

Word	Meaning	Examples
ability	<i>a skill or power to do something</i>	1. She has the ability to speak three languages. 2. Hard work can improve your ability in any subject.
able	<i>having the skill or power to do something</i>	1. He was able to finish the exam early. 2. Are you able to come to the meeting tomorrow?
abroad	<i>in or to a foreign country</i>	1. She studied abroad for one year in Spain. 2. Working abroad can be a great life experience.
accept	<i>to say yes to something; to take something offered</i>	1. He decided to accept the job offer. 2. Please accept our apologies for the delay.
accident	<i>something bad that happens by chance, not on purpose</i>	1. She broke her arm in a car accident. 2. It was just an accident — he didn't mean to spill the water.
according to	<i>as said or shown by someone or something</i>	1. According to the report, temperatures are rising. 2. According to the timetable, the train leaves at nine.
achieve	<i>to succeed in doing something after effort</i>	1. She worked hard to achieve her goals. 2. It takes practice to achieve good results.
act	<i>to do something; to behave in a certain way</i>	1. You need to act quickly in an emergency. 2. He tends to act without thinking first.
active	<i>doing a lot of things; moving around a lot</i>	1. She stays active by cycling every morning. 2. An active lifestyle is good for your health.
actually	<i>used to say what is really true</i>	1. I thought he was tired, but he was actually bored. 2. The film was actually much better than I expected.
adult	<i>a fully grown person, usually 18 or older</i>	1. This film is only suitable for adults. 2. As an adult, you are responsible for your choices.
advantage	<i>something that helps you or makes things better</i>	1. Speaking two languages is a great advantage. 2. One advantage of living nearby is saving time.
adventure	<i>an exciting or unusual experience</i>	1. Travelling alone can be a real adventure. 2. The children enjoyed every adventure in the story.
advertise	<i>to tell people about a product to make them buy it</i>	1. Companies advertise their products on social media. 2. They used posters to advertise the event.
advertisement	<i>a message that tries to get people to buy something</i>	1. I saw an advertisement for that phone on TV. 2. The advertisement made the restaurant look very inviting.
advertising	<i>the business of creating ads to sell products</i>	1. She works in advertising for a large company. 2. Advertising plays a big role in shaping consumer habits.
affect	<i>to have an impact on something or someone</i>	1. Lack of sleep can badly affect your concentration. 2. The weather affected their plans for the picnic.

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after	<i>later than; following in time or order</i>	1. We went for a walk after dinner. 2. After the rain stopped, the sun came out.
against	<i>opposed to; not in favour of</i>	1. She voted against the new proposal. 2. It is dangerous to swim against a strong current.
ah	<i>an exclamation expressing surprise or understanding</i>	1. 'Ah, I see what you mean now,' she said. 2. 'Ah!' he cried when he found the missing key.
airline	<i>a company that operates passenger flights</i>	1. This airline flies to over fifty countries. 2. The airline announced a delay due to bad weather.
alive	<i>living; not dead</i>	1. The plant is still alive — it just needs water. 2. They were relieved to find the missing hiker alive.
all	<i>the whole of; every one of</i>	1. All students must submit their assignments by Friday. 2. She ate all the cookies in the jar.
all right	<i>okay; acceptable; safe</i>	1. Are you feeling all right after the fall? 2. The food was all right, but nothing special.
allow	<i>to let someone do something; to permit</i>	1. The teacher did not allow phones in the classroom. 2. Visitors are not allowed after eight o'clock.
almost	<i>very nearly but not quite</i>	1. She almost missed the bus this morning. 2. The project is almost finished — just a few steps left.
alone	<i>without other people; by yourself</i>	1. He prefers to study alone in a quiet room. 2. She was not afraid to travel alone.
along	<i>from one end to the other; beside</i>	1. They walked along the river at sunset. 2. There are many shops along this street.
already	<i>before now; earlier than expected</i>	1. Have you already finished your homework? 2. By the time I arrived, they had already left.
alternative	<i>another option you can choose instead</i>	1. Is there an alternative route to avoid the traffic? 2. Plant-based milk is a popular alternative to cow's milk.
although	<i>even though; despite the fact that</i>	1. Although it was raining, they still went out. 2. She smiled, although she was feeling nervous.
among	<i>in the middle of; surrounded by</i>	1. The treasure was hidden among the rocks. 2. She is very popular among her classmates.
amount	<i>a quantity of something</i>	1. A large amount of rain fell last night. 2. You need a small amount of oil to fry the onions.
ancient	<i>very old; from a long time ago</i>	1. The ancient ruins attracted many tourists. 2. They studied ancient Greek civilisation at school.
angrily	<i>in an angry way</i>	1. She spoke angrily when she heard the news. 2. He slammed the door angrily and walked away.

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ankle	<i>the joint that connects your foot and leg</i>	1. She twisted her ankle while running. 2. The mud came up to his ankles.
any	<i>used in questions and negatives to refer to some</i>	1. Is there any milk left in the fridge? 2. I don't have any plans for the weekend.
any more	<i>continuing or still (usually in negatives)</i>	1. She doesn't live here any more. 2. I can't eat any more — I'm full.
anybody	<i>any person; it doesn't matter who</i>	1. Can anybody help me carry these bags? 2. I didn't see anybody in the corridor.
anyway	<i>despite what was just said; in any case</i>	1. It was expensive, but I bought it anyway. 2. Anyway, let's get back to the main topic.
anywhere	<i>in, at, or to any place</i>	1. You can sit anywhere you like. 2. I can't find my keys anywhere.
app	<i>a software programme on a phone or computer</i>	1. She downloaded a new app to track her exercise. 2. This app makes it easy to order food online.
appear	<i>to come into sight; to seem</i>	1. A rainbow began to appear after the rain. 2. He appeared calm, but he was nervous inside.
appearance	<i>the way someone or something looks</i>	1. First appearances can sometimes be misleading. 2. He changed his appearance by cutting his hair.
apply	<i>to make a formal request; to put something on a surface</i>	1. She decided to apply for a scholarship. 2. Apply sunscreen before you go to the beach.
architect	<i>a person who designs buildings</i>	1. The famous architect designed the new museum. 2. She wants to become an architect when she grows up.
architecture	<i>the design and style of buildings</i>	1. The city is known for its beautiful architecture. 2. She studied architecture at university for five years.
argue	<i>to disagree and say why in a heated way</i>	1. The two brothers began to argue over the remote control. 2. It is not helpful to argue when you are both tired.
argument	<i>a disagreement between people; a reason given</i>	1. They had a big argument about money. 2. His main argument was that the plan cost too much.
army	<i>a large group of soldiers organised for fighting</i>	1. The army was sent to protect the border. 2. He served in the army for ten years.
arrange	<i>to plan or organise something</i>	1. She offered to arrange the meeting for Thursday. 2. He arranged the chairs in a circle for the discussion.
arrangement	<i>a plan or preparation made in advance</i>	1. Have you made arrangements for the trip? 2. The flower arrangement looked beautiful on the table.
as	<i>used to compare; in the role of</i>	1. She is as tall as her brother. 2. He works as a nurse at the local hospital.

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asleep	<i>sleeping; not awake</i>	1. The baby fell asleep in the car. 2. He was so tired he was asleep before nine o'clock.
assistant	<i>a person who helps someone with their work</i>	1. The doctor's assistant welcomed the patient. 2. She worked as a teaching assistant at the university.
athlete	<i>a person who does sport, especially competitively</i>	1. The young athlete won a gold medal. 2. Being a professional athlete requires great discipline.
attack	<i>to try to hurt someone or damage something</i>	1. The dog tried to attack the postman. 2. The team planned a strong attack in the second half.
attend	<i>to go to or be present at something</i>	1. All students must attend the lecture. 2. She was unable to attend the wedding.
attention	<i>the act of watching or listening carefully</i>	1. Please pay attention to the safety instructions. 2. The advertisement was designed to capture your attention.
attractive	<i>nice to look at; pleasant</i>	1. The hotel has an attractive view of the sea. 2. The offer sounded very attractive at first.
audience	<i>a group of people watching or listening</i>	1. The audience clapped loudly at the end of the show. 2. The speaker asked the audience a question.
author	<i>a person who writes books or articles</i>	1. My favourite author has written fifteen novels. 2. The author signed copies of her book at the event.
available	<i>able to be used or obtained; free</i>	1. Is this item still available in your shop? 2. The doctor is available on Tuesday afternoon.
average	<i>a typical or normal amount; the middle level</i>	1. The average temperature in July is around 28°C. 2. Her grades are above average for her year group.
avoid	<i>to stay away from something; to prevent something</i>	1. Try to avoid eating too much sugar. 2. She crossed the road to avoid meeting him.
award	<i>a prize given to recognise success</i>	1. She won an award for best actress. 2. The school gave an award to the top student.
awful	<i>very bad or unpleasant</i>	1. The weather was awful — cold and rainy all week. 2. I feel awful about forgetting your birthday.
back	<i>the part behind or opposite the front</i>	1. She has a pain in her back from sitting too long. 2. Please write your name on the back of the form.
background	<i>the part behind the main subject; your past</i>	1. The mountains in the background made the photo beautiful. 2. She has a strong background in science and maths.
badly	<i>in a poor way; to a serious degree</i>	1. He performed badly in the exam because he hadn't studied. 2. The building was badly damaged by the storm.

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bar	<i>a long thin piece of something hard; a place serving drinks</i>	1. She lifted the bar with both hands. 2. They met at the hotel bar after the conference.
baseball	<i>a bat-and-ball sport popular in the USA</i>	1. He plays baseball every Saturday with his friends. 2. She bought a baseball cap to protect herself from the sun.
based	<i>using something as a starting point or location</i>	1. The film is based on a true story. 2. She is based in London but travels often.
basketball	<i>a sport where you throw a ball through a high hoop</i>	1. He is tall, so he is very good at basketball. 2. They watched the basketball final on television.
bean	<i>a small seed from a plant, eaten as food</i>	1. She added beans to the salad for extra protein. 2. He ordered eggs on toast with baked beans.
bear	<i>to carry or deal with something difficult</i>	1. The pain was almost impossible to bear. 2. She had to bear the responsibility alone.
beat	<i>to win against someone; to hit something repeatedly</i>	1. Our team managed to beat the champions. 2. Her heart began to beat faster when she heard the news.
beef	<i>the meat from a cow</i>	1. She ordered a beef burger at the restaurant. 2. The soup is made with beef and vegetables.
before	<i>earlier than; in front of</i>	1. Please wash your hands before eating. 2. I had never visited Paris before.
behave	<i>to act in a certain way, especially a good way</i>	1. The children behaved well during the long journey. 2. Please behave politely when you are a guest.
behaviour	<i>the way a person or animal acts</i>	1. Good behaviour is expected in the library. 2. His rude behaviour upset everyone at the table.
belong	<i>to be owned by or be a member of</i>	1. This coat belongs to my sister. 2. She belongs to a local book club.
belt	<i>a strip of material worn around the waist</i>	1. He tightened his belt before going on stage. 2. She wore a leather belt with her jeans.
benefit	<i>an advantage or good result from something</i>	1. Exercise has many benefits for your health. 2. One benefit of living close to work is saving time.
best	<i>the most good; better than everything else</i>	1. She did her best in every exam. 2. This is the best coffee I have ever tasted.
better	<i>of higher quality; improved</i>	1. I feel much better after a good night's sleep. 2. Her writing is getting better with practice.
between	<i>in the space separating two things</i>	1. The café is between the bank and the post office. 2. Please keep this secret just between the two of us.
billion	<i>one thousand million (1,000,000,000)</i>	1. The company is worth over ten billion dollars. 2. There are nearly eight billion people in the world.

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bin	<i>a container for rubbish; to throw away</i>	1. Please put the paper in the recycling bin. 2. She decided to bin the old documents.
biology	<i>the science that studies living things</i>	1. We have a biology test on Monday about plants. 2. She chose biology as her main subject at university.
birth	<i>the moment when a baby comes into the world</i>	1. Her grandmother's date of birth is on the document. 2. The nurse recorded the time of birth.
biscuit	<i>a small flat dry cake, usually sweet</i>	1. She dunked her biscuit in her cup of tea. 2. He offered her a chocolate biscuit from the tin.
bit	<i>a small amount or piece of something</i>	1. Could I have a bit more time to finish? 2. She felt a bit nervous before the interview.
blank	<i>empty; with nothing written or printed on it</i>	1. Leave the top line blank for the examiner's stamp. 2. He stared at the blank page, not knowing what to write.
blood	<i>the red liquid that flows through your body</i>	1. The nurse took a small sample of his blood. 2. She felt faint at the sight of blood.
blow	<i>a hit; to push air out of your mouth</i>	1. A strong blow from the wind knocked the fence down. 2. Please blow out the candles and make a wish.
board	<i>a flat piece of wood; to get on a vehicle</i>	1. Write your answer on the board. 2. Passengers were asked to board the plane.
boil	<i>to heat a liquid until bubbles form</i>	1. Boil the water before adding the pasta. 2. The kettle takes two minutes to boil.
bone	<i>the hard white structure inside your body</i>	1. He broke a bone in his hand during the match. 2. The dog ran off with a large bone.
book	<i>a set of printed pages; to reserve something</i>	1. She read the whole book in one afternoon. 2. He called to book a table at the restaurant.
borrow	<i>to take something for a short time and return it</i>	1. Can I borrow your pen for a moment? 2. She borrowed a book from the library.
boss	<i>the person in charge at work</i>	1. Her boss gave her a day off as a reward. 2. He was nervous about telling his boss the news.
bottom	<i>the lowest part of something</i>	1. She found the receipt at the bottom of her bag. 2. Please sign at the bottom of the page.
bowl	<i>a round deep dish used for food</i>	1. She filled the bowl with soup. 2. He ate a bowl of cereal every morning.
brain	<i>the organ in your head that controls thought</i>	1. Regular reading is good for your brain. 2. She has a very sharp brain for maths.
bridge	<i>a structure built over a river or road</i>	1. They crossed the old stone bridge into the village. 2. The bridge was closed due to strong winds.
bright	<i>giving a lot of light; clever</i>	1. The room was very bright in the morning sunshine. 2. She is a bright student who learns quickly.

