

Health check

although <i>conj</i>	[əl'ðəʊ]	I got a good mark although the test was quite difficult.	obwohl
bar <i>n</i>	[bɑ:]	The tallest bar on the chart shows what most people chose.	Streifen
chips <i>n</i>	[tʃɪps]	Fish and chips is a typically British meal.	Pommes frites
congratulations! <i>exclam</i>	[kɒŋgrætʃju'leɪʃənz]	Congratulations on passing your driving test!	gratuliere! Glückwunsch!
emotion <i>n</i>	[ɪ'məʊʃən]	If you don't show any emotion, people don't know how you're feeling.	Gefühl, Emotion
fear <i>n</i>	[fɪə]	My biggest fear is of spiders.	Angst
feel down <i>phr v</i>	[fi:'daʊn]	Bad weather makes me feel down.	sich niedergeschlagen, deprimiert fühlen
fill in <i>phr v</i>	[fɪl'ɪn]	Can you help me to fill in this form, please?	ausfüllen
health <i>n</i>	[helθ]	To live longer you need to take care of your health.	Gesundheit
importance <i>n</i>	[ɪm'pɔ:təns]	Did you understand the importance of what she said?	Bedeutung
junk food <i>n</i>	['dʒʌŋk'fu:d]	Junk food isn't good for you and can be expensive.	ungesundes Essen
late <i>adj</i>	[leɪt]	It's dark outside because it's getting late.	spät
least <i>adv</i>	[li:st]	I like lots of team sports, but I like basketball the least.	am wenigsten
mark <i>n</i>	[mɑ:k]	I didn't get a good mark for the last piece of homework.	(Schul)note
pay a compliment	['peɪə'kɒmplɪmənt]	If you pay someone a compliment you will make them very happy!	ein Kompliment machen
public <i>adj</i>	['pʌblɪk]	There is a nice children's playground in the public park.	öffentlich
self-confidence <i>n</i>	[self'kɒnfɪdəns]	My sister doesn't have much self-confidence.	Selbstvertrauen
skill <i>n</i>	[skɪl]	For that job you need good computer skills.	Geschick, Fähigkeit, Fertigkeit
sleep <i>n</i>	[sli:p]	I feel terrible if I don't get enough sleep.	Schlaf
sleep in <i>phr v</i>	[sli:p'ɪn]	On Sundays I sleep in until 11 a.m.	ausschlafen
smile <i>n</i>	[smaɪl]	The actress has a beautiful smile.	Lächeln
smile <i>v</i>	[smaɪl]	I want to take a photo of you, so smile, please!	lächeln
statement <i>n</i>	['steɪtmənt]	Do you think the statement is true or false?	Äusserung, Erklärung
stress <i>n</i>	[stres]	More and more people are suffering from stress nowadays.	Belastung, Druck, Stress
swimming pool <i>n</i>	['swɪmɪŋ'pu:l]	Do you enjoy going to the swimming pool?	Schwimmbecken
vegetable <i>n</i>	['vedʒtəbəl]	I like healthy food, for example fruit and vegetables.	Gemüse

Healthy eating

after <i>prep</i>	['ɑ:ftə]	I want to go out after I've finished my homework.	nach
any <i>adj</i>	[eni]	Have you got any money with you?	irgendein, etwas
baguette <i>n</i>	[bæ'geɪt]	Many French people buy a fresh baguette every day.	Baguette, Stangenweissbrot
catch a cold	['kætʃə'kəʊld]	Put your coat on when you go out or you will catch a cold!	sich erkälten
contain <i>v</i>	[kən'teɪn]	Oranges contain lots of vitamin C.	enthalten

cream <i>n</i>	[kri:m]	Apple pie with cream is a delicious dessert.	Rahm
diet <i>n</i>	[di:t]	I have put on 10 kilos! I really must go on a diet.	Ernährung, Nahrung, Diät
during <i>prep</i>	[dju:ɪŋ]	It's bad manners to call someone on the telephone during a meal.	während
frying pan <i>n</i>	[ˈfraɪɪŋˌpa:n]	You make pancakes in a frying pan.	Bratpfanne
ingredient <i>n</i>	[ɪŋˈɡri:diənt]	There is one ingredient we still need to buy before making the cake.	Zutat, Bestandteil
lifestyle <i>n</i>	[ˈli:flaɪl]	My grandmother's lifestyle is very different to mine.	Lebensstil
pasta <i>n</i>	[ˈpɑ:stə]	Pasta is one of my favourite foods.	Nudeln, Teigwaren
peel <i>v</i>	[pi:l]	Peeling potatoes is a very boring job.	hier: schälen
pepper <i>n</i>	[ˈpe:pə]	Please add salt and pepper if you wish.	Pfeffer
seed <i>n</i>	[si:d]	A flower grows from a seed.	Same
skin <i>n</i>	[skɪn]	You should put sun-cream on in summer to protect your skin from the sun.	Haut
some <i>adj</i>	[sʌm]	I really need some new clothes.	einige, ein paar, etwas
spread <i>v</i>	[spred]	It is easier to spread butter when it's not too cold.	hier: streichen
sprout <i>v</i>	[spraut]	If a seed gets enough water, it will begin to sprout.	keimen
tablespoon <i>n</i>	[ˈteɪblspu:n]	You need a tablespoon of honey to make the biscuits taste sweeter.	Esslöffel
teaspoon <i>n</i>	[ˈti:spu:n]	I take one teaspoon of sugar in my coffee.	Teelöffel
vitamin <i>n</i>	[ˈvɪtəmɪn]	It's a good idea to take more vitamin C in winter.	Vitamin
wholegrain <i>adj</i>	wholegrain	Wholegrain bread is better for you than white bread.	Vollkorn-

