

Now

4

I know!

ENGLISH - GREEK WORDLIST

UNIT 1

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
understand	v	I don't speak German so I can't understand what you are saying.	καταλαβαίνω	4
main point	phr	The main point of the story is that exercising is good for you.	κεντρική ιδέα	4
interview	n	The actor gave an interview for his new film.	συνέντευξη	4
identify	v	Can you identify the main characters in the story?	αναγνωρίζω	4
key details	phr	The policeman wrote in his notebook the key details of what the man told him.	βασικές λεπτομέρειες	4
factual	adj	The information you give to the police must be factual .	πραγματικός, αληθινός	4
predict	v	She doesn't think we can predict the future.	προβλέπω	4
specific	adj	You need to give me specific directions to your house because I don't have a GPS with me.	συγκεκριμένος	4
suggestion	n	My suggestion is you go home if you don't feel well.	πρόταση, σύσταση	4
personal	adj	Could I ask you a personal question?	προσωπικός	4
experience	n	Taking a flying lesson was an amazing experience for Tom.	εμπειρία	4
familiar	adj	Susan is familiar with working with children. She is a teacher.	εξοικειωμένος	4
topic	n	The topic of this week's lesson is 'Foods from around the world'.	θέμα	4
healthy	adj	Fruits are very healthy snacks.	υγιεινός	5
normal	adj	It is not normal to eat ice cream for lunch.	φυσιολογικός	5
favorite	adj	Blue is his favorite colour.	αγαπημένος	5
energy	n	You need a lot of energy to run for 10km.	ενέργεια	5
affect	v	Smoking can affect people's health.	επηρεάζω	5
feel	v	'How do you feel today?' 'Much better, thank you.'	αισθάνομαι	5
context	n	Try to use context to understand what the word means.	συμφραζόμενα	6
guess	v	'Can you guess how old I am?', the teacher asked.	μαντεύω	6
fats	n pl	Burgers are not healthy because they have lots of fats .	λιπαρά	6
make sb fat	phr	Eating too much food that is unhealthy can make us fat .	παχαίνω	6
fatty	adj	Don't eat fatty foods such as pizzas, burgers etc. They are not good for you.	παχυντικός	6
olive oil	n	Put some olive oil in the salad, please.	ελαιόλαδο	6
butter	n	I like to eat bread with butter in the morning.	βούτυρο	6
contain	v	This box is heavy because it contains all my school books.	περιέχω	6
drizzle	v	Can I drizzle some chocolate syrup on my ice cream, Mum?	ρίχνω μερικές σταγόνες	6
spread	v	She spread cream on her face to protect it from the sunlight.	απλώνω, αλείφω	6
slice	n	She put two slices of cheese in her sandwich.	φέτα, κομμάτι	6

