that lets light and air into a room and lets you see what is outside	There are 147 windows.
Furniture					
bed	***	n C/U	/bed/	a piece of furniture that you sleep on, consisting of a soft comfortable part called a mattress and a base	I have a desk and a bed in my room.
bookcase	*	n C	/ˈbʊkˌkeɪs/	a piece of furniture with shelves in it for putting books on	There is a bookcase in her bedroom.
chair	***	n C	/tʃeə(r)/	a piece of furniture for one person to sit on, with a back, legs, and sometimes two arms	We don't have any chairs.

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clock	**	n C	/klɒk/	an object that shows the time	Where's the clock?
cooker	*	n C	/'kʊkə(r)/	a large piece of kitchen equipment that is used for cooking	We have a big cooker in the kitchen.
cupboard	**	n C	/'kʌbə(r)d/	a tall piece of furniture, usually attached to a wall and used for storing things, with shelves inside and one or two doors at the front	There is a cupboard in the classroom.
curtain	**	n C	/'kɜ:(r)t(ə)n/	a long piece of cloth, usually one of a pair, that hangs down and covers a window	Your mother has some old curtains.
desk	***	n C	/desk/	a table that you sit at to write or work, often with drawers in it	I have a desk and a bed in my room.
fridge	*	n C	/frɪdʒ/	a piece of equipment that is used for storing food at low temperatures	The wine is in the fridge.
lamp	**	n C	/læmp/	an electric light, especially a small one, that stands on a table or desk	Would you like a lamp?
picture	***	n C	/'pɪktʃə(r)/	a drawing, painting, or photograph	There are some pictures on the wall.
plant	***	n C	/plɑ:nt/	a living thing that grows in soil, has leaves and roots, and needs water and light from the sun to live	There aren't any plants.
sofa	*	n C	/'səʊfə/	a large, soft, comfortable seat with arms and a back that two or three people can sit on	There's a sofa in the living room.
stereo	*	n C	/'steriəʊ/	a set of electronic equipment with two speakers, used for listening to the radio, CDs, and cassettes	I have a big stereo in my room.
television	***	n C	/'telɪvɪʒ(ə)n/	a piece of electrical equipment with a screen, used for watching programmes	There isn't a television in the classroom.
wardrobe	*	n C	/'wɔ:(r)drəʊb/	a large piece of furniture like a large cupboard where you can hang your clothes	Is there a wardrobe?
Ordinal numbers					
first	***		/fɜ:(r)st/	before any others or before everything else	This is my first flat
second	***		/'sekənd/	in the place or position counted as number 2	It's on the second floor.
third			/θɜ:(r)d/	in the place or position counted as number 3	My office is on the third floor.
fourth			/fɔ:(r)θ/	in the place or position counted as number 4	My flat is on the fourth floor.
fifth			/fɪfθ/	in the place or position counted as number 5	It's on the fifth floor.
sixth			/sɪksθ/	in the place or position counted as number 6	We live on the sixth floor.
seventh			/'sev(ə)nθ/	in the place or position counted as number 7	It's on the seventh floor.
eighth			/eɪtθ/	in the place or position counted as number 8	Edward works on the eighth floor.
ninth			/'naɪnθ/	in the place or position counted as number 9	Where's the bathroom on the ninth floor?
tenth			/tenθ/	in the place or position counted as number 10	It's on the tenth floor.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Other words & phrases					
art	***	n C/U	/ɑ:(r)t/	paintings, drawings, and sculptures that are created to be beautiful or to express ideas	I love the Modern Art Museum.
baby	***	n C	/'beɪbi/	a very young child who cannot yet talk or walk	We have a new baby.
big	***	adj	/bɪg/	large in size	Michael and Catherine's house isn't very big.
café	**	n C	/'kæfeɪ/	an informal restaurant where you can get simple cheap meals and drinks	Where is the café?
dark	***	adj	/dɑ:(r)k/	lacking light	It's a dark flat.
easy	***	adj	/'i:zi/	not difficult to do, or not needing much work	My work isn't easy.
elevator		n C	/'eləveɪtə(r)/	a lift in a building	There are three elevators.
entrance	***	n C/U	/'entrəns/	the place where you can enter a room, building, or area	There is one entrance through a black door on Downing Street.
famous	***	adj	/'feɪməs/	if someone or something is famous, a lot of people know their name or have heard about them	The famous Hollywood letters are near our house!
film star		n C	/'fɪlm stɑ:(r)/	a very famous film actor	George Clooney is a film star.
floor	***	n C	/'flɔ:(r)/	the flat area that you walk on inside a building or room	There's some pizza on the floor.
horrible	**	adj	/'hɒrəb(ə)l/	very unpleasant	It's a horrible flat.
information	***	n U	/,ɪnfə(r)'meɪʃ(ə)n/	knowledge or facts about someone or something	You work at the information desk.
lift	***	n C/U	/'lɪft/	a machine that carries people up or down between different levels of a tall building	They're on the right, next to the lift.
lovely	***	adj	/'lʌvli/	very attractive	We have a lovely big family house on the beach.
modern	***	adj	/'mɒdə(r)n/	relating to or belonging to the present time	I love the Modern Art Museum.
museum	***	n C	/'mju:zi:əm/	a building where many valuable and important objects are kept so that people can go and see them	You are a visitor to the museum.
new	***	adj	/'nju:z/	replacing something that you no longer have or something that is no longer useful	How's your new flat?
nice	***	adj	/'naɪs/	attractive, enjoyable, or pleasant	The street is nice.
noisy	*	adj	/'nɔɪzi/	making a lot of noise	It's a little noisy.
official	***	adj	/ə'fɪʃ(ə)l/	done by people in authority	Number 10 is the official residence of the Prime Minister of Britain.
old	***	adj	/əʊld/	something that is old has existed or been used for a long time	Your mother has some old curtains.
outside	***	adj	/'aʊt'saɪd/	not within the limits of something	A policeman always stands outside the door.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
policeman	**	n C	/pə'li:smən/	a male police officer	A policeman always stands outside the door.
quiet	***	adj	/'kwaɪət/	making very little or no noise	Gerard's flat is very quiet.
residence	**	n C/U	/'rezɪd(ə)ns/	a house or other place where someone lives, especially a large house used by an important person	Number 10 is the official residence of the Prime Minister of Britain.
school	***	n C/U	/sku:l/	a place where children go to be taught	Her house is in front of the school.
shop	***	n C/U	/ʃɒp/	a place where you buy things or where you pay for a service	Hugh's flat is not close to the shops.
stand	***	v	/stænd/	to have your body in an upright position supported by your feet	A policeman always stands outside the door.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Phrases with have, go & get					
have breakfast/dinner/lunch		phr	/həv 'brekfəst, 'dɪnə(r), lʌntʃ/	the first meal you have in the morning/your main meal/the meal in the middle of the day	It's nice to have a relaxing breakfast/dinner/lunch.
have a drink/a coffee/a sandwich		phr	/həv ə drɪŋk, ə 'kɒfi, ə 'sæn(d)wɪdʒ/	to drink alcohol/coffee/eat a sandwich	You have a sandwich and a drink.
have a break		phr	/həv ə breɪk/	to stop what you are doing for a short period of time	It's a time to have a break.
have a nap		phr	/həv ə næp/	to sleep for a short period of time, usually during the day	Do you have a nap during the day?
get dressed		phr	/get 'drest/	to put your clothes on	I get dressed in the morning.
get up		phr	/get 'ʌp/	to get out of bed after sleeping	What time do you get up in the morning?
get home		phr	/get 'həʊm/	arrive at the place where you live	I get home at 6:15.
go home		phr	/gəʊ 'həʊm/	travel to the place where you live	I go home at 6:00.
go to bed		phr	/gəʊ tə 'bed/	to lie down to sleep	In the evening, I read a book, or go to bed.
go to sleep		phr	/gəʊ tə 'sli:p/	to begin sleeping	You listen to quiet, relaxing music and then go to sleep.
Months					
January	***	n C/U	/'dʒænjuəri/	the first month of the year	Nothing Day is on 6th January.
February	***	n C/U	/'februəri/	the second month of the year, between January and March	Valentines Day is on 14th February.
March	***	n C/U	/mɑ:(r)tʃ/	the third month of the year, between February and April	Why is 5th March important for you?
April	***	n C/U	/'eɪprəl/	the fourth month of the year, between March and May	In April there's Earth Day.
