

7 Customs and behaviour

PAGE 81

attentive /ə'tentɪv/ Adjective

if you are **attentive**, you are paying attention to what is happening and to what people are saying to you

attentive to something

they're less attentive than I'd like them to be | she was very attentive to what they were saying to her | he was considered an attentive student

Adverb: *attentively* | Noun: *attentiveness*

he listened attentively to the tour guide | the class sat attentively throughout the lesson | attentiveness to detail is very important in this job | Bryce watched him with increasing attentiveness

backpack /'bæk,pæk/ Noun

a **backpack** is a large bag that you carry on your back, for example when you are hiking or travelling

leave your backpack in the tent | my backpack was absolutely full | I could see her brightly-coloured backpack from a long way away | a waterproof backpack

Noun: *backpacking*

she went backpacking round Asia before going to university

chew /tʃu:/ Verb

when you **chew** food, you use your teeth to squash the food in your mouth so that you can then swallow it

he carried on chewing the crust without speaking | it's polite to chew with your mouth closed | I chewed the sweet and found it tasted of lemon | don't chew gum during the lecture

grain /greɪn/ Noun

grains are the seeds of cereals such as wheat or corn, used as food

vegetables, grains, meat and fish | the main crops were fruit and grain | we feed our chickens grain | grain supplies were at a very low level | a sack of grain

heart condition /hɑ:t kən'dɪʃən/ Noun

a **heart condition** is a serious problem with someone's heart that might make them seriously ill if it is not treated or controlled

his doctor wouldn't let him fly because of his heart condition | she was born with a heart condition | if you've got a heart condition, you should stop now | his father and grandfather both died of a heart condition

intrigued /ɪn'tri:gd/ Adjective

if you are **intrigued** by something, it interests you and makes you want to find out more about it

intrigued by something | intrigued to do something

I was intrigued to read that they only eat fish during

the winter | he sounded intrigued when I told him I'd just come back from Ulan Bator | her colleagues were intrigued by her ideas

Verb: *intrigue*

the film intrigued me from the very beginning

mask /mɑ:sk/ Noun

a **mask** is something that covers part or all of someone's face. People sometimes wear masks when they have a cold to stop their breath or germs reaching other people

you often see people in the street wearing masks | a face mask | you can get a disposable mask from the chemist

processed food /'prəʊsɛst fu:d/ Noun

processed food is food that has been prepared in a factory and has had substances added to it to make it keep longer, taste sweeter, improve its colour, etc

eating too much processed food is not good for you | eat fresh rather than processed food | the western diet has too many processed foods

range /reɪndʒ/ Noun

a **range** of things is a number of them that are all different, but of the same sort or type

a range of something

we have a wide range of electric cookers in stock | this is the best one in the entire range | you should eat a range of foods

Verb: *range*

range from something to something

prices range from £15 to £250

respectful /rɪ'spektf(ə)l/ Adjective

if you are **respectful**, you behave in a way that shows you believe someone is important and should be treated politely

be respectful of/towards someone or something

he was always very respectful towards my parents | she appreciated his respectful manner | it's not very respectful to keep your hat on in church

Adverb: *respectfully* | Noun: *respect* | Verb: *respect* | Adjective: *respected*

the audience listened respectfully to all the speeches | he answered my questions honestly and respectfully | she never had any respect for her father | you should show more respect to your teachers | we were taught to respect our parents | he was a highly respected journalist

rush hour /rʌʃ 'aʊə/ Noun uncount

rush hour is the time of day in the morning and evening when there is a lot of traffic and a lot of people on buses and trains because everyone is going to work or school or going home after work or school

rush hour traffic

I left an hour early to avoid the rush hour | the roads were full of rush hour traffic | there's a train every ten minutes during the rush hour | rush hour starts at four in the afternoon | the morning rush hour

shelf /ʃelf/ Noun

a **shelf** is a flat surface attached to a wall or in a cupboard, which you can put things on

a shelf of something | the top shelf | the bottom shelf
the batteries are on the bottom shelf | the shelves were full of tins of food | there are some towels on the top shelf in the bathroom | I need more shelves for my books | the shelves in the supermarket were nearly empty at the end of the day

sneeze /sni:z/ Verb

if you **sneeze**, you suddenly force a lot of air out your nose or mouth without being able to prevent it, for example, when you have a cold

my eyes get red and I sneeze all the time | he was coughing and sneezing all night | the dust was making me sneeze | he sneezed loudly

