

## Unit 12

### Fit for life

#### Reading

Pages 138–139

**12.1 psychology** (n) /sai'kolədʒi/ -  
psychologie

the scientific study of the mind and how it influences behaviour • *The theories of Sigmund Freud have influenced modern psychology.* ➤ psychologist (n), psychological (adj) ❖

**12.2 slow down** (phr v) /sləʊ daʊn/ -  
zpomalit

be less active • *The doctor advised me to slow down and relax.* ❖

**12.3 surroundings** (n pl) /sə'reʊndɪŋz/ -  
okolí; prostředí

the place where you are and all the things in it • *I concentrated on my work and paid no attention to the surroundings.* ➤ surround (v) ❖ 📖 Syn: environment

**12.4 performance** (n) /pə'fɔ:məns/ -  
výkon

how well or badly you do sth • *Now that she was sleeping better, her performance at school improved considerably.* ➤ perform (v), performer (n) ❖

**12.5 neuroscientist** (n)

/,njʊərəs'saɪəntɪst/ - neurovědec  
sb who studies the brain and the nervous system • *Neuroscientists are studying the process of forgetting to help people with memory problems.* ➤ neuroscience (n) ❖

**12.6 wilderness** (n) /'wɪldənəs/ - pustina;  
divočina

an area of land that is not used by people for farming or building • *We were lost in the wilderness and didn't know what to do.* ❖

**12.7 occur** (v) /ə'kɜ:(r)/ - stát se  
happen, take place • *The accident occurred in the early hours of the morning.* ➤ occurrence (n) ❖

**12.8 sparkling** (adj) /'spɑ:kliŋ/ - jiskřivý  
shining brightly • *They sat on the shore,*

*watching the sparkling waters.* ➤ sparkle (v, n) ❖

**12.9 flow** (v) /fləʊ/ - téci

move continuously and easily • *The river flows through the valley into the Mediterranean Sea.* ➤ flow (n) ❖

**12.10 gently** (adv) /'dʒentli/ - jemně;  
něžně

calmly and softly • *She lifted the baby gently and held him in her arms.* ➤ gentle (adj) ❖

**12.11 incidence** (n) /'ɪnsɪdəns/ - výskyt  
the rate at which sth happens • *The researchers found an increased incidence of the disease in people over 70.* ➤ incident (n), incidental (adj) ❖

**12.12 depression** (n) /dɪ'preʃn/ - deprese  
a medical condition in which a person feels very unhappy and anxious over a long period • *She suffers from depression and cannot sleep at night.* ➤ depress (v), depressed (adj) ❖

**12.13 sit through** (phr v) /sɪt θru:/ -  
prosedět; protrpět

stay until the end of sth, especially if it is boring or lasts a long time • *We managed to sit through two hours of speeches.* ❖

**12.14 birdsong** (n) /'bɜ:dsɒŋ/ - ptačí zpěv  
the musical sounds that birds make  
• *The only thing we could hear among the trees was birdsong.* ❖

**12.15 plain** (adj) /pleɪn/ - prostý  
not decorated, simple • *Her dress was plain but beautiful.* ❖

**12.16 participant** (n) /pɑ:'tɪsɪpənt/ -  
účastník

a person who takes part in a particular activity • *About half of the participants in the debate had a chance to speak.* ➤ participate (v), participation (n) ❖

**12.17 display** (v) /dɪ'spleɪ/ - ukázat;  
projevit

show (a feeling) or show signs of (a type of behaviour) • *She displayed great confidence in her abilities during the*

*interview.* ➤ display (n) ❖ 📖 Syn: demonstrate

**12.18 violent** (adj) /'vaɪələnt/ - násilný  
using force in order to attack sb • *The film contains violent scenes and is not suitable for children.* ➤ violence (n) ❖

**12.19 disconnected** (adj) /,dɪskə'nektɪd/ - oddělený  
not related; having no relationship with • *I felt lonely and disconnected from the world around me.* ➤ disconnect (v), disconnection (n) ❖ 📖 Opp: connected