UNIT 1

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
balanced diet	n	Eating both meat and fish is an example of a balanced diet .	ισορροπημένη διατροφή	6
varied diet	n	A varied diet of fruits, meat, fish and vegetables helps you have a healthy way of living.	ποικίλη διατροφή	6
amount	n	The right amount of water one person should drink daily is about 2 litres.	ποσότητα	6
come into	phr v	You should never come into a room without knocking the door first.	μπαίνω, εισέρχομαι	6
have a sweet tooth	phr	Helen has a sweet tooth and her favorite dessert is ice cream.	έχω αδυναμία στα γλυκά	6
breakfast	n	Breakfast is the first meal of the day.	πρωινό	6
cereal	n	My dad always has a bowl of milk with cereal in the morning	δημητριακά	6
taste	v	This soups tastes great. Can I have some more please?	έχω γεύση	6
popular	adj	<i>Game of Thrones</i> is a very popular TV show	δημοφιλής	6
sensible	adj	Talking to your parents when you have a problem is a very sensible idea.	λογικός, συνετός	6
option	n	You have two options for lunch; you can have chicken or pasta.	επιλογή	6
fibre	n	Eating cereals and fruit gives you a lot of fibre in your diet.	φυτική ίνα	6
carbohydrate	n	Bread is rich in carbohydrates .	υδατάνθρακας	6
source	n	We must find the source of all that noise. Where is it coming from?	πηγή	6
dairy	n	You shouldn't eat too much dairy ; a glass of milk every day is more than enough.	γαλακτοκομικά	6
protein	n	Chicken is a good source of protein .	πρωτεΐνη	6
packed with	adj	School bags are so heavy because they are packed with books.	γεμάτος με	6
vitamin	n	Oranges are full of vitamin C .	βιταμίνη	6
mineral	n	Susan only drinks bottled water that has minerals in it.	μεταλλικό στοιχείο	6
calcium	n	Dairy products are rich in calcium .	ασβέστιο	6
iron	n	The old door was made of iron .	σίδηρος	6
important	adj	It is important to keep this secret. You shouldn't tell anyone.	σημαντικός	7
cube	n	Put some ice cubes in the orange juice to make it colder.	κύβος	7
advise	v	Bob always asks his parents to advise him when he doesn't know what to do.	συμβουλεύω	7
serving	n	Sam likes pasta so much that he always has a second serving .	μερίδα	7
daily intake	phr	You should be very careful with your daily intake of sugar.	ημερήσια πρόσληψη	7
go up	phr v	The price of the new model of the tablet has gone up by 50 euros.	αυξάνομαι	7
boost	n	There is a boost in the sales of electronic stores every Black Friday.	αύξηση, ώθηση	7
drop	v	It is very hot today but tomorrow the temperature will drop and it will be cooler.	πέφτω	7
sleepy	adj	He is sleepy because he was up all night studying for the test.	νυσταγμένος	7

UNIT 1

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
moody	adj	Tony can be moody sometimes — one moment he's happy and the next he's sad.	κυκλοθυμικός, κακόκεφος	7
careful	adj	Be careful when you cross the road. Always check both left and right.	προσεκτικός	7
vegetable	n	Carrots and potatoes are examples of vegetables .	λαχανικό	7
manage	v	Teachers have to manage many students in their classrooms.	διαχειρίζομαι	7
replace	v	Ms Smith will replace Mr Black, our English teacher, because Mr Black is sick.	αντικαθιστώ	7
yoghurt	n	Ian eats yoghurt with fruits for breakfast.	γιαούρτι	7
last	v	This tennis match lasted 5 hours. I can't believe it!	διαρκώ	7
concentrate	v	I cannot concentrate with all this noise!	συγκεντρώνομαι	7
tired	adj	Nick is tired because he didn't sleep well last night.	κουρασμένος	7
tooth decay	n	Make sure you brush your teeth twice a day to fight tooth decay .	τερηδόνα	7
disease	n	Follow the doctors' advice and take your medicine to fight this disease .	ασθένεια, αρρώστια	7
reduce	v	She must reduce the amount of sugar she puts in her coffee. It is too much.	μειώνω	7
fizzy drinks	n pl	Children better drink natural fruit juices than fizzy drinks .	αεριούχα ποτά	7
nutritional	adj	Fruits and vegetables are more nutritional than pizzas and burgers.	θρεπτικός	8
benefit	n	Exercising is a great benefit for people who want to stay healthy.	όφελος	8
keep warm	phr	Wear a coat to keep you warm when you go out. It is very cold.	παραμένω ζεστός	9
element	n	The most important element of a good life is to be happy.	στοιχείο, παράγοντας	9
solid	adj	Water becomes solid at zero degrees Celsius.	στερεός	9
smell	v	Can you smell this flower?	μυρίζω	10
delicious	adj	My mum's chocolate cake is delicious . I can't stop eating it!	νοστιμότατος	10
look	v	Why do you look so tired?	φαίνομαι	10
tasty	adj	I don't think beans are very tasty but I eat them because they are good for me.	γευστικός, νόστιμος	10
look like	v	Children usually look like their parents.	μοιάζω	10
flavor	n	Which ice cream flavor do you like best — chocolate or vanilla?	γεύση	11
gesture	n	You can say 'hello' or 'goodbye' with gestures if you don't know the words in French.	χειρονομία	11
make myself understood	phr	I don't speak German so I couldn't make myself understood to our guests.	γίνομαι κατανοητός	11
realize	v	Tony realized that his friend was sad when he saw him cry.	συνειδητοποιώ	12
filling	adj	We aren't hungry because we've just had a very filling meal.	χορταστικός	12
pancake	n	In the US many children have pancakes for breakfast.	τηγανίτα	12
jelly	n	1) My mother makes the most delicious strawberry jelly . 2) I would love some jelly for dessert.	1) μαρμελάδα (US) 2) ζελέ (UK)	12

