

Word list

The numbers / track references in brackets indicate the first occurrence of each word/phrase in the unit.

Unit 13

allergic *adjective* If you are allergic to something, you become ill if you touch it, eat it or go near it. I'm allergic to cat fur.

aspiration *noun* something that you hope to achieve I've never had any political aspirations.

13 avoid contact with *phrase* to make sure that you do not touch or come near something Try to avoid direct contact with any of the chemicals.

balanced diet *noun* a healthy combination of different types of food If you have a balanced diet, you are getting all the vitamins you need.

developed country *phrase* a country with a lot of industrial activity and where people generally have high incomes Our sample came from a broad cross-section of the populations of developed countries.

exhaust fumes *phrase* waste gas from a vehicle's engine that comes out through a pipe We sat in the traffic jam, breathing in the exhaust fumes from the cars around us.

familiar with *phrase* knowing something quite well I'm sorry, I'm not familiar with your poetry.

fit for purpose *phrase* Something that is fit for purpose is good enough to be used for the function it was intended for. The school buildings are no longer fit for purpose.

immune system *noun* the cells and tissues in your body that fight against infection Vitamins help boost your immune system.

obsessed with *phrase* too interested or worried about something She's obsessed with computer games – they're the only thing she can talk about!

on behalf of *phrase* representing I'm proud to accept this award on behalf of all my colleagues.

physical exertion *phrase* effort that you make with your body I get out of breath with any kind of physical exertion.

physical fitness *phrase* the state of having a strong, healthy body All this cycling has certainly improved my physical fitness.

resistant to *phrase* not harmed or affected by something Some bacteria are resistant to these antibiotics.

rural area *phrase* an area of countryside Bus services to rural areas are very poor.

state-of-the-art *adjective* using the newest ideas, designs, and materials This computer system uses state-of-the-art technology.

vote with your feet *idiom* to leave a place or an organisation because you do not like something about it If prices go up, customers will vote with their feet.