**12.20 cactus** (n) /'kæktəs/ - kaktus  
a plant without leaves that grows in hot dry areas and doesn't need much water • *Cacti are probably the only plants you will see in the desert.* ❖

**12.21 campfire** (n) /'kæmpfaɪə(r)/ - táborový oheň  
a fire you make and use when you are staying outside or in a tent • *We spent the night sitting around the campfire and telling stories.* ❖

**12.22 sociable** (adj) /'səʊʃəbl/ - společenský  
enjoying spending time with other people • *He's a very sociable child and has lots of friends.* ❖ 📖 Opp: unsociable

**12.23 efficiently** (adv) /i'fɪʃəntli/ - efektivně  
quickly and carefully • *They work together very efficiently and waste no time.* ➤

efficient (adj) ❖ 📖 Opp: inefficiently  
**12.24 process** (v) /'prəʊses/ - zpracovat  
understand the meaning of sth • *It took me a bit of time to process all this information.* ➤ process (n) ❖

**12.25 build on** (phr v) /bɪld ɒn/ - stavět na  
use sth as a basis for further progress • *We need to build on last year's success and do even better this year.* ❖

**12.26 stream** (n) /stri:m/ - potok  
a small narrow river • *Can you see the little fish swimming in the stream?* ❖

**12.27 mysterious** (adj) /mi'stiəriəs/ - záhadný  
unknown or not understood • *There was*

*something mysterious going on that no-one knew anything about.* ➤ mystery (n) ❖

**12.28 EEG** (n) /,i:i:'dʒi:/ - EEG  
a test that measures the electrical activity of the brain • *The EEG test showed there was nothing wrong with his brain.* ❖

**12.29 self-esteem** (n) /,selfi'sti:m/ - sebeúcta  
confidence in your own abilities • *His teacher's praise gave a boost to his self-esteem.* ❖

**12.30 mood** (n) /mu:d/ - nálada  
the way you are feeling at a particular time • *Please don't talk to me. I'm in a terrible mood today.* ❖

## Vocabulary

### Page 140

**12.31 chest** (n) /tʃest/ - hrud'; hrudník  
the upper front part of your body • *His heart was beating in his chest.* ❖

**12.32 eyebrow** (n) /'aɪbrəʊ/ - obočí  
the line of hairs just above each of your eyes • *She raised her eyebrows, pretending to be surprised.* ❖

**12.33 eyelid** (n) /'aɪlɪd/ - oční víčko  
the piece of skin that covers your eye when you close it • *I thought he was asleep, but he was watching everything from behind halfclosed eyelids.* ❖

**12.34 fingernail** (n) /'fɪŋgəneɪl/ - nehet na prstu u ruky  
the thin hard covering that protects the end of the upper part of each finger • *She painted her fingernails red.* ❖

**12.35 gum** (n) /gʌm/ - dásěň  
the pink part inside your mouth to which each of your teeth is attached • *To protect your teeth and gums, you should brush them twice daily and visit the dentist regularly.* ❖

**12.36 jaw** (n) /dʒɔ:/ - čelist  
the lower part of your face that moves when you talk or eat • *Her jaw dropped*

when she saw how many people were waiting to see her. ❖

**12.37 hip** (n) /hɪp/ - bok; kyčel  
the area at either side of your body that is between the top of the leg and the middle part of the body • *He stood there and waited, with his hands on his hips.* ❖

**12.38 liver** (n) /'lɪvə(r)/ - játra  
the large organ inside your body that cleans your blood • *Drinking alcohol can damage your liver.* ❖

**12.39 muscle** (n) /'mʌsl/ - sval  
body tissue that you relax or make tight in order to move a part of your body • *Runners develop powerful leg muscles.* ❖

**12.40 rib** (n) /rɪb/ - žebro  
one of the bones that surround and protect the chest • *He broke three of his ribs in the accident.* ❖

**12.41 thigh** (n) /θaɪ/ - stehno  
the part of your leg that is above the knee • *Cycling is the best way to exercise your thighs.* ❖

**12.42 toenail** (n) /'təʊneɪl/ - nehet na prstu u nohy  
the thin hard covering that protects the end of each toe • *He's finding it difficult to cut his toenails now that he's growing older.* ❖