UNIT 1

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
nut	n	Jeff has yoghurt with nuts as a daily snack.	ξηρός καρπός	12
closer look	n	When we had a closer look at the photo, we realized that these people were our parents at a young age.	πιο προσεκτική ματιά	12
suddenly	adj	Suddenly the sky was black and it started to rain.	ξαφνικά	12
awake	adj	Sarah was awake all night because she couldn't sleep.	ξύπνιος	12
a bit	adv	Dad was a bit hungry so he made a sandwich.	λίγο, λιγάκι	12
investigate	v	'What was that?' 'I don't know. Let's go and investigate .'	ερευνώ	12
upstairs	adv	Here is the kitchen and the living room. The bedrooms are upstairs .	επάνω, στον επάνω όροφο	12
journey	n	We're going on a journey around the Peloponnese this summer.	ταξίδι	12
put on	phr v	Put on your boots before you go out in the snow.	φοράω, βάζω	12
downstairs	adv	This house has two living rooms — the main one is downstairs and there is a smaller one upstairs.	κάτω, στον κάτω όροφο	12
mirror	n	He looked himself in the mirror and saw his face was red.	καθρέφτης	12
ancient	adj	This year we are studying ancient Greek at school.	αρχαίος	13
come up	phr v	Get out of bed, Gina. The sun has come up and it's a beautiful day!	ανατέλλω	13
bread roll	n	Grandma brought some freshly-baked bread rolls on the breakfast table.	ψωμάκι	13
excited	adj	Peter was so excited about his birthday party on Saturday.	ενθουσιασμένος	13
prefer	v	Which dress do you prefer — the red or the blue one?	προτιμώ	13
peanut butter	n	Kids love peanut butter sandwiches.	φυστικοβούτυρο	13
noodle	n	What about eating noodles for lunch?	νουντλς	13
beef	n	Would you like chicken or beef ?	μοσχάρισιο κρέας	13
omelet	n	I'll just have an omelet with two eggs, please.	ομελέτα	13
grilled	adj	Greeks call the grilled cheese 'saganaki'.	ψητός στη σχάρα	13
brain food	n	I read somewhere that peanut butter is good brain food .	τροφή που ενισχύει τον εγκέφαλο	13
memory	n	I have a terrible memory . I cannot remember any names or telephone numbers.	μνήμη	13
salmon	n	Salmon is a type of fish that's good for the memory.	σολωμός	13
boiled	n	John has a boiled egg for breakfast twice a week.	βραστός	13
fried	n	In the UK fried potatoes are called 'chips'.	τηγανητός	13
broccoli	n	Broccoli is a type of green vegetable.	μπρόκολο	13
seed	n	Let's put these tomato seeds in the ground and see if we can have some fresh tomatoes.	σπόρος	13

UNIT 1

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
spinach	n	Spinach is a vegetable full of iron.	σπανάκι	17
mood	n	My sister is in a bad mood because she lost her phone.	διάθεση	18
grumpy	adj	The baby is always grumpy when he's hungry.	γκρινιάρης	18
lasagne	n	Lasagne is a popular Italian dish.	λαζάνια	18
ingredient	n	Tomatoes, cucumbers and olives are some of the ingredients of Greek salad.	συστατικό	18