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brilliant	<i>very clever or very good</i>	1. The scientist had a brilliant idea. 2. The concert was absolutely brilliant.
broken	<i>no longer working or in one piece</i>	1. He needs to replace his broken phone screen. 2. The window was broken during the storm.
brush	<i>a tool with bristles; to use such a tool</i>	1. Don't forget to brush your teeth before bed. 2. She used a fine brush to paint the details.
burn	<i>to be on fire; to damage by heat</i>	1. Be careful not to burn yourself on the hot pan. 2. The dry leaves began to burn quickly.
businessman	<i>a man who works in business</i>	1. The successful businessman started with nothing. 2. He became a well-known businessman in the city.
button	<i>a small round object used to fasten clothing; a switch</i>	1. One of the buttons on his coat came off. 2. Press the red button to stop the machine.
camp	<i>a place where people stay in tents; to stay in a tent</i>	1. They set up camp near the lake. 2. We plan to camp in the forest this summer.
camping	<i>the activity of staying in a tent outdoors</i>	1. She loves camping in the mountains in summer. 2. They packed everything they needed for a week of camping.
can	<i>to be able to; a metal container</i>	1. She can speak three languages fluently. 2. He opened a can of tomatoes for the sauce.
care	<i>to feel concerned; looking after someone</i>	1. She cares deeply about the environment. 2. He took great care of his elderly neighbour.
careful	<i>paying close attention to avoid mistakes or danger</i>	1. Be careful when crossing a busy road. 2. She was very careful with the fragile glasses.
carefully	<i>in a way that avoids mistakes or danger</i>	1. Please read the instructions carefully before starting. 2. He carefully lifted the sleeping child.
carpet	<i>a soft floor covering made of woven material</i>	1. She spilled coffee on the white carpet. 2. The new carpet made the room feel much warmer.
cartoon	<i>a funny drawing or animated film</i>	1. The children laughed at every cartoon on TV. 2. She drew a cartoon of her teacher for the school newspaper.
case	<i>a situation; a container; a legal matter</i>	1. In this case, I think we should ask for help. 2. The detective worked on a difficult case.
cash	<i>money in the form of coins or paper notes</i>	1. Do you accept cash, or only cards? 2. She carried a small amount of cash for emergencies.
castle	<i>a large strong building from the past</i>	1. The old castle sits on top of the hill. 2. Tourists come from far away to visit the medieval castle.
catch	<i>to take hold of something moving; to get an illness</i>	1. She managed to catch the ball with one hand. 2. He caught a cold after getting wet in the rain.

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cause	<i>the reason something happens; to make something happen</i>	1. What was the cause of the accident? 2. Stress can cause health problems.
celebrate	<i>to do something special for a happy event</i>	1. They went out to celebrate her promotion. 2. How does your family usually celebrate New Year?
celebrity	<i>a famous person, usually in entertainment</i>	1. A well-known celebrity opened the new shopping centre. 2. She became a celebrity after winning the cooking show.
certain	<i>sure; definite</i>	1. I am certain that I left my keys on the table. 2. There is a certain charm about this old town.
certainly	<i>definitely; without any doubt</i>	1. He will certainly pass if he studies. 2. I can certainly help you with that.
chance	<i>a possibility; an opportunity</i>	1. There is a good chance of rain tomorrow. 2. Don't miss this chance to improve your skills.
character	<i>the personality of a person; a person in a story</i>	1. She has a very honest and kind character. 2. My favourite character in the novel is the detective.
charity	<i>an organisation that helps people in need</i>	1. She donates to a charity that helps homeless people. 2. The school raised money for a local charity.
chat	<i>a friendly informal conversation</i>	1. We had a quick chat over coffee. 2. She likes to chat with friends online in the evenings.
check	<i>to look at something to see if it is correct or safe</i>	1. Always check your work before handing it in. 2. Please check the list to see if anything is missing.
chef	<i>a trained professional cook</i>	1. The chef prepared a wonderful three-course meal. 2. She trained as a chef in a famous cooking school.
chemistry	<i>the science of substances and how they react</i>	1. She got top marks in her chemistry exam. 2. The chemistry between the two actors was clear on screen.
chip	<i>a thin slice of fried potato; a small piece broken off</i>	1. She ordered fish and chips for dinner. 2. There is a chip on the edge of this plate.
choice	<i>the act of choosing; a range of things to choose from</i>	1. Making the right choice takes careful thought. 2. The menu offers a wide choice of vegetarian dishes.
church	<i>a building where Christians go to worship</i>	1. The old church in the village dates back to 1350. 2. They got married in the small church by the sea.
cigarette	<i>a small roll of tobacco for smoking</i>	1. He gave up cigarettes five years ago. 2. The packet of cigarettes had a health warning on it.
circle	<i>a round shape; a group</i>	1. The children sat in a circle on the floor. 2. Draw a circle around the correct answer.

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classical	<i>relating to traditional music or ancient Greece and Rome</i>	1. She plays classical piano and practises every day. 2. The museum houses many classical Greek sculptures.
clear	<i>easy to understand; easy to see through</i>	1. Please give a clear explanation of your answer. 2. The water in the lake was clear and cold.
clearly	<i>in a way that is easy to understand or see</i>	1. Speak clearly so everyone in the room can hear you. 2. He clearly did not understand the question.
clever	<i>quick to understand and learn things; intelligent</i>	1. She found a clever way to solve the puzzle. 2. He is a clever student who asks good questions.
climate	<i>the usual weather conditions in a place</i>	1. The Mediterranean climate is warm and dry in summer. 2. Climate change is one of the biggest global challenges.
close	<i>near; to shut</i>	1. The school is very close to the bus stop. 2. Please close the window — it is getting cold.
closed	<i>not open; shut</i>	1. The shop was closed on Sunday afternoon. 2. The road is closed due to roadworks.
clothing	<i>things you wear; clothes</i>	1. She packed warm clothing for the mountain trip. 2. The shop sells clothing for all ages.
cloud	<i>a white or grey shape made of water in the sky</i>	1. A dark cloud appeared on the horizon. 2. The top of the mountain was covered in cloud.
coach	<i>a person who trains others; a large bus</i>	1. The coach gave the team advice at half time. 2. They travelled to the city by coach.
coast	<i>the land along the edge of the sea</i>	1. They spent the weekend at a hotel on the coast. 2. The coast is popular with surfers and swimmers.
code	<i>a system of letters, numbers or rules</i>	1. Enter your PIN code to unlock the phone. 2. She learned to write computer code at school.
colleague	<i>a person you work with</i>	1. She introduced me to her new colleague. 2. He got on well with all his colleagues.
collect	<i>to gather things together over time</i>	1. She loves to collect old stamps and postcards. 2. Please collect your printed documents from the printer.
column	<i>a tall pillar; a vertical section of text</i>	1. The newspaper article was spread across three columns. 2. An ancient stone column stood at the entrance.
comedy	<i>entertainment meant to make people laugh</i>	1. They watched an old comedy film together. 2. The theatre is putting on a comedy next month.
comfortable	<i>feeling relaxed and at ease; not causing pain</i>	1. This sofa is very comfortable to sit on. 2. She was finally comfortable in her new flat.
comment	<i>a written or spoken remark about something</i>	1. He left a helpful comment on her essay. 2. Please feel free to comment on the presentation.

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communicate	<i>to share information or ideas with others</i>	1. It is important to communicate clearly at work. 2. They communicate mostly by email.
community	<i>a group of people sharing a place or interest</i>	1. The local community came together to clean the park. 2. She is very involved in her online writing community.
compete	<i>to take part in a contest against others</i>	1. Athletes from fifty countries came to compete. 2. She decided to compete in the science quiz.
competition	<i>an event where people try to win</i>	1. She entered a writing competition and won first prize. 2. There is strong competition for places at that university.
complain	<i>to say that you are not happy about something</i>	1. He called the restaurant to complain about the food. 2. It is easy to complain, but harder to find solutions.
completely	<i>in every way; totally</i>	1. I completely forgot about the appointment. 2. The building was completely destroyed by the fire.
condition	<i>the state something or someone is in</i>	1. The car is in excellent condition for its age. 2. She was treated for a serious medical condition.
conference	<i>a formal meeting or event for discussion</i>	1. He will speak at an international conference next week. 2. The annual conference attracts thousands of researchers.
connect	<i>to join or link two or more things</i>	1. You need to connect the cable to the power source. 2. This bridge connects the two parts of the city.
connected	<i>joined together; related</i>	1. The two events are closely connected. 2. All the rooms are connected by a long corridor.
consider	<i>to think carefully about something</i>	1. Please consider all your options before deciding. 2. She considered moving abroad for a new job.
contain	<i>to have something inside</i>	1. The box contains twenty small items. 2. This drink does not contain any artificial colours.
context	<i>the situation in which something happens</i>	1. You must understand the context to grasp the meaning. 2. Always read a word in context to understand it better.
continent	<i>one of the seven main large areas of land on Earth</i>	1. Africa is the second largest continent. 2. She has visited every continent except Antarctica.
continue	<i>to keep doing something without stopping</i>	1. Please continue reading from paragraph three. 2. The rain continued all through the night.
control	<i>to manage or command something</i>	1. The pilot was trained to control the plane in bad weather. 2. She felt she had no control over the situation.
cook	<i>to prepare food using heat; a person who cooks</i>	1. She loves to cook Italian food for her friends. 2. The head cook prepared a special dish for the guests.

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cooker	<i>a kitchen appliance used for cooking food</i>	1. She put the pasta on the cooker to boil. 2. The new cooker has four gas rings and an oven.
copy	<i>to make something exactly the same; a duplicate</i>	1. Please copy these notes into your notebook. 2. He made a copy of the document before sending it.
corner	<i>the point where two lines or edges meet</i>	1. She turned the corner and saw the school ahead. 2. Put the lamp in the corner of the room.
correctly	<i>in a right or accurate way</i>	1. Make sure you spell the words correctly. 2. She answered all the questions correctly.
count	<i>to add up numbers; to be important</i>	1. Can you count the chairs in the room? 2. Every vote counts in this election.
couple	<i>two things or people; a pair</i>	1. Could you wait a couple of minutes? 2. The couple decided to travel around Europe together.
cover	<i>to put something over something else; a protective layer</i>	1. She used a blanket to cover the sleeping child. 2. Please put the cover back on the book.
crazy	<i>very strange; very enthusiastic about something</i>	1. It was a crazy idea, but it worked. 2. She is crazy about jazz music.
creative	<i>able to produce new ideas or things</i>	1. The creative writing class was very popular. 2. She is very creative and always comes up with original ideas.
credit	<i>praise; money borrowed; a good point on an account</i>	1. She deserves all the credit for the project's success. 2. He paid for the flight using his credit card.
crime	<i>an action that is against the law</i>	1. Stealing is a crime in every country. 2. The police are working to reduce crime in the city.
criminal	<i>a person who commits a crime; relating to crime</i>	1. The criminal was sent to prison for three years. 2. She studies criminal law at university.
cross	<i>to go from one side to another; angry</i>	1. Look both ways before you cross the road. 2. She was cross with him for being late again.
crowd	<i>a large group of people in one place</i>	1. A large crowd gathered in the square for the concert. 2. The crowd cheered when the team scored.
crowded	<i>having too many people in one place</i>	1. The train was so crowded there was nowhere to sit. 2. The market was very crowded on Saturday morning.
cry	<i>to produce tears; to shout out</i>	1. She began to cry when she heard the sad news. 2. 'Help!' he cried from the bottom of the stairs.
cupboard	<i>a piece of furniture with doors used for storage</i>	1. She kept the cups and plates in the kitchen cupboard. 2. The cupboard under the stairs was full of old boxes.
curly	<i>shaped in curves or spirals</i>	1. She has long curly hair that she ties back. 2. The puppy had soft curly fur.

Word	Meaning	Examples
cycle	<i>to ride a bicycle; a repeated series of events</i>	1. She likes to cycle to work every day. 2. The water cycle describes how water moves through nature.
daily	<i>happening every day</i>	1. She has a daily routine of reading for thirty minutes. 2. Check the daily weather forecast before you leave.
danger	<i>the possibility of being harmed</i>	1. The climbers were warned about the danger of falling rocks. 2. She put herself in danger to save the child.
dark	<i>with little or no light; deep in colour</i>	1. The room was dark because the curtains were closed. 2. She wore a dark blue coat to the meeting.
data	<i>facts and information, often collected for study</i>	1. The researchers collected data from five hundred people. 2. The data shows a clear increase in global temperatures.
dead	<i>no longer alive; not working</i>	1. The plant is dead — it hasn't been watered in weeks. 2. My phone battery is dead; can I borrow a charger?
deal	<i>an agreement; to handle something</i>	1. They made a deal to share the work equally. 2. How do you deal with stressful situations?
dear	<i>much loved; used to begin a letter</i>	1. She is a very dear friend to me. 2. He began the letter: 'Dear Professor Smith'.
death	<i>the end of someone's life</i>	1. The death of his grandfather affected him deeply. 2. She wrote a poem about loss and death.
decision	<i>a choice made after thinking</i>	1. Making the wrong decision can have consequences. 2. It was a difficult decision, but she chose to leave.
deep	<i>going far down; strong or serious</i>	1. The water here is very deep, so be careful. 2. She is in deep trouble after missing the deadline.
definitely	<i>without any doubt; certainly</i>	1. You should definitely visit that museum. 2. This is definitely the best cake I have ever had.
degree	<i>a unit of measurement; a university qualification</i>	1. Water boils at one hundred degrees Celsius. 2. She earned her degree in economics last year.
dentist	<i>a doctor who takes care of your teeth</i>	1. She went to the dentist for her six-month check-up. 2. The dentist said she needed to floss every day.
department	<i>a section of a large organisation</i>	1. She works in the marketing department. 2. Please call the customer service department.
depend	<i>to need; to change according to something</i>	1. Children depend on their parents for care. 2. Success depends on how hard you work.
desert	<i>a large dry area of land; to leave someone</i>	1. The Sahara is the largest hot desert in the world. 2. The soldier was punished for deserting his post.
designer	<i>a person who creates plans for things</i>	1. A famous designer created the new uniform. 2. She works as a graphic designer for a magazine.

Word	Meaning	Examples
destroy	<i>to damage something so badly it cannot be used</i>	<ol style="list-style-type: none"> The storm destroyed many houses. You should never destroy important documents.
detective	<i>a person who investigates crimes</i>	<ol style="list-style-type: none"> The detective searched the room for clues. She loves reading detective novels.
develop	<i>to grow; to improve; to create something new</i>	<ol style="list-style-type: none"> The town has developed greatly over the past decade. She worked hard to develop her writing skills.
device	<i>a machine or tool made for a specific purpose</i>	<ol style="list-style-type: none"> A smartphone is a very useful device. This device measures the temperature of the room.
diary	<i>a book where you write about what happens each day</i>	<ol style="list-style-type: none"> She writes in her diary every night before bed. He kept a diary of his travels across South America.
differently	<i>in a different way</i>	<ol style="list-style-type: none"> Everyone learns differently, so try various methods. Things might have turned out differently if she had stayed.
digital	<i>using or relating to electronic technology</i>	<ol style="list-style-type: none"> She prefers a digital clock to an old-fashioned one. The library has a large collection of digital resources.
direct	<i>straight; without stops; to manage or guide</i>	<ol style="list-style-type: none"> Take the direct route — it saves twenty minutes. The manager will direct the team for the next project.
direction	<i>the way you are going; instructions to get somewhere</i>	<ol style="list-style-type: none"> He was heading in the wrong direction. Can you give me directions to the nearest station?
director	<i>a person who manages an organisation or makes a film</i>	<ol style="list-style-type: none"> The director of the film spoke at the premiere. She was appointed as the new director of the museum.
disagree	<i>to have a different opinion from someone</i>	<ol style="list-style-type: none"> It is fine to disagree as long as you remain polite. She disagrees with the government's new policy.
disappear	<i>to go somewhere so you can no longer be seen</i>	<ol style="list-style-type: none"> The magician made the rabbit disappear. My keys seem to have disappeared again.
disaster	<i>a very bad event that causes a lot of damage</i>	<ol style="list-style-type: none"> The earthquake was a terrible disaster for the region. The picnic turned into a disaster when it started raining.
discover	<i>to find something for the first time</i>	<ol style="list-style-type: none"> Scientists discovered a new species of fish. She was happy to discover a great café near her office.
discovery	<i>something found or learned for the first time</i>	<ol style="list-style-type: none"> The discovery of penicillin changed medicine forever. Archaeologists made an exciting discovery in the old city.
discussion	<i>a conversation where people share views</i>	<ol style="list-style-type: none"> The class had a lively discussion about the book. After long discussion, they reached an agreement.
disease	<i>an illness affecting people, animals, or plants</i>	<ol style="list-style-type: none"> The doctor confirmed he had a serious disease. Regular exercise can help prevent heart disease.