**12.43 waist** (n) /weɪst/ - pas  
the area around the middle of your body, which is usually narrower than the rest • *He wore a wide black belt around his waist.* ❖

**12.44 wrist** (n) /rɪst/ - zápěstí  
the part of your body between the arm and the hand • *She was wearing bracelets round both of her wrists.* ❖

**12.45 torso** (n) /'tɔːsəʊ/ - trup  
the main part of the body, without the head, arms or legs • *He took off his shirt and revealed a tanned torso.* ❖

**12.46 get (sth) off my chest** (expr) /get ('sʌmθɪŋ) ɒf maɪ tʃest/ - ulevit si; vypovídat se  
tell sb about sth that has been worrying you for a long time in order to feel better

• *I think you should tell him everything and get it off your chest!* ❖

**12.47 blink** (v) /blɪŋk/ - mrkat  
close and then open your eyes quickly • *He blinked as he came out into the sunlight.* ➤ blink (n) ❖

**12.48 bruise** (n) /bruːz/ - modřina;  
pohmožděnina  
a blue or brown mark on your skin that you get after you have been hit or after falling • *She was covered with bruises after falling off her bike.* ➤ bruise (v) ❖

**12.49 disability** (n) /,dɪsə'bɪləti/ - postižení  
a condition in which you are unable to use part of your body or your brain because of an illness or injury • *In most countries, public places are becoming more accessible for people with disabilities.* ➤ disable (v), disabled (adj) ❖

**12.50 reaction** (n) /rɪ'ækʃn/ - reakce  
an unpleasant effect that results from eating sth or taking a particular drug • *Don't continue taking the pills if you notice a bad reaction.* ➤ react (v), reactive (adj) ❖

**12.51 scar** (n) /skaː(r)/ - jizva  
a mark that is left on a part of your body after an injury has got better • *I'm afraid that deep cut will leave a scar.* ➤ scar (v) ❖

**12.52 spot** (n) /spɒt/ - pupínek  
a small, red mark on your skin, usually with a yellow head • *He had a large spot on his nose.* ❖

**12.53 stroke** (n) /strɔːk/ - mrtvice  
a sudden serious illness caused by a change in the blood supply to the brain, which can result in death or inability to move or speak • *She suffered a stroke last year and has not been able to use her legs since.* ❖

**12.54 swollen** (adj) /swɒlən/ - oteklý  
larger than normal, usually because of an injury or illness • *Your wrist is swollen – it must be broken, I'm afraid.* ➤ swell (v), swelling (n) ❖

**12.55 allergic** (adj) /ə'li:dzɪk/ - alergický  
having skin or breathing problems if you  
eat or touch sth • *Even though I like cats, I  
can't go near them because I'm allergic.* ➤  
allergy (n) ❖

**12.56 symptom** (n) /'sɪmptəm/ - příznak  
a feeling or a change in your body or mind  
that shows you are ill • *If your symptoms  
get worse, you should go and see the  
doctor again.* ❖

**12.57 ache** (v) /eɪk/ - bolet  
feel a continuous pain that is not very  
strong • *My back really aches after  
carrying all those boxes.* ➤ ache (n) ❖

**12.58 itch** (v) /ɪtʃ/ - svědit  
have or cause an uncomfortable feeling on  
your skin that makes you want to scratch  
• *This sweater itches every time I wear it.*  
➤ itch (n), itchy (adj) ❖

**12.59 bump** (v) /bʌmp/ - praštit se  
hit part of your body against sth and hurt  
it • *Be careful not to bump your head on  
that shelf when you stand up.* ➤ bump (n)  
❖

**12.60 heal** (v) /hi:l/ - uzdravit se  
make or become healthy again, especially  
after an injury • *After the accident, it took  
two months for my arm to heal.* ❖

**12.61 have a lie down** (expr) /hæv ə laɪ  
daʊn/ - lehnout si  
have a short rest, usually in a bed • *I'm  
not feeling very well, I think I'm going to  
have a lie down.* ❖

