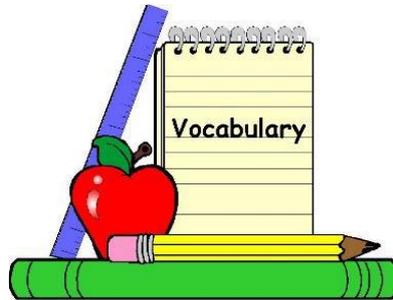


Vision 2 -Lesson 2



healthy / 'hɛlθi / *adjective*

1 well; not often sick

healthy children

2 helping to make or keep you well

healthy food

ANTONYM **unhealthy**

life style / 'laɪfstɑɪl / *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*)

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:tbit / *noun*

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

blood pres • sure / 'blʌd prɛʃər / *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 / 'smʊkər / *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