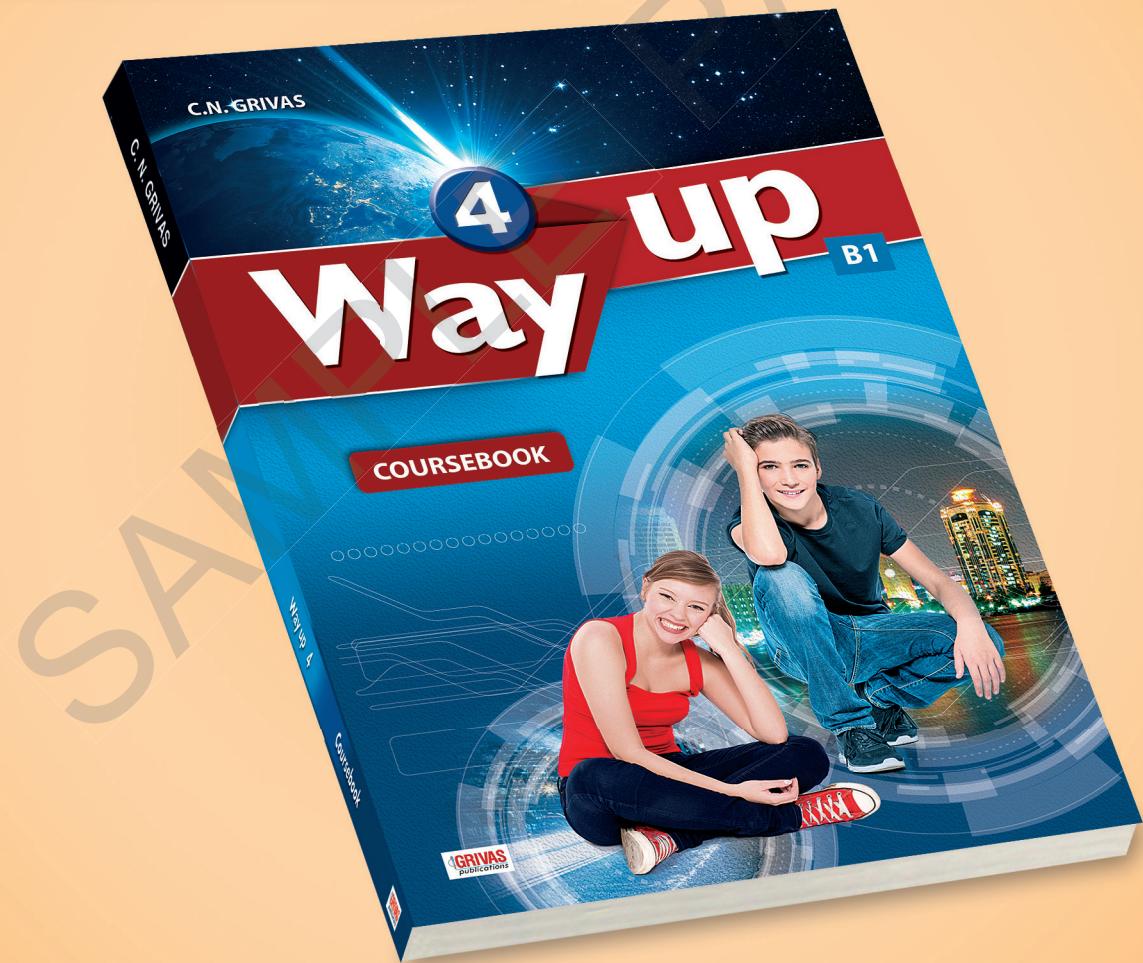


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# way up

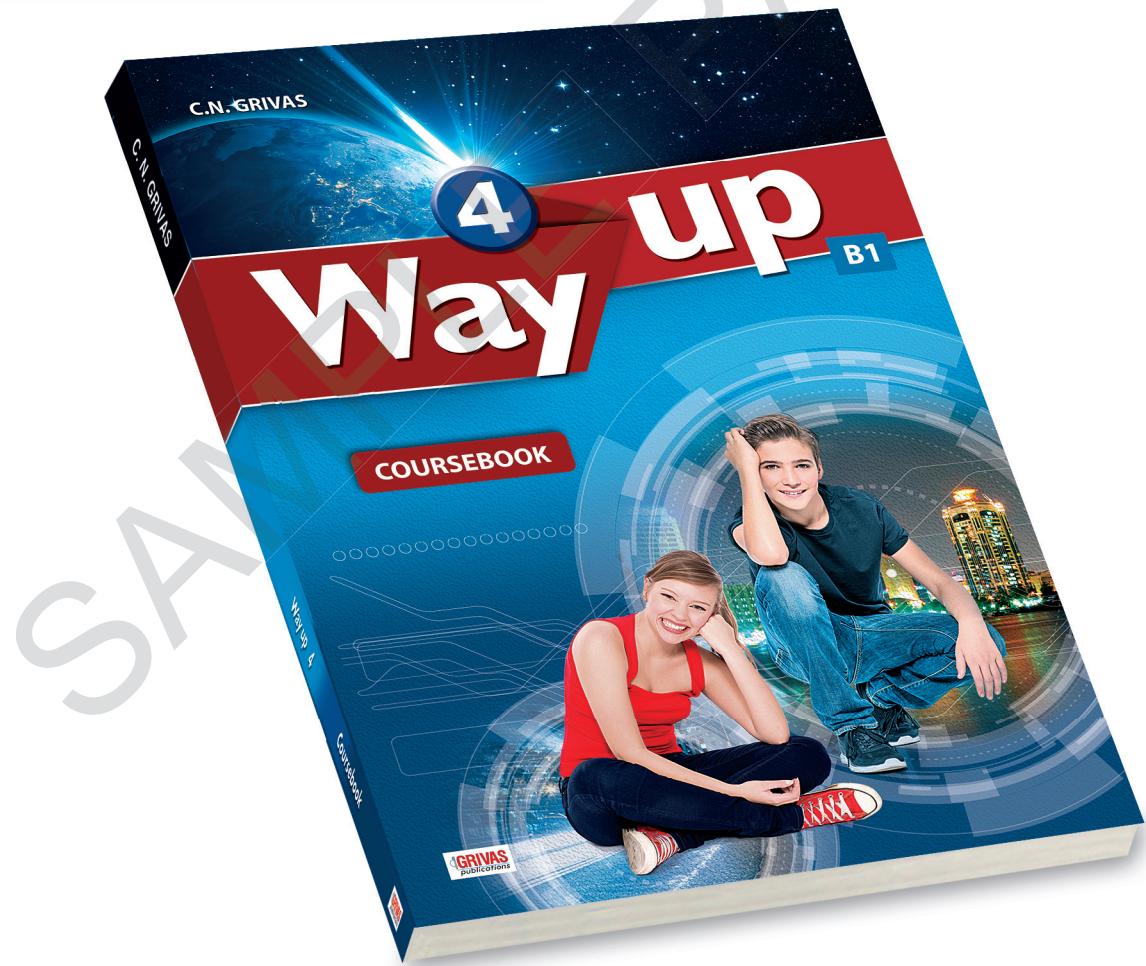
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COMPANION

# 4 way up

B1



COMPANION

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SAMPLE PAGES

## Pronunciation Table

Consonants			Vowels		
Symbol	Keyword	Phonetics	Symbol	Keyword	Phonetics
p	pen	/pen/	i	bit	/bɪt/
b	back	/bæk/	e	bed	/bed/
t	ten	/ten/	æ	cat	/kæt/
d	day	/deɪ/	ɔ	dog	/dɒg/
k	cat	/kæt/	ʌ	cut	/kʌt/
g	get	/get/	ʊ	put	/put/
f	fat	/fæt/	ə	about	/ə'baʊt/
v	van	/væn/	i	happy	/'hæpi/
θ	thin	/θɪn/	u	actually	/'æktʃuəli/
ð	this	/ðɪs/	i:	sheep	/ʃi:p/
s	see	/si:/	a:	father	/'fa:ðə/
z	zoo	/zu:/	ɔ:	four	/fɔ:/
ʃ	shoe	/ʃu:/	u:	boot	/bu:t/
ʒ	television	/'telɪvɪʒn/	ɜ:	bird	/bɜ:d/
h	hat	/hæt/	eɪ	make	/meɪk/
tʃ	chair	/tʃeə/	aɪ	lie	/laɪ/
dʒ	jam	/dʒæm/	ɔɪ	boy	/bɔɪ/
m	man	/mæn/	əʊ	note	/nəʊt/
n	now	/naʊ/	aʊ	now	/naʊ/
ŋ	sing	/sɪŋ/	ɪə	real	/rɪəl/
w	wet	/wet/	eə	hair	/heə/
l	let	/let/	ʊə	sure	/ʃʊə/
r	red	/red/	uə	actual	/'æktʃuəl/
j	yes	/jes/	iə	material	/mə'tɪəriəl/

main stress: /'/' secondary stress: /./

## Abbreviations (Συντομεύσεις)

**verb** = verb (ρήμα)

**n** = noun (ουσιαστικό)

**idm** = idiom (ιδιωματισμός)

**phrasal verb** = phrasal verb (περιφραστικό ρήμα)

**prep** = preposition (πρόθεση)

**adj** = adjective (επίθετο)

**adv** = adverb (επίρρημα)

**der** = derivative (παράγωγο)

**opp** = opposite (αντίθετο)

**e.g.** = for example (για παράδειγμα)

**usu.** = usually (συνήθως)

**etc.** = et cetera (και τα λοιπά)

**sb** = somebody (κάποιος)

**sth** = something (κάτι)

# Unit 1 ►► Sports & Entertainment

Intro (page 7)