Noun: *sneeze*

the disease can spread through coughs and sneezes

stare /steə(r)/ Verb

if you **stare** at something or someone, you look at them for a long time and with a lot of concentration
stare at someone or something

don't just stare at your phone the whole time | they have to stare at a computer all day | it's rude to stare at people | she was staring into space | I couldn't stop staring at her | he stared intently at the floor

sugary /'ʃʊɡəri/ Adjective

something that is **sugary** contains a lot of sugar
sugary foods | sugary drinks are not good for you | the dessert looked nice but was too sugary

Noun: *sugar*

he put two spoons of sugar in his coffee

PAGES 82–83

bring up /brɪŋ ʌp/ Phrasal verb

when parents **bring up** their children, they look after them and care for them until they become adults

I didn't want to bring up my children in a city, so we moved to a small village in Suffolk | I was brought up in a small town in Lancashire | it's hard work bringing up three children as a single parent | a well-brought-up child

charity shop /'tʃærɪti ʃɒp/ Noun

a **charity shop** is a shop that sells things that people give for free in order to raise money for charity

I found this book in a charity shop | he's always coming back with things from the charity shop | there are three charity shops in the High Street

disobey /ˌdɪsə'beɪ/ Verb

if you **disobey** someone, or **disobey** an order, you deliberately do not do what you were told to do

if you disobey me again you will be punished | Nelson won the battle, but had disobeyed direct orders | those who appeared to disobey were quickly arrested | don't you dare disobey me! | his instructions were disobeyed by the whole class | he would never dare to disobey his father

Adjective: *disobedient* | Noun: *disobedience* ||

Antonyms: Verb: *obey* | Adjective: *obedient* | Adverb: *obediently* | Noun: *obedience*

civil disobedience | complete/blind/unquestioning obedience

as a child, he was naughty and disobedient | a mischievous and disobedient child | the time has come for non-violent civil disobedience (when lots of people peacefully break the law as a way of protesting against something) | an act of disobedience | he reluctantly obeyed his father and took a job in the family firm | if you don't obey, you will be punished | their orders must be obeyed without question | he is very obedient and never gets into trouble | she had never been an obedient child | Patrick rose obediently and went to the door | Obediently, I took a few steps forward | she demanded complete obedience from her staff | unquestioning obedience to the regulations of the army | I want co-operation, not blind obedience (complete obedience that does not involve any thought)

doll's house /dɒlz haʊs/ Noun

a **doll's house** is a small model of a house that children use for playing with dolls

I still have the doll's house my grandfather made for me when I was four | she got a doll's house for Christmas | an expensive doll's house

fizzy drink /'fɪzi drɪŋk/ Noun

a **fizzy drink** is a sweet drink with lots of bubble of air in it

fizzy drinks will damage your teeth | my parents never let us have fizzy drinks when we were young | you can have water, or there are some fizzy drinks if you prefer

nag /næg/ Verb

if you **nag** someone, you keep telling them to do something in a very annoying way

nag someone to do something | nag someone about something

my mum's always nagging me to clean my room | the doctor keeps nagging me about giving up smoking | I don't mean to nag, but when are you going to pay back the £10 you borrowed?

proficient /prə'fɪʃ(ə)nt/ Adjective

if you are **proficient** at something, you are very good at it and can do it very well

proficient at something

Noun: *proficiency* | Adverb: *proficiently*

you must submit proof of proficiency in English and

two other languages | he can plan and cook a three-course meal very proficiently

rebel /ˈreb(ə)l/ Verb

if you **rebel** against someone or something, you deliberately refuse to do what they tell you to do or what you are expected to do

rebel against someone or something

I started rebelling against my parents when I was about 14 | when she was told she could not go to university, she openly rebelled | he eventually rebelled and left home without even saying goodbye