May	***	n C/U	/meɪ/	the fifth month of the year, between April and June	May Day is on the first of May.
June	***	n C/U	/dʒu:n/	the sixth month of the year, between May and July	In June we have Father's Day.
July	***	n C/U	/dʒʊ'laɪ/	the seventh month of the year, between June and August	Canada Day is on 1st July.
August	***	n C/U	/'ɔ:gəst/	the eighth month of the year, between July and September	I go on holiday in August.
September	***	n C/U	/sep'tembə(r)/	the ninth month of the year, between August and October	My children start school in September.
October	***	n C/U	/ɒk'təʊbə(r)/	the tenth month of the year, between September and November	In October there's United Nations Day.
November	***	n C/U	/nəʊ'vembə(r)/	the eleventh month of the year, between October and December	The American Thanksgiving Day is in November.
December	***	n C/U	/dɪ'sembə(r)/	the twelfth and last month of the year, between November and January	Christmas is in December.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Housework					
do the ironing			/du: ðə 'aɪə(r)nɪŋ/	the job of making clothes smooth with an iron	He does the ironing on Mondays.
do the shopping			/du: ðə 'ʃɒpɪŋ/	to go to a shop to buy things	I do the shopping on Saturdays.
clean the bathroom			/kli:n ðə 'bɑ:θ,ru:m/	to remove the dirt and dust in the bathroom	You don't clean the bathroom.
make dinner			/meɪk 'dɪnə(r)/	to prepare and heat food for the main meal of the day	She usually makes dinner.
make the bed			/meɪk ðə 'bed/	to arrange the covers on a bed so that they are tidy	I make the bed every morning.
wash the clothes			/wɒʃ ðə 'kləʊðz/	to clean clothing, usually with soap and water	Once a year he washes the clothes.
water the plants			/wɔ:tə(r) ðə 'plɑ:nts/	to pour water on plants to keep them healthy	We water the plants twice a week.
do the dishes			/du: ðə 'dɪʃɪz/	to wash plates, knives, forks, etc used for a meal	I often do the dishes.
set the table			/set ðə 'teɪb(ə)l/	to put all the dishes, forks, knives etc needed for a meal onto a table	They set the table for breakfast every morning.
take out the rubbish			/teɪk aʊt ðə 'rʌbɪʃ/	to put waste outside your house so that it can be collected and taken away	We take out the rubbish once a week.
Other words & phrases					
breakfast	***	n C/U	/'brekfəst/	the first meal you have in the morning	It's nice to have a relaxing breakfast.
calendar	**	n C	/'kælɪndə(r)/	a list of important events and the dates they take place	I always buy a new calendar in January.
card	***	n C/U	/kɑ:(r)d/	a piece of thick stiff paper folded into two equal parts, with a picture and a message on it	She wants no parties, no gifts, no cards for her birthday.
class	***	n C/U	/kla:s/	a group of students who are taught together: can be followed by a singular or plural verb	I am late for English class.
closed	**	adj	/kləʊzd/	not operating or doing business, especially for the night or weekend	What time does Metronaps open and close?
dinner	***	n C/U	/'dɪnə(r)/	the main meal of the day, eaten in the evening or at midday	He gets home at 9:00 and has dinner.
Earth	***	n C/U	/ɜ:(r)θ/	the planet on which we live	In April there's Earth Day.
finish	***	v	/'fɪnɪʃ/	to do the last part of something so that it is complete	What time does he finish work?
gym	*	n C/U	/dʒɪm/	a building or club where you go to do physical exercises, swim, and play sports	After his meetings he goes to the gym.
Halloween		n C/U	/'hæləʊ'i:n/	the night of 31st October, when children dress as witches (=women with magic powers) and ghosts (=the spirits of dead people)	In October there's Halloween.
idea	***	n C/U	/aɪ'dɪə/	a thought that you have about how to do something or how to deal with something	The idea for Nothing Day comes from the United States.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
lunch	***	n C/U	/lʌntʃ/	a meal that you eat in the middle of the day	Do you want to have lunch?
meeting	***	n C	/ˈmi:tɪŋ/	an occasion when people gather to discuss things and make decisions	I'm not stressed in meetings after work.
nap		n C	/næp/	to sleep for a short period of time, usually during the day	Do you have a nap during the day?
nothing	***	prn	/ˈnʌθɪŋ/	not anything	On Nothing Day, people do nothing.
open	***	adj	/ˈəʊpən/	if a shop, restaurant etc is open, people are working there and the public can use or visit it	How many hours is it open?
shower	**	n C	/ˈʃaʊə(r)/	a piece of equipment that produces a flow of water that you stand under to wash your body	I always have a shower in the morning.
special	***	adj	/ˈspeʃ(ə)l/	different from and usually better than what is normal or ordinary	What months are these special days in?
United Nations		n C	/juːˈnaɪtɪd ˈneɪʃ(ə)nz/	an international organization that encourages countries to work together in order to solve world problems such as war, disease, and poverty	United Nations Day is in October.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Things to take on holiday					
alarm clock	**	n C	/ˈɔːlə:(r)m klɒk/	a clock that wakes you up at a particular time by making a noise	I have an alarm clock on my phone.
guidebook	*	n C	/ˈɡaɪd ˌbʊk/	a book for tourists that provides information about a place	Do you have the guidebook?
passport	*	n C	/ˈpɑːspɔː(r)t/	an official document containing your photograph and showing which country you are a citizen of.	Did you remember the passports?
phrasebook		n C	/ˈfreɪzˌbʊk/	a small book that contains useful words and phrases in a particular foreign language, used especially by tourists	Do you have an English phrasebook?
sunglasses		n pl	/ˈsʌŋˌɡlɑːsɪz/	glasses with dark lenses that you wear to protect your eyes when the sun is bright	Where are my sunglasses?
ticket	***	n C	/ˈtɪkɪt/	a piece of paper that shows you have paid for a journey on a train, plane etc	They remembered the tickets.
The weather					
cloudy		adj	/ˈklaʊdi/	full of clouds	In London today it's cloudy and windy, but warm.
cold	***	adj	/kəʊld/	with a low temperature or a temperature that is lower than normal	It was very cold.
cool	***	adj	/kuːl/	rather cold, often in a pleasant way	It's rainy and cool.
rainy		adj	/ˈreɪni/	a rainy day is one on which it rains a lot	It's rainy and cold.
snowy		adj	/ˈsnəʊi/	covered in snow	It's cold and snowy in Whitehorse.
sunny	*	adj	/ˈsʌni/	bright with light from the sun	It was sunny and warm.
warm	***	adj	/wɔː(r)m/	fairly hot in a way that is comfortable and pleasant	It was nice and warm for me!
windy	*	adj	/ˈwɪndi/	with a lot of wind	In New York today it's cloudy and windy, but warm.
Other words & phrases					
accessible		adj	/əkˈsesəb(ə)l/	an accessible place is easy to find or get to	The airport is very accessible.
airport	***	n C	/ˈeə(r)pɔː(r)t/	a place where planes arrive and leave, consisting of runways (long roads where planes land and take off) and large buildings for passengers called terminals	Airports are usually outside city centres.
animal	***	n C	/ˈænɪm(ə)l/	any living thing that can move independently and that has senses for recognizing and reacting to the environment around it.	Animals are welcome.
available	***	adj	/əˈveɪləb(ə)l/	able to be obtained, taken, or used	We have conference rooms available.
barbecue	*	n C	/ˈbɑː(r)bɪˌkjuː/	a meal at which meat and other food is cooked and eaten outside, often a meal that you invite friends to	When it's sunny, we have a barbecue.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
bilingual		adj	/baɪˈlɪŋɡwəl/	someone who is bilingual is able to speak two languages extremely well	My colleague is bilingual.
bird	***	n C	/bɜː(r)d/	an animal covered in feathers, with two wings for flying and a hard pointed mouth called a beak or a bill	Which train has a name that means bird?
bullet	**	n C	/'bʊlɪt/	a small piece of metal that is shot from a gun and causes serious damage to the person or thing it hits	Which train is called a bullet train?
clean	***	adj	/kliːn/	not dirty	There are clean warm beds at the hotel.
complimentary		adj	/ˌkɒmplɪˈment(ə)ri/	if something is complimentary, you do not have to pay for it	All our 81 rooms have a bathroom with shower, complimentary tea and coffee.