Word	Meaning	Examples
distance	<i>the amount of space between two places</i>	1. What is the distance from here to the airport? 2. She could see the mountains in the distance.
divorced	<i>having legally ended a marriage</i>	1. Her parents got divorced when she was ten. 2. He is divorced and now lives alone.
document	<i>an official written or printed paper</i>	1. Please sign the document and return it. 2. She lost an important document during the move.
double	<i>twice as much or as many</i>	1. The hotel price was double what we had expected. 2. She doubled the recipe to feed more people.
download	<i>to copy data from the internet to your device</i>	1. You can download the app for free. 2. He downloaded the report and read it on his tablet.
downstairs	<i>on or to a lower floor of a building</i>	1. She called to him from downstairs. 2. The kitchen is downstairs, next to the living room.
drama	<i>a play or film with serious themes; excitement</i>	1. They are performing a drama about the First World War. 2. There was a lot of drama when the power went out.
drawing	<i>a picture made with a pen or pencil</i>	1. She showed me her drawing of the harbour. 2. He has a talent for drawing portraits.
dream	<i>images in your mind while sleeping; a strong wish</i>	1. She had a strange dream about flying. 2. His dream is to become a professional musician.
drive	<i>to operate a vehicle; a trip in a vehicle</i>	1. She learned to drive when she was seventeen. 2. It is a two-hour drive from here to the coast.
driving	<i>the act of operating a vehicle</i>	1. His driving improved a lot after the refresher course. 2. She passed her driving test on the first attempt.
drop	<i>to let something fall; a small amount of liquid</i>	1. He dropped his phone on the floor. 2. Add just a drop of lemon juice to the sauce.
drug	<i>a medicine; an illegal substance</i>	1. The drug helped reduce the patient's fever. 2. The government is fighting to reduce illegal drug use.
dry	<i>not wet; to remove moisture</i>	1. She hung the clothes outside to dry. 2. The soil was very dry after weeks without rain.
earn	<i>to receive money by working; to deserve something</i>	1. She works hard to earn enough to pay her bills. 2. He earned the respect of his team through dedication.
earth	<i>the planet we live on; the ground or soil</i>	1. The Earth takes 365 days to travel around the sun. 2. She planted seeds in the rich, dark earth.
easily	<i>without difficulty</i>	1. She can easily carry twenty items in one trip. 2. This software can easily be downloaded for free.
education	<i>the process of learning and teaching</i>	1. Education is the key to many opportunities in life. 2. She has a strong background in higher education.

Word	Meaning	Examples
effect	<i>a result or change caused by something</i>	1. Too much screen time can have a bad effect on sleep. 2. The medicine had an immediate effect.
either	<i>one or the other of two things</i>	1. You can take either bus — they both go to the centre. 2. I don't like either of those options.
electric	<i>powered by electricity</i>	1. She drives an electric car. 2. The electric guitar is louder than an acoustic one.
electrical	<i>relating to electricity</i>	1. He called an electrical engineer to fix the wiring. 2. There was an electrical fault in the building.
electricity	<i>the form of energy used to power machines and lights</i>	1. The storm cut off the electricity for several hours. 2. Solar panels can produce electricity from sunlight.
electronic	<i>using small electrical circuits</i>	1. She listens to electronic music when she runs. 2. All electronic devices must be switched off during take-off.
employ	<i>to pay someone to work for you</i>	1. The company plans to employ fifty new workers. 2. He was employed as a driver for the firm.
employee	<i>a person who works for a company</i>	1. The company has over five hundred employees. 2. Each employee received a bonus at the end of the year.
employer	<i>a person or company that pays others to work</i>	1. A good employer listens to the needs of staff. 2. Her employer offered her a promotion.
empty	<i>containing nothing; to remove contents</i>	1. The bottle is empty — could you buy another? 2. Please empty the bin before you leave.
ending	<i>the last part of something</i>	1. The film had a surprising ending. 2. She cried at the sad ending of the story.
energy	<i>the power needed to work or do things</i>	1. Children have so much energy — they never seem to stop. 2. Wind turbines produce clean, renewable energy.
engine	<i>a machine that produces power to move something</i>	1. The car engine made a strange noise. 2. She studied mechanical engineering and loves how an engine works.
engineer	<i>a person who designs or builds machines or structures</i>	1. The engineer checked the bridge for any damage. 2. She studied to become a software engineer.
enormous	<i>very large</i>	1. They live in an enormous house with a huge garden. 2. There was an enormous queue outside the new restaurant.
enter	<i>to go into a place; to put information into a computer</i>	1. Please knock before you enter. 2. Enter your password and click 'submit'.
environment	<i>the natural world around us; your surroundings</i>	1. We must all do our part to protect the environment. 2. A positive environment helps students learn better.

Word	Meaning	Examples
equipment	<i>the tools and machines needed for an activity</i>	1. All the camping equipment was packed into the car. 2. The laboratory has modern scientific equipment.
error	<i>a mistake</i>	1. Please correct any errors before submitting your work. 2. The report contained several spelling errors.
especially	<i>more than usual; particularly</i>	1. She loves animals, especially dogs. 2. The winters here are cold, especially in January.
essay	<i>a short piece of writing on a subject</i>	1. She wrote an essay about the causes of climate change. 2. The teacher asked for a five-paragraph essay.
everyday	<i>ordinary; happening every day</i>	1. Coffee is an everyday habit for many people. 2. He wore everyday clothes to the casual gathering.
everywhere	<i>in all places</i>	1. She looked everywhere for her missing keys. 2. Smartphones are used everywhere in the world now.
evidence	<i>information showing whether something is true</i>	1. The police found no evidence at the scene. 2. There is strong evidence that exercise improves mood.
exact	<i>completely correct; precise</i>	1. I cannot remember the exact date of the meeting. 2. Can you tell me the exact price?
exactly	<i>used to confirm or agree precisely</i>	1. That is exactly what I meant. 2. Arrive at exactly three o'clock.
excellent	<i>extremely good</i>	1. She gave an excellent presentation today. 2. The food at that restaurant is excellent.
except	<i>not including; other than</i>	1. Everyone came to the party except Tom. 2. She eats everything except mushrooms.
exist	<i>to be real; to live</i>	1. Some people believe that ghosts exist. 2. This tradition has existed for hundreds of years.
expect	<i>to think that something will happen</i>	1. I expect the results to arrive by Friday. 2. She expected the exam to be difficult.
experience	<i>something you have done or lived through; skill</i>	1. Working abroad was a valuable experience. 2. She has ten years of experience in teaching.
experiment	<i>a scientific test to find out something</i>	1. The students carried out an experiment in the lab. 2. He conducted an experiment to test the new theory.
expert	<i>a person with a high level of skill or knowledge</i>	1. She is an expert in renewable energy. 2. They called in an expert to fix the old machine.
explanation	<i>a statement that makes something clear</i>	1. The teacher gave a clear explanation of the topic. 2. He offered no explanation for being late.
express	<i>to show a feeling or idea; fast and direct</i>	1. It is important to express your feelings clearly. 2. She took the express train to save time.

Word	Meaning	Examples
expression	<i>the look on someone's face; a phrase</i>	1. He had a confused expression on his face. 2. 'Break a leg' is an expression meaning 'good luck'.
extreme	<i>very great or very serious</i>	1. The team trained in extreme cold conditions. 2. She enjoys extreme sports like rock climbing.
extremely	<i>to a very great degree</i>	1. The exam was extremely difficult for most students. 2. She was extremely happy when she got the news.
factor	<i>one of several things that cause a result</i>	1. Diet is an important factor in good health. 2. Cost is a major factor in choosing a university.
factory	<i>a building where goods are made in large quantities</i>	1. The car factory produces two hundred vehicles a day. 2. Many people in the town work at the local factory.
fail	<i>to not succeed; to not do what is required</i>	1. She was afraid she might fail the driving test. 2. If you don't prepare, you are likely to fail.
fair	<i>treating everyone equally; a public event with stalls</i>	1. The competition was decided in a fair way. 2. They went to the summer fair at the weekend.
fall	<i>to go down from a higher place; autumn</i>	1. Be careful not to fall on the wet floor. 2. The leaves change colour in fall.
fan	<i>a person who admires someone; a device that moves air</i>	1. She is a huge fan of jazz music. 2. Turn on the fan — the room is too hot.
farm	<i>land and buildings used to grow food or raise animals</i>	1. She grew up on a small farm in the countryside. 2. The children visited a farm on their school trip.
farming	<i>the work of growing food or raising animals</i>	1. Farming is the main activity in this rural area. 2. Modern farming uses a lot of technology.
fashion	<i>the popular style of clothes or behaviour</i>	1. She works in the fashion industry in Paris. 2. Wearing jeans became a worldwide fashion.
fat	<i>having a lot of flesh; a substance in food</i>	1. He followed a low-fat diet to lose weight. 2. Butter contains a lot of fat.
fear	<i>a feeling of being afraid; to be afraid</i>	1. She has a fear of flying. 2. He feared he had made the wrong decision.
feature	<i>an important part; a quality or characteristic</i>	1. The most interesting feature of the phone is its camera. 2. The programme will feature interviews with local artists.
feed	<i>to give food to someone or something</i>	1. She stopped to feed the ducks at the pond. 2. Parents must feed and clothe their children.
female	<i>relating to women or girls; the sex that can give birth</i>	1. She is the first female president of the organisation. 2. The female lion is called a lioness.

Word	Meaning	Examples
fiction	<i>stories and books about things that are not real</i>	1. She prefers reading fiction to non-fiction. 2. The novel is a work of fiction, not a true story.
field	<i>a piece of land; an area of work or study</i>	1. The children played in the open field. 2. She is an expert in the field of artificial intelligence.
fight	<i>to use physical force; to struggle against something</i>	1. The two brothers began to fight over the last biscuit. 2. She will fight hard for what she believes in.
figure	<i>a number; a person; to think or work out</i>	1. He earns a six-figure salary. 2. She couldn't figure out how to solve the problem.
film	<i>a movie; to record moving images</i>	1. She watched an old French film last night. 2. They plan to film the ceremony.
final	<i>the last one; the most important match or stage</i>	1. She passed her final exam with a high grade. 2. Our team reached the final of the competition.
finally	<i>after a long time; at the end</i>	1. After three hours, they finally arrived. 2. She finally decided to accept the offer.
finger	<i>one of the five parts at the end of your hand</i>	1. She cut her finger while chopping vegetables. 2. He pointed his finger at the correct answer.
finish	<i>to complete something; to come to an end</i>	1. Please finish your homework before watching TV. 2. The match finished with a score of two to one.
first	<i>coming before all others in time or order</i>	1. She was the first to arrive at the meeting. 2. This is my first visit to this city.
firstly	<i>used to introduce the first point in a list</i>	1. Firstly, let me thank everyone for coming. 2. Firstly, you need to create an account.
fish	<i>an animal that lives in water; to try to catch fish</i>	1. She ordered grilled fish and salad. 2. He likes to fish at the river on weekends.
fishing	<i>the activity of catching fish</i>	1. He goes fishing every Sunday morning. 2. They took a boat trip for some sea fishing.
fit	<i>in good health; to be the right size</i>	1. She goes to the gym to stay fit. 2. Does this jacket fit you?
fix	<i>to repair something; to arrange something</i>	1. Can you fix the broken chair? 2. They need to fix a date for the next meeting.
flat	<i>a set of rooms in a building to live in; not curved</i>	1. She rents a small flat in the city centre. 2. Spread the dough out into a flat circle.
flu	<i>a common illness causing fever and tiredness</i>	1. He stayed in bed for two days with the flu. 2. The doctor gave her medicine for the flu.

Word	Meaning	Examples
fly	<i>to move through the air; an insect</i>	1. She hopes to fly to Tokyo next summer. 2. A fly landed on the food.
flying	<i>travelling through the air</i>	1. She finds flying relaxing. 2. The flying time from London to Istanbul is about four hours.
focus	<i>to concentrate on something</i>	1. Try to focus on one task at a time. 2. The meeting will focus on reducing costs.
following	<i>coming after; the next</i>	1. Please read the following instructions carefully. 2. She arrived on the following day.
foreign	<i>relating to another country; not familiar</i>	1. She can speak two foreign languages. 2. He found it hard to adjust to the foreign culture.
forest	<i>a large area of land covered with trees</i>	1. They went for a walk through the dark forest. 2. The forest provides a home for many wild animals.
fork	<i>a tool with prongs used for eating; a point where a road divides</i>	1. She picked up her fork and began to eat. 2. Take the left fork in the road to reach the village.
formal	<i>relating to official or serious occasions; not casual</i>	1. The dinner was a formal event, so she wore a suit. 2. He wrote a formal letter to the headteacher.
fortunately	<i>luckily; it is lucky that</i>	1. Fortunately, nobody was hurt in the accident. 2. Fortunately, she found her passport just in time.
forward	<i>towards the front; to send something on</i>	1. She stepped forward to receive her award. 2. Please forward the email to the whole team.
free	<i>not costing money; not a prisoner; available</i>	1. The museum is free to enter every Sunday. 2. Are you free for lunch tomorrow?
fresh	<i>newly made or obtained; clean and cool</i>	1. She prefers fresh vegetables from the market. 2. The morning air was fresh after the rain.
fridge	<i>an appliance that keeps food cool</i>	1. She put the leftovers in the fridge. 2. The fridge is almost empty — we need to shop.
frog	<i>a small green animal that lives near water</i>	1. A frog jumped into the pond. 2. The children caught a small frog in the garden.
fun	<i>something enjoyable and entertaining</i>	1. The party was great fun. 2. Learning a new language can be a lot of fun.
furniture	<i>tables, chairs, beds, etc. used in a room</i>	1. They bought new furniture for the living room. 2. The old furniture was sold at the car boot sale.
further	<i>more; to a greater distance</i>	1. She studied further to improve her qualifications. 2. The next town is further than I expected.
future	<i>the time that has not yet happened</i>	1. Nobody can predict the future with certainty. 2. She is saving money for her future.