- 1 **entertainment** [ˌentə'teɪnmənt] (n) = things that people do to enjoy themselves / διασκέδαση, ψυχαγωγία  
*Going to the cinema is my favourite form of entertainment.*  
Der: **entertain** (v), **entertainer** (n), **entertaining** (adj)
- 2 **area** ['eəriə] (n) = a part of a city, town, etc. / περιοχή  
*There are many restaurants in our area.*

- 3 **popular** ['pʊpjələr] (adj) = liked by a lot of people / δημοφιλής  
*Messi is a very popular football player.*  
Der: **popularity** (n)  
Opp: **unpopular**

## Lesson 1 Sports Zone

(page 8)

- 1 **zone** [zəʊn] (n) = ζώνη, περιοχή (εδώ μτφ.)
- 2 **send in** [send 'ɪn] (phr v) = to send a letter, etc. to a newspaper, company, etc. / στέλνω  
*You must send in your articles by 7th June.*
- 3 **flyboarding** [flaɪ 'bɔ:dɪŋ] (n) = φλάι μπορντ (είδος θαλάσσιου σπορ)
- 4 **instructor** [ɪn'strʌktər] (n) = sb whose job it is to teach a sport or a skill / εκπαιδευτής, δάσκαλος  
*My ski instructor taught me how to ski in just a few lessons.*  
Der: **instruct** (v), **instruction** (n)
- 5 **water sport** ['wɔ:tə spɔ:t] (n) = a sport that you do in the water / θαλάσσιο σπόρος  
*Water sports are very popular in the summer.*
- 6 **strap** [stræp] (v) = δένω σφιχτά (με λουριά, ιμάντες κλπ)  
*You must strap the rope tightly around your feet before doing a bungee jump.*
- 7 **special** ['speʃl] (adj) = used for a specific purpose / ειδικός  
*You have to wear special glasses when skiing.*
- 8 **board** [bɔ:d] (n) = a flat piece of wood used in sports / σανίδα  
*He strapped his feet onto the board and began his first snowboarding lesson.*
- 9 **power** ['paʊər] (n) = ισχύς  
*You need the power from a jet ski to do flyboarding.*
- 10 **guess what** [ges 'wɒt] = μάντεψε  
*Guess what Mum bought me for my birthday! A mobile phone!*
- 11 **embarrass** [ɪm'bærəs] (v) = to make sb feel ashamed or uncomfortable, usu. in front of others / φέρνω σε δύσκολη θέση, ντροπιάζω  
*He embarrassed me when he asked me about my weight.*

- embarrass myself** [ɪm'bærəs maɪ'self] = ντρέπομαι, νιώθω αμηχανία  
Der: **embarrassed** (adj), **embarrassing** (adj), **embarrassment** (n)

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- 12 **cheerleading** ['tʃɪəli:dɪŋ] (n) = είδος γυμναστικής που εκτελείται από μαζορέτες  
*Cheerleading is a popular sport in the USA.*  
**cheerleader** ['tʃɪəli:dər] (n) = μαζορέτα
- 13 **confidence** ['kɒnfɪdəns] (n) = belief in yourself and your abilities / αυτοπεποίθηση  
*She hasn't been in the team for a long time, so she doesn't have much confidence.*  
**confident** ['kɒnfɪdənt] (adj) = believing in yourself / με αυτοπεποίθηση, σίγουρος για τον εαυτό μου
- 14 **proud (of)** ['praʊd .əv] (adj) = feeling happy about sth that you have done or about sb else / υπερήφανος (για)  
*My parents were very proud of me when I came first in the race.*
- 15 **competition** [.kɒmpə'tɪʃn] (n) = an organised event in which people try to win prizes / διαγωνισμός  
*The Voice is a popular singing competition.*  
**competitive** [kəm'petetɪv] (adj) = ανταγωνιστικός  
Der: **competitor** (n), **compete** (v)
- 16 **combination** [.kɒmbɪ'neɪʃn] (n) = two or more things which are put together / συνδυασμός  
*Hip hop is a combination of music styles.*  
**combine** [kəm'bайн] (v) = συνδυάζω
- 17 **acrobatics** [.ækro'bætɪks] (n) = ακροβατικά  
*You need to be very fit to do acrobatics.*
- 18 **fortunately** ['fɔ:tʃənətlɪ] (adv) = luckily / ευτυχώς  
*Fortunately, I managed to do well in my test.*  
Der: **fortunate** (adj)  
Opp: **unfortunately**

- 19 support** [sə'pɔ:t] (v) = υποστηρίζω, στηρίζω  
*I went to the stadium to support my favourite team.*
- Der:** **support** (n), **supporter** (n), **supportive** (adj)
- 20 sportspeople** ['spɔ:tspi:pł] (n) = people who do sports / αθλητές  
*Sportspeople try to eat healthily and exercise a lot.*
- 21 wonder** ['wʌndə] (v) = not to be sure about sth and try to guess / αναρωτιέμαι  
*I wonder what we are having for dinner.*
- 22 official** [ə'fɪʃl] (adj) = επίσημος  
*Spanish is the official language of Mexico.*
- 23 hurling** ['hɜ:lɪŋ] (n) = χέρλινγκ (άθλημα που παίζεται κυρίως στην Ιρλανδία)
- 24 rough** [rʌf] (adj) = not gentle; violent / βίαιος, σκληρός  
*It is known that rugby is a rough sport.*
- 25 disappoint** [.dɪsə'pɔ:nt] (v) = to make sb feel unhappy because sth they hoped for didn't happen / απογοητεύω  
*We disappointed our coach when we didn't win the game.*
- be disappointed** [bi .dɪsə'pɔ:ntɪd] = απογοητεύομαι  
**Der:** **disappointing** (adj), **disappointment** (n)
- 26 chance** [tʃɑ:n̩s] (n) = ευκαιρία  
*This is your last chance to tell her the truth.*
- get the chance** [get ðə tʃɑ:n̩s] = έχω την ευκαιρία (να κάνω κτ.)
- 27 wooden** ['wudn] (adj) = made of wood / ξύλινος  
*We have a wooden table in our living room.*
- Der:** **wood** (n)
- 28 stick** [stɪk] (n) = a long piece of wood used in some sports / μπαστούνι
- 29 pitch** [pɪtʃ] (n) = a flat area for playing particular sports (football, cricket, etc.) / γήπεδο (ποδοσφαίρου, κρίκετ κλπ.)
- 30 shaped** [ʃeɪpt] (adj) = having the shape of sth / σε σχήμα  
*I bought her a heart-shaped card for Valentine's Day.*
- 31 goalpost** ['gəʊlɒpəst] (n) = δοκάρι  
**goal** [gəʊl] (n) = τέρμα, εστία
- 32 passion** ['pæʃn] (n) = strong interest in sth / πάθος  
*He has a passion for music.*
- 33 score** [skɔ:] (v) = σκοράρω  
*Alex scored a goal and his team won the game.*
- 34 manage** ['mænɪdʒ] (v) = to be able to do sth after trying hard / καταφέρνω  
*After studying hard, he managed to pass his exams.*

- 35 net** [net] (n) = δίχτυ, δίχτυα  
*The tennis player hit the ball over the net.*
- 36 point** [pɔɪnt] (n) = πόντος, βαθμός  
*If you throw the ball in the basket, you score two points.*
- 37 action** ['ækʃn] (n) = exciting things that are happening / δράση  
*We watched a film that was full of action.*
- 38 dull** [dʌl] (adj) = boring / βαρετός  
*The lesson was so dull that I almost fell asleep.*

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- 39 tennis court** ['tenɪs .kɔ:t] (n) = γήπεδο τένις
- 40 running track** ['rʌnɪŋ .træk] (n) = στίβος
- 41 golf course** ['gɔlf .kɔ:s] (n) = γήπεδο γκολφ
- 42 boxing ring** ['bɔksɪŋ .rɪŋ] (n) = ρινγκ (πυγμαχίας)

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- 43 shirt** [ʃɜ:t] (n) = ποδοσφαιρική φανέλα  
*He chose the number 7 shirt because it is his lucky number.*
- 44 quite** [kwaɪt] (adv) = αρκετά  
*I was quite tired and went to bed early.*
- 45 heights** [haɪts] (n) = high places / ύψη  
*I am afraid of heights, so I don't like climbing.*
- Der:** **high** (adj)

**Remember!**

- article** ['a:tɪkl] (n) = άρθρο
- topic** ['tɒpɪk] (n) = θέμα
- so far** ['səʊ .fa:] (idm) = μέχρι τώρα
- activity** [æk'tɪvɪt̩i] (n) = δραστηριότητα
- during** ['dʒuərɪŋ] (prep) = κατά τη διάρκεια
- last** [la:st] (v) = διαρκώ

- Ireland** ['aɪələnd] (n) = Ιρλανδία
- Irish** ['aɪrɪʃ] (adj) = ιρλανδικός

**Idioms**

- round the clock** = όλο το εικοσιτετράωρο
- be in sb's shoes** = είμαι στη θέση κπ

## Vocabulary Exercises

### 1 Match the two columns.

- |           |        |
|-----------|--------|
| 1 tennis  | ring   |
| 2 boxing  | course |
| 3 running | court  |
| 4 water   | track  |
| 5 golf    | sport  |



### 2 Choose the correct answer.

- 1 Which team do you **combine / support** – Liverpool or Manchester United?
- 2 He has a **passion / competition** for basketball and never misses a game on TV.
- 3 In hockey, the players have to use a **stick / pitch** to hit the ball.
- 4 When he finished last in the race, he was really **proud / disappointed**.
- 5 He could never be a pilot because he is afraid of **heights / action**.
- 6 In the last minute of the game, Paul scored a **point / goalpost** and his team won.

