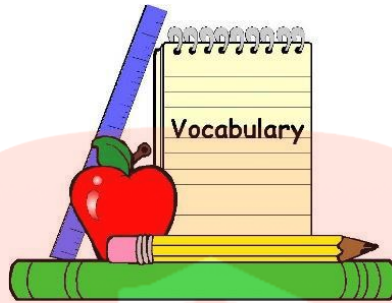


## Vision 2 -Lesson 2



**healthy** / 'hɛlθi / *adjective*

1 well; not often sick

*healthy children*

2 helping to make or keep you well

*healthy food*

ANTONYM **unhealthy**

**life style** / 'laɪfstaɪl / *noun*

the way that you live

*They have a healthy lifestyle.*

**laughter** / 'læftər / *noun*

the sound of laughing

*I could hear laughter in the next room.*

**hang out** / hæŋ aʊt/ *verb* ( *informal* )

to spend a lot of time in a place, often not doing much

*On Saturdays I hang out with my friends at the mall.*

**jog** / dʒɑːg / *verb*

to run slowly for exercise

*I jogged around the park.*

*I go jogging every morning.*

to put something on a hook or fasten something to a wall

*Hang your coat up in the hall.*

*I hung the picture over the fireplace.*

**climb** / klaɪm / *verb* ( **climbs** , **climb • ing** , **climbed** )

to go up toward the top of something

*They climbed the mountain.*

*The cat climbed to the top of the tree.*

**junk food** / 'dʒʌŋk fud / *noun*

( *informal* )

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food that is quick and easy to prepare and eat, but that is bad for your health

**surf** / sɜːf / *verb*

**surf the Net ; surf the Internet**

to use the Internet

*He spends hours every day surfing the Net.*

**oil** / ɔɪl / *noun*

a thick liquid that comes from plants or animals and that we use in cooking

*Fry the onions in oil.*

*olive oil*

**rarely** / 'rɛrli / *adverb*

not very often

*We rarely agree with each other.*

**a couch potato** / ə kaʊtʃ pə'tetʃoo /

a person who spends a lot of time watching television with little or no physical activity

**gain** / gem / *verb* ( **gains** , **gain • ing** , **gained** )

**1** to get something that you want or need

*I gained useful experience from that job.*

**2** to get more of something

*I've gained weight recently.*

**depressed** / dɪ'prest / *adjective*

very unhappy for a long period of time

*He's been very depressed since he lost his job*

**win** / wɪn / *verb*)

**1** to be the best or the first in a game, race, or competition

*Who won the race?*

*Tom won and I was second.*

ANTONYM **lose**

**free** / fri / *adjective, adverb* ( **fre • er** , **fre • est** )

**1**-not busy

*Are you free this afternoon?*

*I don't have much free time.*

**guess** / ges / *verb* ( **guess • es** , **guess • ing** , **guessed** )

to give an answer when you do not know if it is right

*Can you guess how old he is?*

**bit** / bit / *noun* [ count ]

**1** a small piece or amount of something

*There were bits of broken glass on the floor.*

**a bit ; a little bit**

**1** a little; slightly

*You look a bit tired.*

*This one's a little bit cheaper than that one.*

( *informal* )

**prefer** / pri'fær / *verb* ( **pre • fers** , **pre • fer • ring** , **pre • ferred** )

to like one thing or person better than another

*Would you prefer tea or coffee?*

*I would prefer to stay at home.*

*He prefers going out to studying.*

**Sportsman** / 'spɔ:tsmən / ( also **sports • wom • an** / 'spɔ:tswɔ:mən / ) *noun*

a person who plays sports

**diet** / 'daɪət / *noun*

**1** the food that you usually eat

*It is important to have a healthy diet.*

**2** special foods that you eat when you are sick or when you want to get thinner

*You'll need to go on a diet if you want to lose some weight.*

*No cake for me, thanks. I'm on a diet.*

**heart beat** / 'hɑ:tbɪt / *noun*

the movement or sound of your heart as it pushes blood around your body

**blood pressure** / 'blʌd preʃər / *noun* [ noncount ]

( **HEALTH , BIOLOGY** ) the force with which blood moves around the body

*He has high blood pressure.*

**measure** / 'meɪʒər / *verb*

**1** to find the size, weight, or amount of someone or something

*Could you measure these windows for me?*

**2** to be a certain size or amount

*This room measures 15 feet across.*

**heart attack** / 'hɑ:t ə,tæk / *noun* [ count ]

( **HEALTH** ) a sudden dangerous illness, when your heart stops working normally