**12.62 sweat** (v) /swet/ - potit se  
produce liquid on your skin, usually  
because you are hot or ill • *It was so hot  
that we started to sweat as soon as we  
went out.* ➤ sweat (n) ❖

**12.63 faint** (v) /feɪnt/ - omdlít  
lose consciousness for a short time • *I  
thought I was going to faint when I was  
asked to come up on the stage.* ❖

**12.64 treat** (v) /tri:t/ - léčit  
give medical attention and try to cure •  
*Your condition can be treated with these  
pills.* ➤ treatment (n) ❖

## Grammar

### Page 141

**12.65 mattress** (n) /'mætrəs/ - matrace  
the part of the bed that you lie on • *He  
didn't have a bed – he slept on a mattress  
on the floor.* ❖

**12.66 first-aid kit** (n) /,fɜ:st 'eɪd ,kɪt/ -  
lékárnička  
a box containing basic medical supplies  
that you can use if there is an accident •  
*Can you get me some antiseptic cream  
from the first-aid kit?* ❖

## Listening

### Page 142

**12.67 ongoing** (adj) /'ɒŋ,gəʊɪŋ/ - trvající  
continuing to develop • *It's an ongoing  
problem and I don't think it will be solved  
soon.* ❖

**12.68 commentator** (n) /'kɒməntetə(r)/ -  
komentátor  
a person who describes and comments on  
an event on the radio or television • *He's  
a football commentator on Sky channel.* ➤  
comment (v, n), commentary (n) ❖

**12.69 nut** (n) /nʌt/ - ořech  
a small dry fruit with a hard shell • *During  
the summer, squirrels store up nuts for the  
winter.* ❖

## Grammar

### Page 144

**12.70 never in a million years** (expr)  
/'nevər ɪn ə 'mɪljən jɪəz/ - ani za milión let;  
nikdy  
absolutely never • *Never in a million years  
did she expect to see him there.* ❖

**12.71 filling** (n) /'fɪlɪŋ/ - plomba  
a small amount of material used by a  
dentist to fill a hole in a tooth • *The  
dentist said I needed a filling.* ❖

**12.72 pioneer** (v) /,paɪə'niə(r)/ - být  
průkopníkem  
be the first person to do or develop sth

• *The doctor pioneered a new heart surgery technique.* ➤ pioneer (n), pioneering (adj) ❖

**12.73 ward** (n) /wɔ:d/ - oddělení (v nemocnici)

an area in a hospital for patients with similar conditions • *The new hospital ward for children which opened today is decorated in bright colours.* ❖

**12.74 society** (n) /sə'saiəti/ - společnost an organisation whose members share similar interests • *I'm a member of the local drama society.* ❖

## Use your English

### Page 145

**12.75 get over** (phr v) /get əʊvə(r)/ - překonat; uzdravit se; sebrat se recover from an illness or other unpleasant experience • *I haven't got over the flu yet – I'm still quite weak.* ❖

📖 Syn: recover

**12.76 pass out** (phr v) /pɑ:s aʊt/ - omdlít become unconscious for a short time • *He was hit on the head and then passed out.* ❖ 📖 Syn: faint

**12.77 burn out** (phr v) /bɜ:n aʊt/ - vyhořet become extremely tired and unable to do any work because of working too hard • *He burned out after working 60 hours a week for months.* ❖

**12.78 care for** (phr v) /keə fə(r)/ - pečovat o look after sb who is sick or very old or very young and cannot look after themselves • *Anna cared for her sick mother day and night.* ❖

**12.79 come down with** (phr v) /kʌm daʊn wið/ - onemocnět (něčím) start to suffer from an illness that is not serious • *I came down with a bad cold and couldn't go to work.* ❖

**12.80 throat** (n) /θrəʊt/ - hrdlo; krk (vnitřek)

the space inside the neck, where food or air can go • *Smoking can damage your throat.* ❖

**12.81 throw up** (phr v) /θrəʊ ʌp/ - zvracet bring food from the stomach back up through the mouth • *The smell was so bad that it made me want to throw up.* ❖