Word	Meaning	Examples
gallery	<i>a room or building for displaying art</i>	1. She visited the new photography gallery in town. 2. The painting hangs in a gallery in Florence.
gap	<i>a space between two things; a difference</i>	1. There is a large gap between the two shelves. 2. We need to close the gap between rich and poor.
gas	<i>a substance like air that is not liquid or solid; petrol (US)</i>	1. The balloon is filled with helium gas. 2. She stopped at the station to fill up with gas.
gate	<i>a door in a fence or wall; an exit at an airport</i>	1. Please close the gate so the dog can't escape. 2. Passengers should proceed to gate fourteen.
general	<i>relating to everything, not one specific thing</i>	1. Do you have a general understanding of the topic? 2. In general, the students performed well this term.
gift	<i>something given to someone; a natural talent</i>	1. She received a beautiful gift for her birthday. 2. He has a gift for telling stories.
goal	<i>something you work towards; a point scored in sport</i>	1. Her goal is to become a doctor. 2. He scored the winning goal in the last minute.
god	<i>a being that people worship</i>	1. People prayed to their god for help. 2. In many religions, there is one god.
gold	<i>a precious yellow metal; the colour of this metal</i>	1. She wore a gold necklace to the party. 2. The medal was made of gold.
golf	<i>a sport played by hitting a ball into holes</i>	1. He plays golf every weekend at the local club. 2. Golf requires patience and precision.
good	<i>having a positive quality; morally right</i>	1. She is a good teacher who explains things clearly. 2. It feels good to help others.
government	<i>the group of people who control a country</i>	1. The government announced new plans for education. 2. Citizens have the right to vote for their government.
grass	<i>the green plants covering a lawn or field</i>	1. Please keep off the grass. 2. The children played on the grass in the park.
greet	<i>to welcome someone or say hello</i>	1. She smiled and went to greet her guests. 2. It is polite to greet people when you arrive.
ground	<i>the surface of the Earth; the surface you walk on</i>	1. She sat on the ground and looked up at the sky. 2. The ball rolled along the ground.
guest	<i>a person who is invited to visit or stay</i>	1. They prepared a room for their guest. 2. The hotel can accommodate up to two hundred guests.
guide	<i>a person or book that shows or explains things</i>	1. The tour guide explained the history of the building. 2. She bought a travel guide before visiting Tokyo.

Word	Meaning	Examples
gun	<i>a weapon that fires bullets</i>	1. The soldier carried a gun. 2. In some countries, guns are tightly controlled by law.
guy	<i>an informal word for a man</i>	1. He seems like a nice guy. 2. She introduced me to the guys from her team.
habit	<i>something you do regularly, often without thinking</i>	1. Biting your nails is a difficult habit to break. 2. She has a good habit of checking her work twice.
half	<i>one of two equal parts of something</i>	1. She ate half of the pizza. 2. The journey takes about an hour and a half.
hall	<i>a large room or building; a corridor</i>	1. The guests waited in the entrance hall. 2. The town hall hosts many events throughout the year.
happily	<i>in a happy way</i>	1. The dog wagged its tail happily. 2. She happily accepted the invitation.
have	<i>to possess; to experience</i>	1. She has a dog and two cats. 2. Did you have a good time at the party?
headache	<i>a pain in your head</i>	1. She had a terrible headache all morning. 2. Too much screen time can give you a headache.
heart	<i>the organ that pumps blood; the centre of emotions</i>	1. His heart was beating fast after the race. 2. She put her heart into every painting she made.
heat	<i>warmth; to make something warm</i>	1. She turned up the heat because the room was cold. 2. Heat the oil in a pan before adding the garlic.
heavy	<i>weighing a lot; serious or intense</i>	1. The box was too heavy for her to carry alone. 2. There was heavy traffic on the motorway this morning.
height	<i>how tall something or someone is</i>	1. The height of the tower is 300 metres. 2. She is of average height for her age.
helpful	<i>giving help; making things easier</i>	1. The receptionist was very helpful and friendly. 2. It is helpful to read the instructions first.
hero	<i>a person admired for doing brave things</i>	1. The firefighter was a hero for saving the child. 2. The novel's main character is a young hero on a quest.
hers	<i>belonging to a female person (pronoun)</i>	1. That jacket is hers, not mine. 2. She looked for her bag and found hers near the door.
herself	<i>used when a female does something alone or alone</i>	1. She taught herself to play the guitar. 2. She was proud of what she had achieved herself.
hide	<i>to put something where it cannot be seen</i>	1. The children tried to hide behind the sofa. 2. She hid the surprise gift under the bed.
high	<i>tall; far above the ground; great in amount</i>	1. The kite flew high in the sky. 2. Prices are very high in this city.

Word	Meaning	Examples
hill	<i>a raised area of land smaller than a mountain</i>	1. They walked up the hill to enjoy the view. 2. The town sits on a gentle hill above the valley.
himself	<i>used when a male does something alone</i>	1. He prepared the whole dinner himself. 2. He hurt himself while playing football.
his	<i>belonging to a male person</i>	1. That is his coat on the chair. 2. The decision was entirely his.
hit	<i>to touch something with force</i>	1. She hit the ball over the net. 2. The car was hit from behind at the traffic lights.
hockey	<i>a sport played with sticks and a puck or ball</i>	1. She plays ice hockey three times a week. 2. Field hockey is popular in schools.
hold	<i>to have in your hand or arms; to organise an event</i>	1. Could you hold this box for a moment? 2. The school will hold a science fair next Friday.
hole	<i>an opening or empty space in something</i>	1. There is a hole in my sock. 2. They dug a hole in the garden to plant the tree.
home	<i>the place where you live</i>	1. She likes to be at home with her family. 2. He left home at eighteen to go to university.
hope	<i>a feeling that something good will happen; to wish</i>	1. She has not lost hope of finding a better job. 2. I hope you have a wonderful birthday.
huge	<i>very large</i>	1. They live in a huge house in the countryside. 2. There was a huge queue outside the new restaurant.
human	<i>a person; relating to people</i>	1. Every human deserves to be treated with respect. 2. The study looks at human behaviour in groups.
hurt	<i>to cause pain; to feel pain</i>	1. She hurt her knee when she fell off the bike. 2. My feet hurt after walking all day.
ideal	<i>the best possible; a perfect example</i>	1. This location is ideal for a new café. 2. She has high ideals and works hard to achieve them.
identify	<i>to recognise and name someone or something</i>	1. Can you identify the main argument in this paragraph? 2. Police were able to identify the suspect quickly.
ill	<i>not well; sick</i>	1. She stayed home because she felt ill. 2. He has been ill with a fever for three days.
illness	<i>a disease or period of poor health</i>	1. She missed a week of school due to illness. 2. Mental illness should be taken as seriously as physical health.
image	<i>a picture or a mental picture</i>	1. The photographer captured a beautiful image. 2. She had a clear image in her mind of her future home.
immediately	<i>right now; without any delay</i>	1. Please call the doctor immediately. 2. She answered immediately when he knocked.

Word	Meaning	Examples
impossible	<i>not able to happen or be done</i>	1. It is impossible to be in two places at once. 2. Nothing is impossible if you work hard enough.
included	<i>forming part of something</i>	1. Breakfast is included in the price of the room. 2. Tax is included in the total.
including	<i>having something as part of a group</i>	1. Everyone, including the teacher, clapped. 2. The price covers everything, including flights and hotel.
increase	<i>to become or make something larger</i>	1. Prices tend to increase in summer. 2. She worked to increase her reading speed.
incredible	<i>very hard to believe; very impressive</i>	1. The view from the top was absolutely incredible. 2. She showed incredible courage during the crisis.
independent	<i>not needing help; not controlled by others</i>	1. She became financially independent at the age of twenty. 2. The newspaper is independent and not owned by the government.
individual	<i>a single person; relating to one person</i>	1. Each individual is responsible for their own learning. 2. Students receive individual feedback on their essays.
industry	<i>companies and activities involved in making products</i>	1. The fashion industry employs millions of people globally. 2. New technology is changing the car industry.
informal	<i>casual; not official or formal</i>	1. She wore informal clothes to the relaxed gathering. 2. The email had an informal tone.
injury	<i>physical damage to your body</i>	1. The footballer had to leave the game due to an injury. 2. Always wear a helmet to avoid head injuries.
insect	<i>a small creature with six legs</i>	1. A bee is an insect that produces honey. 2. She was frightened by the large insect on the wall.
inside	<i>in or into the interior of something</i>	1. Come inside — it is cold out there. 2. The inside of the bag was lined with soft fabric.
instead	<i>in place of something or someone</i>	1. She ordered tea instead of coffee. 2. He stayed at home instead of going to the party.
instruction	<i>information telling you how to do something</i>	1. Follow the instructions on the packet carefully. 2. The instructions for the test are printed on page one.
instructor	<i>a person who teaches a skill</i>	1. The swimming instructor corrected her technique. 2. She trained as a yoga instructor.
instrument	<i>a tool; a musical instrument</i>	1. A thermometer is an instrument for measuring temperature. 2. She plays a string instrument in the orchestra.
intelligent	<i>able to learn and understand things quickly</i>	1. She is very intelligent and reads widely. 2. An intelligent design makes the product easier to use.
international	<i>involving more than one country</i>	1. She hopes to work for an international organisation. 2. The international conference attracted delegates from forty countries.

Word	Meaning	Examples
introduction	<i>the first part of a text or speech; the act of meeting someone</i>	1. The introduction of the essay sets out the main argument. 2. She made a brief introduction before the presentation.
invent	<i>to create something new for the first time</i>	1. Who invented the telephone? 2. She dreams of inventing something that helps people.
invention	<i>something new that someone has made or designed</i>	1. The wheel is one of the most useful inventions in history. 2. The invention of the internet changed communication forever.
invitation	<i>a written or spoken request to attend something</i>	1. She received an invitation to the opening ceremony. 2. I forgot to reply to the invitation.
invite	<i>to ask someone to come somewhere or do something</i>	1. They invited her to join the research team. 2. Did you invite everyone from the class to the party?
involve	<i>to include something as a necessary part</i>	1. The job involves a lot of travel. 2. She was not involved in the decision.
item	<i>a single thing in a list or group</i>	1. Tick each item on the list once you have done it. 2. The most expensive item on the menu was the lobster.
itself	<i>used to refer back to a thing just mentioned</i>	1. The cat cleaned itself by the fire. 2. The machine will restart itself automatically.
jam	<i>a sweet food made from fruit; to push something tight</i>	1. She spread jam on her toast. 2. The papers got jammed in the printer.
jazz	<i>a style of music with a strong rhythm</i>	1. He loves listening to jazz in the evenings. 2. The café played soft jazz in the background.
jewellery	<i>decorative items such as rings, necklaces, and bracelets</i>	1. She keeps her jewellery in a small wooden box. 2. He bought a piece of jewellery as a birthday gift.
joke	<i>something said or done to make people laugh</i>	1. He told a funny joke at the start of the speech. 2. She was only joking — she didn't mean to upset anyone.
journalist	<i>a person who writes news for media</i>	1. The journalist interviewed the president. 2. She trained as a journalist and now works for a TV channel.
jump	<i>to push yourself up off the ground</i>	1. The cat jumped onto the table. 2. She jumped with joy when she heard the good news.
kid	<i>an informal word for a child; to joke</i>	1. She works with kids at the local school. 2. He was only kidding — he didn't mean it seriously.
kill	<i>to make a person, animal, or plant die</i>	1. Pollution can kill fish in rivers and lakes. 2. Too much water can kill some types of plants.
king	<i>a male ruler of a country</i>	1. The king addressed the nation in a speech. 2. He is the king of comedy in this country.

Word	Meaning	Examples
knee	<i>the joint in the middle of your leg</i>	1. She bent her knee to pick up the ball. 2. He hurt his knee during the football match.
knife	<i>a tool with a sharp blade for cutting</i>	1. Please pass me a knife to cut the bread. 2. He used a small knife to peel the apple.
knock	<i>to hit a door with your hand; to hit something accidentally</i>	1. She heard someone knock at the door. 2. He knocked the glass off the table by accident.
knowledge	<i>what you know about a subject</i>	1. She has an impressive knowledge of history. 2. Reading widely helps to build your knowledge.
lab	<i>a room where scientific work is done</i>	1. She spent hours in the lab running experiments. 2. The chemistry lab is on the third floor.
lady	<i>a polite word for a woman</i>	1. A kind lady helped her find the right platform. 2. Ladies and gentlemen, please welcome our next speaker.
lake	<i>a large body of still water surrounded by land</i>	1. They went swimming in the cool mountain lake. 2. The lake freezes over in winter.
lamp	<i>a device that produces light</i>	1. She switched on the bedside lamp to read. 2. The street lamp flickered and went out.
land	<i>to come down and settle on a surface; the ground</i>	1. The plane will land in about twenty minutes. 2. The explorer was glad to see land after weeks at sea.
laptop	<i>a portable computer that folds</i>	1. She works on her laptop from home every morning. 2. He forgot his laptop charger and the battery died.
last	<i>coming after all others; most recent; to continue</i>	1. She was the last person to leave. 2. The meeting will last about one hour.
later	<i>at some time after the present or a given time</i>	1. She said she would call later. 2. See you later — I have to go now.
laughter	<i>the sound or act of laughing</i>	1. The room was filled with laughter. 2. Laughter is said to be the best medicine.
law	<i>a rule made by the government that everyone must follow</i>	1. Breaking the law can lead to serious consequences. 2. She studied law at university.
lawyer	<i>a person qualified to give legal advice</i>	1. She hired a lawyer to deal with the contract. 2. His lawyer advised him not to say anything to the press.
lazy	<i>not wanting to work or be active</i>	1. He was too lazy to cook, so he ordered pizza. 2. Being lazy occasionally is fine, but it can become a bad habit.
lead	<i>to guide or be in charge; a piece of information</i>	1. She was chosen to lead the team. 2. The detective followed every lead carefully.