*She had a heart attack and died.*

**serve** / sɜ:v / *verb*

to give food or drink to someone

*Breakfast is served from 7:30 a.m. to 9:00 a.m.*

**harmful** / 'hɑ:mfəl / *adjective*

Something that is **harmful** can hurt or damage people or things

*Fruit juice can be harmful to children's teeth.*

**habit** / 'hæbət / *noun*

something that you do very often

*Smoking is a bad habit.*

**addiction** / ə'dɪkʃn / *noun*

the condition of being unable to stop taking drugs or doing something that is bad for you

*She has a drug addiction.*

**emotional** / ɪ'moʊʃənl / *adjective*

1 connected with feelings

*emotional problems*

2 showing strong feelings, sometimes by crying

*He got very emotional when we said goodbye.*

**calm** / kɑ:m / *adjective*

quiet, and not excited or afraid

*Try to stay calm – there's no danger.*

**balanced** / 'bælənst / *adjective*

consisting of good or equal amounts of different parts or things

*Eating a balanced diet will help you stay healthy.*

**physical** / 'fɪzɪkl / *adjective*

connected with things that you feel or do with your body

*physical exercise*

**recent** / 'ri:ənt / *adjective*

that happened or began only a short time ago

*Is this a recent photo of your son?*

**prevent** / prɪ'vent / *verb*)

to stop someone from doing something; to stop something from happening

*Her parents want to prevent her from getting married.*

*It is easier to prevent disease than to cure it.*

**relationship** / rɪ'leɪʃn.ʃɪp / *noun*

1 the way people or groups behave with each other or how they feel about each other

*I have a good relationship with my parents.*

*The book describes the relationship between the two communities.*

**disease** / dɪ'zɪz /

an illness, especially one that you can catch from another person

*Malaria and measles are diseases.*

**illness** / 'ɪlnəs / *noun*

being sick

*I missed a lot of school because of illness last year.*

**increase** / m'krɪs / *verb*

to become bigger or more; to make something bigger or more

*The number of working women has increased.*

*I'm going to increase your allowance to \$10 a week.*

ANTONYM **decrease**

**protein** / 'prəʊtɪn / *noun*

a substance in foods such as meat, fish, and eggs. **Proteins** helps you to grow and stay healthy.

**technology** / tɛk'nɒlədʒi / *noun*

knowing about science and about how things work, and using this to build and make things

*science and technology*

*recent developments in computer technology*

**condition** / kən'dɪʃn / *noun*

**1** [ noncount , singular ] the state that someone or something is in

*The car was cheap and in good condition , so I bought it.*

**sadly** / 'sædli / *adverb*

**1** in a sad way

*She looked sadly at the empty house.*

**2** a word you use to show that you are not happy about a situation or fact

*Sadly, there was nothing we could do to help.*

SYNONYM **unfortunately**

**smoke 2** / sməʊk / *verb* ( **smokes** , **smok • ing** , **smoked** )

**1** to breathe in smoke through a cigarette, etc. and let it out again; to use cigarettes, etc. in this way, as a habit

*He was smoking a cigar.*

*Do you smoke?*

**2** to send out smoke

*The oil in the pan started to smoke.*

**smoker** / 'smoʊkər / *noun* [ count ]

a person who **smokes**

*Her parents used to be heavy smokers (= they used to smoke a lot).*

**dangerous** / 'deɪndʒərəs / *adjective*

A person or thing that is **dangerous** may hurt you

*It's dangerous to ride a motorcycle without a helmet.*

*a dangerous disease*



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