TE	RANSLATIONS: A Place to	Call Home
Vocabulary Word or Phrase	Translation	Example
the back yard; backyard		We have <b>backyard</b> parties in the summer.
the front yard		Our new house has a welcoming <b>front yard</b> .
the balcony		I enjoy my morning coffee on the <b>balcony</b> .
to build / built / built		We <b>built</b> our house last year.
the cabin; the cottage		Does your family own a <b>cabin</b> up north?
the driveway		Our mailbox is at the end of our <b>driveway</b> .
the fence		We built a <b>fence</b> so our dog can't run away.
fenced in		There was a <b>fenced in</b> yard for the dog.
the floor		It took all morning to vacuum the <b>floor</b> .
for sale		The house on the corner is <b>for sale</b> .
the guest room		The <b>guest room</b> is ready for you to stay over.
the half-bath		The <b>half-bath</b> has a toilet and a sink.
lower		The kitchen is on the <b>lower</b> level.
upper		Our bedrooms are on the <b>upper</b> level.
to move		We <b>moved</b> to a house with more bedrooms.
to move in		A new family <b>moved in</b> next door.
to move out		Our daughter <b>moved out</b> to her own place.
own		We do not rent; we <b>own</b> our house.
to rent		I <b>rent</b> an apartment downtown.
for rent		Are there any houses <b>for rent</b> nearby?
to share; to split / split / split		He brought enough pizza to <b>share</b> with me.
the two-story home		We live in a <b>two-story home</b> in the suburbs.
the box		Can you please help me carry this heavy <b>box</b> ?
to carry / carried / carried		I already <b>carried</b> the boxes upstairs.
heavy		This couch is extremely <b>heavy</b> .
light		The box of pillows was <b>light</b> to carry.
to lift		I can't <b>lift</b> this box. It's too heavy.
the moving truck		The <b>moving truck</b> was full of our furniture.
nearby		I play with friends who live <b>nearby</b> .

TRANSLATIONS: A Place to Call Home		
Vocabulary Word or Phrase	Translation	Example
next door		I am lucky that my friend lives <b>next door</b> .
affordable		This house was <b>affordable</b> , so we bought it.
the area		The house was in a great <b>area</b> with a park.
to be born		He was <b>born</b> here and has stayed nearby.
furnished		It was fully <b>furnished</b> , so we moved right in.
the suburb		Living in the <b>suburb</b> is quieter than the city.

TRANSLATIONS: Home Improvement		
Vocabulary Word or Phrase	Translation	Example
the air conditioning		Air conditioning is needed in the summer.
the appliance		An oven and refrigerator are <b>appliances</b> .
the cabinet		We put the groceries away in the <b>cabinet</b> .
the ceiling fan		Could you please turn on the <b>ceiling fan</b> ?
the closet		She hung her new coat in the <b>closet</b> .
to deliver		My package was <b>delivered</b> this morning.
to donate		He <b>donated</b> the clothes that no longer fit.
the electrician		Call an <b>electrician</b> if there is a power outage.
the electricity		Our <b>electricity</b> went out during the storm.
the freezer		You can put the ice cream in the <b>freezer</b> .
to get rid of		I <b>got rid of</b> my old phone and got a new one.
to heat		We only <b>heat</b> the rooms we spend time in.
the central heating		Our <b>central heating</b> stopped working today.
the heater		We used a <b>heater</b> to try to stay warm.
in good condition		The used phone was <b>in good condition</b> .
the oven		She had cookies baking in the <b>oven</b> .
to replace		I <b>replaced</b> the burnt out light bulb.
the roof		The <b>roof</b> of our house is getting old.

TRANSLATIONS: Home Improvement		
Vocabulary Word or Phrase	Translation	Example
the stove		She cooked the eggs on the <b>stove</b> .
the stuff		What is all this <b>stuff</b> in these boxes?
the toaster		I put my bread in the <b>toaster</b> .
the wall		He hung a new family picture on the <b>wall</b> .
to damage		My car was <b>damaged</b> after the accident.
to knock down; to take down		<b>Take down</b> the wall to make more space.
to leak		There was a <b>leak</b> in a pipe that needed fixing.
the light switch		The <b>light switch</b> is on the wall near the door.
to plug in / plugged / plugged		I need to <b>plug in</b> my phone charger.
to unplug		I <b>unplugged</b> my computer. It was all charged.
to put in		We <b>put in</b> a lot of time on this project.
to remodel		He <b>remodeled</b> the whole house and sold it.
to update		I <b>updated</b> my kitchen cabinets and counters.
comfortable		Our new couch is so big and <b>comfortable</b> .
uncomfortable		This bed is old and <b>uncomfortable</b> .
definitely		We <b>definitely</b> made the right decision.
made of		Appliances are <b>made of</b> mostly metal.
glass		<b>Glass</b> is very fragile, so you should be careful.
metal		There is a lot of <b>metal</b> in a refrigerator.
plastic		You should recycle anything made of <b>plastic</b> .
wood		He made a table and chairs out of <b>wood</b> .
modern		The house looked <b>modern</b> and stylish.
the space		Is there enough <b>space</b> for one more chair?
spacious		The room was big and very <b>spacious</b> .