convenient	**	adj	/kənˈviːniənt/	easy to use or suitable for a particular purpose	In many ways they are more convenient than airplanes.
concert	**	n C	/'kɒnsə(r)t/	an event at which an orchestra, band, or musician plays or sings in front of an audience	The concert was very good.
continental breakfast		n C/U	/ˌkɒntɪˈnɛnt(ə)l ˈbrekfəst/	a breakfast consisting of bread and butter, coffee or tea, and sometimes pastries or croissants	Our famous Sky Central continental breakfast comes with the price of your room.
cook	***	v	/kʊk/	to prepare food and heat it so that it is ready to eat	You cooked dinner.
design	***	n C/U	/dɪˈzaɪn/	the way that something is made so that it works in a certain way or has a certain appearance	All our 81 rooms have internet access and modern furniture and design.
destination	**	n C	/ˌdestɪˈneɪʃ(ə)n/	the place where someone or something is going	What are the popular destinations for tourists from your country?
dictionary	**	n C	/'dɪkʃən(ə)ri/	a book that gives a list of words in alphabetical order and explains what they mean	Look the word up in a dictionary.
draw	***	v	/drɔː/	to create a picture by making lines with a pen or pencil	My son can draw pictures.
drive	***	v	/draɪv/	to control a vehicle so that it moves somewhere	Can you drive a car?
electronic	***	adj	/ˌelekˈtrɒnɪk/	using electricity and extremely small electrical parts such as microchips and transistors	My iPod is electronic.
establishment	***	n C/U	/ɪˈstæblɪʃmənt/	an institution, organization, or business	Please note: the guesthouse is a non-smoking establishment.
exchange rate	*	n C	/ɪksˈtʃeɪndʒ reɪt/	the value of the money of one country when you change it into the money of another country	The exchange rate is very good at the moment.
friendly	***	adj	/'fren(d)li/	someone who is friendly is always pleasant and helpful towards other people	It's a happy, friendly 18th century guest house.
go skiing		v	/gəʊ ˈskiːɪŋ/	the sport or activity of moving over snow on skis	I go skiing once a year.
hear	***	v	/hɪə(r)/	to realize that someone or something is making a sound	Can you hear me?
high-speed		adj	/'haɪspiːd/	moving or operating very quickly	With high-speed trains people can go from city centre to city centre.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
iPod		n C	/ˈaɪ.pɒd/	a small music player with headphones that you carry around with you and on which you can store large amounts of music, especially music from the Internet	I wanted the iPod.
jazz	*	n U	/dʒæz/	a type of music that developed in the late 19th century in which there is a strong lively beat and the players often improvise (=make up the music as they play)	Montreal jazz is my favourite music.
machine	***	n C	/məˈʃiːn/	a piece of equipment that does a particular job by using electricity, steam, gas etc	That's an amazing machine!
meal	***	n C/U	/mi:l/	an occasion when you eat, especially breakfast, lunch, or dinner	There is also a hotel restaurant for your evening meals.
money	***	n U	/ˈmʌni/	what you earn, save, invest and use to pay for things.	Train tickets cost a lot of money.
passenger	***	n C	/ˈpæsɪndʒə(r)/	someone who travels in a motor vehicle, aircraft, train, or ship but is not the driver or one of the people who works on it	Passengers on a high-speed train have more space than in an airplane.
play chess/tennis		v	/pleɪ ˈtʃes, ˈtenɪs/	to take part in a game of chess or tennis	I sometimes play tennis at the weekends.
sing	***	v	/sɪŋ/	to make music using your voice	Can you sing?
swim	**	v	/swɪm/	to move through water by making movements with your arms and legs	I can't swim.
torch	*	n C	/tɔː(r)tʃ/	a small electric light operated by batteries that you hold in your hand.	Do you have a torch in your car?
translate	**	v	/trænsˈleɪt/	to change spoken or written words into another language	Can you translate that into English?
translation	**	n C/U	/trænsˈleɪʃ(ə)n/	spoken or written words that have been changed into a different language	What's the English translation?
type	*	v	/taɪp/	to write something using a keyboard	I type emails on my computer.
unnecessary	**	adj	/ʌnˈnesəs(ə)ri/	not needed	It's day time, so the torch is unnecessary.
view	***	n C/U	/vjuː/	a picture or photograph of a place, especially an attractive place	This is a quiet, rural location with lots of walks nearby, and excellent views.
warm	***	adj	/wɔː(r)m/	fairly hot in a way that is comfortable and pleasant	There are clean warm beds in the hotel.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Celebrations					
birthday	**	n C	/ˈbɜː(r)θdeɪ/	the day each year that has the same date as the one on which you were born	Click here to see a list of other people born on my birthday.
ceremony	**	n C/U	/ˈserəməni/	a formal public event with special traditions, actions, or words	I didn't go to the ceremony.
champagne		n U	/ˌʃæmˈpeɪn/	a type of French sparkling wine that people often drink to celebrate special occasions	I always drink champagne New Year's Eve.
congratulate	*	v	/kənˈgrætʃuleɪt/	to tell someone that you are pleased about their success, good luck, or happiness on a special occasion	We all congratulated him.
New Year's Eve	**	n C	/njuː jɪə(r)z v/	the evening of 31st December, when many people celebrate with their family or friends by staying awake until midnight	It will be a good New Year's Eve.
retirement	*	n C/U	/rɪˈtaɪə(r)mənt/	the time when you stop working, especially because you have reached the age when you are officially too old to work, or the act of doing this	My father had a party for his retirement.
wedding	***	n C	/ˈwedɪŋ/	a ceremony in which two people get married	Kyle and Sue didn't have a big wedding.
Films & books					
cartoon	*	n C	/kɑː(r)ˈtuːn/	a film or television programme, especially for children, that is made by photographing a series of drawings so that people and things in them seem to move	My son watched a cartoon this morning.
comedy	**	n C/U	/ˈkɒmədi/	a funny film, play or television programme	This film is a comedy.
horror	**	n C/U	/ˈhɒrə(r)/	books and films that are intended to frighten people	We watched a horror film at the cinema.
love story		love story n C	/ˈlʌv stɔːri/	a story of how two people meet and fall in love	He wrote a famous love story.
romance	*	n C/U	/rəʊˈmæns/	a book or film about a romantic relationship	I want to read a romance on holiday.
science fiction	*	n U	/ˈsaɪəns fikʃ(ə)n/	books and films about imaginary future events and characters, often dealing with space travel and life on other planets. Science fiction is often called sci-fi.	I read a science fiction book last week.
thriller	*	n C	/ˈθrɪlə(r)/	a book, play, or film that tells an exciting story, especially about something dangerous like a crime	He wrote a thriller.
western	***	n C	/ˈwestə(r)n/	a film about the western United States in the 1800s, usually with cowboys	He acted in several westerns.
Feelings					
angry	***	adj	/ˈæŋɡri/	very annoyed	Men cry when they are angry.
bored	**	adj	/bɔː(r)d/	feeling impatient or dissatisfied, because you are not interested in something or because you have nothing to do.	She is bored.

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happy	***	adj	/ˈhæpi/	feeling pleased and satisfied	I was so happy for them.
nervous	**	adj	/ˈnɜː(r)vəs/	feeling excited and worried, or slightly afraid	He is nervous.
sad	***	adj	/sæd/	feeling unhappy, especially because something bad has happened	It's a very sad film.
Adjectives of opinion					
awful	**	adj	/ˈɔːf(ə)l/	used for emphasizing how unpleasant someone or something is	It was an awful film.
bad	***	adj	/bæd/	of very low quality	The actors were bad.
excellent	***	adj	/ˈeksələnt/	extremely good	I think London is excellent.
good	***	adj	/gʊd/	of a high quality or standard	They are good players.
great	***	adj	/greɪt/	enthusiastic about something or someone	It was great to see him again after all these years.
horrible	**	adj	/ˈhɒrəb(ə)l/	very unpleasant	The gardens are horrible.
lovely	***	adj	/ˈlʌvli/	very attractive	You have a lovely house.
nice	***	adj	/naɪs/	attractive, enjoyable, or pleasant	some nice food for a picnic.
terrible	***	adj	/ˈterəb(ə)l/	very bad in quality or ability	The football match was terrible.
wonderful	***	adj	/ˈwʌndə(r)f(ə)l/	extremely good	We had a wonderful dinner.