UNIT 2

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
recognize	v	Did you cut your hair? I didn't recognize you!	αναγνωρίζω	20
extract	v	He couldn't extract any information about the party from his friends. He only knew it would be a surprise.	αποσπώ (πληροφορία)	20
inference	n	By looking at her red eyes, we could make the inference that she had been crying.	συμπέρασμα	20
descriptive	adj	I like this book because it's very descriptive . I just close my eyes and imagine everything!	περιγραφικός, παραστατικός	20
building	n	My mother's office is at that tall building with the glass windows.	κτίριο	21
material	n	These glasses are made of a material that doesn't break.	υλικό	21
famous	adj	Adele is a famous British singer.	διάσημος	21
architect	n	My father designs buildings. He is an architect .	αρχιτέκτονας	21
massive	adj	There is a massive car parked outside our house. Whose is it?	τεράστιος, ογκώδης	21
scan	v	Kate scanned her homework to check it before she gives it to the teacher.	ρίχνω μια γρήγορη ματιά	22
huge	adj	Giraffes and elephants are huge animals.	τεράστιος	22
bubble	n	When you put soap in water you get lots of bubbles .	φούσκα	22
land	n	They decided to live here and become farmers because the land is good.	γη, έδαφος	22
structure	n	The Burj Khalifa in Dubai is the tallest structure in the world.	κατασκευή, οικοδόμημα	22
biome	n	Both forests and deserts are examples of biomes .	μεγαοικοσύστημα	22
plant	n	Plants need lots of water to grow.	φυτό	22
rainforest	n	Thousands of rainforests in the Amazon are destroyed each year.	τροπικό δάσος	22
fit sth into	phr v	James doesn't fit into his old jeans because they are too small for him now.	χωράω	22
football pitch	n	The match never started because the football pitch was wet.	γήπεδο ποδοσφαίρου	22
shape	n	The balloon had the shape of a dog.	σχήμα	22
size	n	Ants are very small in size .	μέγεθος	22
compare	v	Compare the two pictures and tell me what is different.	συγκρίνω	22
known as	phr	Tony Stark is also known as Iron Man.	γνωστός ως	22
instead of	adv	The boys played video games instead of going out with their friends.	αντί	23
hand-made	adj	This shop sells hand-made jewellery.	χειροποίητος	23
factory	n	My dad works in a factory where they make cars.	εργοστάσιο	23
production	n	The production of the film <i>Avatar 2</i> cost hundreds of millions of dollars.	παραγωγή	23
increase	v	The price of this dress has increased — a week ago it cost 50 euros and now it costs 55 euros.	αυξάνω	23
result in	v	His hard work resulted in him getting good marks at the end of the school year.	οδηγώ, καταλήγω	23

UNIT 2

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
construction	n	The contruction of the new museum will finish in two years.	κατασκευή	23
bridge	n	If you want to cross the river, you can go over that bridge over there.	γέφυρα	23
tower	n	In the old age, kings and queens used to live in towers .	πύργος	23
metre	n	My brother is 2.10 metres tall. He is a basketball player.	μέτρο	23
monument	n	The Parthenon is the most famous Greek monument .	μνημείο	23
statue	n	There are many statues of men and women in the Archaeological Museum in Athens.	άγαλμα	23
attract	v	Don't wear dark clothes in the summer because they attract the heat.	προσελκύω	23
steel	n	This tennis racket is made of steel and it doesn't break.	ατσάλι	23
aluminium	n	Aluminium is a type of metal.	αλουμίνιο	23
concrete	n	Most of the buildings in the cities are made of concrete .	μπετόν	23
elevator	n	She took the elevator to go to the top floor of the building.	ασανσέρ, ανελκυστήρας	23
modern	adj	Modern computers are different from the ones we used twenty years ago.	μοντέρνος, σημερινός	23
ignore	v	Don't ignore me — I am talking to you!	αγνοώ	24
engineer	n	My dad works as an engineer in the company that is building the new museum.	μηχανικός	24
public	adj	This is a public library. Everybody can borrow books to read.	δημόσιος	25
celebrate	v	We are celebrating grandpa's 85th birthday tonight.	γιορτάζω	25
thin	adj	The Eiffel Tower is a tall, thin building.	στενός	25
stand alone	phr	This gadget can stand alone ; it doesn't need to be connected to a computer.	είμαι αυτόνομος / ανεξάρτητος	25
measurement	n	Take the measurements of the room before you buy new furniture.	μέτρηση, διάσταση	25
traditional	adj	Traditional is the opposite of modern.	παραδοσιακός	25
height	n	Basketball players usually have a standard height over 1.90 meters.	ύψος	25
location	n	The hotel we'll be staying in is at a very nice location .	τοποθεσία	25
deep	adj	The water in this pool is 2.5 meters deep .	βαθύς	26
far	adj	My school isn't far from my house. I only have to walk for 5 minutes to get there.	μακρύς	26
wide	adj	The river was wide and it took us a while to get to the other side with our boat.	πλατύς	27
ocean	n	The Pacific Ocean is the biggest ocean on Earth.	ωκεανός	
street	n	On which street is your house?	δρόμος	27
city	n	Athens is a beautiful city .	πόλη	28
trip	n	Andrew and Erika are going on a trip to Paris next week.	ταξίδι	28
spend time	phr	I like to spend time with my grandparents on weekends.	περνάω το χρόνο μου	28