	TRANSLATIONS: Help at	: Home
Vocabulary Word or Phrase	Translation	Example
the cleaner		The <b>cleaner</b> made every room spotless.
the carpet cleaner		I needed a <b>carpet cleaner</b> to clean the floor.
the dry cleaner		I took my dirty shirts to the <b>dry cleaner</b> .
the house cleaner		A <b>house cleaner</b> cleans our house weekly.
the gardener		The <b>gardener</b> grew beautiful flowers.
the help		It is not always easy to ask for <b>help</b> .
to hire		He needed to <b>hire</b> someone to help him.
the housekeeper		Our <b>housekeeper</b> cooks and cleans for us.
the housework		Dusting and washing are part of <b>housework</b> .
the landscaper		We hired a <b>landscaper</b> to help with our yard.
to dust the blinds		I <b>dusted the blinds</b> and washed the window.
to iron the clothes		I <b>ironed the clothes</b> after they were dry.
to mop / mopped / mopped		He <b>mopped</b> the dirty floors this morning.
to organize		I <b>organized</b> my closet and dresser.
to rake the leaves		We <b>raked the leaves</b> that fell yesterday.
to shovel the sidewalk		It took a half hour to <b>shovel the sidewalk</b> .
to snowblow		I <b>snowblowed</b> the driveway after the storm.
to store in the attic		Boxes with old things get <b>stored in the attic</b> .
to sweep / swept / swept		I <b>swept</b> the floor earlier, but it's dirty again.
to appreciate		I really <b>appreciate</b> everything you have done.
to be worth		I hope the house is <b>worth</b> the investment.
dusty		The table was <b>dusty</b> and needed cleaning.
messy		She cleaned her <b>messy</b> room before dinner.
neat		Their house was <b>neat</b> and organized.
to weed		I need to <b>weed</b> the garden sometime today.

TRANSLATIONS: Expansion of Food		
Vocabulary Word or Phrase	Translation	Example
the blueberry		Let's add <b>blueberries</b> to the fruit salad.
the cherry		I like the chocolate-covered <b>cherries</b> .
the lime		Limes are green and juicy.
the peach		<b>Peaches</b> grow on trees in the south.
the pineapple		A <b>pineapple</b> is a golden yellow fruit.
the strawberry		<b>Strawberries</b> are red and have seeds.
the watermelon		Cold <b>watermelon</b> is refreshing on a hot day.
the cookie		Chocolate chip <b>cookies</b> are the best kind.
the pie		My grandmother bakes the best apple <b>pie</b> .
the sundae		I ordered an ice cream <b>sundae</b> for dessert.
the bean		What type of <b>bean</b> is your least favorite?
the ham		My favorite sandwich is <b>ham</b> and cheese.
the peanut		People eat <b>peanuts</b> at the baseball park.
the salmon		<b>Salmon</b> is a fish that swims upstream.
the steak		He likes his <b>steak</b> cooked medium rare.
the tofu		People who don't like meat often eat <b>tofu</b> .
the turkey		<b>Turkey</b> is the main dish at Thanksgiving.
the asparagus		<b>Asparagus</b> grows straight out of the ground.
the avocado		You don't bite into an <b>avocado</b> like an apple.
the bell pepper		Do you prefer green or orange <b>bell peppers</b> ?
the cauliflower		Cauliflower can be eaten raw or cooked.
the celery		People eat <b>celery</b> with peanut butter.
the corn		<b>Corn</b> grows tall by the end of summer.
the green bean		<b>Green beans</b> taste good with butter.
the pea		There is a bag of <b>peas</b> in the freezer.
the spinach		I usually put <b>spinach</b> in my salad.
the basket		They picked a <b>basket</b> full of apples.
to be allergic (to)		A lot of people are <b>allergic to</b> peanuts.

TRANSLATIONS: Expansion of Food		
Vocabulary Word or Phrase	Translation	Example
to chew gum		Kids like to <b>chew gum</b> and blow bubbles.
the flavor		Her favorite <b>flavor</b> of ice cream is vanilla.
bitter		Coffee and lemons taste <b>bitter</b> .
mild		My grandpa will only eat salsa if it is <b>mild</b> .
sour		With enough sugar, lemonade isn't <b>sour</b> .
to hate		I used to <b>hate</b> broccoli as a child.

