

Word/Phrase	Part of speech	IPA (UK)	IPA (US)	Definition	Sample sentence
Minor illnesses					
broken bone	noun	'brəʊkən bæʊn	'broʊkən boʊn	a bone in the body which is fractured	He has several broken bones from the accident.
cold	noun	kəʊld	koʊld	a minor illness that blocks your nose and makes you cough	I must have caught a cold on my camping trip.
cough	noun	kɒf	kaf	an illness in which air is forced up through your throat and sometimes your throat and lungs hurt	She couldn't sleep well because of her cough .
headache	noun	'hedɪk		a pain in your head	The noise gave her a headache .
sore throat	noun	sɔː θrəʊt	sɔr θroʊt	pain in the throat, typically caused by a cold or a virus	Do we have any medicine for a sore throat ?
temperature	noun	'tempɪtʃə(r)	'temp(ə)rə,tʃʊr	the condition of your body being hotter than normal, which means that you have a fever	Suzie cannot go to school today because she has a temperature .
flu	noun	fluː	flu	a very common infectious disease that lasts a short time and makes you feel hot or cold, weak, and tired	He's in bed with the flu .
stomachache	noun	'stʌməkeɪk		pain in your stomach	I have a stomachache from eating too much.
sunburn	noun	'sʌn,bɜː(r)n	'sʌn,bɜrn	the condition of having red sore skin that is caused by staying in the sun for too long	That sunburn looks very painful.
toothache	noun	'tuːθeɪk	'tuθ,eɪk	a pain in one or more of your teeth	He has a really bad toothache .
Exercise					
bike riding	noun	baɪk 'raɪdɪŋ	baɪk 'raɪdɪŋ	the activity of using a bicycle	He likes to go bike riding in the mountains.
field hockey	noun	'fiːld hɒki	fɪld 'hɑki	a game played on grass by two teams of 11 players who try to score goals by hitting a ball with a curved stick	They played on the field hockey team at school.
jogging	noun	'dʒɒɡɪŋ	'dʒɑɡɪŋ	the activity of running at a slow steady speed	I go jogging every morning.
marathon running	noun	'mæɪəθ(ə)n 'rʌnɪŋ	'merə,θan 'rʌnɪŋ	running for a long distance	She goes marathon running once a month.
Nordic walking	noun	'nɔː(r)dɪk 'wɔːkɪŋ	'nɔrdɪk 'wɒkɪŋ	a version of walking that requires poles	Dave enjoys Nordic walking .
racquetball	noun	'ræktɪbɔːl	'ræket,bɔl	a game in which two players use rackets to hit a small ball against a wall	They met to play racquetball on the weekend.
working out in the gym	verb phrase	'wɜː(r)kɪŋ aʊt ɪn ðə dʒɪm	'wɜrkɪŋ aʊt ɪn ðə dʒɪm	exercising at a fitness center as a way of keeping fit or getting in shape	He doesn't like working out in the gym .
yoga	noun	'jəʊgə	'joʊgə	an activity that involves doing physical and breathing exercises to make you stronger and to relax your mind and body	Sam does yoga every morning.

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Food groups					
avocado	noun	ˌævəˈkɑːdəʊ	ˌævəˈkadoʊ	a fruit with green or black skin, a very large seed in the middle, and pale green flesh that does not taste sweet	It is much cheaper to buy avocados in South America than in the UK.
banana	noun	bəˈnɑːnə	bəˈnænə	a long curved fruit with a yellow skin	She bought a bunch of bananas .
cod	noun	kɒd	kɑd	a type of fish which is commonly eaten	Cod is my favorite fish.
fruit	noun	fruɪt	frut	a type of food that grows on trees or plants and which tastes sweet.	Peaches are my favorite fruit .
grain	noun	greɪn		the seeds from crops such as wheat, rice, or barley that are used for food	Can I have three bags of mixed grain , please?
lettuce	noun	ˈletɪs	ˈletəs	a vegetable with large thin green leaves that you eat raw in a salad	There is too much lettuce on this sandwich.
lobster	noun	ˈlɒbstə(r)	ˈlɑbstər	a shellfish that has a long body, eight legs, and two claws	The lobster in this restaurant is delicious but very expensive.
oats	noun	əʊts	oʊts	a type of grain that people and animals eat	Horses love eating oats .
rice	noun	raɪs		a food consisting of small white or brown grains that are eaten cooked	Rice is a very popular food in Asia.
seafood	noun	ˈsiːfuːd	ˈsiːfud	fish and shellfish that you can eat	You get good seafood here.
shrimp	noun	ʃrɪmp		a small shellfish with a lot of legs	I'll have the shrimp curry please.
tomato	noun	təˈmɑːtəʊ	təˈmeɪtoʊ	a round red fruit eaten as a vegetable raw in salads or cooked	I eat tomatoes almost every day.
tuna	noun	ˈtjuːnə	ˈtunə	a type of fish which is commonly eaten	Would you like tuna or cheese?
vegetable	noun	ˈvedʒtəb(ə)l	ˈvedʒ(ə)təb(ə)l	a part of a plant used as food, for example potatoes, beans, or cabbages	Eat more fresh fruits, vegetables , and salads.
wheat	noun	wiːt	wɪt	a tall plant that produces grain for making bread and other foods	A large quantity of wheat was grown by East Asian farmers last year.