UNIT 2

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
vacation	n	He went on a vacation to London two months ago.	διακοπές	28
art gallery	n	You can find lots of paintings in an art gallery .	πινακοθήκη	28
(It) doesn't sound	phr	Playing video games all day doesn't sound exciting.	δεν ακούγεται	28
brochure	n	Let's look at the shop's brochure to see the latest smartphones.	φυλλάδιο	28
in the south of	n	The island of Crete is in the south of Greece.	στο νότιο τμήμα	28
quite	adv	He is quite tall for his age. He is only 12 years old and he is already 1.68 m tall.	αρκετά	29
sure	adj	Are you sure you want to buy this T-shirt? It's too big for you.	βέβαιος, σίγουρος	29
excursion	n	Tomorrow morning we are going on an excursion to Corinth.	εκδρομή	29
explore	adj	The best way to explore the old town is to just walk around.	εξερευνώ	29
medieval	adj	A medieval castle can be found at the top of that hill.	μεσαιωνικός	29
monastery	n	There are lots of monasteries around Greece.	μοναστήρι	29
mural	n	A mural is a large painted area on a wall.	τοιχογραφία	29
belfry	n	Above the church you could see a beautiful belfry with a huge bell.	καμπαναριό	29
staircase	n	You can use the staircase to go from first to second floor.	σκάλα, κλιμακοστάσιο	29
carve	v	The artist was carving the hard materials to create his statue.	σκαλίζω, λαξεύω	29
typical	adj	On a typical day, my parents go to work and I go to school.	τυπικός, συνηθισμένος	29
garden	n	There is a beautiful garden with lots of flowers at the back of the house.	κήπος	29
arch	n	Look out for the arch under the small bridge. It is quite low and you might hit your head.	καμάρα, αψίδα	29
find out	phr v	If he finds out you are telling him lies, he will be very angry with you.	βρίσκω, ανακαλύπτω	29
landmark	n	The Acropolis is a world-famous landmark .	αξιοθέατο	29
frog	n	There were many frogs in the small pond.	βάτραχος	29
snail	n	Snails are very small animals that walk very slow.	σαλιγκάρι	29
get together	phr	Let's get together this evening to discuss about the Science project.	συναντιέμαι, βρίσκομαι	29
sock	n	He put on a pair of socks because his feet were cold.	κάλτσα	29
walking shoes	n pl	Always have a pair of walking shoes with you when you travel abroad.	παπούτσια περιπάτου	29
map	n	The teacher asked her students to find Madrid on the map .	χάρτης	29
flashlight	n	If we had a flashlight with us, we would be able to see in the dark.	φακός	29
compass	n	A compass shows where north, south, east and west is.	πυξίδα	29
sunblock	n	Everybody should wear sunblock at the beach.	αντηλιακό	29
package	n	There is a package for Mr Smith. It is the brown box on the table.	πακέτο	29

UNIT 2

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
sporty	adj	My aunt doesn't like exercising much. She is not very sporty .	αθλητικός	30
interest	n	John and Bill have different interests . John loves playing football but Bill prefers video games.	ενδιαφέρον	30
support	v	My parents always support me.	υποστηρίζω	30
common	adj	Susan and Brenda are sisters and have a common bedroom.	κοινός	31
university	n	When I finish school, I will study at university to become a doctor.	πανεπιστήμιο	33
tourist attraction	n	The Colosseum is a popular tourist attraction in Rome.	τουριστικό αξιοθέατο	34
stand over	phr v	He was standing over the broken vase and didn't know what to do.	στέκομαι από πάνω	34
waterfall	n	If you want to see magnificent waterfalls , you must visit Niagara Falls.	καταρράκτης	34