Noun: *rebel* /ˈreb(ə)l/ | Adjective: *rebellious*

he was a bit of a rebel as a teenager | rebellious teenagers | his rebellious attitude caused him problems at school

reward /rɪˈwɔː(r)d/ Verb

to **reward** someone means to give them something that they want or like after they have done something good or that you approve of

be handsomely/generously rewarded | reward someone with something

my mum used to reward me with chocolate if I tried hard in my music lessons | they were handsomely rewarded for their hard work | our patience was rewarded when the results were announced

Noun: *reward* | Adjective: *rewarding*

richly/immensely/hugely rewarding

if you do it right, the rewards are much greater than the risks | rewards such as extra holiday were offered to the most productive team | the approach used is simple reward-based learning | seeing the patient recover was reward enough | teaching is an immensely rewarding job | the whole experience was very rewarding

shame /ʃeɪm/ Verb

to **shame** someone means to make them feel guilty and bad about something wrong that they have done

shame someone into doing something

he tried to shame them into changing their behaviour | there was no need to shame them in public | I felt so shamed I didn't go out for a week

Noun: *shame*

feelings of guilt and shame

soft /sɒft/ Adjective

you can say that someone is **soft** if they are not strict enough and if they allow things to happen that they do not want

be soft on someone or something

these mothers are too soft on their children | the government is soft on drugs | he's too soft with his kids | community service is seen as a soft option (prison would be a better punishment)

spoil /spɔɪl/ Verb

to **spoil** children means to always give them what they want or ask for, with the result that their characters and personalities develop in a very selfish

way

my older brother was spoiled because my parents didn't know any better | my grandmother would spoil us the whole time we were there | her parents spoiled her rotten (spoiled her very much) for the first six years of her life | I always thought my mother spoiled my brother and was cruel to me

strict /strikt/ Adjective

someone who is **strict** makes sure people obey rules all the time

be strict with someone

my dad was very strict with us | a strict teacher | the school is very strict about what students wear | I'm under strict orders from the doctor to rest (the doctor says it's very important for me to rest) | the school applies strict discipline | I had a very strict upbringing (my parents were very strict when I was growing up)

Adverb: *strictly*

we were brought up very strictly (our parents were very strict when we were growing up)

tell off /tɛl ɒf/ Phrasal verb

if you **tell** someone **off**, you speak to them angrily and in a strongly critical way after they have done something wrong

she told me off for getting my shirt dirty | they were told off for making too much noise on the bus | he's always telling me off and I've never done anything wrong!

Noun: *telling-off*

give someone a telling-off

his dad gave him a right telling-off for being late

PAGES 84–85

bacon /ˈbeɪkən/ Noun uncount

bacon is meat from a pig that has been cured (treated with smoke or dried in a special way to make it keep longer) and that you eat as food

bacon and eggs | a rasher (slice) of bacon | you don't need to cook the bacon for long | a bacon sandwich

cereal /ˈsɪəriəl/ Noun

cereal, or breakfast cereal, are a food made from dried grain, usually eaten with milk at breakfast

a bowl of cereal | do you put sugar on your cereal? | I have orange juice instead of milk with my cereal | would you like cereal for breakfast?

dairy /ˈdeəri/ Adjective

dairy foods are things such as milk, butter, and cheese that come from cow's milk

the dairy section of the supermarket | I can't eat dairy products | dairy farmers | they sell a wide range of dairy foods

indigenous /ɪnˈdɪdʒənəs/ Adjective

the **indigenous** people of a place are the people who belong there and already lived there before other people came

the indigenous people of northern Alaska | the island

has no indigenous inhabitants | the sport is very popular among the indigenous community

ketchup /ˈketʃəp/ Noun uncount

ketchup is a cold, sometimes spicy tomato sauce that you eat with a main meal

a bottle of tomato ketchup | does anyone want some ketchup? | is there any ketchup left | I got some ketchup on my shirt

lamb /læm/ Noun uncount

lamb is the meat from a young sheep that you eat as food

roast lamb and new potatoes | garlic goes well with lamb | trim the fat away from the lamb before you put it in the oven | lamb is my favourite meat

napkin /ˈnæpkɪn/ Noun

a **napkin** is a piece of cloth or paper that you use when you are eating food to stop the food going onto your clothes accidentally

a clean napkin | a paper napkin | put the napkins on the table | a box of six napkins