Word	Meaning	Examples
leader	<i>a person who guides or is in charge of a group</i>	1. A good leader listens to others before deciding. 2. She was elected leader of the student committee.
learning	<i>the process of gaining knowledge or skills</i>	1. Learning a language takes time and dedication. 2. Online learning has become very popular.
least	<i>the smallest amount; less than all others</i>	1. She chose the option that caused the least disruption. 2. At least ten people need to sign up for the course.
lecture	<i>a talk given to teach a group of people</i>	1. The professor gave a fascinating lecture on climate change. 2. She lectured her brother about the importance of saving money.
lemon	<i>a yellow citrus fruit with a sour taste</i>	1. She squeezed a lemon into the water. 2. The cake was flavoured with lemon zest.
lend	<i>to give something temporarily for someone to use and return</i>	1. Can you lend me a pen? 2. She lent her neighbour some eggs for the recipe.
less	<i>a smaller amount of something</i>	1. Try to eat less sugar. 2. She spent less time on her phone this week.
level	<i>the height or amount of something; a floor</i>	1. The water level in the river has risen. 2. This exercise is for intermediate level students.
lifestyle	<i>the way a person lives</i>	1. Moving to the countryside completely changed her lifestyle. 2. A healthy lifestyle includes regular exercise and sleep.
lift	<i>to move something upward; an elevator</i>	1. She lifted the heavy box onto the shelf. 2. Take the lift to the fourth floor.
light	<i>the energy that allows you to see; not heavy</i>	1. The room was flooded with light. 2. This bag is very light and easy to carry.
likely	<i>probably going to happen</i>	1. It is likely to rain this afternoon. 2. She is the most likely candidate for the job.
link	<i>a connection between things; to connect</i>	1. There is a link between diet and health. 2. The article is linked to the main website.
listener	<i>a person who listens</i>	1. She is a good listener and always makes you feel heard. 2. The radio programme has millions of regular listeners.
little	<i>small in size or amount</i>	1. She added a little salt to the soup. 2. The puppy was still very little.
lock	<i>to close something so only a key can open it</i>	1. Remember to lock the door when you leave. 2. She put her valuables in a locked box.
look	<i>to direct your eyes at something; an appearance</i>	1. Look at the board and copy the notes. 2. She has a kind look about her.
lorry	<i>a large motor vehicle for transporting goods</i>	1. A large lorry blocked the narrow road. 2. He drives a lorry and delivers goods across the country.

Word	Meaning	Examples
lost	<i>not able to find the way; missing</i>	1. She was completely lost in the unfamiliar city. 2. He lost his wallet on the bus.
loud	<i>making a lot of noise</i>	1. The music was too loud to hold a conversation. 2. He spoke in a loud clear voice.
loudly	<i>in a way that makes a lot of noise</i>	1. She laughed loudly at the joke. 2. He knocked loudly on the door.
lovely	<i>very beautiful or pleasant</i>	1. What a lovely day for a walk! 2. She wore a lovely dress to the party.
low	<i>not high; small in amount</i>	1. Fly at a low altitude over the valley. 2. Her energy was low after a poor night's sleep.
luck	<i>good things that happen by chance</i>	1. She had a lot of luck in her first year of business. 2. Good luck with your exam tomorrow!
lucky	<i>having good luck; fortunate</i>	1. She was lucky to find a seat on the busy train. 2. He felt lucky to have such a supportive family.
mail	<i>letters and parcels sent by post; to send by post</i>	1. She checked her mail when she got home. 2. Please mail the form to the address below.
major	<i>very large or important; the most serious</i>	1. There was a major traffic jam on the motorway. 2. She chose history as her major at university.
male	<i>relating to men or boys; the sex that cannot give birth</i>	1. The male lion is recognisable by its mane. 2. A male nurse helped her in the ward.
manage	<i>to be in charge of something; to succeed in doing something</i>	1. She was chosen to manage the new project. 2. Did you manage to finish the report on time?
manager	<i>a person who is in charge of a team or business</i>	1. She spoke to the manager about the complaint. 2. The new manager joined the company last month.
manner	<i>the way something is done; polite behaviour</i>	1. She spoke in a calm and friendly manner. 2. Children are often taught table manners at an early age.
mark	<i>a sign or spot; to give a grade; to pay attention</i>	1. There is a mark on the wall from the chair. 2. The teacher will mark the essays by Friday.
marry	<i>to become the husband or wife of someone</i>	1. They decided to marry in a small ceremony. 2. She married her university sweetheart.
material	<i>a substance used to make things; cloth</i>	1. Cotton is a natural material. 2. She gathered all the materials for the project.
mathematics	<i>the study of numbers, shapes, and patterns</i>	1. She excels at mathematics and wants to study it at university. 2. Mathematics is a required subject in most schools.
maths	<i>an informal short word for mathematics</i>	1. He stayed after school for extra maths help. 2. Maths can be challenging but very rewarding.

Word	Meaning	Examples
matter	<i>to be important; a subject or situation</i>	<ol style="list-style-type: none"> 1. It doesn't matter if you arrive a little late. 2. This is a serious matter that needs attention.
may	<i>used to express possibility; the fifth month</i>	<ol style="list-style-type: none"> 1. It may rain this afternoon, so take an umbrella. 2. The conference is scheduled for May.
media	<i>television, newspapers, and other communication methods</i>	<ol style="list-style-type: none"> 1. The story was covered by all major media outlets. 2. Social media has changed how we get information.
medical	<i>relating to medicine or the treatment of illness</i>	<ol style="list-style-type: none"> 1. She needed medical attention after the accident. 2. He is taking a medical exam next week.
medicine	<i>a substance taken to treat illness; the science of treating illness</i>	<ol style="list-style-type: none"> 1. She took some medicine for her headache. 2. He studied medicine for six years.
memory	<i>the ability to remember; a thing you remember</i>	<ol style="list-style-type: none"> 1. She has an excellent memory for names and faces. 2. Looking at old photos brings back happy memories.
mention	<i>to say something briefly</i>	<ol style="list-style-type: none"> 1. She forgot to mention the time of the meeting. 2. He didn't mention that he had already eaten.
metal	<i>a hard shiny material such as iron or gold</i>	<ol style="list-style-type: none"> 1. The gate is made of metal. 2. She wore a metal bracelet on her wrist.
method	<i>a way of doing something</i>	<ol style="list-style-type: none"> 1. This is an effective method for learning vocabulary. 2. Different methods of teaching work for different learners.
middle	<i>the part that is equal distance from all sides or ends</i>	<ol style="list-style-type: none"> 1. She sat in the middle of the front row. 2. He woke up in the middle of the night.
might	<i>used to say something is possible</i>	<ol style="list-style-type: none"> 1. She might be late — the traffic is heavy. 2. He might not have heard you — try again.
mind	<i>the part of you that thinks and feels; to object to</i>	<ol style="list-style-type: none"> 1. She has a very creative mind. 2. Do you mind if I open the window?
mine	<i>belonging to me (pronoun); a place where minerals are dug</i>	<ol style="list-style-type: none"> 1. That jacket is mine, not yours. 2. Gold is extracted from a mine.
mirror	<i>a glass surface in which you can see your reflection</i>	<ol style="list-style-type: none"> 1. She looked in the mirror before leaving. 2. The lake was so still it acted as a mirror.
missing	<i>not present; not found</i>	<ol style="list-style-type: none"> 1. One piece of the puzzle is missing. 2. A missing child report was filed with the police.
mobile	<i>able to move or be moved easily</i>	<ol style="list-style-type: none"> 1. She uses her mobile phone for almost everything. 2. The pop-up shop is a mobile unit that travels to festivals.

Word	Meaning	Examples
monkey	<i>an animal with a long tail that climbs trees</i>	1. The children laughed at the monkey at the zoo. 2. A monkey stole the tourist's hat.
moon	<i>the natural object that orbits the Earth</i>	1. You can see the full moon tonight. 2. The astronauts landed on the moon in 1969.
mostly	<i>almost all of the time; mainly</i>	1. She eats mostly vegetables and very little meat. 2. The audience was mostly made up of young people.
motorcycle	<i>a vehicle with two wheels powered by an engine</i>	1. He rode his motorcycle to work every day. 2. She wore a helmet every time she rode her motorcycle.
movement	<i>the act of moving; a group working for a cause</i>	1. The graceful movement of the dancer was beautiful. 2. The environmental movement has grown worldwide.
musical	<i>relating to music; a show with songs</i>	1. She has a very musical family — everyone plays an instrument. 2. They saw a famous musical in the West End.
musician	<i>a person who plays music</i>	1. The young musician performed at the school concert. 2. She became a professional musician after years of study.
myself	<i>used when I do something alone or to emphasise</i>	1. I made the cake entirely myself. 2. I myself was surprised by the result.
narrow	<i>not wide; small in distance from side to side</i>	1. The road was too narrow for two cars to pass. 2. She slipped through the narrow gap in the fence.
national	<i>relating to the whole of a country</i>	1. She competed in the national swimming championships. 2. The new law was a national issue debated widely.
nature	<i>the natural world; the basic qualities of something</i>	1. She loves being in nature and goes hiking often. 2. It is in his nature to be kind to everyone.
nearly	<i>very close to but not quite</i>	1. She nearly missed the bus. 2. The project is nearly finished.
necessary	<i>needed; required</i>	1. It is necessary to book a seat in advance. 2. She only packed what was absolutely necessary.
neck	<i>the part of your body connecting your head to your shoulders</i>	1. She wore a scarf around her neck. 2. He strained his neck looking up at the tall building.
need	<i>to require something; something required</i>	1. She needs more time to finish the report. 2. There is a real need for more doctors in rural areas.
neither	<i>not one and not the other of two things</i>	1. Neither option seemed perfect. 2. She wanted neither coffee nor tea.
nervous	<i>worried or anxious about something</i>	1. He was very nervous before his first job interview. 2. She felt nervous speaking in front of a large group.

Word	Meaning	Examples
network	<i>a group of connected people or things</i>	1. She has a strong professional network. 2. The country has an excellent rail network.
noise	<i>a sound, especially a loud or unpleasant one</i>	1. There was a strange noise coming from the engine. 2. The noise from the street made it hard to sleep.
noisy	<i>making a lot of noise</i>	1. The café was too noisy for a serious conversation. 2. The children were very noisy during the break.
none	<i>not any; not one</i>	1. None of the answers were correct. 2. There is none left — someone ate it all.
normal	<i>ordinary; the usual standard</i>	1. It is normal to feel nervous before a big exam. 2. She returned to her normal routine after the holiday.
normally	<i>usually; in the usual way</i>	1. She normally starts work at nine. 2. The journey normally takes about an hour.
notice	<i>to become aware of something; an announcement</i>	1. Did you notice the new sign on the door? 2. A notice on the board said the class was cancelled.
novel	<i>a long work of fiction; new and interesting</i>	1. She is reading a historical novel. 2. The approach was completely novel — no one had tried it before.
nowhere	<i>not anywhere; no place</i>	1. There was nowhere to sit on the crowded train. 2. She had nowhere to go, so she went home.
number	<i>a mathematical value; a quantity; to give a number to</i>	1. What is your phone number? 2. Please number the pages from one to ten.
nut	<i>a hard-shelled seed that is edible; a metal fastener</i>	1. She ate a handful of mixed nuts as a snack. 2. Tighten the nut with the wrench.
ocean	<i>a very large area of sea</i>	1. The Pacific is the largest ocean on Earth. 2. Plastic pollution is damaging the ocean.
offer	<i>to say you will give or do something; a proposal</i>	1. She offered to help him carry the boxes. 2. The company made him an attractive job offer.
officer	<i>a person in a position of authority, such as a police officer</i>	1. The police officer asked for her identification. 2. He is a senior officer in the army.
oil	<i>a thick liquid from underground or plants; to apply oil</i>	1. She fried the vegetables in olive oil. 2. Oil the hinges so the door stops squeaking.
onto	<i>moving to a position on or above something</i>	1. She climbed onto the roof to fix the tiles. 2. The cat jumped onto the table.
opportunity	<i>a chance to do something</i>	1. Studying abroad is a great opportunity. 2. She seized every opportunity to practise her English.

Word	Meaning	Examples
option	<i>one of several things you can choose</i>	1. There are three options available for the project. 2. Leaving early is always an option.
ordinary	<i>not special; what is usual</i>	1. It was just an ordinary Tuesday morning. 2. She lives an ordinary life but is very happy.
organisation	<i>a group of people working together for a purpose</i>	1. She joined a charity organisation. 2. The organisation provides support to refugees.
organise	<i>to plan and prepare something</i>	1. She agreed to organise the end-of-year event. 2. He organised all his files into clearly labelled folders.
original	<i>existing from the beginning; new and creative</i>	1. The original plan was to meet at noon. 2. She came up with a very original idea for her project.
ourselves	<i>used when we do something alone or to emphasise</i>	1. We built the shelf ourselves. 2. We asked ourselves whether the plan was realistic.
outside	<i>not inside a building; the outer part</i>	1. She waited outside the shop. 2. The outside of the building needs painting.
oven	<i>a kitchen appliance used for baking or roasting</i>	1. Preheat the oven to 180 degrees. 2. She put the chicken in the oven at noon.
own	<i>belonging to oneself; to possess</i>	1. She has her own office now. 2. He owns three properties in the city.
owner	<i>a person who has something that belongs to them</i>	1. The dog ran back to its owner. 2. She became the owner of the bakery when she was 30.
pack	<i>to put things into a bag or box; a group</i>	1. She packed her suitcase the night before the trip. 2. A pack of wolves was spotted near the village.
pain	<i>the unpleasant feeling caused by injury or illness</i>	1. He felt a sharp pain in his knee. 2. The medication helped reduce the pain.
painter	<i>a person who paints pictures or walls</i>	1. The painter spent three days decorating the hall. 2. She is a talented painter who works in watercolours.
palace	<i>a large grand building where a ruler lives</i>	1. Tourists queue to see the royal palace. 2. The palace has hundreds of rooms.
pants	<i>a piece of clothing worn on the lower body</i>	1. He put on a pair of pants and a T-shirt. 2. She bought three pairs of pants in the sale.
parking	<i>the act of leaving a vehicle in a place</i>	1. There is free parking behind the building. 2. Parking in the city centre can be very difficult.
particular	<i>special or specific</i>	1. Is there a particular topic you would like to cover? 2. I noticed nothing particular about his behaviour.

Word	Meaning	Examples
pass	<i>to go by something; to give something to someone</i>	1. She watched the cars pass from the window. 2. Could you pass me the salt, please?
passenger	<i>a person travelling in a vehicle but not driving</i>	1. The train was full of passengers. 2. Each passenger was asked to show their ticket.
past	<i>the time before now; going by</i>	1. She thought about the past and smiled. 2. She walked past the bakery every morning.
patient	<i>a person receiving medical treatment; able to wait calmly</i>	1. The doctor treated the patient with care. 2. Be patient — learning takes time.
pattern	<i>a repeated design; the way something usually happens</i>	1. The fabric has a beautiful floral pattern. 2. Scientists identified a clear pattern in the data.
pay	<i>to give money for something; money received for work</i>	1. She had to pay extra for the upgraded seat. 2. His pay increased after his promotion.
peace	<i>a time without war or conflict; a calm state</i>	1. After years of war, the region finally enjoyed peace. 2. She went for a walk in the park to find some peace.
penny	<i>a small coin; a very small amount of money</i>	1. She found a penny on the pavement. 2. Every penny counts when you are saving.
per	<i>for each; for every</i>	1. She earns twenty pounds per hour. 2. The car uses eight litres of fuel per hundred kilometres.
per cent	<i>out of one hundred; a percentage</i>	1. Prices have risen by five per cent this year. 2. Over seventy per cent of the students passed.
perform	<i>to do something in front of an audience; to do a task</i>	1. The band will perform at the festival. 2. She performed well in her end-of-year assessment.
perhaps	<i>possibly; maybe</i>	1. Perhaps we should leave earlier to avoid traffic. 2. She thought perhaps she had made a mistake.
permission	<i>the right to do something given by someone in authority</i>	1. You need permission to record the lecture. 2. She asked for permission to leave early.
personality	<i>the set of qualities that make someone who they are</i>	1. She has a warm and generous personality. 2. His cheerful personality makes him popular.
pet	<i>a tame animal kept at home; to stroke an animal</i>	1. She has a cat as a pet. 2. He stopped to pet the friendly dog.
petrol	<i>a liquid fuel used in cars</i>	1. She stopped at the garage to put petrol in the car. 2. The price of petrol has gone up this month.