### 3 The words in bold are in the wrong sentence. Write them next to the correct sentences.

- 1 Do you need **wooden** boots to go climbing?  
.....
- 2 I didn't watch the film until the end because it was very **special**.  
.....
- 3 You need a **confident** stick to play hurling.  
.....
- 4 You need to be strong to do boxing because it is a **dull** sport.  
.....
- 5 After winning a few matches, the athlete felt more **rough**.  
.....



### 1 Simple Present (Απλός Ενεστώτας)

### 2 Present Continuous (Ενεστώτας Διαρκείας)

#### 1 Simple Present (He plays, Does he play?, He doesn't play)

Χρησιμοποιείται:

- 1 για μία πράξη που **γίνεται κάθε μέρα, συνήθως, συχνά** κλπ.  
*We go camping every summer. Stella doesn't wake up early on Sundays.*
- 2 για μία πράξη **προγραμματισμένη** να γίνει στο **μέλλον** (π.χ. **προγράμματα, δρομολόγια** κλπ)  
*What time does the train leave tomorrow?*

**Προσέξτε:**

- 1 To **have** ως κύριο ρήμα: *He has breakfast / lunch / a shower / fun* κλπ.

*Does he have breakfast / lunch ... ?*

*He doesn't have breakfast / lunch ...*

- 2 Τα **επιρρήματα συχνότητας** (**always, usually, often, sometimes, seldom / rarely** (= σπάνια), **hardly ever** (= σχεδόν ποτέ), **never**) μπαίνουν πριν από τα κύρια ρήματα αλλά μετά τα βοηθητικά και το ρήμα **to be**. Στις σύντομες απαντήσεις, μπαίνουν πριν τα βοηθητικά και το **to be**.

*I always do my homework in the evening.*

*She is never late.*

*'Does he often walk to work?' 'Yes, he usually does.'*

## 2 Present Continuous (He is playing, Is he playing?, He isn't playing)

Χρησιμοποιείται:

- 1 για μία πράξη που **γίνεται** (είναι σε εξέλιξη) **αυτήν τη στιγμή** ή **περίοδο**.  
*Don't go out. It's raining. Mum is working until late this week.*
- 2 για μία πράξη που **έχουμε προγραμματίσει** να κάνουμε στο **κοντινό μέλλον**.  
*They're leaving for Paris next Monday.*
- 3 με το **always** για να πούμε ότι κάτι συμβαίνει **πάρα πολύ συχνά** ή για να δείξουμε **ενόχληση**.  
*I'm always meeting Karen when I go to the mall. Why are you always asking questions?*

**Προσέξτε:** Τα ρήματα που δείχνουν **κατάσταση** και **όχι πράξη** δεν χρησιμοποιούνται σε χρόνους διαρκείας. Τέτοια ρήματα είναι τα **have** (=έχω, κατέχω), **know, think, believe, like, hate, want, belong** (=ανήκω), **remember, forget, look** (=φαίνομαι), **taste** (=έχω γεύση), **smell** (=μυρίζω, έχω μυρωδιά), **see, hear** κλπ.

*This tablet belongs to James. [ΟΧΙ: ... is belonging ...] This cake tastes delicious.*

**Προσέξτε τη διαφορά:** *Maria has three dogs.* (=έχω, κατέχω)

*We're having chicken for dinner tonight.* (=τρώω)

*I think he left.* (=νομίζω, πιστεύω)

*I'm thinking about cutting my hair short.* (=σκέφτομαι)

*Tell me what you see in this picture.* (=βλέπω)

*I'm seeing the dentist tomorrow.* (=επισκέπτομαι, έχω ραντεβού με)

*Are you seeing Becky this weekend?* (=συναντώ)

## Grammar Exercises

### 1 Choose the correct answer.

- 1 What are you cooking? It ..... great!  
 a is smelling      b smells
- 2 My brother ..... my things without asking.  
 a is always taking      b takes always
- 3 I have a toothache, so I ..... the dentist tonight.  
 a am seeing      b see
- 4 'What's that? ..... someone .....?'  
 'No, it's just the TV.'  
 a Does ... cry      b Is ... crying
- 5 They ..... their grandparents at the weekends.  
 a are usually visiting      b usually visit
- 6 He ..... with his uncle for a few days because his parents are away on a trip.  
 a is staying      b stays
- 7 She ..... much free time during the week because she studies really hard.  
 a hasn't      b doesn't have

### 2 Put the words in the correct order to form sentences.

- 1 do / have / usually / What / you / for / breakfast / ?

- 2 rarely / They / late / are / school / for

- 3 eat / hardly ever / We / fast food

- 4 cinema / goes / Saturdays / the / Ellen / on / often / to

- 5 always / doesn't / Paul / his / homework / in / do / the / evening



(pages 12 &amp; 13)

- 1 dislikes** [dɪsl'aɪks] (n) = the things that you do not like / τα πράγματα που απεχθάνομαι / που δεν μου αρέσουν  
*My mum knows all my likes and dislikes.*
- express my likes and dislikes** [ɪk'spres mai 'laɪks ən dɪsl'aɪks] = λέω τι μου αρέσει και τι όχι
- dislike** [dɪsl'aɪk] (v) = αντιπαθώ, απεχθάνομαι, δεν μου αρέσει  
**Opp: likes**
- 2 gold medal** [gəuld 'medɪl] (n) = χρυσό μετάλλιο  
*Lefteris Petrounias has won many gold medals.*
- 3 original** [ə'rɪdʒənl] (adj) = existing first / αρχικός, πρώτος  
*The original Olympic Games took place in Greece.*  
**Der:** **originality** (n), **origin** (n), **originally** (adv)
- 4 male** [meɪl] (adj) = αρσενικού φύλου  
*Firefighters are usually male.*  
**Opp: female**
- 5 competitor** [kəm'petɪtə] (n) = sb who takes part in a competition / κτ που συμμετέχει σε αγώνα, διαγωνισμό κλπ  
*Over 1,000 competitors will take part in the race.*  
**compete** [kəm'pi:t] (v) = διαγωνίζομαι, συμμετέχω σε αγώνα, διαγωνισμό κλπ  
**Der:** **competition** (n), **competitive** (adj)
- 6 come from far and wide** [kʌm frəm 'fɑ:r ən 'waɪd] = έρχομαι από όλα τα μήκη και πλάτη της γης / από παντού  
*People come from far and wide to watch the Olympics.*
- 7 various** ['veərɪəs] (adj) = different / ποικίλοι, διάφοροι  
*We went into various shops at the mall until we found the present we wanted.*  
**Der:** **variety** (n)
- 8 sporting event** [spɔ:tɪŋ ɪ'vent] (n) = αγώνισμα  
*My favourite sporting event in the Olympic Games is the marathon.*
- 9 include** [ɪn'klju:d] (v) = to have sth as a part / συμπεριλαμβάνω  
*The price includes free food and drinks.*
- 10 running race** ['rʌnɪŋ .reɪs] (n) = αγώνας δρόμου  
*The marathon is the most famous running race in the world.*
- 11 chariot race** [tʃærɪət .reɪs] (n) = αρματοδρομία  
*Chariot races were popular in ancient Rome.*
- 12 pentathlon** [pɛn'tæθlən] (n) = a sporting event that consists of five different sports / πένταθλο

- 13 allow** [ə'lau] (v) = to let sb do sth / επιτρέπω  
*My father doesn't allow me to stay out late at night.*
- 14 take part in** [.teɪk 'pa:t ɪn] (idm) = to do sth with other people / συμμετέχω, παίρνω μέρος σε  
*My friend is going to take part in a reality show.*
- 15 married** ['mærid] (adj) = having a husband or a wife / παντρεμένος  
*My sister has been married for ten years.*
- 16 apart from** [ə'pa:t .frəm] (prep) = εκτός από  
*All my friends came to my party apart from Joan.*
- 17 armour** ['a:mə] (n) = πανοπλία  
*Men used to wear armour to protect their bodies in wars.*
- 18 carry** ['kæri] (v) = to have sth on me / φέρω, έχω πάνω μου  
*Were the thieves carrying knives?*
- 19 weapon** ['wepən] (n) = an object that can be used to hurt people like a gun or knife / όπλο  
*The police haven't found the murder weapon yet.*
- 20 not surprisingly** [nɒt sə'praizɪŋli] = όπως ήταν αναμενόμενο, δεν αποτελεί έκπληξη το ότι  
*He had been studying hard for months. Not surprisingly, he got into university.*
- 21 spectator** [spek'teɪtə] (n) = sb watching a sporting event / θεατής (σε αγώνα)  
*There were over 5,000 spectators at the basketball game.*
- 22 amusing** [ə'mju:zɪŋ] (adj) = funny and enjoyable / διασκεδαστικός  
*I like watching comedies because they are very amusing.*  
**Der:** **amused** (adj), **amuse** (v), **amusement** (n)
- 23 hold** [həuld] (v) = to have a meeting, event, etc. at a specific time and place / διοργανώνω  
*The company is going to hold a meeting next Tuesday.*
- 24 that is** [ðæt 'ɪz] (idm): used to give extra information or to correct sth you said / δηλαδή  
*I couldn't do my maths homework – that is, until my sister came and helped me.*
- 25 ban** [bæn] (v) = to say that people must not do sth / απαγορεύω  
*Smoking is banned in the hospital.*
- 26 AD (Anno Domini)** [eɪ'di:] = μετά Χριστόν  
*The Colosseum was built between 72 and 80 AD.*
- 27 against** [ə'genst] (prep) = εναντίον  
*Barcelona are playing against Real Madrid today.*