nutrient /ˈnjuːtriənt/ Noun

nutrients are the substances in food that people, animals, and plants need in order to grow and stay healthy

essential nutrients | a range of nutrients are present in green leaf vegetables | eat healthy meals full of nutrients and vitamins

protein /ˈprəʊtiːn/ Noun

protein is an important substance in some foods such as eggs, meat, milk, etc, that you need to eat in order to have a healthy body

it's important to have enough protein in your diet | you'll get ill if you don't eat enough protein | egg white is 87% water and 10% protein | the meat has about 28 grams of protein per portion

vitamin /ˈvɪtəmiːn/ Noun

vitamins are substances in food which are necessary to keep your body healthy. Each vitamin is given a name using a letter of the alphabet

fresh fruit is full of vitamins | green vegetables are a great source of essential vitamins | vitamin C tablets | vitamin pills | nuts contain vitamin E | vitamin B12

PAGES 86–87

account /əˈkaʊnt/ Noun

an **account** of an event is a written or spoken description of what happened

give an account | an account of something

he gave an account of what happened after the car came round the corner | according to her account, the man slipped at the top of the stairs | the police didn't believe his account and arrested him

all the same /ɔːl ðə seɪm/ Phrase

if something is **all the same** to you, you do not mind whether it happens in one way or another way

all the same to someone

it's all the same to me if you stay or go | we could eat out or cook something at home – it's all the same to me | I'll take the red one if it's all the same to you

anecdotal /ˌænɪkˈdɔʊt(ə)l/ Adjective

something that is **anecdotal** is based on stories that someone has heard rather than on proper evidence anecdotal evidence

there is only anecdotal evidence to support this belief | the reasons he gave were mostly anecdotal | any supposed benefits are just anecdotal | his book is based on research rather than being anecdotal

Noun: anecdote | Adverb: anecdotally

the book is full of fascinating anecdotes | the drug has been linked, anecdotally, to several cases of heart attack

casually /ˈkæʒjuəli/ Adverb

if people dress **casually**, they wear comfortable clothes that are suitable for informal occasions

dress casually | casually dressed

he was casually dressed in trainers, jeans and a sweatshirt | more and more employees are dressing casually for work | you shouldn't dress casually for the interview

Adjective: casual

casual wear/clothes/clothing/style

we stock casual clothing for all the family | her designs tend towards a casual style | smart casual wear is acceptable in the club

difference of opinion /ˈdɪfrəns ɒv əˈpɪnjən/ Noun

if you have a **difference of opinion** with someone, you disagree with them about something

we didn't argue – we just had a difference of opinion | they've had their differences of opinion in the past | he quit the company after a difference of opinion with his boss | we occasionally have a difference of opinion, but it's never very serious

fold /fəʊld/ Verb

if you **fold** your arms, you bend them and hold them across your body

she folded her arms and stared at him | he sat there with his arms folded

insignificant /ˌɪnsɪɡˈnɪfɪkənt/ Adjective

something that is **insignificant** is not very important *the differences between the two are insignificant | his threats were insignificant | he spent too much of his essay discussing insignificant details | my problems were insignificant compared to hers*

Adverb: insignificantly | Noun: insignificance

|| Opposites – Adjective: significant | Adverb: significantly | Noun: significance

the cost was insignificantly small | I had a feeling of insignificance | a significant moment during the election campaign | rain made the driving conditions significantly worse | I didn't at first realise the significance of what he had said

lean /liːn/ Verb

if you **lean**, you move your body forward, backward, or sideways slightly so that you are not standing or sitting straight

lean forward/back

she smiled and leaned forward to hear better | Alexandra leaned back against the cushions | Matt leaned over and handed me an envelope | he leant out of the window and shouted after me

make no difference /meɪk nəʊ 'dɪfrəns/ Phrase

if you say that something **makes no difference**, you mean that you do not mind how something happens because you will feel the same about it whatever happens

make no difference to someone

it makes no difference to me where we eat – the Ivy will be fine if you want to go there | well if it makes no difference to you, let's watch another episode on Netflix

minimal /'mɪnɪm(ə)l/ Adjective

something that is **minimal** uses or involves the smallest amount possible of something

the difference between the two is minimal | he went into the exam after minimal preparation | trade between the two countries was minimal