Other words & phrases					
acceptable	**	adj	/əkˈseptəb(ə)l/	considered by most people to be reasonable or to be something that can be allowed	In Britain and America it is more acceptable for men to cry today.
act	***	v	/ækt/	to perform in plays or films	He acted in many films by Tim Burton.
actor	***	n C	/ˈæktə(r)/	someone who performs in plays and films, especially as their job	An actor from your country.
athlete	*	n C	/ˈæθli:t/	someone who is good at sports, especially athletics, and takes part in sports competitions	Matthew Pinsent is a British Olympic athlete.
author	**	n C	/ˈɔːθə(r)/	someone who writes books, articles etc, especially as their job	Can you guess the famous author?
boat ride		n C	/ˈbəʊt raɪd/	a short trip or journey in a small boat on a lake or river	We can go for a boat ride on the Thames.
buy	***	v	/baɪ/	to get something by paying money for it	We will buy some nice food for a picnic.
cry	***	v	/kraɪ/	to have tears coming from your eyes, especially because you are sad	It's difficult for British men to cry.
fall	***	v	/fɔːl/	to move quickly downwards from a higher position, usually by accident	Why did the glass fall off the table?

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
favourite	**	adj	/ˈfeɪv(ə)rət/	your favourite person or thing of a particular kind is the one that you like the best	It's my favourite sport.
feel	***	v	/fi:l/	to be in a particular state as a result of an emotion or a physical feeling	How do you feel?
health	***	n U	/helθ/	the condition of your body, especially whether or not you are ill	Crying is good for your health
horse	***	n C	/hɔ:(r)s/	a large animal that people ride	He is learning to ride a horse.
medal	**	n C	/ˈmed(ə)l/	a small flat piece of metal that you are given for winning a competition or doing something very brave	Matthew Pinsent cried when he won a gold medal at the Olympics.
president	***	n C	/ˈprezɪdənt/	the political leader of a country that does not have a king or queen	Even two US presidents cried quietly on television.
psychologist	**	n C	/saɪˈkɒlədʒɪst/	someone who studies how people's minds work and how this affects their behaviour	British psychologists and researchers say that men cry easily.
stress	***	n C/U	/stres/	a worried or nervous feeling that stops you relaxing, caused, for example, by pressure at work or financial or personal problems	I have a lot of stress at work.
symbol	**	n C	/ˈsɪmb(ə)l/	a picture or shape used to represent something	It's about symbols in the art of a famous Italian painter.
twice	***	adv	/twɑɪs/	two times	A twice-a-year blog
was born		v	/wəz bɔ:(r)n/	when a baby is born, it comes out of its mother's body and starts its life.	He was born in Kentucky, USA
weekend	***	n C	/ˌwi:k'end/	Saturday and Sunday	I watched a DVD last weekend.
win	***	v	/wɪn/	to defeat everyone else by being the best or by finishing first in a competition	They're very happy when they win an Oscar.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Food					
apple	***	n C/U	/ˈæp(ə)l/	a hard round fruit that is white inside and has a smooth green, yellow, or red skin, which is called peel when it has been removed	Every morning I had three apples
banana	*	n C/U	/bəˈnɑ:nə/	a long curved fruit with a yellow skin	Banana and apple soup?!?
bean	**	n C	/bi:n/	a seed of various plants that is cooked and eaten	It's simple – it has rice, beans and corn.
bread	***	n U	/bred/	a common food made from flour, water, and usually yeast (=a substance that makes the bread grow larger)	Don't eat any bread.
butter	**	n U	/ˈbʌtə(r)/	a solid yellow food made from cream that you spread on bread or use in cooking	Would you like some butter on your bread?
cake	***	n C/U	/keɪk/	a sweet food made by baking a mixture that usually contains sugar, eggs, flour, and butter or oil	We drank coffee and ate cake.
carrot	*	n C/U	/ˈkærət/	a long hard orange vegetable that grows under the ground and has green leaves on its top	I'd like some carrots.
cheese	**	n C/U	/tʃi:z/	a solid food made from milk	Do you want some cheese on your pasta?
chicken		n C	/ˈtʃɪkɪn/	a bird kept for its eggs and meat	Eat lots of fish, meat and chicken.
chips	***	n pl	/tʃɪps/	a long thin piece of potato cooked in hot oil	Would you like chips with your steak?
chocolate	**	n C/U	/ˈtʃɒklət/	a sweet brown food eaten as a sweet or used for flavouring other food	We ate some chocolate cake.
corn	**	n U	/kɔ:(r)n/	the seeds of a corn plant that are cooked as food or fed to animals	It has rice, beans and corn.
curry		n C/U	/ˈkʌri/	an Indian food consisting of meat or vegetables cooked in a sauce with a hot flavour, often eaten with rice	We ate a very nice curry last night.
diet	**	n C/U	/ˈdaɪət/	the food that a person or animal usually eats	She's on the Soup diet.
egg	***	n C	/eg/	the round object with a shell that a female bird produces and a baby bird develops in	You can eat eggs with this diet.
fish	***	n C/U	/fɪʃ/	an animal that lives in water and swims	You can eat fish and tomatoes at lunch.
fruit	***	n C/U	/fru:t/	a type of food that grows on trees or plants	He doesn't eat vegetables or fruit.
garlic	*	n U	/ˈgɑ:(r)lɪk/	a round white vegetable with small sections called cloves which you add to food for a strong pleasant flavour	For this paella you need some garlic.
ice cream		n C/U	/aɪs ˈkri:m/	a frozen sweet food made from cream or milk and sugar, often with fruit or chocolate added to flavour it	Can I have some ice cream, please?
lemon		n C/U	/ˈlemən/	fruit with a hard yellow skin and sour juice	Make it with salt, pepper and a lemon.
lettuce	*	n C/U	/ˈletɪs/	a vegetable with large thin green leaves that you eat raw in a salad	You can eat some lettuce.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
milk	***	n U	/mɪlk/	a white liquid that comes from cows, goats, and sheep, which people drink and use in cooking	For breakfast, have some milk.
nutrition	*	n U	/nju:'trɪʃ(ə)n/	the science of food and its effect on health and growth	Complete the information for the Nutrition Reference Guide.
onion	**	n C	/'ʌnjən/	a round vegetable with thin dry skin and many layers inside that tastes and smells very strong	You can have a tomato and onion salad.
orange	**	n C	/'ɒrɪndʒ/	a round fruit that has a hard orange-coloured skin called peel, and that divides into parts called segments	Can I have an orange?
pasta	*	n C/U	/'pæstə/	an Italian food made from flour and water, and sometimes eggs	Do you like pasta?
pepper	*	n C/U	/'pepə(r)/	a green or red vegetable	The vegetarian pizza has tomato sauce, onion, green pepper and mushroom.
potato	**	n C/U	/pə'teɪtəʊ/	a very common hard round vegetable that has a brown, red or yellow skin and is white or yellow inside	You can eat fish and potatoes at lunch.
rice	**	n U	/raɪs/	a food consisting of small white or brown grains that are eaten cooked	Did you eat any rice this week?
salt	*	n U	/sɔ:lt/	a white substance that is often added to food before or after cooking to improve its flavour	Do you have any salt?
sauce	**	n C/U	/sɔ:s/	a liquid food that you put on other foods to give them a particular flavour	I'd like a Margarita pizza (tomato sauce and cheese).
sausage	*	n C/U	/'sɒsɪdʒ/	a food that consists of a tube of skin containing very small pieces of meat mixed with spices	They have some nice Spanish sausages.
shellfish		n C/U	/'ʃelɪfɪʃ/	sea creatures with a hard shell around them, for example crabs, mussels, and oysters	For this paella you need rice, different kinds of shellfish, ...
soup	**	n C/U	/su:p/	a liquid food that is made by cooking meat, fish, vegetables etc with water or milk	I can't eat this soup. It's too cold.
spinach		n U	/'spɪnɪdʒ/	a vegetable with dark green leaves that can be cooked or eaten raw in salads	The spinach is lovely.
steak	*	n C/U	/steɪk/	the meat from a cow, especially a piece without fat that is high in quality	I ate a big steak at the restaurant.
sugar	***	n U	/'ʃʊgə(r)/	a sweet substance consisting of very small white or brown pieces that is added to food or drinks to make them taste sweet	There's a lot of sugar in this coffee.