- 28 semi-final** [sem'i'faɪnl] (n) = ημιτελικός  
*Do you want to watch the basketball semi-finals tonight?*
- 29 can't stand** [kænt 'stænd] (v) = not to like sb / sth at all / δεν αντέχω, δεν μπορώ να ανεχτώ κτ / κτ  
*I can't stand having to wait for people.*
- 30 be on** [.bi 'ɒn] (v) = to be shown on TV or at the cinema / παίζεται (στην τηλεόραση / σινεμά)  
*X-men is on tonight. Do you want to watch it?*
- 31 (sth) isn't my thing** ['ɪznt .maɪ θɪŋ] (idm) = not to like sth / δε μου αρέσει κτ, δεν είναι του γούστου μου  
*Chinese food isn't my thing. I prefer Mexican.*
- 32 mad about** [.mæd ə'baʊt] (adj) = crazy about sth / τρελός για κτ, που έχει πάθος με κτ  
*My sister is mad about rock music.*
- 33 check out** [.tʃek 'aut] (phr v) = to go to a place to see what it is like / πηγαίνω σε κάποιο μέρος για να δω πώς είναι  
*Let's check out that new restaurant that has just opened in town.*
- 34 (be) keen on** ['ki:n .ɒn] = to like sth very much / μου αρέσει πολύ κτ  
*He is very keen on handball and watches every game there is on TV.*
- 35 (be) fond of** ['fɒnd .əv] = to like sth very much / μου αρέσει πολύ κτ  
*I am fond of classical music, and I often go to concerts.*
- 36 fight** [faɪt] (v) = πολεμώ, μάχομαι  
*We visited a museum where we saw weapons that people used to fight with.*  
**Der:** **fight** (n), **fighter** (n)
- 37 price** [praɪs] (n) = the money you have to pay to buy sth / τιμή  
*What's the price of this smartphone?*  
**Der:** **priceless** (adj)
- 38 (be) unable to** [ʌn'eɪbl .tə] = not to be able to do sth / δεν μπορώ να  
*He was unable to finish the project on time.*
- 39 boxing gloves** ['bɔksɪŋ .glʌvs] (n) = γάντια τού μποξ
- 40 swimming goggles** ['swɪmɪŋ 'gɔglz] (n) = προστατευτικά γυαλιά κολύμβησης
- 41 golf club** ['gɔlf .klab] (n) = μπαστούνι τού γκολφ
- 42 basketball hoop** ['ba:skitbɔ:l .hu:p] (n) = στεφάνη (μπασκέτας)

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- 43 neither ... nor** ['naɪðə nɔ:] = ούτε ... ούτε  
*Neither Jane nor Tina liked the dress, so I didn't buy it.*
- 44 mind** [maɪnd] (v) = to feel annoyed or upset / με πειράζει  
*I don't mind getting up early in the morning.*
- 45 action film** ['ækʃn fɪlm] (n) = ταινία δράσης  
*Fast and Furious is a great action film.*
- 46 guy** [gaɪ] (n) = a man / άντρας  
*He is a great guy, and he's got lots of friends.*

**Remember!**

- 1 **probably** ['prɒbəbəli] (adv) = μάλλον, πιθανώς
- 2 **maybe** ['meɪbɪ] (adv) = μπορεί, ίσως
- 3 **meal** [mi:l] (n) = γεύμα
- 4 **sound** [saʊnd] (v) = ακούγομαι
- 5 **comfortable** ['kʌmftəbl] (adj) = άνετος

- 6 **order** ['ɔ:də] (v) = παραγγέλνω
- 7 **kind** [kaɪnd] (n) = είδος
- 8 **hurt** [hɜ:t] (v) = χτυπώ, τραυματίζω
- 9 **exercise** ['eksəsaɪz] (v) = γυμνάζομαι, αθλούμαι

**Idioms**

- what on earth** = τι στην ευχή, τι στο καλό  
**under the weather** = αδιάθετος

## Vocabulary Exercises

### 1 Choose the correct answer.

- 1 He is mad **about / for** basketball and knows everything about it.
- 2 'What's **up / on** tonight?' 'A film with Brad Pitt.'
- 3 Sarah took part **in / at** the marathon last week.
- 4 Are you keen **in / on** travelling?
- 5 After my trip to Italy, I have become fond **of / about** Italian food.
- 6 A new mall has just opened in the area. Would you like to check it **out / over**?
- 7 I like all sports apart **of / from** boxing.

### 2 Replace the words in bold with the words below.

competitors • amusing • can't stand • am unable to • various • spectators • weapons

- 1 This place offers **many different** activities for young people.
- 2 I **don't like** it when people shout at me.
- 3 We watched a film which was quite **funny**.
- 4 I'm sorry, but I'm afraid I **can't** help you.
- 5 There were thousands of **people who were watching the match** at the stadium.
- 6 Which of the **people who are taking part** do you think will win the race?
- 7 Were the robbers carrying **guns**?

### 3 Complete the sentences with one word.

- 1 *Avengers* is my favourite **action f.....**
- 2 How many **gold m.....** has Lefteris Petrounias won so far?
- 3 He threw the ball at the **basketball h.....** but didn't score.
- 4 The pentathlon is a **sporting e.....**
- 5 When you swim in a swimming pool, it's important to wear **swimming g.....**
- 6 He put on his **boxing g.....** and went into the ring.
- 7 We bought Grandpa a set of **golf c.....** for his birthday.

### 1 Simple Past (Απλός Αόριστος) 2 Past Continuous (Αόριστος Διαρκείας)

#### 1 Simple Past (He played / left, Did he play / leave?, He didn't play / leave)

Χρησιμοποιείται:

- 1 για μία πράξη που **έγινε στο παρελθόν** (γνωρίζουμε πότε).  
*Dan sent me an email last night.*
- 2 για μία **συνήθεια** ή μία πράξη που **επαναλαμβανόταν στο παρελθόν**.  
*People didn't use tablets in the past. When he was young, he exercised every day.*
- **used to + απαρέμφατο** (= συνήθιζα να) για **συνήθειες ή καταστάσεις του παρελθόντος**.  
*He used to drink a lot of milk when he was little. (ή: He drank a lot of milk ...)  
(Did he use to drink ...? He didn't use to drink ...)*

## 2 Past Continuous (He was playing, Was he playing?, He wasn't playing)

Χρησιμοποιείται:

- για μία πράξη που γινόταν (ήταν σε εξέλιξη) σε συγκεκριμένη στιγμή στο παρελθόν.  
*At ten o'clock, we were watching a film on TV.*  
*He was having dinner when I called him.*  
*Alex was studying while his sister was reading a magazine.*
- με το **always** για να πούμε ότι κάτι γινόταν πάρα πολύ συχνά στο παρελθόν ή για να δείξουμε **ενόχληση**.  
*His grandparents were always giving him money.*  
*My older brother was always telling me what to do.*

⚠ She travelled a lot when she was young. ↗: She used to travel a lot when she was young.  
[OXI: She was travelling a lot ...]

### Grammar Exercises

#### 1 Fill in the simple past or the past continuous.

- At six o'clock yesterday, we ..... (play) a new computer game.
- I ..... (not eat) a lot of fruit when I was little.
- Last night, I ..... (read) a book while my sister ..... (listen) to music.
- She ..... (buy) a new skirt to wear to the party.
- ..... Helen ..... (wait) for the bus when you ..... (see) her?
- She ..... (not come) to school today because she was sick.

#### 2 Write sentences using the simple past or the past continuous.

- I / visit / Italy / every year / when / I / be / younger

.....  
.....

- we / do a test / at 9 o'clock / this morning

.....  
.....

- Tom and Alex / play / Monopoly / all afternoon

.....  
.....

- Mum / make / dinner / when / the lights / go out

.....  
.....

- how long ago / you / meet / your best friend?

.....  
.....

- you / sleep / while / Kate / clean / her bedroom?

.....  
.....