TRANSLATIONS: Cooking and Baking		
Vocabulary Word or Phrase	Translation	Example
the flour		First you add the <b>flour</b> and the sugar.
the garlic		Garlic gives food a nice flavor.
the herb		Fresh <b>herbs</b> add a lot to a dish.
the ingredient		Buy all your <b>ingredients</b> ahead of time.
the oil		Put some <b>oil</b> in the pan and warm it up.
the sauce		What kind of pasta <b>sauce</b> do you like best?
the sugar		Sugar is what makes things taste sweet.
empty		My bowl was <b>empty</b> after I finished eating.
the exact amount		Use the <b>exact amount</b> of each ingredient.
to make a mess		If you <b>make a mess</b> , clean it up.
to make sure		Make sure not to bake it for too long.
to measure		You have to <b>measure</b> the amounts correctly.
to mix		It is important not to <b>mix</b> too much.
the pan		I made scrambled eggs in the <b>pan</b> .
the pot		He boiled water in the <b>pot</b> for noodles.
to pour		Could you <b>pour</b> her a glass of water?
the recipe		We used my grandma's special <b>recipe</b> .
to stir / stirred / stirred		She <b>stirred</b> the ingredients together.

TRANSLATIONS: Cooking and Baking		
Vocabulary Word or Phrase	Translation	Example
to bake		I like to <b>bake</b> bread when it's raining outside.
to barbecue		It was a perfect summer day to <b>barbecue</b> .
to boil		Once the water starts to <b>boil</b> , turn it down.
to cut up		<b>Cut up</b> the vegetables into small pieces.
to fry / fried / fried		Do you like to bake or fry fish?
to grill		We <b>grilled</b> hamburgers and ate outside.
to roast		I like to <b>roast</b> my vegetables in the oven.

TRANSLATIONS: Going Out to Eat		
Vocabulary Word or Phrase	Translation	Example
to be known for		This restaurant is <b>known for</b> its good pizza.
the delivery		The <b>delivery</b> did not take long to make.
to eat out		I don't want to cook, so let's <b>eat out</b> .
to stay in		We decided to <b>stay in</b> instead of go out.
to feel like		What do you <b>feel like</b> eating for dinner?
to grab / grabbed / grabbed		We <b>grabbed</b> lunch and then went shopping.
a bite to eat		Do you want to grab a <b>bite to eat</b> with me?
popular; well-known		This is a <b>popular</b> place for coffee.
whatever		Whatever you feel like is good with me.
What sort of food are you in the mood for?		What sort of food are you in the mood for?
Chinese		I could eat <b>Chinese</b> food every day.
Italian		Pizza and pasta are <b>Italian</b> foods.
Mexican		I ordered tacos at the <b>Mexican</b> restaurant.
sushi		People who try <b>sushi</b> usually like it.
available		Is there a table <b>available</b> for two people?
indoor / outdoor seating		Do you prefer <b>indoor</b> or <b>outdoor seating</b> ?

TRANSLATIONS: Going Out to Eat		
Vocabulary Word or Phrase	Translation	Example
inside		Let's eat <b>inside</b> . It's cold out today.
outside		I eat dinner <b>outside</b> with my family.
to make a reservation in advance		He called to <b>make a reservation in advance</b> .
as well as		She would like pizza <b>as well as</b> a salad.
to be out of; to run out of		We were all <b>out of</b> milk, so I bought more.
the dish		Which breakfast <b>dish</b> is your favorite?
the dressing		I like my <b>dressing</b> on the side of my salad.
extra		If there is any <b>extra</b> , put it in the fridge.
here		Here is what I was looking for.
there		Put that over <b>there</b> and come help me.
on the side		Would you like sour cream <b>on the side</b> ?
the option		There are so many <b>options</b> to choose from.
to refill		I drank all my water and need a <b>refill</b> .
the roll		Can you hand me the basket of <b>rolls</b> please?
the server		The <b>server</b> bought water and took our order.
the special		I always order the <b>special</b> because it's new.
That sounds		<b>That sounds</b> delicious. I'll order that.
awful		Raw fish <b>sounds awful</b> to some people.
disgusting		That <b>sounds disgusting</b> . Don't try it.
tasty		The dish <b>sounds tasty</b> . I'd like to order it.
vegetarian		She is <b>vegetarian</b> , so she doesn't eat meat.
the check		We paid the <b>check</b> and went home.
to include a tip		The service was great, so <b>include a</b> nice <b>tip</b> .
to owe		How much do I <b>owe</b> you for the meal?
separate		There was a <b>separate</b> charge for dessert.
the total		The <b>total</b> was less than I thought it would be.