Adverb: *minimally*

the treatment was only minimally effective

norm /nɔː(r)m/ Noun

the **norm** is the usual or expected way that something happens

we quickly notice any variation from the norm | in our team, working together is the norm | heavy rain is the norm at this time of year | beards were the norm in Victorian England

pause /pɔːz/ Noun

a **pause** is a short period of time between one thing happening or being said and the next thing happening or being said

there was a long pause before he started his reply | there are lots of pauses in Chekhov's plays | an uncomfortable pause | let's take a pause before we go on to the next topic

Verb: *pause*

we paused at the bottom of the hill to get ready to start the climb

perceive /pə(r)'siːv/ Verb

if you **perceive** something, you experience it and think about it in a particular way

perceive someone or something as someone or something

different cultures perceive space differently | I perceived an atmosphere of unhappiness in the house | women are often perceived as better designers | Paris is perceived as a city of rich culture

Noun: *perception*

colour perception gets worse as we get older

respond /rɪ'spɒnd/ Verb

if you **respond**, you do or say something as a reply to what someone else has said or done

how long does the other person wait before responding | Jerry responded by saying he'd never been there before | we will try and respond to all emails within 24 hours | the police responded by arresting two of the organisers

Noun: *response*

we waited a long time for his response

sing a different tune /sɪŋ ə 'dɪfrənt tjuːn/ Phrase

if you say that someone is **singing a different tune**, you mean that they have changed their mind and are now saying something that is the opposite of what they previously said

if you had no money you'd be singing a different tune | he always said the Oscars were stupid, but now that he's won one he's singing a different tune

smartly /'smɑːtli/ Adverb

if someone dresses **smartly**, they wear clothes that are clean and nice

dress smartly for your interview | a smartly-dressed young man | she was dressed very smartly for the occasion

Adjective: *smart*

I had to buy some smart trousers for work | you should wear something smart | she looked very smart in her new dress

supposed /sə'pəʊzd/ Adjective

when you talk about **supposed** things, you are saying that some people believe they are true but you do not think that they really are true

I decided to investigate these supposed differences in more detail | and when did this supposed attack take place? | police are investigating the real or supposed threats

talk over /tɔːk 'əʊvə/ Phrasal verb

if you **talk over** someone, you speak at the same as they do and make it difficult for what they say to be heard

they often talk over one another when they get excited | I can't hear what Sam is saying if you talk over her | don't talk over me like that – wait till I've finished

variation /ˌveəri'eɪʃ(ə)n/ Noun

a **variation** in things is a slight difference in the way they are or the way they happen

variation in something | variation from something

we quickly notice any variation from the norm | there was never any variation in his morning routine | small variations in colour are bound to occur | there is great variation among the regions

Verb: *vary* | Adjective: *variable*

the hours he worked varied from week to week | insurance costs vary depending on your address | the interest rate is variable

PAGES 88–89

bride /braɪd/ Noun

at a wedding, the **bride** is the woman who is getting married

a photo of the bride and groom | the bride arrived at the door of the church with her father | the best man proposed a toast to the bride | the bride's mother looked so proud

Adjective: *bridal*

a traditional bridal dress

climax /ˈklaɪmæks/ Noun

the **climax** of an event is the end of it, especially when this is the most exciting part of it

a huge fireworks display came at the climax of the festival | the music gradually built up to an emotional climax | Saturday night sees the climax of the celebrations

Verb: *climax*

the ceremony climaxed with the lighting of the Olympic flame

engagement /ɪnˈɡeɪdʒmənt/ Noun uncount

the **engagement** of two people is their decision that they will get married

announce an engagement

they announced their engagement at a party for family and friends | they got married after a 10 month engagement | she broke off the engagement