📖 Syn: vomit

**12.82 keep in shape** (expr) /ki:p ɪn ʃeɪp/ - udržovat se v kondici keep your body in a healthy condition • *I go to the gym three times a week to keep in shape.* ❖

**12.83 be out of breath** (expr) /bi: aʊt əv breθ/ - být zadýchaný; popadat dech have difficulty breathing, especially after taking exercise • *I was a little out of breath after my morning run.* ❖

**12.84 hold my breath** (expr) /həʊld maɪ breθ/ - zadržet dech deliberately stop breathing for a short time • *The doctor asked me to hold my breath and count to ten.* ❖

**12.85 lose my voice** (expr) /lu:z maɪ vɔɪs/ - ztratit hlas be unable to speak for a short time, usually because of an illness • *He's got a bad cold and he's lost his voice.* ❖

**12.86 cough** (v) /kɒf/ - kašlat force air through your throat suddenly and noisily • *He coughed to clear his throat.* ➤ cough (n) ❖

**12.87 give birth** (expr) /gɪv bɜ:θ/ - porodit produce a baby • *She gave birth to a beautiful baby girl.* ❖

**12.88 do sb good** (expr) /du 'sɪmbədi ɡʊd/ - prospět někomu help or benefit sb • *It will do you good to go out a little more.* ❖

**12.89 have an upset stomach** (expr) /hæv ən ʌp'set 'stʌmək/ - být špatně od žaludku feel sick in the stomach • *I have an upset stomach. Maybe it's because I ate so much.* ❖

**12.90 you are what you eat** (expr) /ju a: wɒt ju i:t/ - jsi, co jíš

the kind of food that you eat affects your health • *You are what you eat so you'd better watch your diet and stop eating junk food.* ❖

**12.91 sneeze** (v) /sni:z/ - kýchnout have air come suddenly out of your mouth and nose in a way that you can't control

• *She must have had a bad cold, because she coughed and sneezed all the time.* ❖

**12.92 germ** (n) /dʒɜ:m/ - bakterie; mikrob a very small organism that can cause disease • *Make sure you wash your hands thoroughly so you don't get germs on the food.* ❖

**12.93 on board** (phr) /ɒn bɔ:d/ - na palubě on a boat, aircraft or train • *It's a huge cruise ship! There are ten restaurants on board.* ❖

**12.94 virus** (n) /'vaɪərəs/ - vir an extremely small organism that can cause disease in people, animals and/or plants • *If you have a virus, you can pass it on to other people.* ❖

**12.95 aisle** (n) /aɪl/ - ulička (mezi sedadly) the long, narrow space between seats in an aircraft, train, church, etc. • *I walked up and down the aisle to stretch my muscles.* ❖

## Writing

Pages 146–147

**12.96 factual** (adj) /'fæktʃuəl/ - faktický; skutečný; věcný based on facts, not opinions • *You should give only factual information, not your own views.* ➤ fact (n) ❖

**12.97 objective** (adj) /əb'dʒektɪv/ - objektivní not influenced by personal opinions or feelings • *He tried to give an objective report of what had happened.* ❖ 📖 Opp: subjective

**12.98 changing room** (n) /tʃeɪndʒɪŋ ,ru:m/ - šatna; zkušební kabinka the room where you change your clothes in a gym or where you try clothes on in a

shop • *There are not enough showers and changing rooms in our gym.* ❖

**12.99 eligible** (adj) /'elɪdʒəbl/ - způsobilý; vhodný having the right qualifications for sth • *He isn't eligible to join the club because he doesn't live in the area.* ➤ eligibility (n) ❖

**12.100 affordable** (adj) /ə'fɔ:dəbl/ - cenově dostupný not expensive • *It is difficult to find affordable housing in the city centre.* ❖

**12.101 brand new** (adj) / ,brænd 'nju/ - zbrusu nový completely new • *I actually bought this coat last year, but it still looks brand new.* ❖

**12.102 value for money** (expr) /'vælju: fə 'mʌni/ - za ty peníze to stojí worth the money you spend on it • *I know our washing machines aren't cheap, but they're good value for money as they last for over ten years.* ❖

