

**B1+ Wordlist Unit 3**

# Navigate

Here is a list of useful or new words from Unit 3 of Navigate B1+ Coursebook. You can insert your own translation.  
Words marked with a key (O) all appear in the *Oxford 3000*.

*adj* = adjective  
*adv* = adverb

*conj* = conjunction  
*n* = noun

*phr v* = phrasal verb  
*pl* = plural

*phr* = phrase  
*prep* = preposition

*pron* = pronoun  
*v* = verb

admire O *v* /əd'maɪə(r)/

Pick up some valuable lessons by observing someone whose patience you admire.

attention O *n* /ə'tenʃn/

If you succeed in turning your attention away from the chocolate for a while, you may forget about it altogether.

beat O *v* /bi:t/

You sweat, your mouth goes dry, your heart starts beating fast.

bleach *n* /bli:tʃ/

Fill the bottle with water and add ten millilitres of bleach.

blood vessel *n* /'blʌd ,vesl/

There are signs of damage to the blood vessels around the heart.

computerized *adj* /kəm'pjʊ:təraɪz/

Technology, such as computerized household appliances, are an essential part of everyday life.

confidence O *n* /'kɒnfɪdəns/

You need a lot of confidence to succeed as a chef.

contest O *n* /'kɒntest/

They take part in a contest.

crack O *v* /kræk/

Crack the egg into the bowl.

damage O *n* /'dæmɪdʒ/

There are signs of damage.

deadline *n* /'dedlaɪn/

It's also a very high-pressure job, so he must work to tight deadlines.

deal with *phr v* /'di:l wɪð/

The successful children deal with the problem by looking away or covering their eyes.

decision O *n* /dɪ'sɪʒn/

An important member of the team is someone who can make decisions.

device O *n* /dɪ'vaɪs/

All these devices are constantly developing.

easy-going *adj* /,i:zi 'gəʊɪŋ/

Do you prefer a very strict or a very easy-going teacher?

English-speaking *adj* /'ɪŋɡlɪʃ ,spi:kɪŋ/

Can you name five English-speaking countries?

experiment O *n* /ɪk'sperɪmənt/

One group who took part in the experiment were told nothing.

expert O *n* /'ekspɜ:t/

They send someone with no experience in a particular job to live and train with an expert for four weeks.

fail O *v* /feɪl/

How many of them failed the test?

five-star *adj* /'faɪv stɑ:(r)/

Have you ever stayed in a five-star hotel?

flip *v* /flɪp/

When the first side is cooked, you flip it over.

full-time *adj* /'fʊl ,taɪm/

He is a full-time international business speaker.

give in *phr v* /gɪv 'ɪn/

Most of the children gave in before the time was up.

good-looking *adj* /,gʊd 'lʊkɪŋ/

I think he's very good-looking.

hobby O *n* /'hɒbi/

A new hobby gives us something to talk about with our friends and family.

instructor *n* /ɪn'strʌktə(r)/

The instructor shouted, 'Faster! Faster!'

intelligence O *n* /ɪn'telɪdʒəns/

He's good at using his intelligence to solve problems.

leader O *n* /'li:də(r)/

Audrey is a good leader.

left-handed *adj* /left 'hændɪd/

Did you know that Karen is left-handed?

make an effort *phr* /,meɪk ən 'efət/

If they didn't think about the marshmallow, they didn't have to make an effort not to eat it.

manage O *v* /'mænɪdʒ/

She manages the team really well.