Word	Meaning	Examples
photograph	<i>an image taken by a camera</i>	1. She framed the photograph and hung it on the wall. 2. He photographed the landscape at sunrise.
physical	<i>relating to the body or to physical matter</i>	1. Regular physical activity is good for your health. 2. She described the physical characteristics of the building.
physics	<i>the science that studies matter and energy</i>	1. He got top marks in his physics exam. 2. Physics explains how the universe works.
pick	<i>to choose; to take something with your fingers</i>	1. She picked the most colourful flowers from the garden. 2. Please pick a number between one and ten.
pilot	<i>a person who flies an aircraft</i>	1. The pilot announced they would land in ten minutes. 2. She trained for years to become a commercial pilot.
planet	<i>a large round object that orbits a star</i>	1. Earth is the only known planet with life. 2. She read a book about the planets in our solar system.
plant	<i>a living thing that grows in the ground; to put a seed</i>	1. She waters the plant on her windowsill every morning. 2. They planted a tree in the garden to mark the occasion.
plastic	<i>a lightweight synthetic material; made from this material</i>	1. The bottle is made of recycled plastic. 2. She tried to reduce her use of single-use plastic.
plate	<i>a flat dish for food; a flat sheet of metal</i>	1. She put the sandwiches on a large plate. 2. The car's number plate was hard to read in the dark.
platform	<i>a raised surface; a section at a train station</i>	1. The train departs from platform six. 2. She stood on the platform and addressed the crowd.
please	<i>used to make a request polite; to make someone happy</i>	1. Could you help me, please? 2. She always tries to please her customers.
pleased	<i>happy about something</i>	1. She was very pleased with her exam results. 2. He looked pleased when he opened the gift.
pocket	<i>a small bag sewn into clothing</i>	1. She put her phone in her jacket pocket. 2. He kept his hands in his pockets as he walked.
polite	<i>having good manners; respectful</i>	1. It is polite to say thank you. 2. She was very polite when she complained at the hotel.
pollution	<i>harmful substances in the environment</i>	1. Air pollution is a serious problem in many cities. 2. The factory was fined for causing water pollution.
pop	<i>a sudden sharp sound; popular music; to burst</i>	1. The balloon made a loud pop. 2. She listens to pop music while she exercises.
population	<i>the number of people living in a place</i>	1. The population of the city has doubled in twenty years. 2. A large part of the world's population lives in cities.

Word	Meaning	Examples
position	<i>the place where someone or something is; a job</i>	<ol style="list-style-type: none"> 1. Make sure you are in a comfortable position when you sit. 2. She applied for a senior position at the university.
possession	<i>something you own; the state of having something</i>	<ol style="list-style-type: none"> 1. She left all her possessions to her children. 2. He was found in possession of stolen goods.
possibility	<i>something that might happen; a choice</i>	<ol style="list-style-type: none"> 1. There is a possibility of snow tomorrow. 2. Have you considered the possibility of working from home?
poster	<i>a large printed picture or notice put on a wall</i>	<ol style="list-style-type: none"> 1. She put up a poster in her bedroom. 2. The poster advertised the local theatre production.
power	<i>the ability to do things; energy; control</i>	<ol style="list-style-type: none"> 1. She has the power to change things for the better. 2. The storm cut off the electricity power in the village.
predict	<i>to say what you think will happen in the future</i>	<ol style="list-style-type: none"> 1. It is hard to predict the weather here. 2. The scientist predicted a rise in sea levels.
present	<i>here now; to show or give something; a gift</i>	<ol style="list-style-type: none"> 1. Is everyone present? 2. She unwrapped the present with excitement.
president	<i>the leader of a country or organisation</i>	<ol style="list-style-type: none"> 1. The president gave a speech at the ceremony. 2. She was elected president of the students' union.
prevent	<i>to stop something from happening</i>	<ol style="list-style-type: none"> 1. Wear a helmet to prevent head injuries. 2. Regular cleaning helps to prevent illness.
print	<i>to produce text or images on paper; text produced this way</i>	<ol style="list-style-type: none"> 1. Please print the document in colour. 2. The print on the label was too small to read.
printer	<i>a machine that prints; a person who prints</i>	<ol style="list-style-type: none"> 1. The printer ran out of ink. 2. She sent the document to the printer.
prison	<i>a building where people are kept as a punishment</i>	<ol style="list-style-type: none"> 1. He was sent to prison for three years. 2. Life in prison is very difficult.
prize	<i>something given to a winner as a reward</i>	<ol style="list-style-type: none"> 1. She won first prize in the painting competition. 2. The prize for the quiz was a weekend break.
process	<i>a series of steps to achieve something</i>	<ol style="list-style-type: none"> 1. Learning a language is a long process. 2. The application process takes about two weeks.
produce	<i>to make or create something</i>	<ol style="list-style-type: none"> 1. The factory produces two thousand items a day. 2. Bees produce honey by collecting nectar.
professional	<i>relating to a paid job that needs training; very skilled</i>	<ol style="list-style-type: none"> 1. She hired a professional photographer for the event. 2. He behaved in a professional way throughout the meeting.
professor	<i>a senior teacher at a university</i>	<ol style="list-style-type: none"> 1. The professor has published many books on the topic. 2. She became a professor at the age of forty.

Word	Meaning	Examples
profile	<i>an outline of a face; a short description of a person</i>	<ol style="list-style-type: none"> 1. She updated her social media profile. 2. A short profile of each speaker is in the programme.
program	<i>a plan of events; to write computer code</i>	<ol style="list-style-type: none"> 1. She wrote a program to automate the task. 2. The program for the evening is on the table.
progress	<i>improvement or development over time</i>	<ol style="list-style-type: none"> 1. She has made great progress in her English. 2. The project is moving forward — progress is slow but steady.
promise	<i>a serious commitment to do something</i>	<ol style="list-style-type: none"> 1. He made a promise to call every week. 2. She promised to return the book by Friday.
pronounce	<i>to make the sound of a word</i>	<ol style="list-style-type: none"> 1. Can you pronounce this word correctly? 2. He found it difficult to pronounce her name.
protect	<i>to keep someone or something safe from harm</i>	<ol style="list-style-type: none"> 1. Wear sunscreen to protect your skin. 2. Laws exist to protect the rights of citizens.
provide	<i>to give or supply something</i>	<ol style="list-style-type: none"> 1. The hotel will provide breakfast every morning. 2. She provided clear evidence for her argument.
pub	<i>a place where people go to drink and meet friends</i>	<ol style="list-style-type: none"> 1. They met at the local pub for lunch. 2. The pub has a quiz night every Thursday.
public	<i>relating to everyone; not private</i>	<ol style="list-style-type: none"> 1. The new park is open to the public. 2. Public transport is cheaper than taking a taxi.
publish	<i>to print and sell a book, magazine, or article</i>	<ol style="list-style-type: none"> 1. She hopes to publish her first novel this year. 2. The results of the study were published in a journal.
pull	<i>to move something towards you; to remove</i>	<ol style="list-style-type: none"> 1. She pulled the door open. 2. He pulled a muscle in his leg during the race.
purpose	<i>the reason for doing something</i>	<ol style="list-style-type: none"> 1. What is the purpose of this exercise? 2. She has a clear sense of purpose in everything she does.
push	<i>to move something away from you by pressing</i>	<ol style="list-style-type: none"> 1. He pushed the heavy table against the wall. 2. She had to push hard to open the stiff door.
quality	<i>how good something is; a feature</i>	<ol style="list-style-type: none"> 1. The quality of the food at that restaurant is excellent. 2. Patience is an important quality in a good teacher.
quantity	<i>an amount or number of something</i>	<ol style="list-style-type: none"> 1. A large quantity of data was collected. 2. The recipe requires a small quantity of sugar.
queen	<i>a female ruler; the wife of a king</i>	<ol style="list-style-type: none"> 1. The queen opened the new hospital. 2. She was crowned queen in a grand ceremony.
question	<i>a sentence asking for information; to ask or doubt</i>	<ol style="list-style-type: none"> 1. Please write the question at the top of your page. 2. She began to question whether the decision was right.

Word	Meaning	Examples
quietly	<i>making very little noise</i>	1. She quietly closed the door so as not to wake him. 2. He sat quietly and listened to the whole speech.
race	<i>a competition to see who is fastest; a group of people</i>	1. She won the 400-metre race. 2. They decided to have a race to the end of the street.
railway	<i>a system of tracks used by trains</i>	1. The old railway was restored and is now a tourist attraction. 2. She lives near the railway station.
raise	<i>to lift something; to collect money; to look after a child</i>	1. She raised her hand to ask a question. 2. The charity raised one million pounds for the appeal.
rate	<i>the speed at which something happens; a level of payment</i>	1. The heart rate increases during exercise. 2. What is the hourly rate for this job?
rather	<i>to a certain degree; preferably</i>	1. She was rather tired after the long flight. 2. I would rather stay in than go out tonight.
reach	<i>to arrive at a place; to stretch your arm</i>	1. They will reach the summit by noon. 2. Can you reach the jar on the top shelf?
react	<i>to respond to something</i>	1. How did he react when you told him the news? 2. She reacted calmly to the unexpected question.
realize	<i>to understand or become aware of something</i>	1. She only realised she had left her bag at the café. 2. He didn't realise how tired he was until he sat down.
receive	<i>to get something that is given or sent to you</i>	1. She was delighted to receive the award. 2. Did you receive my email?
recent	<i>happening not long ago</i>	1. Have you read any recent news about the election? 2. Her most recent book has been very well received.
recently	<i>not long ago</i>	1. She recently moved to a new flat. 2. He has recently started learning to cook.
reception	<i>a front desk in a hotel or office; a party after a wedding</i>	1. Please sign in at reception. 2. The wedding reception was held in a beautiful garden.
recipe	<i>instructions for preparing a dish</i>	1. She found a great recipe for chocolate cake online. 2. The recipe calls for two eggs and a cup of flour.
recognize	<i>to know someone or something when you see them</i>	1. She recognised the man from his photo. 2. I didn't recognise her at first with her new haircut.
recommend	<i>to say that something is good or suitable</i>	1. Can you recommend a good restaurant nearby? 2. The doctor recommended rest and plenty of fluids.
record	<i>to store sound or video; the best result ever</i>	1. She recorded the lecture so she could listen again. 2. He broke the world record for the 100 metres.

Word	Meaning	Examples
recording	<i>a stored version of sound or video</i>	1. The recording of the concert was excellent quality. 2. She listened to the recording several times.
recycle	<i>to process used things so they can be used again</i>	1. Please recycle your plastic bottles. 2. The school encourages students to recycle paper.
reduce	<i>to make something smaller in size or amount</i>	1. We need to reduce the amount of waste we produce. 2. She cut costs by reducing unnecessary spending.
refer	<i>to mention or direct attention to something</i>	1. The teacher referred to the diagram on the board. 2. Please refer to the instructions on page three.
refuse	<i>to say no to something</i>	1. She refused the offer politely. 2. He refused to leave without an explanation.
region	<i>a large area with particular features</i>	1. This region is famous for its wine. 2. The northern region has the coldest winters.
regular	<i>happening at the same time; usual</i>	1. She goes for a regular check-up every six months. 2. He is a regular customer at that café.
relationship	<i>the way two people or things are connected</i>	1. They have a very close relationship. 2. There is a clear relationship between exercise and health.
remove	<i>to take something away</i>	1. Please remove your shoes before entering. 2. She removed the stain with a little water and soap.
repair	<i>to fix something that is broken or damaged</i>	1. The mechanic took two hours to repair the car. 2. The building is in need of repair.
replace	<i>to put something new in the place of something old</i>	1. She needs to replace her broken umbrella. 2. The old bridge was replaced with a modern one.
reply	<i>to give an answer; an answer given</i>	1. She was quick to reply to the email. 2. He waited for a reply but none came.
report	<i>a written or spoken account; to tell someone officially</i>	1. She wrote a detailed report on the results. 2. You should report any suspicious behaviour to the police.
reporter	<i>a person who reports news</i>	1. The reporter asked the politician a difficult question. 2. She became a news reporter after studying journalism.
request	<i>to ask for something politely; a polite asking</i>	1. She requested a quieter room at the hotel. 2. He put in a request for more time to complete the project.
research	<i>careful study to find out new facts</i>	1. She is conducting research on sleep and memory. 2. He spent months doing research for his book.
researcher	<i>a person who does research</i>	1. The researcher published her findings last month. 2. She works as a researcher at the university.
respond	<i>to reply or react to something</i>	1. She was quick to respond to the email. 2. How did he respond when you told him the news?

Word	Meaning	Examples
response	<i>an answer or reaction to something</i>	1. Her response to the criticism was calm and measured. 2. We are still waiting for a response to our letter.
rest	<i>to relax and not do anything active; the remaining part</i>	1. She needs to rest after the long journey. 2. He ate one slice and put the rest in the fridge.
review	<i>to look at something again; an opinion on something</i>	1. She read the customer reviews before booking. 2. The committee will review the application next month.
ride	<i>to sit on something and be carried along; a trip</i>	1. She loves to ride her horse in the mornings. 2. They took a ride on the cable car.
ring	<i>a piece of jewellery worn on the finger; to make a bell sound</i>	1. She wore a gold ring on her left hand. 2. Please ring the bell at reception when you arrive.
rise	<i>to go upward; an increase</i>	1. The sun rises in the east. 2. There has been a sharp rise in prices.
rock	<i>a large piece of stone; to move from side to side</i>	1. They sat on a rock by the river. 2. She rocked the baby gently to sleep.
role	<i>the position or job someone has; a character in a film</i>	1. She plays a key role in the organisation. 2. He got the leading role in the school play.
roof	<i>the top covering of a building</i>	1. The cat sat on the roof in the sunshine. 2. The storm damaged the roof of the old building.
round	<i>shaped like a circle; all the way around</i>	1. The table was round so everyone could see each other. 2. She walked round the lake in forty minutes.
route	<i>the path taken from one place to another</i>	1. She took a different route to avoid the traffic. 2. The most popular cycling route follows the river.
rubbish	<i>things that are thrown away; nonsense</i>	1. Please put the rubbish in the bin. 2. That idea is absolute rubbish!
rude	<i>not polite; showing bad manners</i>	1. It is rude to talk with your mouth full. 2. She was upset by his rude comment.
run	<i>to move quickly on foot; to manage something</i>	1. She runs five kilometres every morning. 2. He runs a small business from home.
runner	<i>a person who runs, especially in a race</i>	1. She is a fast runner who trains every day. 2. The runner crossed the finish line to great applause.
running	<i>the activity of running; the management of something</i>	1. She took up running to get fit. 2. He is responsible for the running of the department.
sadly	<i>in a sad way; unfortunately</i>	1. She smiled sadly and said goodbye. 2. Sadly, the old building was demolished.