Adjective: *engaged*

be/get engaged to someone

I'm engaged to Simon, didn't you know? | we got engaged the day after we left university

fiancée /fiˈnseɪ/ Noun

someone's **fiancée** is the woman that they are going to marry. Someone's **fiancé** is the man that they are going to marry

she met her fiancé while she was at university | this is Simon, my fiancé | his fiancée works for a bank in Amsterdam

groom /ɡruːm/ Noun

at a wedding, the **groom** is the man who is getting married

the bride and groom left in a Rolls Royce | here's a toast to the bride and groom | on the day of the wedding, the groom is not meant to see his bride before the ceremony | the bride and groom were followed by the best man and the bridesmaid

hen do /hɛn duː/ Noun

a **hen do** is a party arranged for a woman and her female friends shortly before she gets married

I'm going to Jenny's hen do on Thursday | the bar was full of women on a hen do | we've been organising your hen do

mark /mɑː(r)k/ Verb

if something **marks** an important occasion, it is done or is made to celebrate the occasion

a party to mark his retirement from the company

| the statue was placed there to mark the 100th anniversary of his birth | we ought to do something special to mark the occasion

parade /pəˈreɪd/ Noun

a **parade** is a big public event when a lot of people or vehicles go through the streets of a town as part of a big celebration

the parade took over an hour to pass by the front of our shop | a military parade | there were street parades and then fireworks in the evening | the parade marched along 5th Avenue in Manhattan

prosperity /prɒˈsperəti/ Noun uncount

prosperity is the state of being relatively rich

the 1960s was a time of prosperity for his grandfather | the country enjoyed greater prosperity after the war | economic prosperity was short-lived (did not last long) | trade led to increased prosperity | our future prosperity depends on the result of this election

Adjective: *prosperous* | Verb: *prosper*

the city has always been quite prosperous | her father was a prosperous banker | the company prospered for the next thirty years

reception /rɪˈsepʃ(ə)n/ Noun

a **reception** is a big formal party for a celebration such as a wedding

there were 200 guests at my wedding reception | my brother's holding his wedding reception on a boat | a reception for 500 people was held in the evening | the couple were given £2,000 towards their wedding reception (to help pay for it)

stag do /stæg duː/ Noun

a **stag do** is a party arranged for a man and his male friends shortly before he gets married

we're going to Glasgow for Henry's stag do | the stag do is going to be a week before the wedding | the bar was full of people on a stag do

symbolize /ˈsɪmbəlaɪz/ Verb

if an object, picture, shape, or event **symbolizes** a particular idea, feeling, or occasion, it represents that idea, feeling, or occasion

it symbolizes the end of life as a single person | the cat symbolizes jealousy | a dove is often used to symbolize peace | the event symbolizes the country's struggle for democracy

Noun: *symbol* | Adjective: *symbolic* | Noun: *symbolism*

the dog in the painting is a symbol of loyalty | the dove is traditionally the symbol of peace | the picture is heavy with symbolic meaning | animals were highly symbolic figures in Egyptian art | trying to analyse the symbolism in the painting

unique /juːˈniːk/ Adjective

if something is **unique**, there is only one of it, and there is nothing else that is exactly the same

the country's unique culture developed over the next 200 years | this is a unique opportunity | the band had a unique style of music | I met a lot of interesting and unique people

Adverb: *uniquely*

her language ability makes her uniquely qualified for the job (no one else has the same skills as her)

veil /veɪl/ Noun

a **veil** is a thin, mostly transparent piece of material that is worn over the face by a woman as part of her wedding dress

she pulled back her veil before they walked out of the church | a white net veil | her veil was blowing about in the wind

PAGES 90–91

advocate /ˈædvəkeɪt/ Noun

an **advocate** of someone or something is someone who speaks strongly in support of them

an advocate of/for someone or something

he became an advocate of healthy eating | he remains a firm advocate of gun control | she's a passionate advocate for change | safety advocates worry that the new regulations are not strong enough