	TRANSLATIONS: Taking	g a Trip
Vocabulary Word or Phrase	Translation	Example
to book		Did you already <b>book</b> your vacation?
the cancellation policy		Just in case, is there a <b>cancellation policy</b> ?
to confirm		I would like to <b>confirm</b> my reservation.
the confirmation		I got a <b>confirmation</b> that we are set to go.
to contact		You can <b>contact</b> me by phone, email, or text.
the cruise		We are going on a <b>cruise</b> to Alaska.
the cruise ship		The <b>cruise ship</b> had restaurants and games.
the fee		We had to pay an extra <b>fee</b> to bring our pet.
per person		You pay that amount <b>per person</b> .
private		We rode on a <b>private</b> plane, just us.
public		The library is open to the <b>public</b> .
to refund		My trip was canceled, so it was <b>refunded</b> .
to reserve		I <b>reserved</b> a special table for your birthday.
the resort		We stayed at a <b>resort</b> that had everything.
the travel agency		The <b>travel agency</b> will help you plan the trip.
the travel agent		Our <b>travel agent</b> recommended this resort.
the cave		The <b>cave</b> was dark and full of bats.
the cliff		He jumped off the <b>cliff</b> into the water.
to create an itinerary		We <b>created an itinerary</b> for our trip.
the popular destination		The beach is a <b>popular destination</b> .
rather		Would you <b>rather</b> go swimming or on a hike?
the waterfall		We saw so many <b>waterfalls</b> on our vacation.
annual		We see our family at our <b>annual</b> reunion.
at least		You should get there <b>at least</b> an hour early.
to depend on		It all <b>depends on</b> the weather if we go or not.
Have a relaxing trip!		<b>Have a relaxing trip</b> and take lots of photos!
the memory		I have many <b>memories</b> from all of my trips.
thankful		I am very <b>thankful</b> to have this opportunity.

TRANSLATIONS: Traveling		
Vocabulary Word or Phrase	Translation	Example
the airline		Which <b>airline</b> do you usually fly with?
the announcement		They made an important <b>announcement</b> .
the baggage claim		You will find your bags at the <b>baggage claim</b> .
to carry on		I <b>carried on</b> my bag with snacks and a book.
the carry-on		I put my <b>carry-on</b> under my seat.
to check in / out		We landed and <b>checked in</b> to our hotel.
the direct flight		I always try to book a <b>direct flight</b> if I can.
the elevator		Let's take the <b>elevator</b> instead of the stairs.
the escalator		The <b>escalator</b> took us up to the next level.
the flight attendant		The <b>flight attendant</b> brought us a blanket.
the headphones		I wore <b>headphones</b> and watched a movie.
the landing		The <b>landing</b> was smooth and quick.
the layover		We had a long <b>layover</b> between our flights.
the luggage		The driver helped to load his <b>luggage</b> .
the passenger		Every <b>passenger</b> was offered a beverage.
the return flight		Our <b>return flight</b> had a layover.
overnight		We had to stay <b>overnight</b> in a hotel.
the reception desk; the front desk		We checked in at the <b>reception desk</b> .
the room service		I ordered <b>room service</b> at the hotel.
the suite		The hotel upgraded our room to a <b>suite</b> .
the view		We had a <b>view</b> of downtown from our room.
international		International flights require a passport.
rough		The landing was <b>rough</b> , but we were safe.
safely		We made it home <b>safely</b> and were thankful.
smooth		It was a <b>smooth</b> return flight and fun trip.