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- 1 power** ['paʊə] (n) = δύναμη  
*Superman has great super powers.*
- powerful** ['paʊəfl] (adj) = δυνατός, ισχυρός
- 2 special effects** ['speʃl ɪ'fekts] (n) = ειδικά εφέ  
*The Star Wars films have amazing special effects.*
- 3 bring sb / sth to life** [brɪŋ tə laɪf] = ζωντανεύω κπ / KT  
*Technology helps to bring many imaginary characters to life.*
- 4 (the) big screen** ['bɪg ˌskrɪ:n] (n) = the cinema / η μεγάλη οθόνη (ο κινηματογράφος)  
*It's more exciting to watch action films on the big screen.*
- 5 reason** ['ri:zn] (n) = why sth happens / λόγος, αιτία  
*I can't understand the reason why he spoke to me so rudely.*
- Der:** **reasonable** (adj)
- 6 imagine** [ɪ'mædʒɪn] (v) = to form a picture or idea in your mind / φαντάζομαι  
*Can you imagine life without the Internet?*
- Der:** **imagination** (n), **imaginative** (adj), **imaginary** (adj)
- 7 (be) in (serious) trouble** [ɪn 'sɪəriəs 'trʌbl] = to be in a (very) difficult situation / έχω (μεγάλες) φασαρίες, (πολλά) μπλεξίματα  
*I'll be in serious trouble when my mum finds out I failed my maths test.*
- 8 alien** ['eɪliən] (adj) = from another planet / εξωγήινος  
*ET is a well-known alien film character.*
- Der:** **alien** (n)
- 9 attack** [ətæk] (n) = an act of violence in order to hurt sb / επίθεση  
*The attack on the old woman shocked many people.*
- Der:** **attack** (v), **attacker** (n)
- 10 earthquake** ['ɜ:θkweɪk] (n) = a sudden movement of the ground / σεισμός  
*The earthquake in Japan destroyed a lot of houses.*
- 11 out of this world** [aʊt əv ðɪs 'wɜ:ld] (idm) = unusually good or impressive / απίθανος, απίστευτος  
*Films with superheroes are out of this world; I love them.*
- 12 strength** [strenθ] (n) = the power sb has to lift or move things / δύναμη  
*I don't have the strength to move my bed to the other side of the room.*
- Der:** **strong** (adj), **strengthen** (v)

**13 superhuman** [su:pə'hju:mən] (adj) = υπεράνθρωπος  
*Superman uses his superhuman powers to save the world.*

**14 ability** [ə'bɪləti] (n) = ικανότητα  
*Usain Bolt's ability to run very fast helped him win all those medals.*

**Der:** **able** (adj)  
**Opp:** **inability**

**15 however** [haʊ'evə] (adv) = ωστόσο, παρ' όλα αυτά  
*I went to the shops to buy a jacket. However, I didn't find anything I liked.*

**16 protector** [prə'tekٹə] (n) = sb that protects a person or thing / προστάτης  
*She sees her older brother as her protector.*

**Der:** **protect** (v), **protective** (adj), **protection** (n)

**17 tough** [tʌf] (adj) = σκληρός  
*He is so tough that nothing can make him cry.*

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**18 laboratory** [lə'bɔ:rətri] (n) = a special room where people do tests / εργαστήριο  
*We have a science laboratory at school where we have physics lessons.*

**19 feel sorry for** [.fi:l 'spri fə] (idm) = λυπάμαι κπ  
*I feel sorry for the people who don't have a job.*

**20 unbelievable** [ʌnbi'lɪ:vəbl] (adj) = amazing / απίστευτος, εκπληκτικός  
*Our team was unbelievable! They easily won the game.*

**Opp:** **believable**

**21 accident** ['æksɪdənt] (n) = ατύχημα  
*I didn't mean to break the glass. It was an accident!*

**Der:** **accidental** (adj)

**22 (be) hurt** [hɜ:t] = χτυπώ, τραυματίζομαι  
*He was hurt while he was playing football.*

**Der:** **hurt** (v)

**23 instead** [ɪn'sted] (adv) = αντί γι' αυτό  
*Jake didn't go to university. Instead, he decided to work in his dad's shop.*

**24 speed** [spi:d] (n) = how quickly sth moves / ταχύτητα  
*Planes travel at an amazing speed.*

**25 be into** [.bi 'ɪntə] (phr v) = to be interested in sth; to like sth / ενδιαφέρομαι για, μου αρέσει κπ  
*My brother is so into technology that he is always in front of a computer.*

**26 (the) latest** ['leɪtɪst] (adj) = the newest / ο πιο πρόσφατος, ο τελευταίος  
*What's the latest news about the missing skiers?*

- 27 **stand a chance** [stænd ə 'tʃa:n:s] = to have the possibility to do sth / έχω πιθανότητες (να κάνω κτ)
- Do we stand a chance of winning tonight's game?*
- 28 **courage** ['kʌrɪdʒ] (n) = the ability to do sth difficult or dangerous without being afraid / θάρρος  
*He didn't have the courage to ask her out.*
- Der: **courageous** (adj)
- 29 **fight** [fait] (v) = to try very hard to stop sth / καταπολεμώ  
*I tried to fight my cold by taking vitamins.*
- Der: **fight** (n), **fighter** (adj)
- 30 **crime** [kraɪm] (n) = activities that are against the law / έγκλημα  
*Batman tries to fight crime in Gotham City.*
- Der: **criminal** (n)
- 31 **conversation** [.kɒnvə'nseɪʃn] (n) = a talk between people / συζήτηση  
*The teacher had a conversation with my mum about my marks.*
- 32 **serious** ['sɪəriəs] (adj) = not silly / σοβαρός  
*Mr Brown is very serious. He doesn't laugh at any of our jokes.*
- Der: **seriously** (adv)
- 33 **brilliant** ['brɪlɪənt] (adj) = very clever / λαμπρός, πολύ έξυπνος  
*I think that's a brilliant idea.*
- 34 **scientist** ['saɪəntɪst] (n) = επιστήμονας  
*Einstein was a brilliant scientist.*
- Der: **science** (n), **scientific** (adj)
- 35 **build** [bɪld] (v) = to make / κατασκευάζω, φτιάχνω  
*He wants to build his own computer one day.*
- Der: **builder** (n), **building** (n)
- 36 **suit** [su:t] (n) = στολή  
*Ironman wears a metal suit.*
- 37 **show off** [.ʃəʊf 'ɒf] (phr v) = to try to make people admire you / κάνω επίδειξη, επιδεικνύω, -ομαι  
*He wears expensive clothes just to show off in front of the girls.*
- 38 **chase** [tʃeɪs] (v) = to run after sb / κυνηγώ  
*A big dog chased me in the park yesterday.*
- Der: **chase** (n)

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- 39 **cast** [ka:st] (n) = all the actors playing in a film or play / το σύνολο των θησποιών ταινίας / έργου  
*The new James Bond film has an excellent cast.*
- 40 **storyline** ['stɔ:rɪlaɪn] (n) = the events in a book or film / υπόθεση, πλοκή  
*I read a book with a very interesting storyline.*
- 41 **box-office hit** [.bɒks 'ɒfɪs hit] (n) = a film that sells many tickets / ταινία που σημειώνει μεγάλη εισπρακτική επιτυχία  
*All the Lord of the Rings films have become box-office hits.*
- 42 **scene** [si:n] (n) = σκηνή (ταινίας, έργου)  
*The final scene of the film made me cry.*
- 43 **tent** [tent] (n) = σκηνή (για κάμπινγκ)  
*While we were camping, we slept in a tent.*
- 44 **show up** [.ʃəʊp 'ʌp] (phr v) = to arrive at a place / έρχομαι, παρουσιάζομαι  
*He showed up late for the lesson, and the teacher didn't let him come in.*
- 45 **be up to** [bi 'ʌp tə] (phr v) = to be doing sth / κάνω, σκαρώνω  
*Hey, kids! What are you up to now?*
- 46 **impress** [ɪm'pres] (v) = to make sb admire you / εντυπωσιάζω  
*What impressed me was his ability to speak French so well.*
- Der: **impressive** (adj), **impression** (n)

**Remember!**

- 1 **technology** [tek'nɒlədʒi] (n) = τεχνολογία
- 2 **planet** ['plænɪt] (n) = πλανήτης
- 3 **kind** [kaɪnd] (adj) = ευγενικός, καλός
- 4 **earth** [ɜ:θ] (n) = Γη
- 5 **bite (bit – bitten)** [baɪt] (v) = δαγκώνω
- 6 **though** [ðəʊ] (adv) = όμως
- 7 **close to** ['kləʊs tə] (adj) = κοντά σε
- 8 **polite** [pə'lait] (adj) = ευγενικός, με καλούς τρόπους

**Idioms**

- catch sb red-handed** = πιάνω κπ στα πράσα / επ' αυτοφώρω
- give sb a hand** = δίνω ένα χεράκι σε κπ, βοηθώ κπ

## Vocabulary Exercises

### 1 Fill in: latest, serious, superhuman, hurt, brilliant.

- 1 She is very ..... and never tells jokes.
- 2 Did he actually score 100 out of 100 in the maths test? He is such a ..... student!
- 3 Do you want to go and see the ..... James Bond film?
- 4 After he was bitten by the spider, Peter Parker got ..... powers.
- 5 He fell out of the tree, but fortunately, he wasn't .....

### 2 Write T if the sentence is True or F if it is False.

- 1 If you have **strength**, you can carry something heavy. ....
- 2 If something is **out of this world**, it is very good. ....
- 3 Actors work in **laboratories**. ....
- 4 When you go camping, you sleep in a **scene**. ....
- 5 If you **are into** technology, you are interested in it. ....
- 6 If you have the **ability** to do something, you can do it. ....
- 7 If a film is a **box-office hit**, it hasn't sold many tickets. ....

### 3 Fill in the correct letter to complete the text. There is an extra letter you do not need to use.

<b>A</b>	<b>protector</b>	<b>B</b>	<b>speed</b>	<b>C</b>	<b>storyline</b>	<b>D</b>	<b>crime</b>
<b>E</b>	<b>accident</b>	<b>F</b>	<b>courage</b>	<b>G</b>	<b>special effects</b>	<b>H</b>	<b>powers</b>

Yesterday, we went to the cinema and saw an amazing superhero film. The  was about a guy who had a(n)  which gave him unbelievable . He was able not only to run at great  but also fly. At first, he was afraid to use his powers, but after a while he decided to become the  of the city and help fight . The film has great  – you actually felt like you were flying. I really think you should go and see it.