tomato		n C	/tə'mɑ:təʊ/	a round red fruit eaten as a vegetable raw in salads or cooked	I'd like a tomato and onion salad.
vegetable	***	n C/U	/'vedʒtəb(ə)l/	a part of a plant used as food, for example a potato, bean, or cabbage	Rice and vegetables are important dishes in the Middle East.
water	***	n U	/'wɔ:tə(r)/	the clear liquid that falls as rain and is used for things such as drinking and washing	She drank some water.
wine	***	n C/U	/waɪn/	an alcoholic drink made from grapes	The man likes the wine.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Describing food					
cold	***	adj	/kəʊld/	with a low temperature or a temperature that is lower than normal	I hate cold soup!
cooked		adj	/kʊkt/	cooked food has been heated and is ready to eat	Find someone who always eats cooked vegetables.
delicious	*	adj	/dɪ'liʃəs/	with a very pleasant taste or smell	Delicious!
healthy	***	adj	/'heɪθi/	working well and likely to continue to be successful	71% of Americans say they try to eat more healthy food at restaurants now than in the past.
hot	***	adj	/hɒt/	very high in temperature	The tea was very hot.
raw	**	adj	/rɔ:/	raw food has not been cooked, or has not been thoroughly cooked	Find someone who doesn't like raw vegetables.
salty		adj	/'sɔ:lti/	containing salt, or tasting like salt	The boyfriend can only eat salty food.
spicy		adj	/'spaɪsi/	spicy food has a strong hot flavour	Do you like spicy food?
sweet	***	adj	/swi:t/	tasting like sugar	It's too sweet.
Eating out					
bill	***	n C	/bɪl/	a piece of paper that shows how much money you owe after eating in a restaurant	When we finished the meal we asked for the bill.
dessert	*	n C/U	/dɪ'zɜ:(r)t/	sweet food that you eat after the main part of a meal	We ate some chocolate cake for dessert.
main course		n C	/'meɪn kɔ:(r)s//	the biggest part of a meal	We had fish for the main course.
meal	***	n C	/mi:l/	an occasion when you eat, especially breakfast, lunch, or dinner	When we finished the meal we asked for the bill.
menu	**	n C	/'menju:/	a list of the food that is available in a restaurant, café etc	Can I have the menu, please?
tip	**	n C	/tɪp/	a small amount of money that you give to someone in addition to what you owe for a service	We left a tip for the waiter.
waiter	*	n C	/'weɪtə(r)/	a man or boy who brings food and drink to your table in a restaurant or café	You are the waiter at Bella Pizza.
waitress	*	n C	/'weɪtrəs/	a woman or girl who brings food and drink to your table in a restaurant or café	The waitress asked us what we wanted to eat.
Other words & phrases					
almost	***	adv	/'ɔ:lməʊst/	nearly but not completely	Almost every country has rice in its diet.
dry	***	adj	/draɪ/	something that is dry has no water in it or on it	You can grow rice on dry land.
wet	***	adj	/wet/	covered with water or another liquid	Rice grows on wet land.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Transport					
airport	***	n C	/ˈeə(r)pɔː(r)t/	a place where planes arrive and leave, consisting of runways (=long roads where planes land and take off) and large buildings for passengers called terminals	But every time I was at the airport, I felt terrible.
bicycle	**	n C	/ˈbaɪsɪk(ə)l/	a vehicle with two wheels that you ride by pushing pedals with your feet	More people use public transport and bicycles now in London because of this law.
boat	***	n C	/bəʊt/	a small vehicle that people use for travelling on water	I would like to make a long journey by boat.
bus	***	n C	/bʌs/	a large road vehicle with a lot of seats that you pay to travel on, especially one that takes you fairly short distances and stops frequently	He goes to work by bus every day.
bus stop		n C	/ˈbʌs stɒp/	a place marked by a sign at the side of a road where buses stop to let passengers get on and off	We waited for an hour at the bus stop.
car	***	n C	/kɑː(r)/	a road vehicle for one driver and a few passengers	A car is on the wrong side of the road in East London.
car park		n C	/ˈkɑː(r) pɑː(r)k/	an area or a building where people can leave their cars for a short time	Do we have to pay for the car park?
drive	***	v	/draɪv/	to control a vehicle so that it moves somewhere	It now costs £10 (€12) a day to drive in central London.
motorbike	*	n C	/ˈməʊtə(r),baɪk/	a road vehicle that has two wheels and an engine and looks like a large heavy bicycle	Can you ride a motorbike?
on foot			/ɒn ˈfʊt/	walking	We can go on foot.
plane	***	n C	/pleɪn/	an aircraft with wings and at least one engine	Did you travel by plane?
port	***	n C	/pɔː(r)t/	an area of water where ships stop, including the buildings around it	The ship is in the port at the moment.
ride	***	v	/raɪd/	to sit on a bicycle, motorcycle etc, and control it as it moves along	Can you ride a motorbike?
station	***	n C	/ˈsteɪʃ(ə)n/	a building or place where buses, trains, or other public vehicles stop so that passengers can get on or off	Excuse me, where's the station?
train	***	n C	/treɪn/	a group of railway vehicles that are connected and pulled by an engine	They go to work by train.
underground		n U	/ˈʌndə(r),graʊnd/	a system of public transport consisting of trains that travel in tunnels below a city	We can take the underground.
Action verbs					
kiss	***	v	/kɪs/	to touch someone with your lips when you say hello or goodbye to them	I saw them kiss in the romantic film.
run	***	v	/rʌn/	to move quickly to a place using your legs and feet	She can run very fast.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
sing	***	v	/sɪŋ/	to make music using your voice	Some people are singing in Oxford Street.
sleep	***	v	/sli:p/	to go into a natural state in which you are unconscious for a time and your body rests, especially for several hours at night	I sleep for 8 hours every night.
smoke	**	v	/sməʊk/	to put a cigarette in your mouth and breathe in smoke from it	Do you smoke?
walk	***	v	/wɔ:k/	to move forwards by putting one foot in front of the other	Do you walk, take public transport or drive?
Other words & phrases					
accident	***	n C/U	/'æksɪd(ə)nt/	a crash involving a car, train, plane, or other vehicle	The chances of being in a plane accident were about 0.0000000004%.
adult	***	n C	/'ædʌlt/	someone who is no longer a child and is legally responsible for their actions	More than 10 million British adults are afraid of flying.
alone	***	adj	/ə'ləʊn/	without anyone with you	If you don't like flying, you are not alone.
business partner		n C	/'bɪznəs pɑ:(r)tnə(r)/	a company or person that is involved with the business dealings of another company or person	Jack Lewis, your business partner, is leaving work now.
company	***	n C	/'kʌmp(ə)ni/	an organization that provides services, or that makes or sells goods for money	He's leaving our company!
common	***	adj	/'kɒmən/	happening frequently, or existing in large amounts or numbers	Fear of flying is one of the most common phobias in the world.
course	***	n C	/kɔ:(r)s/	a series of lessons or lectures in an academic subject or a practical skill	The writer went on a course for people afraid of flying.
exactly	***	adv	/ɪg'zæk(t)li/	no more and no less than a particular amount or time	He explained exactly how a plane works
fear	***	n C/U	/fiə(r)/	the feeling that you have when you are frightened	Fear of flying is one of the most common phobias in the world.
flight	***	n C/U	/flaɪt/	a journey through air or space in a vehicle such as a plane	What did the people do when the flight started?
follow	***	v	/'fɒləʊ/	to walk, drive etc closely behind someone in order to watch them	Do you want me to follow him?
hand	***	n C	/hænd/	the part of your body at the end of each arm that you use for picking up and holding things	Some people held hands.
law	***	n C/U	/lɔ:/	an official rule that people must obey	In 2003, the mayor of London made a new law to help reduce traffic.
phobia		n C	/'fəʊbiə/	a very strong feeling of disliking or being afraid of someone or something	She gave us information about phobias and taught us a relaxation technique.
photograph	***	n C	/'fəʊtə,grɑ:f/	a picture of something that you make with a camera	He took a photograph of his family.
pilot	***	n C	/'paɪlət/	someone who flies an aircraft	The writer talked to a pilot.
police station	*	n C	/'pɔ:li:s steɪʃ(ə)n/	the building where the local police force works	He found a camera, so he took it to the police station.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
safe	***	adj	/seɪf/	not likely to cause damage, injury, or harm	I knew that planes were very safe.
secret	***	n C	/ˈsiːkrət/	a piece of information that is known by only a small number of people, and is deliberately not told to other people	It's a secret meeting.
security	***	n C	/sɪˈkjʊərəti/	the department within an organization that protects buildings and workers	I don't like going through security, it makes me nervous.
stranger	**	n C	/ˈstreɪndʒə(r)/	someone who you do not know	I don't like talking to a stranger on a plane.
survive	***	v	/sə(r)ˈvaɪv/	to manage to deal with something difficult or unpleasant	I could get on a plane and survive.
take	***	v	/teɪk/	to use a particular type of transport	Why don't we take a taxi?

