

Word list

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

Unit 4

airy *noun* (47) open to fresh air airy rooms

attractive *adjective* (49) causing interest or pleasure We need to make the club attractive to young people.

balanced *adjective* (42) A balanced meal contains a healthy mixture of different types of food. Chocolate and chips is not a balanced meal.

cheerful *adjective* (49) describes a place or thing that is bright and pleasant and makes you feel happy The room was painted in cheerful colours.

convenience food *noun* (42) food that can be prepared quickly and easily and is often already cooked We eat a lot of convenience food.

edible *adjective* (41) safe to eat edible berries

elaborate *adjective* (42) complicated or with a lot of details an elaborate design

elegant *adjective* (49) stylish and attractive an elegant dining room

exceptional *adjective* (49) very good and better than most other people or things an exceptional student

exclusive *adjective* (42) expensive and only for people who are rich or of a high social class an exclusive private club

filling *adjective* (42) Food that is filling makes you feel that you have had a lot to eat. a filling meal

genetically modified *adjective* (40) describes a plant or animal that has had some of its genes changed scientifically genetically modified plants

heavy meal *phrase* (42) a large, rich meal that makes you feel very full You shouldn't swim after a heavy meal.

informative *adjective* (47) giving a lot of useful facts a very informative book

isolated *adjective* (41) not near to other places or people Living on the island meant that we were very isolated.

light meal *phrase* (42) a small meal that does not make you feel very full We had a light meal at midday.

nutrition *noun* (41) the food that you eat and the way that it affects your health Good nutrition is essential for growing children.

organic *adjective* (41) not using chemicals when keeping animals or growing plants for food organic vegetables

protein *noun* (40) one of many substances found in food such as meat, cheese, fish or eggs that is necessary for the body to grow and be strong Most of our protein comes from meat.

rushed *adjective* (47) having to do things very quickly The staff were very rushed.

satisfactory *adjective* (49) good enough We hope to find a satisfactory solution to the problem.

satisfying *adjective* (47) making you feel pleased by providing what you need or want Clearing out the cupboards is such a satisfying job!

shortage *noun* (42) when there is not enough of something food shortages

source *noun* (42) where something comes from Oranges are a good source of vitamin C.

stem cell *noun* (40) a cell, especially one taken from a person or animal at a very early stage of development, that can develop into any type of cell Stem cells are very important in biological research.

supply *noun* (42) an amount of something that is ready to be used a supply of water

welcoming *adjective* (47) friendly or making you feel welcome a welcoming smile

well-balanced *adjective* (49) A well-balanced meal contains a healthy mixture of different types of food. a well-balanced menu