UNIT 3

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
protect	v	Thomas, wear a hat before you go out to protect yourself from the heat and the sun.	προστατεύω	36
wild animal	n	Lions, giraffes and tigers are examples of wild animals .	άγριο ζώο	36
event	n	Finishing school is an important event in every child's life.	γεγονός	36
living thing	n	We use the word ' living thing ' to talk about people, animals or plants.	ζωντανός οργανισμός	37
habitat	n	Some penguins' natural habitat is in Antarctica.	περιβάλλον, οικότοπος	37
be in danger	phr	Lots of animals are in danger because people are killing them.	κινδυνεύω	37
characteristic	n	A characteristic of the camel is that it can live for a long time without water.	χαρακτηριστικό	37
author	n	The author of Harry Potter books is J.K. Rowling.	συγγραφέας	38
tuna	n	I like fish so I will have a tuna salad for lunch.	τόνος	38
gorilla	n	The children saw a huge gorilla at the zoo yesterday.	γορίλας	38
leopard	n	We saw an interesting documentary about leopards in Africa.	λεοπαρδαλη	38
turtle	n	Nick has a small turtle as a pet.	χελώνα	38
endangered species	n	Tigers are endangered species so we must do whatever we can to protect them.	είδος υπό εξαφάνιση	38
wildlife	n	The forest fire caused a problem to the wildlife .	άγρια ζωή	38
close to	adv	The school is close to our house. We go there on foot.	κοντά	38
bring back	phr v	Could you please bring back that dress I gave you a while ago? I want to wear it tomorrow.	φέρνω πίσω, επαναφέρω	38
be / become extinct	phr	Dinosaurs have become extinct .	εξαφανίζομαι, εκλείπτω	38
disappear	v	She couldn't find her keys anywhere. It was like they disappeared .	εξαφανίζομαι	38
destroy	v	He spilled water on the letter and it was destroyed .	καταστρέφω	38
hunt	v	Cats love to hunt mice.	κυνηγώ	38
poacher	n	Poachers are people who hunt illegally.	λαθροκυνηγός	38
well-known	adj	George Clooney is a well-known actor.	γνωστός, αναγνωρίσιμος	38
believe	v	I believe that one day we will be able to live on the Moon.	πιστεύω	38
be left	phr	There is only one piece of cake left . Can I have it, please?	απομένω	38
snow leopard	n	Snow leopard is an endangered species.	λεοπαρδαλη του χιονιού	38
bluefin tuna	n	Bluefin tuna is a type of tuna.	κυανόπτερος τόνος	38
including	prep	We're all going to the cinema tonight, including my parents.	συμπεριλαμβανομένου	39
weigh	v	The baby weighs 3,5 kilos.	ζυγίζω	39
magnificent	adj	The Great Wall in China is a magnificent structure.	έξοχος, εξαιρετικός, σπουδαίος	39
exact	adj	'Please give me an exact description of the man who took your bag', the policeman said.	ακριβής	39