Verb: *advocate*

several MPs strongly advocated independence for Scotland | they advocate education as the best way to escape poverty

brim /brɪm/ Verb

if something or someone **brims** with a substance or quality, they are full of that substance or quality

brim with something

insects are brimming with vitamins | he was brimming with enthusiasm for his new job | the kids are brimming with energy

cocktail /ˈkɒk.teɪl/ Noun

a **cocktail** is a dish of food made up of several different foods mixed together. For example, a **prawn cocktail** contains prawns, salad and a sauce

a prawn cocktail | a seafood cocktail | a fruit cocktail

dessert /dɪˈzɜː(r)t/ Noun

a **dessert** is a dish of sweet food that you eat at the end of a meal

a fruit dessert | I don't want dessert – just the bill please | I never eat desserts | would you like to see the dessert menu? | what's for dessert? | all the desserts were delicious

garnish /ˈɡɑː(r)nɪʃ/ Noun

a **garnish** is a small amount of food, such as herbs, that is put on a plate with the main items of food to make it look nice

a garnish of something

the fish came with a simple garnish of herbs | steak with a salad garnish | the garnish looked nice, but I didn't want to eat it | it's a perfect garnish for any fish dish

Verb: *garnish*

serve cold, garnished with herbs | garnish with sliced green onions

gourmet /ˈɡʊə(r)meɪ/ Adjective

a **gourmet** is someone who enjoys and knows about good food. **Gourmet** foods are good quality foods

a gourmet restaurant | a gourmet fish recipe | a range of gourmet meals | turn your salad into a gourmet experience

Noun: *gourmet*

as well as being an actor, Price was well-known for being a gourmet

lollipop /ˈlɒlɪ.pɒp/ Noun

a **lollipop** is a piece of hard food on a stick that you lick. **Lollipops** are usually sweet, and are eaten especially by children

a raspberry lollipop | she was sucking a lollipop | a sticky lollipop

munch /mʌntʃ/ Verb

if you **munch** something or **munch on** it, you eat it noisily and enthusiastically

munch on something

kids aren't the only people munching on bugs | he munched at the bread hungrily | they sat munching their way through breakfast | take this to munch on in case you get hungry

niche market /nɪʃ ˈmɑːkɪt/ Noun

a **niche market** is an opportunity to sell a special product to a small group of people

there's a niche market for sugar-free chocolate | it's aimed at a niche market, which is why it's so expensive | electric cars are no longer a niche market

revolting /rɪˈvɒltɪŋ/ Adjective

something that is **revolting** smells or tastes horrible

avocado ice cream sounds revolting | our school dinners were absolutely revolting | there's a revolting smell coming from the fridge | a revolting mixture of cheese and rice

snob /snɒb/ Noun

a **snob** is someone who thinks they are better than other people because they come from a higher social class or because they have better taste in literature, music, etc.

he's a complete snob and only talks to people who went to the 'right' school | she's too much of a snob to wear jeans | my brother's an intellectual snob who thinks Harry Potter books are only for children | their clothes are expensive to give them snob appeal (make them attractive to snobs)

Adjective: *snobbish* | Adverb: *snobbishly* | Noun:

snobbishness | Noun: *snobbery*

their snobbish attitudes made them unpopular with their neighbours | he was arrogant and snobbish | Norman Mailer snobbishly said of the book "That's not writing. It's typing!" | he was snobbishly upset not to be invited to the General's party | he admits to snobbishness when it comes to classical music | she pronounced her name as if it was French out of snobbishness | it's just snobbery to laugh at her accent

sound /saʊnd/ Adjective

something that is **sound** is reliable and effective and acceptable to people

eating insects is environmentally-sound (doesn't harm the environment) | it was sound advice | his judgement is usually sound | the essence of your argument is sound enough | it was a financially sound proposal

stir fry /stɜː fraɪ/ Noun

a **stir fry** is a dish of food that has been fried very quickly over a very hot heat with a small amount of oil

I'm making a stir fry – it will be ready in a couple of minutes | a delicious chicken stir fry | eat your stir fry before it gets cold

Verb: *stir fry*

stir fry the chicken and peanuts for another three minutes | stir-fried vegetables

REVIEW PAGE 92**big deal** /big di:l/ Noun

if you say that something is a **big deal**, you mean it is important and people are very serious about it

here, lunch is a big deal | starting college is a really big deal | a bit of rain is no big deal

province /ˈprɒvɪns/ Noun

a **province** is a region of a country that is distant from the capital. When people talk about **the provinces**, they often mean that they think these places are not as advanced culturally as the capital

each province has its own government | the province has a large tourism industry | she said she didn't want to live in the provinces | out in the provinces, the shops stay shut on Sundays

Adjective: *provincial*

she was born in a provincial village