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Clothes					
boot	***	n C	/bu:t/	a type of shoe that covers all of your foot and part of your leg	I can't find my other boot!
dress	***	n C	/dres/	a piece of clothing that covers a woman's body and part of her legs	That's a beautiful dress.
jacket	***	n C	/ˈdʒækɪt/	a short coat that covers the upper part of the body and is made in many styles for different occasions and different kinds of weather	It's a good idea to put on a jacket for an interview.
jeans	*	n C	/dʒi:nz/	trousers made of heavy cotton cloth called denim that you wear in informal situations	She bought some new jeans yesterday.
jumper	*	n C	/ˈdʒʌmpə(r)/	a warm piece of clothing, usually made of wool, that you pull over your head and that covers your upper body and arms	Right now I'm wearing a jumper.
shirt	***	n C	/ʃɜ:(r)t/	a piece of men's clothing that covers the top part of the body	I think a shirt and tie make a good impression at an interview.
shoe	***	n C	/ʃu:/	something that you wear on each foot, usually over socks	A dirty shirt makes a very bad impression, and so do dirty shoes.
skirt	**	n C	/skɜ:(r)t/	a piece of clothing for a woman or girl. It hangs from the waist and is not joined between the legs	I think you shouldn't wear a very short skirt for a first meeting ...
tie	**	n C	/taɪ/	a long narrow piece of cloth that a man wears around his neck under the collar of a shirt. It is tied with a knot	I think a shirt and tie make a good impression at an interview.
trainers	*	n C	/ˈtreɪnə(r)z/	strong, comfortable shoes which are designed for doing sports in, but which many people wear as informal clothing	You can't wear trainers here.
trousers	**	n C	/ˈtraʊzə(r)z/	a piece of clothing covering the body from the waist to the feet, divided into separate parts for each leg and worn by both men and women	A shirt and trousers is fine.
T-shirt		n C	/ˈti:ʃɜ:(r)t/	a soft shirt that usually has short sleeves and no collar	It's sunny, so I'm wearing a T-shirt.
Body					
arm	***	n C	/ɑ:(r)m/	one of the two long parts of your body with your hands at the end	Stretch your arms, your hands and your shoulders.
back	***	n C	/bæk/	the part of your body between your neck and your bottom, on the opposite side to your chest and stomach	Keep your back straight
chest	***	n C	/tʃest/	the upper front part of your body between your neck and your stomach	My chest hurts!
elbow	**	n C	/ˈelbəʊ/	the part in the middle of your arm, where it bends	My elbow hurts when I play tennis.
finger	***	n C	/ˈfɪŋɡə(r)/	your fingers are the long thin parts on the end of your hands	He types with one finger.
foot (plural feet)	***	n C	/fʊt, fi:t/	the part of your body at the end of your leg, on which you stand	Keep your back straight and your feet on the floor.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
hand	***	n C	/hænd/	the part of your body at the end of each arm that you use for picking up and holding things	In Canada, you should shake a person's hand.
head	***	n C	/hed/	the top part of your body that has your brain, eyes, mouth etc in it	Many English-speaking countries have the Queen of England's head on their coins.
knee	***	n C	/ni:/	the part in the middle of your leg, where it bends	She hurt her knee playing tennis.
leg	***	n C	/leg/	one of the two parts of your body to which your feet are attached	My son can stand on one leg.
neck	***	n C	/nek/	the part of the body that joins the head to the rest of the body	You can hurt your neck if you sit for a long time every day.
shoulder	***	n C	/ˈʃəʊldə(r)/	one of the two parts of your body between your neck and the top of your arms	Stretch your arms, your hands and your shoulders.
stomach	**	n C	/ˈstʌmək/	the soft part at the front of your body between your chest and your legs	How's your stomach?
wrist	**	n C	/rɪst/	the part of your body between your hand and your arm	You can hurt your wrists if you type for a long time every day.
Face					
cheek	**	n C	/tʃi:k/	the soft part on each side of your face below your eyes	It was cold so his cheeks were red.
chin	**	n C	/tʃɪn/	the centre of the bottom part of your face, below your mouth and above your neck	He doesn't have much hair on his chin.
ear	***	n C	/ɪə(r)/	one of the two parts at the sides of your head that you hear with	My brother has big ears.
eye	***	n C	/aɪ/	one of the two body parts in your face that you use for seeing	I don't trust a person if he or she doesn't make eye contact.
hair	***	n U	/heə(r)/	the mass of thin fibres that grows on your head	Whose hair is in picture B?
mouth	***	n C	/maʊθ/	the part of your face below your nose that you use to eat and speak	He has a small mouth and a long chin.
nose	***	n C	/nəʊz/	the part of your face above your mouth that you use for smelling and breathing	She has a big nose.
tooth (plural teeth)	***	n C	/tu:θ, ti:θ/	one of the hard white objects inside your mouth that you use for biting and for chewing food	When I eat cold ice cream it hurts my teeth.
Health problems					
cold	**	n C	/kəʊld/	a minor illness that blocks your nose and makes you cough	I've got a cold.
headache	*	n C	/ˈhedɪk/	a pain in your head	I've got a headache.
hurt	***	v	/hɜ:(r)t/	to feel pain somewhere in your body	My back hurts.
ill	***	adj	/ɪl/	not healthy, because of a medical condition or an injury	Are you ill often?

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
stomach ache		n C/U	/ˈstʌmək eɪk/	pain in your stomach	I can't work because I've got stomach ache.
tired	***	adj	/ˈtaɪə(r)d/	needing to rest or sleep	You are very tired.
toothache		n U	/ˈtuːθeɪk/	a pain in one or more of your teeth	I've got a toothache.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Places in a city					
bank	***	n C	/bæŋk/	a financial institution that people or businesses can keep their money in or borrow money from	You mustn't smoke now in any offices, banks, restaurants or pubs in India.
chemist	**	n C	/'kemɪst/	a shop that sells medicines, beauty products, and toiletries	She bought the medicine at the chemist.
cinema	**	n C	/'sɪnəmə/	a building where you pay to go and watch a film	We went to the cinema last night.
disco	*	n C	/'dɪskəʊ/	a place or event where people dance to popular music	The disco is full of people at the weekends.
hospital	***	n C	/'hɒspɪt(ə)l/	a place where people stay when they are ill or injured and need a lot of care from doctors and nurses	He was in hospital for a week when he was ill.
hotel	***	n C	/həʊ'tel/	a building where you pay to stay in a room and have meals	The Cape Grace is a five-star hotel next to the sea in Cape Town.
library	***	n C	/'laɪbrəri/	a place where books, documents, CDs etc are available for you to look at or borrow	You bring the books back to the library.
nightclub		n C	/'naɪtklʌb/	a place where people go in the evening to dance, drink alcohol, or watch entertainers	Cape Town is home to the biggest nightclub in South Africa.
pool	***	n C	/pu:l/	a large structure filled with water for people to swim in	At Cape Grace you can go swimming in the pool.
school	***	n C/U	/sku:l/	a place where children go to be taught	In Cathedral City, California it's illegal to take a dog to school.
shop	***	n C	/ʃɒp/	a place where you buy things or where you pay for a service	There are hundreds of little shops at the market.
shopping centre		n C	/'ʃɒpɪŋ sentə(r)/	an area where a group of different shops and businesses such as banks and restaurants are all built next to each other	The V&A Waterfront is the most popular shopping centre.
stadium	*	n C	/'steɪdiəm/	a large building, usually without a roof, where people watch sports events such as football matches or races	Nick's city has big stadiums.
supermarket	**	n C	/'su:pə(r),mɑ:(r)kɪt/	a very large shop that sells food and other products for the home. You go around the shop pushing a trolley and putting things in it, then you pay for your goods at the checkout.	I have no food, so I'm going to the supermarket.
town hall		n C	/taʊn 'hɔ:l/	a building that has all the offices of a town's local government	The town hall is in the city centre.
