

Unit 3: Teen Matters!

p. 27

sort (a problem)

solve

stuff

things

p. 28

pay attention to

be careful

skip

miss, avoid

fizzy drink

ανθρακούχο ποτό

calories

θερμίδες

p. 29

fat

λιπαρά

additive

πρόσθετο

damage

harm

alternative

option

roast

ψήνω

colouring

χρωστική ουσία

carbonated

ανθρακούχο

plain

simple

amount

quantity

delicious

tasty

cut down on

reduce

p. 30

label

ετικέτα

grilled

ψητό

whole-grain

ολικής άλεσης

lettuce

μαρούλι

grain

σπόρος

dairy

γαλακτοκομικ

poultry

ά πουλερικά

p. 33

dead tired

very tired

p. 35

join

become a member

come up with

think of (an idea)

mate

friend

p. 37

army

στρατός

force

power

evil

very bad

sticky situation

difficult situation

update

renew

loads of

a lot of

WORKBOOK

p. 28

snack	λιχουδιά
balance	ισορροπία
to have a sweet tooth	to like sweets

p. 30

full-fat milk	πλήρες γάλα
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p. 31

recipe	συνταγή
in good shape	fit, σε φόρμα

p. 33

trendy	fashionable
accessories	αξεσουάρ
take part in	participate
put the blame on	blame sb for

p. 35

identical	exactly the same
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p. 38

(shopping) spree	madness
court	γήπεδο, δικαστήριο
explore	εξερευνώ

p. 40

wide	φαρδύς
inch	2.54 cm

p. 41

lounge	sitting room
rear	back