## 1 Plurals (Πληθυντικός Αριθμός) 2 Countable / Uncountable Nouns (Αριθμήσιμα / Μη Αριθμήσιμα Ουσιαστικά)

### 1 Plurals

Τα περισσότερα ουσιαστικά παίρνουν **-s** στον πληθυντικό: desks, arms, houses

Προσέξτε τις παρακάτω περιπτώσεις:

- 1 **-s, -sh, -ch, -x + -es**: dresses, dishes, churches, foxes
- 2 **σύμφωνο + -y → y + -ies**: party → parties **ΑΛΛΑ**: key → keys
- 3 **-f / -fe → -f / -fe + -ves**: loaf (= φραντζόλα) → loaves, shelf (= ράφι) → shelves, knife → knives, life → lives **ΑΛΛΑ**: roof (= στέγη) → roofs, cliff (= γκρεμός) → cliffs, giraffe → giraffes
- 4 **-o + -s**: pianos, photos, kilos **ΑΛΛΑ**: tomatoes, potatoes, heroes

### Irregular Plurals:

man → men, woman → women, child → children, tooth → teeth, foot → feet, goose (= χήνα) → geese, mouse → mice  
Επίσης: sheep (= πρόβατο) → sheep, fish → fish

### Nouns always in the plural

Τα παρακάτω ουσιαστικά είναι πάντοτε στον πληθυντικό. Χρησιμοποιούνται με λέξεις και ρήματα πληθυντικού αριθμού. Δεν χρησιμοποιούμε a / an, one, two, this, that κλπ πριν από αυτά τα ουσιαστικά.

These / Those { jeans, trousers, shorts, leggings (= κολλάν),  
tights (= καλσόν), pyjamas, scissors (= ψαλίδι) } are / were / have

### Προσέξτε:

- a / one pair of jeans / trousers κλπ is / was / has
- two pairs of jeans / trousers κλπ are / were / have

## 2 Countable / Uncountable Nouns

1 Ta countable nouns αριθμούνται και έχουν **ενικό** και **πληθυντικό** αριθμό. Ta uncountable nouns δεν αριθμούνται, και έτσι δεν έχουν πληθυντικό αριθμό. Χρησιμοποιούνται με ρήματα **ενικού** αριθμού και λέξεις όπως: **this, that, much, some, any.** Δεν χρησιμοποιούμε a / an, one, two κλπ πριν από αυτά τα ουσιαστικά. Μερικά uncountable nouns είναι τα: **milk, water, rice, pasta, chocolate, meat, bread, fruit** κλπ.

2 Οι παρακάτω λέξεις είναι επίσης uncountable nouns:

**This / That** { **advice** (= συμβουλή /-ές), **information** (= πληροφορία /-ές), **furniture** (= έπιπλα), } **is / was / has**  
**jewellery** (= κοσμήματα), **luggage** (= αποσκευές), **rubbish** (= σκουπίδια)

Προσέξτε:

- **a piece of** advice / information κλπ **is / was / has**
- **two pieces of** advice / information κλπ **are / were / have**

- ⚠ ■ **hair / money** **is / was / has** *The money you found **is** mine!*  
 ■ **news** **is / was / has** *The news **isn't** good, I'm afraid.*  
 ■ **mathematics / physics / gymnastics** **is / was / has** *Mathematics **is** difficult.*  
 ■ **people / police** **are / were / have** *The police **have** caught the thieves.*

## Grammar Exercises

1 Look at the underlined words in the sentences.

Tick (✓) if they are correct or correct them.

- 1 Your hair are very nice today! .....
- 2 Mum, where are my new jeans? .....
- 3 The advice that you gave me were great. .....
- 4 There are a lot of rubbish in the streets today. .....
- 5 The police are still looking for the thief. .....
- 6 Pasta is my favourite food. .....
- 7 Do you know where the scissors is? .....
- 8 I think physics are more difficult than maths. .....



2 Write the **plural** of the noun where there is one.

- |             |       |           |       |
|-------------|-------|-----------|-------|
| 1 shelf     | ..... | 8 roof    | ..... |
| 2 advice    | ..... | 9 rice    | ..... |
| 3 sheep     | ..... | 10 potato | ..... |
| 4 watch     | ..... | 11 bread  | ..... |
| 5 furniture | ..... | 12 fruit  | ..... |
| 6 mouse     | ..... | 13 kilo   | ..... |
| 7 toy       | ..... | 14 goose  | ..... |

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- 1 **recently** ['ri:sntli] (adv) = a short time ago / πρόσφατα  
*We visited a great, new art gallery recently.*  
**Der:** **recent** (adj)
- 2 **action-packed** ['ækʃn pækt] (adj) = full of action / γεμάτος δράση  
*All the films with superheroes are action-packed.*
- 3 **(be) set** [set] (v) = (of a story / film) to take place in a specific place / time / διαδραματίζομαι  
*The film is set on Mars in the year 2050.*
- 4 **long before** [lɒŋ bɪ'fɔ:] = much earlier / πολύ καιρό πριν  
*I had read the book long before it became a film.*
- 5 **star** [sta:] (v) = to have as the main actor / έχω ως πρωταγωνιστή<sup>1</sup>  
*The film stars Alicia Vikander as Lara Croft.*
- 6 **leading role** ['li:dɪŋ rəʊl] (n) = the main part in a film or play / πρωταγωνιστικός ρόλος  
*Emma had the leading role in the school play.*
- 7 **wizard** ['wɪzəd] (n) = a man with magical powers / μάγος  
*Harry Potter is a famous wizard.*
- 8 **study** ['stʌdi] (v) = to examine sth carefully in order to understand it / μελετώ, ερευνώ  
*They have been studying the behaviour of tigers in zoos for two years.*
- 9 **magical** ['mædʒɪkl] (adj) = μαγικός  
*Wizards have magical powers.*  
**Der:** **magic** (n), **magician** (n)
- 10 **creature** ['kri:tʃə] (n) = πλάσμα  
*There are a lot of creatures which live in forests.*
- 11 **especially** [ɪ'speʃəli] (adv) = ειδικά, ιδιαίτερα  
*I like fruit, especially strawberries.*
- 12 **evil** ['i:vɪl] (adj) = very bad / κακός, μοχθηρός  
*In most superhero films, there is an evil guy who wants to destroy the world.*
- 13 **rule** [ru:l] (v) = to control a country, group of people, etc. / κυβερνώ  
*Isn't it true that money rules the world?*  
**Der:** **ruler** (n)
- 14 **whole** [həʊl] (adj) = όλος, ολόκληρος  
*He ate the whole pizza by himself.*
- 15 **once** [wʌns] (adv) = at some time in the past / κάποτε  
*We once had a dog, but unfortunately, he died.*
- 16 **close** [kləʊs] (adj) = στενός (για σχέση)  
*The twin sisters have a very close relationship.*

- 17 **friendship** ['frendʃɪp] (n) = φιλία  
*We don't have a close friendship. I've only known him for a month.*  
**Der:** **friend** (n), **friendly** (adj)
- 18 **because of** [bɪ'kɒz .əv] = εξαιτίας, λόγω  
*We didn't go for a picnic because of the rain.*
- 19 **agree** [ə'gri:] (v) = to say that you will do what sb wants / συμφωνώ  
*Mike agreed to give his friend some money.*  
**Der:** **agreement** (n)  
**Opp:** **disagree**
- 20 **knowledge** ['nɒlɪdʒ] (n) = the things you know / γνώσεις  
*My history teacher has a lot of knowledge about ancient Greece.*  
**Der:** **know** (v), **knowledgeable** (adj)
- 21 **acting** ['ækting] (n) = θητοποίια  
*Did you like Johnny Depp's acting in The Pirates of the Caribbean?*  
**act** [ækɪt] (v) = παίζω (ρόλο)  
**Der:** **actor** (n), **actress** (n)
- 22 **brilliant** ['brɪliənt] (adj) = very good; excellent / υπέροχος, έξοχος  
*We had a brilliant time at the theatre last night.*
- 23 **performance** [pə'refɔ:məns] (n) = ερμηνεία  
*The actor's performance was so amazing that he won an Oscar.*  
**Der:** **perform** (v), **performer** (n)
- 24 **plenty of** ['plenti .əv] = αρκετός  
*I had plenty of time to do my homework before my friends came round.*
- 25 **dark** [da:k] (adj) = frightening / 'σκοτεινός, με τρομακτική ατμόσφαιρα  
*The last two Harry Potter films were much darker than the previous ones.*
- 26 **suitable (for)** ['su:təbl] (adj) = right for a person or situation / κατάλληλος για  
*Not all computer games are suitable for children.*  
**Der:** **suit** (v)  
**Opp:** **unsuitable**
- 27 **adult** ['ædʌlt] (n) = a person over 18 years old / ενήλικος  
*You have to be an adult to be able to drive a car in Greece.*  
**Der:** **adulthood** (n)
- 28 **make sure** [.meɪk 'ʃʊə:] (idm) = to be sure to do sth / βεβαιώνομαι, φροντίζω (να γίνει κτ)  
*Make sure you buy the tickets in time.*