Describing a town/city					
beautiful	***	adj	/'bjʊ:təf(ə)l/	something that is beautiful is very pleasant to look at	Cape Town is one of South Africa's most beautiful cities.
boring	**	adj	/'bɔ:ɪŋ/	not at all interesting, and making you feel impatient or dissatisfied	I think that living in a big city is never boring.
cheap	***	adj	/tʃi:p/	not expensive	You can find cheap jewellery at the shopping centre.
cosmopolitan		adj	/'kɒzmə'pɒlɪt(ə)n/	showing the influence of many different countries and cultures	Lots of people say that Toronto is interesting, because it's cosmopolitan.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
dangerous	***	adj	/ˈdeɪndʒərəs/	likely to have a bad effect or to cause a problem	It's the most dangerous part of the city.
expensive	***	adj	/ɪkˈspensɪv/	something that is expensive costs a lot of money	Life in Madrid is not expensive.
friendly	***	adj	/ˈfren(d)li/	someone who is friendly is always pleasant and helpful towards other people	Are the people friendly?
historical	***	adj	/hɪˈstɔːrɪk(ə)l/	connected with history or with the past	I think that Ottawa has more historical buildings than Toronto.
interesting	***	adj	/ˈɪntrəstɪŋ/	something that is interesting makes you want to know about it or take part in it	Which law do you think is the most interesting?
modern	***	adj	/ˈmɒdə(r)n/	using the most recent methods, ideas, designs, or equipment	Mexico City is more modern than other cities in Mexico.
noisy	*	adj	/ˈnɔɪzi/	making a lot of noise	Is it very noisy?
polluted	*	adj	/pəˈluːtɪd/	to make air, water, or land too dirty and dangerous for people to use in a safe way	Is the air polluted?
quiet	***	adj	/ˈkwaɪət/	used about places in which there is little noise	Nick's city is very clean and quiet.
safe	***	adj	/seɪf/	used about places and situations where you are protected from danger	Toronto and Ottawa are both safe cities.
ugly	**	adj	/ˈʌɡli/	something that is ugly is unpleasant to look at	Some parts of the city are very ugly.
unfriendly	*	adj	/ʌnˈfren(d)li/	not friendly	Are the people friendly or unfriendly in the city?
go + -ing					
go dancing			/gəʊ ˈdɑːnsɪŋ/	to move your feet and your body in a pattern of movements that follows the sound of music	This is the best place to go dancing and have a good time.
go diving			/gəʊ ˈdaɪvɪŋ/	to jump into water with your head first and your arms stretched out in front of you	On special adventure tours you can go diving with a great white shark.
go sightseeing			/gəʊ ˈsaɪtˌsiːɪŋ/	to travel around a place to see the interesting things in it	If you want to go sightseeing, you must go to Robben Island.
go shopping			/gəʊ ˈʃɒpɪŋ/	to go to a shop to buy things	What's the best place to go shopping for clothes?
go swimming			/gəʊ ˈswɪmɪŋ/	to swim for enjoyment, for exercise, or in races	At Cape Grace you can go swimming in the pool.
go walking			/gəʊ ˈwɔːkɪŋ/	to go for a long walk, often in hills or mountains	You can also go walking around the top of the mountain.
Size & colours					
big	***	adj	/bɪɡ/	large in size	Nick's city has big stadiums.
dark	***	adj	/dɑː(r)k/	black, or almost black, in colour	It's a dark brown T-shirt.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
gold	***	adj	/gəʊld/	something that is gold is the colour of gold	It's a gold pen.
large	***	adj	/la:(r)dʒ/	bigger than usual in size	A supermarket is a large place where you can buy ...
light	***	adj	/laɪt/	pale in colour, not dark	It's a light blue T-shirt.
silver	*	adj	/ˈsɪlvə(r)/	light grey in colour	There are silver ones and these black ones.
small	***	adj	/smɔ:l/	not large in size, amount, or number	Alicante is smaller than Madrid.
tiny	***	adj	/ˈtɪni/	extremely small	It's a tiny black keyring.
Other words & phrases					
apartheid		n U	/əˈpa:(r)tˌheɪt/	the political system that existed in the past in South Africa, in which only white people had political rights and power	Robben Island was one of South Africa's worst prisons during apartheid.
at least			/æt ˈli:st/	not less than a particular amount or number, and possibly more	Add at least one more sentence of your own.
bizarre	*	adj	/bɪˈzɑ:(r)/	strange and difficult to explain	They now have several hundred bizarre laws.
carry	***	v	/ˈkæri/	to have something with you, usually in your pocket or bag	In the majority of American cities, you needn't have a permit to carry a gun.
dancefloor		n C	/ˈdɑ:nsflɔ:(r)//	an area in a club, restaurant etc designed for people to dance on	The giant building has a dancefloor for 5,000 people.
get dressed			/get drest/	to put your clothes on	If you want to go swimming in Destin, Florida, you must get dressed in your hotel room and not in your car.
gun	***	n C	/gʌn/	a weapon that shoots bullets, for example a pistol or a rifle	You needn't have a permit to buy a gun.
illegal	**	adj	/ɪˈli:g(ə)l/	not allowed by the law	In Cathedral City, California it's illegal to take a dog to school.
jewellery	**	n U	/ˈdʒu:əlri/	objects that you wear as decoration	You can find cheap jewellery at the shopping centre.
keyring		n C	/ˈki: rɪŋ/	a metal ring used for keeping keys together	Does the man like the keyrings?
lose	***	v	/lu:z/	to stop having something because it has been taken from you or destroyed	Where did you lose your keys?
mug	*	n C	/mʌg/	a cup with straight sides and no saucer, used mainly for hot drinks	How many mugs does the woman take?
offer	***	v	/ˈɒfə(r)/	to provide something such as a product or service	We have collected here a small sample of the best Cape Town has to offer.
permit		n C	/ˈpɜ:(r)mɪt/	an official document that gives you permission to do something	You needn't have a permit to buy a gun.
pig	**	n C	/pɪg/	an animal with no fur and a curly tail kept by farmers for its meat	You mustn't take a pig to the beach in Miami Beach, Florida.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
quality	***	n C/U	/ˈkwɒləti/	the quality of something is how good or bad it is	You can find quality clothes at the shopping centre.
shark	*	n C	/ʃɑː(r)k/	a large fish with sharp teeth that lives in the sea	The ocean near Cape Town is famous for sharks.
shout	***	v	/ʃaʊt/	to say something in a loud voice	You must not shout or sing in public at night in the town of Topeka, Kansas.
skill	***	n C/U	/skɪl/	the ability to do something well, usually as a result of experience and training	Football players have a lot of skill.
snake	*	n C	/sneɪk/	a long thin animal with no legs and a smooth skin	In Toledo, Ohio it's against the law to throw a snake at another person.
spa		n C	/spɑː/	a place with a natural supply of mineral water where people go because the water is considered to improve health	At Cape Grace you can relax in the spa.
strange	***	adj	/streɪndʒ/	unusual or unexpected, especially in a way that surprises or worries you	Do you have any strange laws in your town or country?
teddy bear		n C	/ˈtedi beə(r)/	a soft toy bear	It's a big brown teddy bear.
throw	***	v	/θrəʊ/	to use your hand to send an object through the air	In Toledo, Ohio it's against the law to throw a snake at another person.
towel	**	n C	/ˈtaʊəl/	a piece of material used for drying your hands or body, or for drying dishes	They're small white towels.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Jobs					
accountant	**	n C	/ə'kaʊntənt/	someone whose job is to prepare financial records for a company or person	My brother is an accountant.
actor	***	n C	/'æktə(r)/	someone who performs in plays and films, especially as their job	Brad Pitt is a famous actor.
builder	**	n C	/'bɪldə(r)/	someone whose job is to repair and build houses	Do you know a good builder?
doctor	***	n C	/'dɒktə(r)/	someone whose job is to treat people who are ill or injured	Are you a doctor?
nurse	***	n C	/nɜː(r)s/	someone who is trained to look after ill or injured people, usually in a hospital	In Britain there are men and women nurses.
secretary	***	n C	/'sekɹətri/	someone in an office who works for someone else and who does jobs such as arranging meetings, making phone calls, and preparing letters	Her secretary sent me an email.
security guard		n C	/sɪ'kjʊərətɪ ɡɑː(r)d/	someone whose job is to guard something	He works as a security guard.
vet		n C	/vet/	a doctor for animals. Vet is short for veterinary surgeon.	I took my dog to the vet yesterday.
waiter	*	n C	/'weɪtə(r)/	a man or boy who brings food and drink to your table in a restaurant or café	Will is a waiter.