**12.103 hi-tech** (adj) /'haɪ'tek/ - technologicky špičkový using the most advanced machines and methods • *Our computers are hi-tech, using the latest components and technology.* ❖ 📖 Also: high-tech

**12.104 neat** (adj) /ni:t/ - čistý; uklizený tidy and in order • *He always keeps his desk extremely neat.* ➤ neatly (adv) ❖

**12.105 out-of-date** (adj) / ,aʊt əv 'deɪt/ - zastaralý old and not fashionable • *I've had my smartphone for five years and it's now hopelessly out-of-date.* ❖

**12.106 overpriced** (adj) / ,əʊvə 'praɪst/ - předražený too expensive • *I agree it's high quality, but it's still overpriced.* ❖

**12.107 reasonable** (adj) /'ri:znəbl/ - rozumný not too expensive; at an acceptable price • *That's a very reasonable price to pay for a new computer.* ❖ 📖 Opp: unreasonable

**12.108 state-of-the-art** (adj) /,steɪt əv ði 'ɑ:t/ - supermoderní

very modern; using the most modern techniques • *This laptop is state-of-the-art, but of course it isn't cheap.* ❖

**12.109 bear in mind** (expr) /beər ɪn maɪnd/ - mít na paměti  
remember or consider sb/sth • *The price may look cheap, but bear in mind that it doesn't include everything.* ❖

## Video

### Page 148

**12.110 vaccine** (n) /'væksɪn/ - vakcína  
a substance that a doctor puts into your blood to protect you from a disease • *The vaccine can protect you against many types of flu.* ➤ vaccinate (v), vaccination (n) ❖

**12.111 smallpox** (n) /'smɔ:lpɒks/ - neštovice  
a disease that caused a high temperature and spots on the skin and often resulted in death • *Smallpox killed millions of indigenous people when it arrived in the Americas.* ❖

**12.112 anthrax** (n) /'ænθræks/ - antrax  
a serious disease that sheep and cows can get and pass on to humans and which often causes death • *The poor farm worker caught anthrax from a cow.* ❖

**12.113 cholera** (n) /'kɒlərə/ - cholera  
a serious disease of the bowels that can cause death • *You can catch cholera from infected water or food.* ❖

**12.114 typhoid** (n) /,taɪfɔɪd/ - tyfus  
a serious disease that causes a high temperature, red spots on the chest, pain in the bowels and sometimes death • *Many people died of typhoid before the vaccine was invented.* ❖

**12.115 pasteurisation** (n) – pasterizace /,pæstʃəraɪ'zeɪʃn/  
the process of heating a liquid such as milk and then cooling it, in order to kill dangerous bacteria • *Pasteurisation kills*

*over 90% of harmful bacteria in milk.* ➤ pasteurise (v) ❖

**12.116 veterinarian** (n) /,vetərɪ'neəriən/ - veterinář

a person whose job is to treat animals who are ill or injured • *I'm passionate about animals and nature so I'm going to try and become a veterinarian.* ❖ 📖 Syn: vet, veterinary surgeon

**12.117 infectious** (adj) /ɪn'fekʃəs/ - nakažlivý  
that can be passed from one person to another • *The disease is highly infectious, so patients must be isolated.* ➤ infect (v), infection (n) ❖

**12.118 virtually** (adv) /'vɜ:tʃuəli/ - v podstatě  
almost • *The two pictures are virtually identical. There are only very slight differences between them.* ❖

**12.119 microorganism** (n) /,maɪkrəʊ'ɔ:gənɪzəm/ - mikroorganismus  
a living thing that is so small you cannot see it without a microscope • *Bacteria and viruses are microorganisms.* ❖

**12.120 kill (sth) off** (phr v) /kɪl ('sɪlmθɪŋ) ɒf/ - vyhubit; vymýtit  
destroy completely • *This cream can kill off all bacteria.* ❖

**12.121 intestine** (n) /ɪn'testɪn/ - střevo  
a long tube inside the body that food passes through after it leaves the stomach • *Digested food passes from the stomach into the small intestine.* ➤ intestinal (adj)

❖ 📖 Syn: bowel