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- 29 (be) based on** [bə'beɪst ,ɒn] = είμαι βασισμένος σε  
*The film is based on a true story.*
- 30 part** [pa:t] (n) = 1 role / ρόλος  
*I was chosen to play the part of the grandmother in the school play.*  
**2 κομμάτι, μέρος**  
*The second part of the play was more interesting than the first.*
- 31 suspense** [sə'spens] (n) = the feeling of excitement when you don't know what is going to happen / αγωνία, σασπένς  
*It was a very exciting film with a lot of suspense.*
- 32 fall in love** [fɔ:l ,ɪn 'lʌv] = to start to have very strong feelings about sb / ερωτεύομαι  
*They fell in love in high school and got married a few years later.*
- 33 science** ['saɪəns] (n) = επιστήμη  
*I'm interested in science; that's why I like physics lessons.*  
Der: **scientist** (n), **scientific** (adj)
- 34 play a trick on sb** [pleɪ ə 'trɪk ən] = κάνω φάρσα σε κπ  
*Schoolchildren like to play tricks on their teachers.*
- 35 escape** [ɪ'skeɪp] (v) = to get away from a dangerous situation or a building / δραπετεύω, ξεφεύγω  
*In the film, they manage to escape from a burning building.*
- 36 rob** [rɒb] (v) = to take money or things from sb using violence / ληστεύω  
*Two robbers tried to rob the bank last night.*  
Der: **robber** (n), **robbery** (n)
- 37 steal** [sti:l] (v) = to take sth that belongs to sb else / κλέβω  
*He spent three years in prison for stealing cars.*
- 38 disappointing** [dɪsə'pɔɪntɪŋ] (adj) = not as good as you had hoped / απογοητευτικός  
*The results of the test were disappointing. I had hoped they would be better.*  
Der: **disappoint** (v), **disappointed** (adj), **disappointment** (n)

- 39 hilarious** [hɪ'lærɪəs] (adj) = very funny / ξεκαρδιστικός  
*The comedy we watched last night was so hilarious that we couldn't stop laughing.*
- 40 ordinary** ['ɔ:dɪnri] (adj) = usual; not different or special / συνηθισμένος, κοινός  
*The book was about the lives of ordinary people in a small village in Italy.*
- (page 21)
- 41 opinion** [ə'pɪnjən] (n) = your thoughts about sth / γνώμη, άποψη  
*What's your opinion of Star Wars?*  
**in my opinion** [ɪn ,maɪ ə'pɪnjən] = κατά τη γνώμη μου
- 42 recommend** [.rekə'mend] (v) = to tell sb that sth is good or useful / συνιστώ, συστήνω, προτείνω  
*I recommend that you read this novel. It's excellent.*  
Der: **recommendation** (n), **recommended** (adj)
- 43 it's (not) worth** [ɪts 'nɒt ,wɜ:θ] = (δεν) αξίζει  
*It's not worth buying that game console. It's quite old now.*
- 44 miss** [mɪs] (v) = χάνω (ευκαιρία, ταινία κλπ)  
*There's a good film on tonight. Don't miss it.*

**Types of Films**

- comedy** ['kɒmədɪ] (n) = κωμωδία
- horror film** ['hɔ:rə ,fɪlm] (n) = ταινία τρόμου
- fantasy film** ['fæntəsi ,fɪlm] (n) = ταινία φαντασίας
- science-fiction film** ['saɪəns 'fɪkʃn ,fɪlm] (n) = ταινία επιστημονικής φαντασίας
- thriller** ['θrɪlə] (n) = θρίλερ
- romance** [rəʊ'mæns] (n) = αισθηματική ταινία

**Remember!**

- decide** [dɪ'saɪd] (v) = αποφασίζω
- continue** [kə'nɪtɪnu:] (v) = συνεχίζω
- frightening** ['fraɪtnɪŋ] (adj) = τρομακτικός

**Idioms**

- let the cat out of the bag** = μου ξεφεύγει ένα μυστικό  
**a little bird told me** = μου το 'πε ένα πουλάκι

## Vocabulary Exercises

### 1 Complete the sentences with the correct word.

- 1 Young children love to play **t**..... on their parents.
- 2 In the film, the teenage girl **f**..... in **love** with her brother's best friend.
- 3 I read a book which **was b**..... on a true story.
- 4 She had known about that actor **long b**..... he became famous.
- 5 Please **m**..... **sure** you lock the door before you go to bed.
- 6 A new café has just opened in the area, but I don't think **it's w**..... visiting.

### 2 Choose the correct answer.

- 1 Last night, someone **stole / robbed** my phone from my bag.
- 2 Would you **agree / recommend** that I see this film?
- 3 Two men **escaped / missed** from prison last night.
- 4 Sara told us a(n) **hilarious / evil** story that made us all laugh out loud.
- 5 Meryl Streep's **part / performance** in *Mamma Mia* was amazing, wasn't it?
- 6 The last *Harry Potter* film was not **suitable / ordinary** for very young children.

### 3 Choose the correct word to complete the sentence.

- 1 We loved the film. The acting was ..... .
 

<b>a</b> brilliant	<b>b</b> disappointing
--------------------	------------------------
- 2 They grew up together, and they have a close ..... .
 

<b>a</b> friendship	<b>b</b> opinion
---------------------	------------------
- 3 The film ..... Tobey Maguire as Spiderman.
 

<b>a</b> rules	<b>b</b> stars
----------------	----------------
- 4 *Fantastic Beasts* is an action-packed film full of ..... .
 

<b>a</b> science	<b>b</b> suspense
------------------	-------------------

### 1 Some – Any – No    2 No one – None – Either – Neither

#### 1 Some – Any – No

Χρησιμοποιούμε:

some somebody / someone something somewhere	σε καταφατικές προτάσεις και ερωτήσεις όταν προσφέρουμε ή ζητάμε κάτι	<b>Someone</b> is on the phone for you. Would you like <b>something</b> to drink? Can I have <b>some</b> of that pizza, please?
any anybody / anyone anything anywhere	σε ερωτηματικές και αρνητικές προτάσεις και με λέξεις με αρνητική σημασία ( <b>never</b> , <b>seldom</b> , <b>hardly</b> , <b>without</b> )	Does <b>anyone</b> know the answer? We didn't go <b>anywhere</b> last summer. He <b>hardly</b> said <b>anything</b> . Can you make a cake <b>without</b> <b>any</b> eggs?
no nobody / no one nothing nowhere	αντί για { not any not anybody / anyone not anything not anywhere	There <b>weren't any</b> people in the shop. ή: There <b>were no</b> people in the shop. I <b>didn't</b> see <b>anyone</b> there. ή: I <b>saw no one</b> there.

#### Προσέξτε:

Μπορούμε να χρησιμοποιήσουμε τα **any**, **anyone** κλπ σε καταφατικές προτάσεις, αλλάζει όμως το νόημά τους.

You can call me **any** time you want. (= ... όποια / οποιαδήποτε ...)

**Anybody / Anyone** can learn to cook. (= Οποιοσδήποτε ...)

We'll give you **anything** you need. (= ... ό,τι / οτιδήποτε ...)

You can go **anywhere** you want. (= ... οπουδήποτε ...)

## 2 No one – None – Either – Neither

- Χρησιμοποιούμε το **no one** (ή nobody) μόνο για **ανθρώπους**. Δεν ακολουθείται από **of**.  
**No one knew the man's name.** [OXI: ~~No one of the people ...~~]
- To **none of** (not any, not one) αναφέρεται σε **τρία ή περισσότερα** πρόσωπα, πράγματα κλπ.  
**None of them can speak English.** [OXI: ~~No one of them ...~~]
- Τα **either** (= οποιοσδήποτε από τους δύο) και **neither** (= κανείς από τους δύο) αναφέρονται σε **δύο** πρόσωπα, πράγματα κλπ.  
*'Do you want fish or chicken for dinner?' 'Either would be fine.'*  
*'Do you prefer football or basketball?' 'Neither. I don't like sports.'*

**Προσέξτε:** Τα **none of / either of / neither of** ακολουθούνται από **ουσιαστικό** ή **αντωνυμία** πληθυντικού αριθμού και ρήμα στον **ενικό** ή στον **πληθυντικό**.

**None of the books was / were for children.**

**Either of these cars is / are big enough for a family.**

**Neither of them costs / cost too much.**

**Συγκρίνετε:** **None of the girls** ... (μιλάμε για τρία ή περισσότερα κορίτσια)

**Neither of the girls** ... (μιλάμε για δύο κορίτσια)

⚠ **none of / neither of** + ρήμα σε **καταφατικό** τύπο

**None of them was there.** [OXI: ~~None of them wasn't ...~~]

**Neither of the boys are tall.** [OXI: ~~Neither of the boys aren't ...~~]

## Grammar Exercises

### 1 Fill in **some, any, no** or **one** of their derivatives.

- A: What would you like to do tonight?  
B: I don't know. Are there **any / some** good films on?  
A: No, there's **something / nothing** on TV.
- A: Would you like **something / nothing** to eat?  
B: Yes. Let's make a pizza. Do we have everything we need?  
A: Let's see. We have **some / any** bacon and tomatoes, but we haven't got **no / any** cheese. Can you go to the supermarket and get **some / any**?
- A: Did you do **anything / nothing** interesting last weekend?  
B: It was raining, so we didn't go **nowhere / anywhere**. We just stayed at home and played board games.
- A: What was that noise? Is **anyone / no one** in the kitchen?  
B: No, there is **somebody / nobody** there. It's probably Fluffy, my cat.