TRANSLATIONS: Sightseeing and Weather		
Vocabulary Word or Phrase	Translation	Example
the ATM		The <b>ATM</b> charged a fee to withdraw money.
Can you point me in the right direction?		Can you point me in the right direction? I seem to be lost.
the castle		We visited a historical <b>castle</b> in England.
to continue		We <b>continued</b> on our hike and saw a bridge.
the crowd		The <b>crowd</b> ahead of us made it hard to see.
crowded		The restaurant was too <b>crowded</b> , so we left.
exhausted		She was <b>exhausted</b> after a full day of travel.
the fountain		Toss a coin in the <b>fountain</b> for luck.
the guidebook		I bought a <b>guidebook</b> for my trip.
the historical monument		We planned to see <b>historical monuments</b> .
to mail a postcard		I mailed a postcard to you from my trip.
the souvenir		I like to have a <b>souvenir</b> from each place.
the statue		<b>Statues</b> are built to remember someone.
the tour guide		Our <b>tour guide</b> told us to stay together.
the tourist		<b>Tourists</b> take a lot of pictures of everything.
the tourist center; the information center		The <b>tourist center</b> had maps of the city.
the breeze		The <b>breeze</b> felt nice on such a warm day.
the chance		We took a <b>chance</b> and were able to get in.
freezing		It was <b>freezing</b> even with hats and gloves.
to get wet		We <b>got wet</b> when it suddenly started raining.
It's supposed to		<b>It's supposed to</b> be a perfect day for a swim.
the sunshine		The <b>sunshine</b> was pretty after a long winter.
the thunderstorm		The <b>thunderstorm</b> woke me up in the night.
the lightning		The <b>lightning</b> flashed and lit up the sky.
the thunder		My dog is afraid of <b>thunder</b> and hides.
the warning		There is a winter storm <b>warning</b> for tonight.
the weather forecast		The <b>weather forecast</b> for our trip is great.

#### TRANSLATIONS: Animals in the Wild **Vocabulary Word or Phrase Translation** Example the bear I would love to see a **bear** in the wild. the bird Do you hear the **bird** chirping? the camel People ride **camels** in the desert. the deer You don't see as many **deer** during winter. the elephant My favorite animal at the zoo is an **elephant**. **Giraffes** can eat leaves from high up in trees. the giraffe the kangaroo A **kangaroo** carries its baby in its pouch. the lion Male **lions** sleep up to twenty hours per day. The **monkey** was swinging back and forth. the monkey the rabbit **Rabbits** have long ears. the tiger The **tiger** was hunting for its prey. the wolf The **wolf** hunts with its pack. the zebra A **zebra** has black and white stripes. the dolphin **Dolphins** like to jump through waves. the jellyfish Be careful not to touch the **jellyfish**. the shark **Sharks** play an important role in the ocean. the whale Did you go **whale** watching on your cruise? the duck Two **ducks** were swimming across the pond. the frog The **frog** jumped into the water and hid. the penguin **Penguins** can't fly, but they swim fast. the seal **Seals** have to be careful of polar bears. the snake **Snakes** can be poisonous and very long. the turtle **Turtles** have shells that protect their bodies. cute Baby animals are so **cute** to watch play. ugly People think spiders are scary and **ugly**. the exhibit We visited a plant **exhibit** and learned a lot. the fur The animal's **fur** helped keep it warm. gentle You have to be **gentle** when holding a pet.

TRANSLATIONS: Animals in the Wild		
Vocabulary Word or Phrase	Translation	Example
huge		A bear's footprint is <b>huge</b> compared to mine.
tiny		Baby birds are tiny when they are born.
poisonous		<b>Poisonous</b> animals can be dangerous.
to shed skin / shed / shed		The snake is starting to <b>shed</b> its <b>skin</b> .
soft		This dog has <b>soft</b> fur and is very gentle.
the spot		The dog was born with <b>spots</b> all over it.

TRANSLATIONS: Farm Animals and Habitats		
Vocabulary Word or Phrase	Translation	Example
the bull		<b>Bulls</b> are big and have long horns.
the calf		The <b>calf</b> stayed close to its mother.
the cow		The <b>cow</b> is grazing in the wide open field.
the chicken		The <b>chicken</b> laid an egg and sat on it all day.
the donkey		The <b>donkey</b> helped work in the field.
the goat		<b>Goats</b> can climb high in the mountains.
the horse		<b>Horses</b> are strong and fast animals.
the lamb		The <b>lamb</b> followed its mother around.
the pig		<b>Pigs</b> cover themselves in dirt to cool off.
the sheep		<b>Sheep</b> have a thick coat of wool.
the barn		The animals sleep in the <b>barn</b> to stay dry.
the branch		The bird made its nest on a high <b>branch</b> .
the cage		Our bird likes to stay in its <b>cage</b> and sing.
the habitat		Each wild animal has its own natural <b>habitat</b> .
the jungle		There are many types of bugs in the <b>jungle</b> .
the leaf		We heard the <b>leaves</b> blowing in the wind.

TRANSLATIONS: Farm Animals and Habitats		
Vocabulary Word or Phrase	Translation	Example
the rainforest		The <b>rainforest</b> is filled with unique plants.
the rock		Certain bugs live under <b>rocks</b> .
the wild		We saw elephants in the <b>wild</b> on our trip.
close		It was so <b>close</b> to us that we could touch it.
Do not touch!		<b>Do not touch</b> this animal! It can bite you.
the land		Frogs are <b>land</b> and water animals.

