

Word	Unit No	Page	Definition	PoS	Example	CEF	IPA
blow out	12	112	If a flame blows out, or if you blow it out, it stops burning because you or the wind have blown it.	phrasal verb	There was a cake with two candles. I couldn't blow them out so my dad did it for me.	C2	bləʊ 'aʊt
break down	12	112	If a machine or vehicle breaks down, it stops working.	phrasal verb	We were driving to our Grandma's and our car broke down.	B1	breɪk 'daʊn
sort out	12	112	to successfully deal with something, such as a problem or a difficult situation	phrasal verb	A mechanic came to sort it out.	B2	sɔ:t 'aʊt
carry out	12	112	to do or complete something	phrasal verb	But scientists carrying out research into early memories have suggested that this is untrue.	B1	kæri 'aʊt
look into	12	112	to examine the facts about a situation	phrasal verb	The researchers are now looking into the question of why children remember certain events and not others.	B2	lʊk 'ɪn.tu:
stand out	12	112	to be very easy to see or notice	phrasal verb	Bad things often stand out in our minds.	B2	stænd 'aʊt
work out	12	112	to understand something or decide something after thinking very carefully	phrasal verb	The researchers are trying to work out why this is the case.	B2	wɜ:k 'aʊt
look forward to	12	112	to feel happy and excited about something that is going to happen	phrasal verb	We can surely look forward to more fascinating discoveries about memories in the near future.	B1	lʊk 'fɔ: wəd tu:
terrified	12	115	very frightened	adjective	I wish I hadn't gone! I was terrified.	B1	'ter.ə.faid
bite your nails	12	115	to use your teeth to cut into the hard parts at the ends of your fingers	phrase	But on the day, I started to get nervous, I was biting my nails and everything.		'baɪt jɔ: 'neɪlz
sweat	12	115	to produce liquid through your skin because you are hot, nervous or ill	verb	I stood there with the rope round my ankle and I was really sweating.	B2	swet
panic	12	115	to suddenly feel so worried or frightened that you cannot think or behave calmly, or to make someone feel this way	verb	In the end I just panicked and said: 'I can't do this'.	B2	'pæn.ɪk
sb's mouth goes dry	12	115	If your mouth goes dry, it stops having liquid in it, usually because you are afraid.	phrase	And when I stood up, my mouth went dry and I started to tremble!		sʌm.wʌnz 'maʊθ ɡəʊz ,draɪ
breathe hard	12	115	to take air in and out of your lungs in a quick and forceful way	phrase	I started to breathe hard and I had to drink about a hundred glasses of water!		'bri:ð hɑ:d
tremble	12	115	to shake slightly, usually because you are cold, frightened, or very emotional	verb	And when I stood up, my mouth went dry and I started to tremble!	B2	'trem.bəl
shake	12	115	to make quick, short movements with your body because you are ill or afraid	verb	I was shaking for about fifteen minutes afterwards, but then I was all right.	B2	ʃeɪk
percentage	12	111	an amount of something, often expressed as a number out of 100	noun	Stressful events were only a small percentage of what the children said they remembered.	B2	pə'sen.tɪdʒ
candle	12	111	a stick of wax with string going through it which produces light as it burns	noun	There was a cake with two candles.	B1	'kændl
childhood	12	111	the time when someone is a child	noun	Most adults remember little about things that happened in their very early childhood.	B1	'tʃaɪld.hʊd
roughly	12	111	approximately	adverb	Then they asked them roughly how old they'd been when the event occurred.	B2	'rʌf.li
powerful	12	114	having a very strong taste	adjective	The peppers were really powerful.	B1	'paʊə.fəl
bungee jumping	12	114	the sport of jumping from a very high place while tied to a long elastic rope, so that the rope pulls you back before you hit the ground		Hey, there's a bungee jumping place near here!		'bʌŋ.dʒɪ ,dʒʌŋ.pɪŋ