Word	Meaning	Examples
safe	<i>free from danger; secure</i>	1. Keep your passport in a safe place. 2. The neighbourhood is safe for children to play in.
sail	<i>to travel across water in a boat with a sail</i>	1. They decided to sail around the island. 2. The boat's white sail shone in the sunlight.
sailing	<i>the sport or activity of travelling in a sailing boat</i>	1. She took up sailing when she moved to the coast. 2. The sailing club welcomes new members every spring.
salary	<i>the money paid regularly for doing a job</i>	1. He received a higher salary after his promotion. 2. She negotiated a better salary before accepting the offer.
sale	<i>the selling of something; a time of reduced prices</i>	1. The house went on sale last week. 2. She bought a coat in the winter sale.
sauce	<i>a liquid served with food to add flavour</i>	1. She added tomato sauce to the pasta. 2. The chef made a delicious cream sauce.
save	<i>to keep something safe; to set money aside</i>	1. She saved the document before closing the laptop. 2. He is trying to save enough money to buy a car.
scared	<i>feeling afraid</i>	1. The child was scared of the dark. 2. She was scared to speak in front of the whole class.
scary	<i>causing fear; frightening</i>	1. The film was too scary for the young children. 2. She found the abandoned building very scary at night.
scene	<i>a place where something happens; part of a film or play</i>	1. Police arrived quickly at the scene of the accident. 2. The final scene of the film was very moving.
schedule	<i>a plan showing when things will happen</i>	1. The schedule for next week is on the notice board. 2. She keeps a strict schedule to manage her time well.
score	<i>a point or number of points in a game; to get a point</i>	1. The final score was two to one. 2. She scored the winning goal in the last minute.
screen	<i>a flat surface for displaying images; to protect or show</i>	1. The screen on her phone cracked when she dropped it. 2. The festival will screen ten films over three days.
search	<i>to look carefully for something</i>	1. She began to search for her missing phone. 2. You can search the internet for information on the topic.
season	<i>one of the four parts of the year; a period of an activity</i>	1. Spring is her favourite season. 2. The football season starts in September.
seat	<i>a place to sit; to seat someone</i>	1. She found a seat near the window. 2. The waiter seated them at a corner table.
secondly	<i>used to introduce the second point in a list</i>	1. Secondly, you should make sure to save your work. 2. Secondly, let's look at the costs involved.

Word	Meaning	Examples
secret	<i>something known only to a few people; kept hidden</i>	<ol style="list-style-type: none"> 1. She kept the surprise party a secret. 2. He told her a secret that no one else knew.
secretary	<i>a person who manages correspondence and arranges meetings</i>	<ol style="list-style-type: none"> 1. The secretary organised all the travel bookings. 2. She trained as a secretary before moving into management.
seem	<i>to give the impression of being something</i>	<ol style="list-style-type: none"> 1. He seems tired today — is he okay? 2. The plan seems straightforward enough.
sense	<i>an ability to perceive; meaning; to understand</i>	<ol style="list-style-type: none"> 1. She has a great sense of humour. 2. Does this paragraph make sense to you?
separate	<i>to move apart; not joined together</i>	<ol style="list-style-type: none"> 1. She tried to separate the fighting children. 2. Keep the raw and cooked foods separate.
series	<i>a number of similar things one after another</i>	<ol style="list-style-type: none"> 1. She watched the whole series in one weekend. 2. There have been a series of problems with the system.
serious	<i>not joking; important; bad</i>	<ol style="list-style-type: none"> 1. This is a serious matter and must be addressed. 2. He had a serious look on his face throughout the meeting.
serve	<i>to give food or drink to someone; to work for</i>	<ol style="list-style-type: none"> 1. The waiter served the meal with a smile. 2. She has served the community for over twenty years.
service	<i>help given to customers; a system that provides something</i>	<ol style="list-style-type: none"> 1. The customer service at that shop is excellent. 2. The bus service runs every fifteen minutes.
several	<i>more than two but not very many</i>	<ol style="list-style-type: none"> 1. She called him several times with no answer. 2. There are several options available to you.
shake	<i>to move quickly from side to side or up and down</i>	<ol style="list-style-type: none"> 1. The dog began to shake when it heard the thunder. 2. She gave a firm shake of the hand.
shall	<i>used to talk about the future; to make a suggestion</i>	<ol style="list-style-type: none"> 1. I shall return by six o'clock. 2. Shall we go for a walk this afternoon?
shape	<i>the outline or form of something</i>	<ol style="list-style-type: none"> 1. The lake has the shape of a heart from above. 2. Regular exercise will help to shape your body.
sheet	<i>a large flat piece of paper or fabric</i>	<ol style="list-style-type: none"> 1. She put a fresh sheet of paper in the printer. 2. The bed had clean white sheets on it.
ship	<i>a large vessel that travels on the sea</i>	<ol style="list-style-type: none"> 1. The cargo ship arrived in port at dawn. 2. They waved goodbye as the ship left the harbour.
shoulder	<i>the joint between your arm and your body</i>	<ol style="list-style-type: none"> 1. She carried the bag over one shoulder. 2. He put his arm around her shoulder.
shout	<i>to say something very loudly</i>	<ol style="list-style-type: none"> 1. Don't shout — I can hear you perfectly well. 2. She shouted for help when she saw the accident.

Word	Meaning	Examples
shut	<i>to close something</i>	1. Please shut the door quietly. 2. The library was shut on bank holidays.
side	<i>the area to the left or right; a surface</i>	1. She walked on the left side of the road. 2. Write on only one side of the paper.
sign	<i>a board with words or symbols; to write your signature</i>	1. The road sign said the town was just three miles away. 2. Please sign the form at the bottom of the page.
silver	<i>a precious grey-white metal; greyish-white in colour</i>	1. She wore a silver chain around her neck. 2. The old woman had beautiful silver hair.
simple	<i>easy to do or understand; not complicated</i>	1. The instructions are very simple to follow. 2. She wore a simple dress and no jewellery.
since	<i>from a time in the past until now; because</i>	1. She has lived here since 2015. 2. Since it was raining, they stayed indoors.
singing	<i>making musical sounds with the voice</i>	1. Her singing filled the whole room. 2. He loves singing in the shower.
single	<i>only one; not married</i>	1. She lives in a single room at the university. 2. He is single and enjoying living alone.
sir	<i>a polite way to address a man</i>	1. 'Good morning, sir,' said the waiter. 2. 'Excuse me, sir, you dropped your wallet,' she said.
site	<i>the place where something is or will be built; a website</i>	1. The construction site was busy with workers. 2. Visit our site for more information.
size	<i>how big or small something is</i>	1. Do you have this jacket in a larger size? 2. The size of the room was perfect for a home office.
ski	<i>to move over snow on long flat pieces of equipment</i>	1. She loves to ski in the Alps every winter. 2. He bought new ski boots for the trip.
skiing	<i>the sport of moving over snow on skis</i>	1. Skiing is her favourite winter sport. 2. They went skiing in Austria last February.
skin	<i>the outer covering of a body; to remove the skin</i>	1. She has very sensitive skin. 2. Skin the peaches before adding them to the recipe.
sky	<i>the space above the Earth where the sun and clouds are</i>	1. The sky turned orange at sunset. 2. There was not a cloud in the sky.
sleep	<i>to rest with your eyes closed; the rest itself</i>	1. She needs at least eight hours of sleep a night. 2. The baby finally fell asleep after an hour.
slowly	<i>at a slow speed; not quickly</i>	1. She spoke slowly so that everyone could understand. 2. He walked slowly along the beach.

Word	Meaning	Examples
smell	<i>to sense an odour; the sense of noticing odours</i>	1. She could smell fresh bread from the bakery. 2. The garden had a lovely smell of flowers.
smile	<i>to make your mouth curve upward to show happiness</i>	1. She smiled when she saw him. 2. He greeted every customer with a warm smile.
smoke	<i>the grey gas from something burning; to breathe in tobacco</i>	1. Smoke filled the room when the toaster burned. 2. He used to smoke, but he gave up last year.
smoking	<i>the act of breathing in tobacco</i>	1. Smoking is not allowed inside the building. 2. She started smoking at university but later stopped.
soap	<i>a substance used with water for washing</i>	1. She washed her hands with soap and water. 2. He bought a bar of lavender soap at the market.
soccer	<i>another word for football (used mainly in the US)</i>	1. He grew up playing soccer in the streets. 2. The soccer match was watched by millions worldwide.
social	<i>relating to people living in groups; friendly</i>	1. She has excellent social skills. 2. Social media has changed how people communicate.
society	<i>the people in a country or area; an organisation</i>	1. Education benefits individuals and society as a whole. 2. She joined a film society at the university.
sock	<i>a piece of clothing worn on your foot</i>	1. He had a hole in his sock. 2. She couldn't find the matching sock.
soft	<i>gentle to touch; not hard or loud</i>	1. The kitten had very soft fur. 2. She played the music at a soft volume.
soldier	<i>a person who serves in an army</i>	1. The soldier returned home after six months abroad. 2. A young soldier guarded the entrance.
solution	<i>a way of solving a problem; a liquid mixture</i>	1. They are working on a long-term solution to the problem. 2. Mix the salt into the water to make a solution.
solve	<i>to find the answer to a problem</i>	1. Can you solve this maths puzzle? 2. He worked all day to solve the technical issue.
somewhere	<i>in or to an unknown or unspecified place</i>	1. She put the keys somewhere and can't find them. 2. Let's go somewhere quiet to talk.
sort	<i>a type or kind; to put things in order</i>	1. What sort of music do you like? 2. She sorted the letters into alphabetical order.
source	<i>the place where something comes from; a person who gives information</i>	1. Sunlight is the main source of energy for plants. 2. Please list your sources at the end of the essay.
speaker	<i>a person who gives a speech; a device that produces sound</i>	1. The speaker at the conference was very inspiring. 2. Turn up the speaker — I can't hear the music.

Word	Meaning	Examples
specific	<i>about one particular thing; exact</i>	<ol style="list-style-type: none"> 1. She gave a specific example to support her argument. 2. Could you be more specific about what you need?
speech	<i>a talk given to a group of people</i>	<ol style="list-style-type: none"> 1. He gave a moving speech at the graduation ceremony. 2. Regular practice helps develop confident public speech.
speed	<i>how fast something moves; to move fast</i>	<ol style="list-style-type: none"> 1. The car was travelling at high speed. 2. She sped up to pass the slower vehicle.
spider	<i>a small creature with eight legs that spins webs</i>	<ol style="list-style-type: none"> 1. A large spider appeared on the wall. 2. She found a spider web in the corner of the room.
spoon	<i>a tool with a round bowl used for eating or cooking</i>	<ol style="list-style-type: none"> 1. She stirred the soup with a wooden spoon. 2. He used a spoon to measure the sugar.
square	<i>a shape with four equal sides; an open area in a town</i>	<ol style="list-style-type: none"> 1. She drew a square on the paper. 2. They met in the main square of the old town.
stage	<i>a period of development; a raised platform</i>	<ol style="list-style-type: none"> 1. We are at an early stage in the project. 2. The performers walked onto the stage to loud applause.
stair	<i>one of a set of steps going from one floor to another</i>	<ol style="list-style-type: none"> 1. She ran up the stairs two at a time. 2. He sat on the bottom stair to tie his shoelace.
stamp	<i>a small piece of paper stuck on letters to pay for postage; to press hard</i>	<ol style="list-style-type: none"> 1. She bought a book of stamps at the post office. 2. He stamped the date on each document.
star	<i>a point of light seen in the night sky; a famous person</i>	<ol style="list-style-type: none"> 1. The night was clear and full of stars. 2. She became a star after her first film.
start	<i>to begin something</i>	<ol style="list-style-type: none"> 1. What time does the lesson start? 2. She made a great start to her new job.
state	<i>the condition of something; a country or region; to say formally</i>	<ol style="list-style-type: none"> 1. The house was in a terrible state. 2. Please state your full name at the beginning.
stay	<i>to remain in a place; time spent in a place</i>	<ol style="list-style-type: none"> 1. She decided to stay for one more week. 2. They enjoyed their stay at the seaside hotel.
steal	<i>to take something that belongs to someone else</i>	<ol style="list-style-type: none"> 1. It is wrong to steal, even small things. 2. Someone stole her bicycle from outside the café.
step	<i>one movement of your foot when walking; a stage</i>	<ol style="list-style-type: none"> 1. She took one careful step at a time on the icy path. 2. The first step is to identify the main problem.

Word	Meaning	Examples
stomach	<i>the organ in your body that digests food</i>	1. He had a pain in his stomach after eating. 2. Her stomach rumbled because she had skipped breakfast.
stone	<i>a hard mineral material; a small rock</i>	1. He picked up a flat stone and threw it into the lake. 2. The old wall was built from local stone.
store	<i>a shop; to keep things in a place</i>	1. She bought some bread at the grocery store. 2. You can store the files on this USB drive.
storm	<i>very bad weather with strong wind and rain</i>	1. The storm lasted all night and caused flooding. 2. She stayed indoors during the terrible storm.
straight	<i>going directly without bending; honest</i>	1. Go straight ahead for two hundred metres. 2. She always gives a straight answer.
strange	<i>unusual or unexpected</i>	1. There was a strange noise coming from the attic. 2. It felt strange to be back in her childhood home.
strategy	<i>a plan to achieve a goal</i>	1. The company developed a new marketing strategy. 2. Good strategy is important in both chess and business.
stress	<i>pressure or worry; to emphasise something</i>	1. She felt a lot of stress before the presentation. 2. The teacher stressed the importance of reading widely.
structure	<i>the way something is organised or built</i>	1. The structure of the essay was very clear. 2. The building has a very unusual structure.
stupid	<i>not intelligent; showing poor judgement</i>	1. It was a stupid mistake that could have been avoided. 2. Don't do anything stupid — think it through first.
succeed	<i>to achieve what you wanted</i>	1. She worked hard and finally succeeded. 2. If you plan carefully, you are more likely to succeed.
successful	<i>having achieved what was wanted</i>	1. The event was very successful — everyone enjoyed it. 2. She is a successful entrepreneur who started from nothing.
such	<i>of this type; to a great degree</i>	1. There is no such thing as a perfect plan. 2. She was in such a hurry that she forgot her keys.
suddenly	<i>quickly and unexpectedly</i>	1. He suddenly remembered where he had left his keys. 2. The dog suddenly ran out into the road.
suggest	<i>to put forward an idea for someone to consider</i>	1. Can I suggest a different approach? 2. The doctor suggested she rest for a few days.
suggestion	<i>an idea put forward for consideration</i>	1. She made a very useful suggestion at the meeting. 2. Have you got any suggestions for improving the plan?
suit	<i>to be right or attractive for someone; a set of matching clothes</i>	1. Does this date suit you? 2. He wore a dark suit to the interview.
support	<i>to help someone; to agree with a cause</i>	1. Her family supported her through difficult times. 2. He always supports his local football team.