TRANSLATIONS: Environment and Insects		
Vocabulary Word or Phrase	Translation	Example
to affect		Humans <b>affect</b> the environment daily.
the effect		Our actions have a direct <b>effect</b> on the Earth.
the climate		I prefer to travel to warmer <b>climates</b> .
to destroy		The hurricane <b>destroyed</b> the town.
the destruction		It was sad seeing all the <b>destruction</b> .
the Earth		Everyone needs to take care of the <b>Earth</b> .
the endangered species		Endangered species need our protection.
the environment		The <b>environment</b> depends on us to clean it.
to be extinct		Animals that are <b>extinct</b> are no longer alive.
the extinction		Dinosaur <b>extinction</b> was a long time ago.
frozen		We were able to walk across the <b>frozen</b> lake.
to litter		Oceans become polluted when people <b>litter</b> .
to make an effort		Everyone needs to <b>make an effort</b> .
nature		It is important to spend time in <b>nature</b> .

to bite / bit / bitten

to have a fear (of)

to sting / stung / stung

the bug spray

the human

to itch

#### **TRANSLATIONS:** Environment and Insects **Vocabulary Word or Phrase Translation** Example to pollute The factory's smoke is **polluting** the town. the pollution The **pollution** made the water unhealthy. to protect We need to **protect** those who need help. the protection Animals need our **protection** the most. to recycle I **recycle** plastic, paper, and glass separately. the ant The **ants** were carrying a crumb away. the bee Bees help to make plants grow. the butterfly The **butterfly** had delicate and pretty wings. the caterpillar **Caterpillars** eventually turn into butterflies. the fly The **fly** landed in my drink and I threw it out. the insect; the bug **Insects** can make loud noises day and night. the mosquito **Mosquitoes** bite both animals and humans. the spider **Spiders** make webs to trap insects.

I was **bitten** several times by mosquitoes.

I have a fear of anything bigger than me.

**Humans** are afraid of things in the wild.

Mosquito bites **itch** and become irritated.

He got **stung** by a bee and had a bump.

She put on **bug spray** before her hike.

	TRANSLATIONS: Health	y Habits
Vocabulary Word or Phrase	Translation	Example
to avoid		You should <b>avoid</b> eating a lot of sugar.
to be fit		Eat healthy and exercise to be <b>fit</b> .
to be stressed		She has been <b>stressed</b> at work all week.
to count		Be you and make every day <b>count</b> .
the calories		People <b>count calories</b> and eat healthy food.
the steps		I <b>count</b> my <b>steps</b> each day to stay active.
to eat a balanced diet		Eating a balanced diet is good for you.
to gain weight		He <b>gained weight</b> after the winter holidays.
to lose weight		She went to the gym daily and lost weight.
to give up		It is not easy to <b>give up</b> food to lose weight.
the habit		Making exercise a <b>habit</b> helps you stay fit.
the health		Maintaining your <b>health</b> should be a goal.
the lifestyle		It is a <b>lifestyle</b> choice to commit to exercise.
to limit		Try to <b>limit</b> how much sugar you eat daily.
to make an excuse		Saying you can't is just <b>making an excuse</b> .
to reduce		<b>Reduce</b> your portion sizes at each meal.
to smoke		Smoking is unhealthy for your lungs.
to stay in shape		She <b>stays in shape</b> by running daily.
the energy		Eating healthy food gives your body <b>energy</b> .
to lift weights		<b>Lifting weights</b> is good for your muscles.
the personal trainer		My <b>personal trainer</b> helped me at the gym.
to pull a muscle		He <b>pulled a muscle</b> at practice today.
to renew a membership		I renewed my gym membership.
to stretch		Remember to <b>stretch</b> before your workout.
the treadmill		A <b>treadmill</b> lets you walk or run indoors.
to work out		I work out at the gym a couple days a week.
active		She stays <b>active</b> by doing yoga and running.
flexible		You can work on getting more <b>flexible</b> .
painful		That injury looks really <b>painful</b> .
sore		I'm not sure why my neck is <b>sore</b> today.

