

Word/Phrase	Part of speech	IPA (UK)	IPA (US)	Definition	Sample sentence
Health problems					
blood pressure	noun	blʌd 'preʃə	blʌd 'preʃər	the pressure at which blood flows from your heart around your body	He's on medication for high blood pressure .
dislocate	verb	'dɪsləkeɪt	'dɪsloukeɪt	to do something that forces a bone out of its normal position in its socket	He had dislocated his shoulder in training.
fracture	verb	'fræktʃə(r)	'fræktʃər	a break or crack in a bone	She was admitted to the hospital with fractures to both legs.
heart rate	noun	hɑ:t reɪt	hɑrt reɪt	the speed at which a heart beats	The doctor was concerned about her fast heart rate .
inflamed	adjective	ɪn'fleɪmd		a part of your body that is inflamed is swollen, red and painful because of an infection or injury	He only went to the hospital once the wound had become inflamed .
pull a muscle	verb	pʊl ə 'mʌsl	pʊl ə 'mʌsəl	to injure a muscle	He limped out of the game after pulling a muscle .
rash	noun	ræʃ		an area of small red spots on your skin, caused by an illness or an allergic reaction to something that you have touched, eaten, etc	She always breaks out in a rash when she eats strawberries.
sore	adjective	sɔ:(r)	sɔr	painful and uncomfortable, usually as a result of an injury, infection or too much exercise	Her eyes were sore from studying all night.
sprain	verb	spreɪn		to injure a joint such as your wrist by suddenly stretching or turning it too much	My grandmother sprained her knee.
Idioms					
be head and shoulders above	phrase	hed ænd 'ʃəʊldəz ə'boʊv	hed ænd 'ʃouldərz ə'boʊv	much better than all the others	She's head and shoulders above the other students in the class.
be out of your league	phrase	aʊt ɒv jɔ: li:g	aʊt ɒv jʊər li:g	to be in a situation that you cannot deal with because it is too difficult or dangerous	Her boss seemed to be unprepared and out of his league during the meeting.
get cold feet	phrase	get kəʊld fi:t	get kould fit	to suddenly feel nervous about doing something that you have planned or agreed to do	Sally got cold feet at the last moment and called off the bungee jump.
give it your best shot	phrase	ɡɪv ɪt jɔ: best ʃɒt	ɡɪv ɪt jʊər best ʃɒt	to try as hard as you can to do something	Give it your best shot tomorrow – that's all you can do.
give someone food for thought	phrase	fʊd fɔ: θɔ:t	fud fɔr θɒt	to make someone think a lot about a particular subject	Thanks for your comments – they have given us plenty of food for thought .
gut feeling	noun	ɡʌt 'fi:lɪŋ	ɡʌt 'fɪlɪŋ	a feeling that you are certain is right, although you can give no good reason why	Beverly had a gut feeling there was something seriously wrong.

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keep an eye out for	phrase	ki:p ən aɪ aʊt fɔ:	kip ən aɪ aʊt fɔr	to keep looking for someone or something, especially when you are doing something else	He asked me to keep an eye out for any houses to rent.
make a meal of	phrase	meɪk ə mi:l ɒv	meɪk ə mil əv	to treat something as more important or serious than it really is	I know I was wrong, but you don't need to make such a meal of it .
move the goalposts	phrase	mu:v ðə 'gəʊl,pəʊsts	mu:v ðə 'gəʊl,pəʊsts	to change the rules and make it difficult for people to achieve something or to know what to do	Every time I think I know what he wants he keeps moving the goalposts .
not your cup of tea	phrase	nɒt jʊ: kʌp ɒv ti:	nɒt jʊər kʌp əv ti	if someone or something is not your cup of tea, you do not like them or do not consider them interesting	War movies are not really my cup of tea .
take something with a grain of salt	phrase	wɪð ə greɪn ɒv sɔ:lt	wɪð ə greɪn əv sɔlt	to doubt the truth or value of something	If I were you, I'd take his advice with a grain of salt .
throw in the towel	phrase	θrəʊ ɪn ðə 'taʊəl	θrou ɪn ðə 'taʊəl	to stop trying to do something because you lack determination or because you think you cannot win	Coach Michael Wenders accused his players of throwing in the towel .
Describing taste					
acidic	adjective	ə'sɪdɪk		very sour	It's very acidic and has a sour taste.
appetizing	adjective	'æpə'taɪzɪŋ		appetizing food smells or looks very good	Good presentation makes food even more appetizing .
bland	adjective	blænd		not having a strong taste and therefore not very interesting to eat	She found the food bland with hardly any flavor.
cheesy	adjective	'tʃi:zi	'tʃizi	tasting like cheese or tasting of cheese	The cheesy sauce tastes like real cheese.
cloudy	adjective	'klaʊdi		a cloudy liquid is not clear	The water is a little cloudy and you can hardly see the bottom of the glass.
creamy	adjective	'kri:mi	'krimi	a creamy substance is thick, soft and smooth and does not flow easily	Beat the butter in a large bowl until creamy .
crisp	adjective	kɹɪsp		crisp food is firm in a pleasant way and makes a noise when you bite it	The bacon should be crisp and brown.
crunchy	adjective	'krʌntʃi		crunchy foods make a loud noise when you bite them	I hate when people eat crunchy cereals or chips at work as it is so noisy.
fizzy	adjective	'fɪzi		a fizzy liquid has bubbles of gas in it	The juice was a little fizzy .
gritty	adjective	'grɪti		having the texture of something containing grit	Brush the mushrooms off so they're not gritty .
mild	adjective	maɪld		mild food does not have a strong taste	Edam is a cheese that is mild and firm.
moist	adjective	mɔɪst		slightly wet	I don't think the cake is too dry – in fact I think it's fairly moist .

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murky	adjective	'mɜ:(r)ki	'mɜrki	dark and difficult to see through	The pond was murky and we couldn't see the bottom.
pungent	adjective	'pʌndʒənt		a pungent taste or smell is very strong and sharp	I hated the smell of blue cheese when I was young. It was too pungent .
slimy	adjective	'slaɪmi		covered with a thick wet unpleasant substance	The vegetables had become slimy , so we threw them away.
soggy	adjective	'sɒgi	'sɑgi	wet and soft, especially in an unpleasant way	He left his cornflakes for too long and they got soggy .
sour	adjective	'saʊə(r)	'saʊr	an unpleasant taste or smell, especially because of no longer being fresh	The milk was outdated and smelled sour .
sticky	adjective	'stɪki		a sticky substance sticks to other things	The dough should be soft but not sticky .
tangy	adjective	'tæŋi		with a taste or smell that is strong and bitter in a pleasant way	The sauce has a strong, tangy flavor that is absolutely delicious.