

Word	Unit No	Page	Definition	PoS	Example	CEF	IPA
smash	2	22	to make something break into a lot of pieces with a loud noise	verb	Some had to smash their doors to get out of their homes.	B2	smæʃ
rage	2	22	to continue with great force or violence	verb	The fire had been raging for almost four days when the Duke of York put a plan into action.	C2	reɪdʒ
dive	2	22	when you enter water head-first with your arms held out above your head	verb	Others simply dived into the river to save themselves.		daɪv
flee	2	22	to leave a place quickly because you are in danger or are afraid	verb	Many had grabbed their most important possessions and were trying to flee from the flames with them.	C1	fliː
strike	2	22	If something bad strikes something or someone, it affects them strongly and quickly.	verb	As the catastrophe struck, people panicked.	C2	straɪk
demolish	2	22	to completely destroy a building		His soldiers demolished a large warehouse full of paper	B2	dɪ'mɒl.ɪʃ
grab	2	22	to take hold of something or someone suddenly	verb	Many had grabbed their most important possessions and were trying to flee from the flames with them.		græb
scream	2	22	to make a loud, high noise with your voice, or to shout something in a loud, high voice because you are afraid, hurt, or angry	verb	People screamed in terror and suffered from the heat and the smoke.		skriːm
from ... until	2	25	used to show when a period of time begins and ends	phrase	He worked there from 2005 until 2014.		fɾɒm ... ʌn'tɪl
the Middle Ages	2	25	the period of time in European history from about 500 to 1450 AD	noun	Last class Claire gave a talk on how hard life was for people in the Middle Ages.		ðə'mɪd.əl' eɪdʒz
in this day and age	2	25	used to talk about the present time	phrase	Why are so many people hungry in this day and age?		ɪn 'ðɪs deɪ ənd ,eɪdʒ
these days	2	25	used to talk about the present time	phrase	But sometimes the court cases weren't so serious, and are amazing to read about these days.		'ðiːz ,deɪz
in the olden days	2	25	used to talk about the past	phrase	Here are a few examples of what ordinary family life was like in the olden days.		ɪn ðɪ:'æʊl.dən ,deɪz
in the last century	2	25	in the last 100 years or in the period between 1900 and 1999	phrase	Their way of life hasn't changed much in the last century.		ɪn ðə ,lɑːst 'sen.tʃəri
not so long ago	2	25	not far in the past	phrase	There was a time, not so long ago, when he was very popular.		ˌnɒt səʊ 'lɒŋ ə.gəʊ
a few decades ago	2	25	about 30-50 years ago	phrase	These houses were built a few decades ago.		ə ,u : 'dek.eɪdz ə.gəʊ
nowadays	2	25	at the present time, especially when compared to the past	adverb	Everything seems more expensive nowadays.		'nəʊ.ə.deɪz
accuse	2	23	to say that someone has done something bad	verb	It was accused of killing a human.	B2	ə'kjuːz
take to court	2	23	to make someone go to the place where a judge decides if they are guilty of a crime	phrase	In which centuries were animals taken to court?	B2	teɪk tə 'kɔːt
bear	2	26	to accept someone or something unpleasant	verb	The freezing wind makes the situation difficult for them to bear.	B2	beə
leave behind	2	26	to not take someone or something with you when you go somewhere	phrase	These men are hunters, and the survival of the people they have left behind in the villages depends on how successful their hunt is.		ˌliːv bɪ'haɪnd
overnight	2	26	for or during the night	adverb	He stays overnight in a little igloo that he has made himself from ice and snow.		əʊ.və'naɪt
last	2	26	to be enough for a period of time	verb	The meat he brings home should last his family for several weeks.	C1	lɑːst
moss	2	26	a very small, green plant that grows on the surface of rocks, trees, etc	noun	If the reindeer eat the moss that grows in a certain area, it can take up to 30 years for the plants to grow back.		mɒs
breed	2	26	to keep animals for the purpose of producing young animals	verb	This is why Inuits who make a living from keeping and breeding reindeer have to be constantly on the move with their herds.	B2	briːd
on the move	2	26	going from one place to another	phrase	This is why Inuits who make a living from keeping and breeding reindeer have to be constantly on the move with their herds.		ɒn ðə 'muːv
herd	2	26	a large group of animals such as cows that live and eat together	noun	This is why Inuits who make a living from keeping and breeding reindeer have to be constantly on the move with their herds.		hɜːd
used to	2	25	used to talk about things that happened often in the past	phrase	Mothers used to have seven or eight children.		'juːst tuː
didn't use to	2	25	used to talk about things that did not happen often in the past	phrase	Parents didn't use to sing songs to their children or play with them.		dɪd.ənt 'juːs tuː
would	2	25	used to talk about things that happened often in the past	modal verb	On cold nights, everyone in the family would crowd together to sleep, to warm each other up.		wʊd
wouldn't	2	25	used to talk about things that did not happen often in the past	modal verb	Often, he wouldn't see his family for weeks.		'wʊd.ənt
flame	2	21	hot, bright, burning gas produced by something on fire	noun	The situation provided the perfect conditions for flames to spread quickly.	B2	fleɪm
spread	2	21	to move to cover a larger area	verb	The situation provided the perfect conditions for flames to spread quickly.	B2	spred
fight a fire	2	21	to try to stop a fire burning	phrase	The fire spread quickly but it was also extremely difficult to fight.	B2	ˌfaɪt ə 'faɪə
break out	2	21	to start suddenly	phrasal verb	In a small bakery in Pudding Lane, Thomas Farriner and his workers were busy making bread for the coming day when suddenly, a fire broke out.	B2	breɪk 'aʊt
spark	2	21	a very small, bright piece of burning material	noun	For a fire to start, three things are needed: a spark, fuel and oxygen.	C2	spɑːk
fuel	2	21	a substance that is burned to provide heat or power	noun	For a fire to start, three things are needed: a spark, fuel and oxygen.		fjuːəl
oxygen	2	21	a gas that is in the air and that animals need to live	noun	For a fire to start, three things are needed: a spark, fuel and oxygen.	B2	'ɒk.sɪ.dʒən
disaster	2	21	something that causes great harm or damage	noun	What followed was one of the biggest disasters of the medieval world.	B2	dɪ'zɑːstə
catastrophe	2	21	an extremely bad event that causes a lot of suffering or destruction	noun	As the catastrophe struck, people panicked.	C2	kə'tæst.trə.fi
lose your life	2	21	to die	phrase	Although surprisingly few people lost their lives, at least 13,000 houses – 80% of the city's buildings - had been destroyed.	B2	ˌluːz jɔː 'laɪf
household	2	24	a family or group of people who live together in a house	noun	A typical household included several children.	B2	'haʊs.həʊld
elderly	2	24	a more polite word for 'old', used to describe people	adjective	There weren't many elderly people in the families because people died much younger than they usually do today.	B1	'el.dəl.i
mattress	2	24	the soft, comfortable part of a bed that you lie on	noun	Only richer families had mattresses.		'mæt.rəs
lice	2	24	very small insects that live on the bodies or in the hair of people or animals	plural noun	Lice were very common, and if one person suffered from an illness, everybody else would get it, too.		laɪs