TRANSLATIONS: Going to the Doctor		
Vocabulary Word or Phrase	Translation	Example
to be contagious		My cold was <b>contagious</b> , so I stayed home.
to break a bone		He fell and <b>broke a bone</b> in his foot.
the elbow		I bumped my <b>elbow</b> and my arm hurt.
the shoulder		Her <b>shoulders</b> hurt from lifting weights.
the cast		I needed a <b>cast</b> for my bone to heal properly.
the checkup		People go to the doctor for a yearly <b>checkup</b> .
to decrease		<b>Decrease</b> how much you lift if it's too heavy.
to increase		<b>Increase</b> the amount of water you drink.
to discuss		<b>Discuss</b> healthy options with your doctor.
the discussion		We had a good <b>discussion</b> about food.
the drugstore; the pharmacy		We get prescriptions filled at the <b>drug store</b> .
the patient		The <b>patient</b> told the doctor what hurt.
the pill		She took <b>pills</b> to help her sore throat.
to prescribe a medication		He <b>prescribed a medication</b> for me to take.
the prescription		The <b>prescription</b> was to be taken twice daily.
the rash		The <b>rash</b> was itchy and spread to my back.
to suffer (from)		I <b>suffered</b> from a sore throat and a bad cold.
to take a deep breath		<b>Take a deep breath</b> and try to relax.
to breathe		Breathe in through your nose.
the virus		The new <b>virus</b> is spreading quickly.
the vitamin		Taking <b>vitamins</b> helps to keep you healthy.
achy		My body felt <b>achy</b> when I was sick.
to have diarrhea		Being sick can cause you to have diarrhea.
nauseous		I felt <b>nauseous</b> after our cruise.
pale		Are you feeling okay? You look pretty <b>pale</b> .
the runny nose		I need tissues for my <b>runny nose</b> .
the sore throat		The man woke up today with a <b>sore throat</b> .
the stuffy nose		He couldn't breathe well with his <b>stuffy nose</b> .

TRANSLATIONS: Going to the Doctor		
Vocabulary Word or Phrase	Translation	Example
to vomit; to throw up		She felt sick and <b>vomited</b> after eating.
the crutches		She helped me learn to walk on <b>crutches</b> .
still		I <b>still</b> feel sick even after taking medicine.
the thermometer		A <b>thermometer</b> tells you if you have a fever.
the tissue		I needed lots of <b>tissues</b> when I had a cold.
to weigh		Do you <b>weigh</b> yourself on a regular basis?
the wheelchair		He needed a <b>wheelchair</b> to get around.

TRANSLATIONS: In the Hospital		
Vocabulary Word or Phrase	Translation	Example
awake		Now that I am <b>awake</b> , I can start my day.
the emergency		Call the police in case of an <b>emergency</b> .
to get stitches		She got a deep cut and had to <b>get stitches</b> .
to have surgery		He <b>had surgery</b> to help fix his heart issues.
the surgeon		The <b>surgeon</b> will let us know how it went.
the infection		<b>Infection</b> set in and I needed medication.
life-threatening		Her multiple injuries were life-threatening.
major		The <b>major</b> accident had many victims.
minor		He only had <b>minor</b> injuries after the accident.
to operate		The doctor had to <b>operate</b> on my leg.
the operation		The <b>operation</b> took hours but went well.
the physical therapy		Physical therapy helped me walk again.
to recover		It took months to fully <b>recover</b> after surgery.
the recovery		Her <b>recovery</b> took long but went smoothly.
to cure		Scientist try to <b>cure</b> deadly diseases.
to develop		Researchers <b>develop</b> medicine to help.

TRANSLATIONS: In the Hospital		
Vocabulary Word or Phrase	Translation	Example
to diagnose		The doctor <b>diagnosed</b> my symptoms.
the diagnosis		The <b>diagnosis</b> surprised the family.
the disease		The <b>disease</b> was treatable with medication.
cancer		Cancer can affect both kids and adults.
diabetes		Do you have a family history of <b>diabetes</b> ?
to improve		She <b>improved</b> her health with better choices.
the improvement		The doctor saw good <b>improvement</b> .
to refer / referred / referred		I was <b>referred</b> to a specialist for my injury.
the result		The <b>results</b> of the test came back positive.
the specialist		The ear <b>specialist</b> helped me with my issue.
to treat		They were able to <b>treat</b> my symptoms.
the treatment		The <b>treatment</b> involved physical therapy.
to burn		Did you <b>burn</b> a lot of calories on your run?
to crash		There was a car <b>crash</b> that resulted in traffic.
the health insurance		<b>Health insurance</b> helps pay for doctor visits.
possible		It is <b>possible</b> to fully recover from cancer.
impossible		It is <b>impossible</b> to predict the outcome.