Why do people love fast food?

be fond of <i>phr</i>	to be fond of	I'm quite fond of sailing.	etwas gerne machen
canteen <i>n</i>	canteen	Eating in the canteen is a good way to see friends at lunchtime.	Kantine, Mensa
life <i>n</i>	life	Life is too short to be angry with someone for long.	Leben
nutrition <i>n</i>	nutrition	Good nutrition is important if you want to stay healthy.	Ernährung
slice <i>n</i>	slice	Would you like a slice of watermelon?	Scheibe
tasty <i>adj</i>	tasty	Thank you for the meal. It was very tasty.	schmackhaft
vegetarian <i>n</i>	vegetarian	I have been a vegetarian since I was 8 years old.	Vegetarier/-in

Sports for everyone!

cabbage <i>n</i>	cabbage	My grandparents grow cabbage in their garden.	Kohl
candy <i>n</i>	candy	Candy is the American English word for sweets.	Süßigkeiten
cauliflower <i>n</i>	cauliflower	Lots of children don't like cauliflower.	Blumenkohl
celery <i>n</i>	celery	Celery is a good food to eat if you want to lose weight.	(Stangen)sellerie
cereal <i>n</i>	cereal	Many British children eat cereal for breakfast.	hier: Frühstücksflocken
cod <i>n</i>	cod	Cod is a tasty white fish the British often eat with chips.	Kabeljau, Dorsch
cucumber <i>n</i>	cucumber	Cucumber is good in salads.	(Salat)gurke

downhill ski race <i>n</i>	['daʊnhɪlski:'reɪs]	That was the most exciting downhill ski race I've ever seen!	Abfahrtsskirennen
duck <i>n</i>	[dʌk]	Let's keep the old bread to feed the ducks.	Ente
exercise <i>n</i>	['eksəsaɪz]	Are you getting enough exercise at the moment?	Bewegung, Übung
grape <i>n</i>	[greɪp]	Wine is made from grapes.	Weintraube
honey <i>n</i>	['hʌni]	You can add honey to tea to make it sweeter.	Honig
instructions <i>n pl</i>	[ɪn'strʌkʃənz]	Make sure you follow the instructions carefully.	Anweisung, Instruktion
lettuce <i>n</i>	['letɪs]	Shall I add some lettuce to the salad?	Blattsalat
melon <i>n</i>	['meɪlən]	Melon is a refreshing fruit for the summer.	Melone
mustard <i>n</i>	['mʌstəd]	Mustard has quite a hot taste.	Senf
oil <i>n</i>	[ɔɪl]	Oil has many uses in cooking.	Öl
peanut <i>n</i>	['pi:nʌt]	Some people are allergic to peanuts.	Erdnuss
pinch <i>n</i>	[pɪntʃ]	Just add a pinch of salt to the sauce, not too much!	Prise
previous <i>adj</i>	['pri:vɪəs]	The previous owner didn't look after the dog well.	vorig, vorausgegangen
result <i>n</i>	[rɪ'zʌlt]	Have you got your test result yet?	Resultat
sports <i>n pl</i>	[spɔ:ts]	What sports do you do at school?	Sport, Sportarten
tube <i>n</i>	[tju:b]	Toothpaste comes in a tube.	Tube

Favourite sports

bat <i>n</i>	[bæt]	Cricket bats are made of wood.	hier: Schläger, Schlagholz
common <i>adj</i>	['kɒmən]	Hockey is quite a common sport in British schools.	üblich, weit verbreitet
diagram <i>n</i>	['daɪəgræm]	The diagram shows that volleyball is the most popular sport in the class.	Diagramm
everyone <i>pron</i>	['evriwʌn]	I hope everyone can come to the party.	alle, jeder
few <i>adj</i>	[fju:]	I only have a few minutes to talk, then I've got to go.	wenige
Great Britain <i>n</i>	[grɛt'brɪtən]	Great Britain doesn't often win medals in the Winter Olympics.	Grossbritannien
horse-riding <i>n</i>	['hɔ:saɪdɪŋ]	Horse-riding is a popular hobby in Britain.	Reiten
membership <i>n</i>	['membəʃɪp]	My membership will be up soon, so I need to pay for the next year.	Mitgliedschaft
most <i>pron</i>	[məʊst]	Most of my friends go to the same school as me.	hier: die meisten
no one <i>pron</i>	['nəʊwʌn]	I dropped all my books at school yesterday and no one helped me.	niemand, keiner
nobody <i>pron</i>	['nəʊbədɪ]	Nobody in our class plays tennis.	niemand, keiner
per cent <i>n</i>	[pə'sent]	For the symbol '%' you say 'per cent' in English.	Prozent
racket <i>n</i>	['ræktɪ]	For my birthday I would like a new tennis racket.	Schläger, Racket
require <i>v</i>	[rɪ'kwaɪə]	Visitors are required to buy a ticket in advance.	brauchen
rich <i>adj</i>	[rɪtʃ]	If you work hard and get a good job, you might be rich one day.	reich
sports club <i>n</i>	['spɔ:tsklʌb]	My father wants to keep fit so he has joined a sports club.	Sportverein
stick <i>n</i>	[stɪk]	Dogs love running after sticks.	hier: Stock
tracksuit <i>n</i>	['træksu:t]	A tracksuit is practical for sports lessons.	Trainingsanzug
trainers <i>n</i>	['treɪnə]	My pair of trainers is really old now – I need new ones.	Turnschuh