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marshmallow <i>n</i> /ˌmɑːʃ'mæləʊ/	_____	If you can be patient and wait until I come back and not eat the marshmallow, you can have two marshmallows as a reward.
measure <b>O</b> <i>v</i> /'meʒə(r)/	_____	You need to use special metal-cutters, and you need to measure carefully.
multitask <i>v</i> /ˌmʌlti'taːsk/	_____	He's great at multitasking.
observe <b>O</b> <i>v</i> /əb'zɜːv/	_____	Pick up some valuable lessons by observing someone whose patience you admire.
on impulse <i>phr</i> /ɒn 'ɪmpʌls/	_____	Never buy things on impulse.
overcook <i>v</i> /ˌəʊvə'kʊk/	_____	The vegetables were overcooked.
overpriced <i>adj</i> /ˌəʊvə'praɪst/	_____	When was the last time you thought something was overpriced?
panel <b>O</b> <i>n</i> /'pænl/	_____	A panel of judges decides who wins.
participant <i>n</i> /pɑː'tɪsɪpənt/	_____	The judges decide which participant is 'the real thing'.
passion <i>n</i> /'pæʃn/	_____	He has a passion for food.
patient <b>O</b> <i>adj</i> /'peɪʃnt/	_____	Most of the children found it difficult to be patient.
pleasant <b>O</b> <i>adj</i> /'pleznt/	_____	He didn't need to do much apart from arrive at work on time and be reasonably pleasant to people.
polite <b>O</b> <i>adj</i> /pə'laɪt/	_____	He also had to be polite to the customers.
precise <b>O</b> <i>adj</i> /preɪ'saɪs/	_____	As a chef, it's important to work to very precise times.
professional <b>O</b> <i>n</i> /prə'feʃənl/	_____	They take part in a contest against professionals.
resist <b>O</b> <i>v</i> /rɪ'zɪst/	_____	If the children managed to resist temptation, the researcher promised them a reward.
respect <b>O</b> <i>v</i> /rɪ'spekt/	_____	Ed was shocked to realize that he couldn't say please and thank you all the time if he wanted the team to respect him.
responsibility <b>O</b> <i>n</i> /rɪ'spɒnsə'bɪləti/	_____	You must take responsibility for your actions.
result <b>O</b> <i>n</i> /rɪ'zʌlt/	_____	The results were not good.
reward <b>O</b> <i>n</i> /rɪ'wɔːd/	_____	The researcher promised them a reward of two marshmallows.
rise to the challenge <i>phr</i> /ˌraɪz tə ðə 'tʃælɪndʒ/	_____	Those children who could rise to the challenge were generally much more successful than the others.
rub <b>O</b> <i>v</i> /rʌb/	_____	Next, rub the bottle with sandpaper.
sandpaper <i>n</i> /'sændpeɪpə(r)/	_____	Rub the bottle with sandpaper.
schedule <b>O</b> <i>n</i> /'fedʒuːl/	_____	She's the best one in the team at managing schedules.
scientifically proven <i>phr</i> /ˌsaɪənˌtɪfɪkli 'pruːvɪn/	_____	The results have been scientifically proven.
second-hand <i>adj</i> /'sekənd hænd/	_____	Have you ever bought a second-hand car?
set goals <i>phr</i> /set 'gəʊlz/	_____	He's very good at setting goals.
shocked <i>adj</i> /ʃɒkt/	_____	Ed was shocked to realize that he couldn't say please and thank you all the time if he wanted the team to respect him.
short-sleeved <i>adj</i> /'ʃɔːt sliːvd/	_____	I'm going to wear a short-sleeved shirt to work today.
spare <b>O</b> <i>v</i> /speə(r)/	_____	Can you spare the time to go for a run this afternoon?
stress <b>O</b> <i>n</i> /stres/	_____	The Social Stress Test is a way of measuring stress.
stressful <i>adj</i> /'stresfl/	_____	One of the most stressful things you can ever do is speak in front of a large group of people.
sweat <b>O</b> <i>v</i> /swet/	_____	When I give a speech or a talk, I sweat, my mouth goes dry, and my heart starts beating fast.
symptom <i>n</i> /'sɪmptəm/	_____	One of the test groups experienced symptoms of stress.

Name \_\_\_\_\_

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take part in (something) *phr*  
/teɪk 'pɑːt ɪn (,sʌmθɪŋ)/

take responsibility *phr*  
/teɪk rɪˌspɒnsə'bɪləti/

talk **O** *n* /tɔːk/

technique **O** *n* /tek'niːk/

temptation *n* /temp'teɪʃn/

think ahead *phr v* /θɪŋk ə'hed/

turn up *phr v* /tɜːn 'ʌp/

van **O** *n* /væn/

work hard *phr* /wɜːk 'hɑːd/

work well under pressure *phr*  
/wɜːk ,wel ʌndə 'preʃə(r)/

\_\_\_\_\_ They then have to take part in a contest against professionals.

\_\_\_\_\_ However, he didn't have to take much responsibility as his boss dealt with the money.

\_\_\_\_\_ Have you ever given a talk or speech to a large group of people?

\_\_\_\_\_ Did he explain what his technique was?

\_\_\_\_\_ The children are trying to resist the temptation to eat the marshmallow.

\_\_\_\_\_ Think ahead. Plan for the future and you will succeed in achieving your goals.

\_\_\_\_\_ When he was working in the burger van, Ed had to be reliable and turn up for work on time.

\_\_\_\_\_ Jack works in a fast-food van in all weathers.

\_\_\_\_\_ She's good at working hard on a project.

\_\_\_\_\_ Does she work well under pressure?