TRANSLATIONS: Employment Opportunities	
Vocabulary Word or Phrase	Translation Example
the candidate	These are <b>candidates</b> applying for the job.
the certificate	She completed a <b>certificate</b> in business.
the cover letter	Your <b>cover letter</b> is the first thing they read.
the diploma	You earn a <b>diploma</b> after completing school.
the experience	They will ask about your work <b>experience</b> .
full-time / part-time	Do you work <b>full-time</b> or <b>part-time</b> ?
the position	His attitude fit the <b>position</b> perfectly.
to qualify / qualified / qualified	I <b>qualified</b> for the final round of interviews.
the qualification	I had the right <b>qualifications</b> and was hired.
the resume	A <b>resume</b> explains your accomplishments.
dependable	You can count on someone <b>dependable</b> .
honest	Our company values <b>honest</b> employees.
knowledgeable	He seemed <b>knowledgeable</b> about the job.
self-motivated	Being <b>self-motivated</b> means you are driven.
successful	It takes hard work to be <b>successful</b> .
to be impressed	They were <b>impressed</b> with the presentation.
the benefits	<b>Benefits</b> are offered to the workers.
the minimum wage	Minimum wage is the least you can make.
to offer	They called to <b>offer</b> her the job.
the opportunity	This would be a great <b>opportunity</b> for me.
the salary	Does your company pay your <b>salary</b> weekly?
to be self-employed	She is <b>self-employed</b> and her own boss.
the career	You choose a <b>career</b> that is right for you.
the employee	The <b>employees</b> all worked hard every day.
the employer	My <b>employer</b> treats me with respect.
unemployed; to be out of work	I lost my job and am now <b>unemployed</b> .

TR	ANSLATIONS: Havin	g a Career
Vocabulary Word or Phrase	Translation	Example
the architect		The <b>architect</b> has a deadline coming up.
the detective		A <b>detective</b> helped us solve the mystery.
the graphic designer		<b>Graphic designers</b> use software programs.
the hair stylist		I see my <b>hair stylist</b> every three months.
the interior decorator		Interior decorators come up with designs.
the inventor		The <b>inventor</b> created a new product.
the judge		The <b>judge</b> decides who is guilty or not guilty.
the lawyer		A <b>lawyer</b> tries to find justice for people.
the mail carrier		Our <b>mail carrier</b> came by to deliver the mail.
the politician		The <b>politician</b> has a successful campaign.
the president		A <b>president</b> makes decisions for a company.
the vice president		He was promoted to <b>vice president</b> today.
the principal		The student was sent to the <b>principal</b> .
the reporter		The <b>reporter</b> interviewed the witnesses.
the scientist		<b>Scientists</b> do a lot of research to learn.
to be fired		He was <b>fired</b> for always being late to work.
to be promoted		I was <b>promoted</b> for doing a good job.
to call in sick		You should <b>call in sick</b> if you don't feel well.
the colleague		I work closely with my <b>colleague</b> on projects.
the deadline		The project <b>deadline</b> is the end of the week.
to deserve a raise		I <b>deserve a raise</b> for working here so long.
to prepare for a presentation		I <b>prepared for the presentation</b> all day.
to retire		He <b>retired</b> after working for forty years.
the retirement		<b>Retirement</b> gave him time to enjoy hobbies.
to solve a problem		We worked together to <b>solve a problem</b> .
to succeed		She <b>succeeded</b> and was offered the job.
the success		<b>Success</b> is achieved through hard work.

TRANSLATIONS: At the Office		
Vocabulary Word or Phrase	Translation	Example
to access		She was given <b>access</b> to his private office.
to attach		<b>Attach</b> your resume to your application.
to copy / copied / copied		I needed to <b>copy</b> the information down.
electronic		There are a lot of <b>electronic devices</b> there.
the error message		I clicked wrong and got an <b>error message</b> .
the IT department (Information Technology)		The <b>IT department</b> helped figure it out.
the link		The <b>link</b> will take you to the right website.
to paste		Cut and <b>paste</b> the text into a new document.
to scan / scanned / scanned		I <b>scanned</b> the document onto the computer.
the server		Let's hope that the <b>server</b> doesn't crash!
to set up / set / set		Will it take long to <b>set up</b> my new computer?
an account		I <b>set up</b> a new <b>account</b> at the bank.
the storage space		I had no <b>storage space</b> left on my computer.
the envelope		Here is an <b>envelope</b> and stamp for the card.
the hole puncher		A <b>hole puncher</b> puts holes in paper.
the paper clip		A <b>paper clip</b> keeps papers together.
the pencil sharpener		I needed a <b>pencil sharpener</b> for my pencil.
the stapler		The <b>stapler</b> got jammed with staples.
the sticky note		Put a <b>sticky note</b> on the door as a reminder.
the tape dispenser		Can I borrow your <b>tape dispenser</b> ?
by mistake		I spilled coffee on my laptop <b>by mistake</b> .
common		It is <b>common</b> to be nervous at an interview.
on purpose		I made sure to get there early <b>on purpose</b> .
to stick / stuck / stuck		It is good to <b>stick</b> to a plan.