Word	Meaning	Examples
suppose	<i>to think that something is true; to be expected to</i>	1. I suppose she could be right. 2. You are supposed to hand the form in by Friday.
sure	<i>certain; confident</i>	1. Are you sure you locked the door? 2. Sure, I can help you with that.
surprise	<i>something unexpected; to make someone feel this</i>	1. The party was a complete surprise for her. 2. It was no surprise that he passed the exam.
surprised	<i>feeling surprise; shocked by something unexpected</i>	1. She was completely surprised by the gift. 2. He looked surprised when she told him the news.
surprising	<i>causing surprise; unexpected</i>	1. It was surprising to see so many people there. 2. The results were surprising even to the researchers.
survey	<i>a study collecting information from many people</i>	1. A survey showed that most people prefer tea to coffee. 2. She filled in an online survey about shopping habits.
sweet	<i>having the taste of sugar; kind; a small piece of candy</i>	1. The mango was very sweet and juicy. 2. She is always so sweet to everyone she meets.
symbol	<i>a sign or picture that represents something</i>	1. The dove is a symbol of peace. 2. The symbol for euros is €.
system	<i>a group of things that work together</i>	1. The new system makes booking tickets much easier. 2. The human body is made up of many different systems.
tablet	<i>a flat portable computer; a small flat pill</i>	1. She reads on her tablet in bed. 2. Take one tablet three times a day with food.
talk	<i>to speak; a speech or conversation</i>	1. She loves to talk about history. 2. He gave an interesting talk on climate change.
target	<i>a goal to aim for; to aim at something</i>	1. She set a target of running five kilometres a week. 2. The campaign targeted young voters.
task	<i>a piece of work that needs to be done</i>	1. Her first task was to set up the new database. 2. Complete each task before moving to the next one.
taste	<i>the sense that lets you experience flavour; to try food</i>	1. The soup had a wonderful taste. 2. She let him taste the sauce before adding more salt.
teaching	<i>the profession or practice of educating others</i>	1. She finds teaching very rewarding. 2. Good teaching inspires students to think for themselves.
technology	<i>the use of scientific knowledge to make tools and systems</i>	1. Modern technology makes communication much faster. 2. She is studying information technology at college.

Word	Meaning	Examples
teenage	<i>relating to people between thirteen and nineteen</i>	<ol style="list-style-type: none"> 1. She still listens to the teenage pop songs she grew up with. 2. The centre offers activities for teenage visitors.
temperature	<i>how hot or cold something is</i>	<ol style="list-style-type: none"> 1. The temperature outside is below zero today. 2. Cook the chicken at a high temperature.
term	<i>a period of time; a word or phrase used in a specific area</i>	<ol style="list-style-type: none"> 1. The spring term begins in January. 2. 'Syntax' is a grammatical term.
themselves	<i>used when a group does something alone or to emphasise</i>	<ol style="list-style-type: none"> 1. They built the shelter themselves. 2. The children enjoyed themselves at the party.
thick	<i>wide from one surface to the other; dense</i>	<ol style="list-style-type: none"> 1. The wall is very thick — almost a metre. 2. She was reading a very thick book.
thief	<i>a person who steals things</i>	<ol style="list-style-type: none"> 1. The thief was caught by security cameras. 2. A thief stole her bag in the market.
thin	<i>not thick; not having much flesh</i>	<ol style="list-style-type: none"> 1. The pages of the old book were very thin. 2. He looked thin after his long illness.
thinking	<i>the process of using your mind to consider something</i>	<ol style="list-style-type: none"> 1. Critical thinking is an important skill. 2. She sat quietly, deep in thinking about the problem.
third	<i>coming after the second; one of three equal parts</i>	<ol style="list-style-type: none"> 1. She won third place in the competition. 2. A third of the students passed with top marks.
thought	<i>an idea or opinion; the past tense of think</i>	<ol style="list-style-type: none"> 1. She shared her thoughts on the matter. 2. He thought about it for a long time before deciding.
throw	<i>to send something through the air with your hand</i>	<ol style="list-style-type: none"> 1. She threw the ball to her partner. 2. He threw his rubbish in the bin.
tidy	<i>neat and organised; to make neat</i>	<ol style="list-style-type: none"> 1. She keeps her desk very tidy. 2. Please tidy your room before the guests arrive.
tie	<i>to fasten with a knot; a piece of clothing worn around the neck</i>	<ol style="list-style-type: none"> 1. He wore a smart tie to the interview. 2. Tie the bag closed before putting it in the bin.
tip	<i>a useful piece of advice; extra money given to a worker; the pointed end</i>	<ol style="list-style-type: none"> 1. She gave some useful tips on how to save money. 2. He left a generous tip for the waiter.
tool	<i>an instrument used to do a task</i>	<ol style="list-style-type: none"> 1. A hammer is a basic tool for any DIY job. 2. The internet is a powerful tool for learning.
top	<i>the highest part; the most important</i>	<ol style="list-style-type: none"> 1. She reached the top of the mountain. 2. She graduated at the top of her class.

Word	Meaning	Examples
touch	<i>to put your hand on something; to affect someone's feelings</i>	1. Please don't touch the exhibits. 2. The film really touched her.
tour	<i>a journey visiting several places; to travel around</i>	1. They went on a guided tour of the old city. 2. The band will tour Europe next summer.
tourism	<i>the business of organising travel for visitors</i>	1. Tourism is the main industry in this coastal town. 2. The region is working to boost tourism.
towards	<i>in the direction of</i>	1. She walked towards the exit. 2. He felt very friendly towards his new colleagues.
towel	<i>a piece of soft cloth used to dry yourself</i>	1. She grabbed a towel from the bathroom. 2. He dried his hands on a clean towel.
tower	<i>a tall narrow building or part of a building</i>	1. You can see the tower from miles away. 2. The clock tower chimed at midday.
toy	<i>an object for children to play with</i>	1. She bought a wooden toy for her nephew. 2. The floor was covered in toys.
track	<i>a path; to follow the movements of something</i>	1. She ran ten laps around the track. 2. Scientists can track the movement of animals using tags.
tradition	<i>a custom or belief passed down through generations</i>	1. It is a family tradition to eat together on Sundays. 2. This festival is an important cultural tradition.
traditional	<i>following customs that have existed for a long time</i>	1. She wore a traditional dress at the ceremony. 2. The restaurant serves traditional food from the region.
train	<i>to teach or practise skills; a vehicle on rails</i>	1. She trained for months before the marathon. 2. They took the train to the city to avoid traffic.
trainer	<i>a person who teaches or coaches; a sports shoe</i>	1. Her personal trainer helped her reach her fitness goals. 2. He bought a new pair of trainers for the race.
training	<i>the process of learning skills for a job or sport</i>	1. He underwent three months of intensive training. 2. The company offers training for all new employees.
transport	<i>a system for moving people or goods; to move people or goods</i>	1. Public transport in the city is very efficient. 2. The goods are transported by sea.
traveller	<i>a person who travels</i>	1. The travellers arrived tired but excited. 2. She is an experienced traveller who has visited forty countries.
trouble	<i>a problem or difficult situation</i>	1. She was in serious trouble after missing the deadline. 2. If you need help, don't hesitate — it is no trouble.

Word	Meaning	Examples
truck	<i>a large motor vehicle for transporting goods</i>	1. The delivery truck arrived early in the morning. 2. He drives a truck and delivers food to supermarkets.
twin	<i>one of two people born at the same time to the same mother</i>	1. She and her twin sister are very different. 2. It is hard to tell the twins apart.
typical	<i>having the usual qualities of something or someone</i>	1. This rainy weather is typical for this time of year. 2. He gave a typical answer — short and to the point.
underground	<i>beneath the surface of the earth; a subway train system</i>	1. Miners work underground in difficult conditions. 2. She took the underground to avoid the traffic.
understanding	<i>the ability to understand; a friendly agreement</i>	1. She has a good understanding of the topic. 2. There is an understanding that we share the cost.
unfortunately	<i>used when something bad has happened</i>	1. Unfortunately, the last tickets were already sold. 2. She worked hard, but unfortunately did not get the job.
unhappy	<i>not happy; sad</i>	1. He seemed unhappy about the decision. 2. She was unhappy in her job and decided to change career.
uniform	<i>a set of clothes worn by people in the same job or school</i>	1. All students must wear the school uniform. 2. The staff wore a uniform with the company logo.
unit	<i>a single thing; a measurement; a group within a larger one</i>	1. Each unit of the course focuses on a different skill. 2. A metre is a unit of measurement for length.
united	<i>joined together for a common purpose</i>	1. The team was united in their determination to win. 2. They are united by a shared love of music.
unusual	<i>not normal or common</i>	1. It is unusual to see snow here in April. 2. She has an unusual talent for remembering names.
upstairs	<i>on or to a higher floor of a building</i>	1. The bedrooms are all upstairs. 2. She went upstairs to find her bag.
use	<i>to do something with a tool or object for a purpose; the purpose</i>	1. She knows how to use the software well. 2. What is the use of complaining?
used to	<i>describes a past habit or state that no longer exists</i>	1. She used to walk to school every day. 2. He used to play guitar, but he gave it up.
user	<i>a person who uses something</i>	1. The users of the app were asked for feedback. 2. She is a regular user of the city library.
usual	<i>normal; what happens most often</i>	1. She arrived at her usual time. 2. It is usual to tip in restaurants.

Word	Meaning	Examples
valley	<i>a low area of land between hills or mountains</i>	1. The river flows through a beautiful valley. 2. The village is tucked away in a quiet valley.
van	<i>a vehicle larger than a car, used to carry goods</i>	1. The delivery van arrived at nine in the morning. 2. She hired a van to move to her new flat.
variety	<i>a range of different things of the same kind</i>	1. The market sells a wide variety of fresh produce. 2. A variety of activities are offered at the sports centre.
vehicle	<i>something used to carry people or things</i>	1. This road is closed to all vehicles. 2. A bicycle is the most environmentally friendly vehicle.
view	<i>what you can see from a place; an opinion</i>	1. The view from the top floor was spectacular. 2. What is your view on the proposed changes?
virus	<i>a tiny organism that causes disease; a harmful computer programme</i>	1. She was off work for a week with a virus. 2. The computer was attacked by a virus.
voice	<i>the sounds you make when you speak or sing</i>	1. She has a beautiful singing voice. 2. Please lower your voice — people are sleeping.
wait	<i>to stay somewhere until something happens</i>	1. She had to wait an hour for the bus. 2. Please wait here — I'll be back in a moment.
war	<i>fighting between countries or groups</i>	1. The war lasted for many years and caused great suffering. 2. Historians study the causes of war.
wash	<i>to clean something with water</i>	1. She washed the dishes after dinner. 2. He stopped to wash his hands at the sink.
washing	<i>the act of cleaning with water; clothes to be washed</i>	1. She hung the washing out to dry. 2. He put a load of washing in the machine.
wave	<i>a line of water moving across the sea; to move your hand</i>	1. A large wave knocked him off his feet. 2. She waved goodbye as the train pulled away.
weak	<i>not strong; lacking power or health</i>	1. He felt very weak after his illness. 2. The signal is too weak to make a call.
web	<i>the internet; a spider's net</i>	1. She found the information on the web. 2. A spider spun a delicate web in the corner.
wedding	<i>a ceremony when two people get married</i>	1. They held a small wedding in the countryside. 2. She wore a beautiful white dress at the wedding.
weight	<i>how heavy something is</i>	1. She lost a lot of weight by changing her diet. 2. The doctor recorded the patient's weight and height.
welcome	<i>to greet someone warmly; a greeting</i>	1. She welcomed her guests at the door. 2. 'Welcome!' said the host with a big smile.

Word	Meaning	Examples
wet	<i>covered in water; to make something damp</i>	1. Her hair was wet after the rain. 2. He accidentally wet his sleeve washing the dishes.
wheel	<i>the round object on which a vehicle turns</i>	1. The front wheel of the bike had a puncture. 2. She turned the steering wheel to avoid the pothole.
while	<i>at the same time; a period of time; but</i>	1. She read a book while she waited. 2. It was fun, while it lasted.
whole	<i>complete; all of something</i>	1. She ate the whole pizza herself. 2. He spent the whole day reading.
whose	<i>used to ask or say who something belongs to</i>	1. Whose coat is this? 2. She is the student whose essay won the prize.
wide	<i>large from one side to the other; covering a large range</i>	1. The road was very wide at the intersection. 2. She has a wide knowledge of world history.
wild	<i>living or growing in nature, not controlled by people</i>	1. They spotted a wild deer in the forest. 2. She loves watching wild birds from her window.
wind	<i>moving air; to wrap something around something else</i>	1. A cold wind blew in from the sea. 2. Please wind the cable neatly before storing it.
winner	<i>a person or team that wins</i>	1. The winner received a gold medal and a trophy. 2. She was the clear winner of the poetry competition.
wish	<i>to want something to happen; a desire</i>	1. She wished she had taken the other road. 2. Make a wish before you blow out the candles.
wood	<i>the material that trees are made of; a small forest</i>	1. The table is made of solid oak wood. 2. They went for a walk in the wood near the village.
wooden	<i>made from wood</i>	1. The floor was covered with a beautiful wooden floor. 2. She stirred the soup with a wooden spoon.
working	<i>in operation; relating to work</i>	1. The lift is not working today. 2. She has a good working relationship with her team.
worried	<i>feeling anxious about something</i>	1. She was very worried about the exam results. 2. He looked worried when he heard the news.
worry	<i>to feel anxious about something</i>	1. Don't worry — everything will be fine. 2. She tends to worry about things she cannot control.
worse	<i>more bad; less good than before</i>	1. The traffic today is even worse than yesterday. 2. Her cold got worse after she went out in the rain.
worst	<i>the most bad; the lowest quality</i>	1. That was the worst film I have ever seen. 2. She said it was the worst day of her life.
wow	<i>used to express surprise or admiration</i>	1. 'Wow!' she said when she saw the view. 2. Wow, you've completely redecorated the room!

Word	Meaning	Examples
yet	<i>still (in questions and negatives); but; up to now</i>	1. Have you finished your homework yet? 2. She was tired, yet she kept on walking.
yours	<i>belonging to you</i>	1. Is this bag yours? 2. The final decision is yours.
zero	<i>the number 0; nothing</i>	1. The temperature dropped to zero last night. 2. He scored zero on the first question but did well on the rest.