Describing work					
badly-paid		adj	/'bædlipeɪd/	if someone is badly paid, they do not earn much money, or they earn less money than is fair for the work they do	What jobs are badly-paid?
employed		adj	/ɪm'plɔɪd/	someone paid regularly to do a job or to work as a member of an organization	This means that more people will be employed in the service sector.
full-time	**	adj	/'fʊltaɪm/	done for the number of hours that people normally work in a complete week	Part-time jobs will be more common than full-time jobs.
part-time	**	adj	/'pɑː(r)ttaɪm/	done for only part of the time that an activity is usually performed	Do students have part-time jobs?
permanent	***	adj	/'pɜː(r)mənənt/	happening or existing for a long time or for all time in the future	You won't have a permanent job for life in the future.
temporary	***	adj	/'temp(ə)rəri/	temporary workers do a job for a limited period of time	A lot of young people do temporary work.
unemployed	***	adj	/,ʌnɪm'plɔɪd/	without a job	Are there many unemployed people in your country?
well-paid		adj	/'welpeɪd/	a well-paid person receives a good amount of money for work	What jobs are well-paid in your country?
Collocations with make & do					
do a good job			/duː ə 'ɡʊd dʒɒb/	to do something well	I sometimes do a good job when I'm motivated.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
do homework			/du: 'həʊm,wɜ:(r)k/	work that a teacher gives a student to do out of class	I always do my homework every night.
make a friend			/meɪk ə frend/	to become the friend of someone and treat them in a kind way	I usually make friends easily.
make a mistake			/meɪk ə mɪ'steɪk/	something that you have not done correctly, or something you say or think that is not correct	I sometimes make mistakes in English.
make coffee			/meɪk 'kɒfi/	to pour hot water onto a powder made from ground coffee beans so that you have a hot drink	I never make coffee in the morning.
make plans			/meɪk plænz/	make arrangements to achieve something	I sometimes make plans for the future.
Phrasal verbs					
clean up		v	/'kli:n ʌp/	to make a place completely clean and tidy	Please clean up when you finish your break.
log on		v	/'lɒg ɒn/	to start using a computer system, for example by typing a particular word	Log on with your username and password.
shut down		v	/'ʃʌt daʊn/	if a machine or computer shuts down, or if someone shuts it down, it stops operating	When you finish, please shut down the computer.
throw away		v	/'θrəʊ əweɪ/	to get rid of something that you no longer want, for example by putting it in a dustbin	Do not throw away paper.
turn off		v	/'tɜ:(r)n ɒf/	to stop a piece of equipment working temporarily by pressing a button or by moving a switch	Turn off all lights at the end of the day.
Other words & phrases					
chance	***	n C/U	/tʃɑ:ns/	an opportunity for you to do something, especially something that you want to do	When you make a mistake, see this as a chance to learn something new.
chapter	***	n C	/'tʃæptə(r)/	one of the sections into which a book is divided	There are 12 chapters in the book.
invisible	**	adj	/ɪn'vɪzəb(ə)l/	something that is invisible cannot be seen	Behind the Scenes talks to the people who do the invisible jobs.
opportunity	***	n C/U	/'ɒpə(r)'tju:nəti/	a chance to do something, or a situation in which it is easy for you to do something	People who speak two or more languages will have better opportunities.
public	***	adj	/'pʌblɪk/	available for people in general to use	Are hospitals in your country public or private?
quit	*	v	/kwɪt/	to stop doing something	John hates his job, so he wants to quit.
regret	**	v	/'rɪ'gret/	to feel sorry or sad that something has happened	Many people hate the dentist, but if you don't go you will regret it later.
save (money)	***	v	/seɪv/	to regularly put money in a bank or invest it so that you can use it later	It's never too late to save money.
volunteer work			/'vɒlən'tɪə(r) wɜ:(r)k/	work that is not paid	Do some volunteer work.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
Music					
band	***	n C	/bənd/	a small group of musicians who play popular music such as jazz or rock	I've seen lots of new and classic rock bands.
classical (music)	*	n U	/'klæsɪk(ə)l/	music written according to standard European forms or structures by people such as Mozart and Beethoven	We went to a classical music concert last weekend.
folk (music)		n U	/fəʊk/	traditional music from a particular country, region, or community, especially music developed by people who were not professional musicians	I really like folk music.
jazz	*	n U	/dʒæz/	a type of music that developed in the late 19th century in which there is a strong lively beat and the players often improvise (=make up the music as they play)	The bar plays jazz music in the evenings.
musician	**	n C	/mju'zɪʃ(ə)n/	someone who performs or writes music, especially as their job	Think of a musician or band that you like.
pop (music)	*	n U	/pɒp/	a type of music, usually played on electronic instruments, that is popular with many people because it consists of short songs with a strong beat and simple tunes that are easy to remember	In the past I liked pop music.
R&B		n U	/ɑ:(r) 'n bi:/	a type of popular music that African American musicians developed from blues and jazz	She likes dancing to R&B.
rap		n C/U	/ræp/	a way of talking using rhythm and rhyme, usually over a strong musical beat	Do you have much rap music on your iPod?
rock (music)	***	n U	/rɒk/	a type of music that developed from rock 'n' roll and uses a heavy regular beat, electric guitars, singing, and a tune that is easy to remember	How long has the man liked rock music?
singer	**	n C	/'sɪŋə(r)/	someone who sings, especially someone who sings well or as a job	Listen to a person talking about her favourite singer.
song	***	n C	/sɒŋ/	a piece of music with words that you sing	He has written a song.
songwriter		n C	/'sɒŋ,raɪtə(r)/	someone who writes songs	He's a great songwriter but he can't sing very well.
Media					
camera	***	n C	/'kæm(ə)rə/	a piece of equipment used for making television programmes, films, or videos	Don't look into the camera!
game show		n C	/'geɪm ʃəʊ/	a television programme in which people play games or answer questions in order to win prizes	They won a lot of money on the game show.
journalist	**	n C	/'dʒɜ:(r)nəlɪst/	someone whose job is to report the news for a newspaper, magazine, radio programme, or television programme	Can the journalist ask you some questions?
newspaper	***	n C	/'nju:z,peɪpə(r)/	a set of large printed sheets of folded paper containing news, articles, and other information, usually published every day	I read the newspaper every morning.

Word	Frequency of Use	Part of Speech	Phonetic Spelling	Definition	Sample Sentence
radio	***	n C	/ˈreɪdiəʊ/	a system of broadcasting information and programmes that people can listen to	She's been on local radio.
the (morning/ evening) news	***	n U	/ðə ˈnjuːz/	a television or radio broadcast that gives you information about recent events, read by a newsreader with special reports by correspondents	Think of some people who are on television or in the news a lot at the moment.
Other words & phrases					
achievement	***	n C /U	/əˈtʃiːvmənt/	a particular thing that you have achieved	Winning this award is a great achievement.
award	***	n C	/əˈwɔː(r)d/	a prize or other reward that is given to someone who has achieved something	He has won an award.
beginning	***	n C	/bɪˈɡɪnɪŋ/	the first part of something	Every end is a new beginning.
brochure	*	n C	/ˈbrəʊʃə(r)/	a small magazine containing details and pictures of goods or services that you can buy	An advertisement brochure for a language school.
choose	***	v	/tʃuːz/	to decide which you want from a number of people or things	Time chooses the Person of the Year as the individual or group of individuals who have had the biggest effect on the year's news.
founder	*	n C	/ˈfaʊndə(r)/	someone who starts a school, organization, business, or community	Mark Zuckerberg, founder of Facebook. (2010)
lifetime	**	n C	/ˈlaɪfˌtaɪm/	the period of time when someone is alive	'Music is enough for a lifetime, but a lifetime is not enough for music.'
memorize	*	v	/ˈmeməraɪz/	to learn something so that you remember it perfectly	I memorize a new English word every day.