### 2 Fill in **no, no one, none, either or neither**.

- 'Would you prefer a burger or a club sandwich?'  
'..... is fine with me.'
- There were ..... people at the beach because it was raining.
- ..... in the street knew that the man who was running was a thief.
- The teacher wanted to know who had played the trick on her, but ..... of the students told her.
- She asked her parents, but ..... of them knew the answer.

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- 1 share** [ʃeə] (v) = μοιράζομαι  
*My friend and I share the same passion for sports.*
- 2 common** ['kɒmən] (adj) = used or shared by two people, groups, etc. / κοινός  
*Do you and your friends have common interests?*
- 3 cultural** ['kʌltʃərəl] (adj) = relating to the culture of a country / πολιτιστικός  
*There are cultural differences between Greek and French people.*  
Der: **culture** (n)
- 4 for instance** [fɔːr 'ɪnstəns] (idm) = for example / για παράδειγμα  
*There are many things we can do. For instance, we can go to the cinema.*
- 5 completely** [kəm'pli:tli] (adv) = totally / απολύτως, τελείως  
*Are you completely sure that he's telling the truth?*  
Der: **complete** (v / adj)
- 6 refer to** [rɪ'fɜː.tə] (v) = αναφέρομαι σε  
*We read a text at school today which referred to sports in the past.*  
Der: **reference** (n)
- 7 in fact** [ɪn 'fækt] (idm) = μάλιστα (για έμφαση)  
*She has many friends. In fact, she is the most popular girl in school.*
- 8 safety** ['seɪfti] (n) = the state of being protected from danger / ασφάλεια  
*For safety reasons, this door is always closed.*  
Der: **safe** (adj), **safely** (adv)
- 9 helmet** ['helmɪt] (n) = a hard hat that you wear to protect your head / κράνος  
*In American football, they wear helmets to protect their heads.*
- 10 gloves** [glʌvz] (n) = γάντια  
*The goalkeeper is the only player who wears gloves in a football match.*
- 11 protection** [prə'tekʃn] (n) = προστασία  
*They bought a dog for protection against thieves.*  
Der: **protect** (v), **protective** (adj)
- 12 opponent** [ə'pəʊnənt] (n) = the person or team you play against / αντίπαλος  
*Our team played well but didn't manage to win because our opponents were better.*
- 13 tackle** ['tækli] (v) = 1 (in American football and rugby) to make an opponent fall to the ground so that they stop running / ρίχνω αντίπαλο κάτω για να τον σταματήσω  
2 to try to solve a problem / αντιμετωπίζω (πρόβλημα)  
*There are many ways to tackle this problem.*

- 14 actually** ['æktyuəli] (adv) = στην πραγματικότητα  
*I didn't want to try windsurfing at first, but it was actually great fun.*
- 15 physical contact** ['fɪzɪkl ˈkɒntækt] (n) = σωματική επαφή  
*In volleyball, there is no physical contact among the players.*
- 16 football kit** ['fʊtbɔːl .kɪt] (n) = ποδοσφαιρική εμφάνιση (φανέλα, σορτς, κάλτσες)
- 17 football boots** ['fʊtbɔːl .bu:ts] (n) = ποδοσφαιρικά παπούτσια
- 18 referee** [.refə'rɪ:] (n) = διαιτητής
- 19 linesman** ['laɪnzmən] (n) = επόπτης γραμμών
- 20 captain** ['kæptɪn] (n) = the leader of a team / αρχηγός ομάδας  
*Alex is the captain of the school football team.*
- 21 similarity** [sɪmə'lærəti] (n) = ομοιότητα  
*There are very few similarities between English and American football.*  
Der: **similar** (adj)
- 22 pass** [pa:s] (v) = 1 to give the ball to another player / δίνω πάσα, πασάρω  
*Dylan passed the ball to Jake, and he scored a goal.*  
2 to spend (time) / περνώ (χρόνο)  
*I read a magazine to pass the time while I was waiting.*
- 23 teammate** ['ti:mmeɪt] (n) = sb you play with on the same team / συμπαίκτης  
*Messi and Piquet have been teammates at Barcelona for years.*
- 24 kick** [kɪk] (v) = to hit sth or sb with your foot / κλοτσάω  
*You must kick the ball into the net to score a goal.*
- 25 goalkeeper** ['gəʊlkɪ:pə] (n) = the player who tries to stop the ball going into the goal / τερματοφύλακας  
*The goalkeeper had an excellent day today and saved two penalties.*

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- 26 boxer** ['bɒksə] (n) = μποξέρ
- 27 cyclist** ['saɪklɪst] (n) = ποδηλάτης
- 28 gymnast** ['dʒɪmnəst] (n) = αθλητής ενόργανης ή ρυθμικής γυμναστικής
- 29 skier** ['ski:ə] (n) = σκιέρ
- 30 weightlifter** [weɪtlif'tə] (n) = αρσιβαρίστας

- 31 strong** [strɔŋ] (adj) = 1 not easily broken / γερός, ανθεκτικός  
*Let's buy a new table; this one is not very strong.*
- 2 healthy / υγιής  
*After staying in bed for a few days, he feels strong again.*
- 3 powerful / δυνατός  
*He is a very strong athlete; I am sure he will finish the race.*
- Der:** **strength** (n)
- 32 damage** ['dæmɪdʒ] (v) = χαλώ, προκαλώ ζημιά  
*She dropped her phone and damaged it.*
- Der:** **damage** (n)
- 33 illness** ['ɪlnəs] (n) = αρρώστια  
*He missed school for a few days because of his illness.*
- Der:** **ill** (adj)

(page 24)

- 34 book** [buk] (v) = κάνω κράτηση, κλείνω  
*Have you booked a table at the restaurant?*
- Der:** **booking** (n)
- 35 available** [ə'veɪləbl] (adj) = that you can find, buy or use / διαθέσιμος  
*There are still some tickets available for the concert.*
- Der:** **availability** (n)
- 36 lose to sb** [lu:z tə] (v) = ηττώμαι, χάνω από κπ  
*Germany lost 2-1 to Spain.*
- 37 definitely** ['defɪnətli] (adv) = for sure; certainly / οπωσδήποτε  
*I will definitely come to your party.*
- 38 beat** [bi:t] (v) = νικώ, κερδίζω (αντίπαλο)  
*My friend beat me at Monopoly last night.*
- 39 have a good view** [həv ə 'gʊd vju:] = βλέπω καλά (από κάπου)  
*We booked seats near the front, so we would have a good view of the stage.*

- 40 nil** [nɪl] (n) = μηδέν (για σκορ)  
*Liverpool won three nil.*
- 41 draw** [drɔ:] (n) = when nobody wins in a game / ισοπαλία  
*We watched a very exciting match which ended in a draw.*
- 42 foul** [faʊl] (n) = φάουλ
- 43 penalty** ['penəlti] (n) = πέναλτι  
**penalty area** ['penəlti 'eəriə] (n) = μεγάλη περιοχή (στο ποδόσφαιρο)  
**take a penalty** [teɪk ə 'penəlti] = χτυπώ πέναλτι
- 44 save** [seɪv] (n) = when the goalkeeper stops the ball from going into the net / απόκρουση  
*The goalkeeper made a good save by kicking the ball into the air.*
- 45 whistle** ['wɪsl] (n) = σφυρίχτρα  
**blow my whistle** [bləʊ maɪ 'wɪsl] = σφυρίζω (με σφυρίχτρα)  
*The referee blew his whistle for half time.*
- 46 full time** ['fʊl taɪm] (n) = the end of a sports match / η λήξη του αγώνα  
*We were so disappointed with our team that we left the stadium before full time.*

**Remember!**

- difference** ['dɪfrəns] (n) = διαφορά
- surprise** [sə'praɪz] (v) = προκαλώ έκπληξη, εκπλήσσω
- secret** ['sɪ:kret] (n) = μυστικό
- website** ['websaɪt] (n) = ιστότοπος
- seat** [si:t] (n) = θέση
- surf the Internet** [sɜ:f ði 'ɪntənet] (v) = σερφάρω στο Διαδίκτυο

**Vocabulary Exercises****1 Fill in the correct noun.**

- The person who you play against in a game is your **o**.....
- The person who controls a football game is the **r**.....
- The person who is the leader of a team is the **c**.....
- The person who protects the goal is the **g**.....
- The person who plays with you on the same team is your **t**.....



## 2 Fill in the correct letter to complete the sentences.

- 1 When you buy or find something, it means that it is .....
- 2 If something is shared by two or more people, it is .....
- 3 When you try to solve a problem, you ..... it.
- 4 When you give the ball to another player, you ..... it.
- 5 Something that is ..... doesn't break easily.
- 6 The end of a sports match is called .....
- 7 When nobody wins a game, it is a .....

- a tackle
- b pass
- c available
- d full time
- e common
- f draw
- g strong

## 3 Find the words in the word search and label the pictures.



► Review 1 ◀

Lessons 1-5

(page 26)

- 1 **live** [laɪv] (adj) = ζωντανός (π.χ. για μουσική, εκπομπή κλπ)  
*On Sunday, I went to a live football match which was amazing.*

- 2 **local** ['ləʊkl] (adj) = τοπικός, της περιοχής  
*I am very keen on basketball, so I am going to join the local team.*  
**Der:** **locally** (adv)

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