UNIT 3

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
national park	n	The Prespa national park has two lakes in it — Mikri and Megali Prespa.	εθνικό πάρκο, εθνικός δρυμός	39
sadly	adj	Sadly , we won't go on an excursion tomorrow because of the bad weather.	δυστυχώς	39
in the same way	phr	All the children were dressed in the same way for the school performance. They were wearing white T-shirts.	με τον ίδιο τρόπο	39
toad	n	A toad looks like a frog.	φρύνος	39
level	n	Computer games have many levels to go through.	επίπεδο	39
pollution	n	The pollution of the beach was unbelievable - plastic bags and rubbish everywhere!	μόλυνση	39
get worse	phr	I don't feel well. I think I'm getting worse so I will go home.	χειροτερεύω	39
sealife	n	Sealife is in danger because of the pollution of the seas.	υποθαλάσσια ζωή	39
get into	v	She got into her car and left.	εισέρχομαι, μπαίνω μέσα	39
jellyfish	n	We couldn't swim because of the jellyfish in the water.	τσούχτρα	39
mistakenly	adj	He mistakenly left his house keys in the car and couldn't get in.	κατά λάθος	39
be born	phr	My baby sister was born last month.	γεννιέμαι	39
enter	v	Do not enter the classroom after the lesson has started.	μπαίνω	39
prevent	v	He prevented the accident because he immediately stopped his car.	αποτρέπει	39
net	n	You can use a net to catch fish.	δίχτυ	39
trap	v	I couldn't open the door of the elevator to get out and I was trapped inside.	παγιδεύω	39
hopefully	adv	Hopefully , Jenny will pass all her exams and finish university this year.	καλώς εχόντων των πραγμάτων	39
trash	n	Please make sure you throw your trash in the bin.	σκουπίδια	39
according to	prep	According to film critics, the film is amazing. We must see it!	σύμφωνα με	40
algae	n	The sea is full of algae .	φύκια	40
seaweed	n	The waves brought out a lot of seaweed at the beach.	φύκια	40
seabird	n	The seabirds were flying over the boats.	θαλασσοπούλι	40
permission	n	I need to get my parents' permission to come to your party.	άδεια	41
exist	v	You can't have seen a dinosaur! We all know they do not exist .	υπάρχω	41
ape	n	Anna took her children to the zoo to see monkeys and apes .	πίθηκος	41
damage	v	I dropped my mobile phone and I damaged it.	καταστρέφω	41
cage	n	Most zoo animals live in cages .	κλουβί	42
refrigerator	n	Please put the milk in the refrigerator .	ψυγείο	42
monitor	v	The mother monitored her baby's temperature all night.	ελέγχω, παρακολουθώ	43
overall	adj	The overall cost of the trip was quite high.	συνολικός	44

UNIT 3

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
melt	v	The ice in the Poles is melting fast.	λιώνω	44
whisper	adj	'Why are we whispering ?' 'Because the baby is sleeping.'	ψιθυρίζω	44
free	adj	He opened the cage and the bird was free to fly away.	ελεύθερος	44
roam	v	Susan wanted to explore the city so she spent her day roaming around the streets.	περιφέρομαι	44
be quiet	phr	Please be quiet during the exam. You mustn't talk to each other.	δεν μιλάω	44
depth	n	The swimming pool's depth is 2.5 metres.	βάθος	44
jungle	n	Some tiger species can be found in the African jungle .	ζούγκλα	44
predator	n	A predator is an animal that kills and eats other animals.	αρπακτικό, θηρευτής	44
stripe	n	Zebras have black and white stripes .	ρίγα	44
shiny	adj	After he had washed his car, it looked so clean and shiny .	λαμπερός, γυαλιστερός	44
coat	n	John brushed his dog's coat to remove the extra hair.	τρίχωμα, γούνα	44
survive	v	Humans cannot survive long without water.	επιβιώνω	44
glide	v	The dancers were gliding so nicely on the dancefloor.	κινούμαι με άνεση	45
coral	n	He swam underwater to admire the beautiful corals at the bottom of the sea.	κοράλλι	45
protective	adj	When entering the lab, you should wear protective clothing.	προστατευτικός	45
shell	n	The turtle went back into its shell because it was afraid.	κέλυφος	45
hectare	n	Hectare is used to measure land.	εκτάριο	45
alive	adj	There was a car accident yesterday but everybody is alive and well.	ζωντανός	45
bamboo	n	This table is made of bamboo .	μπαμπού (είδος φυτού)	45
spot	n	My favourite blouse has black and white spots on it.	βούλα	45
tusk	n	The poachers killed the elephant for its tusk .	χαυλιόδοντας	45
savannah	n	Areas in the savannah are covered with lots of grass but very few trees.	σαβάννα	45
verse	n	Poems usually have more than one verses .	στίχος	46
rare	adj	Such low temperature in the summer is very rare in Greece. Usually it is much hotter.	σπάνιος	46
campaign	n	We started a campaign at our school to inform students about recycling.	καμπάνια, εκστρατεία	46
iguana	n	My friend Tom has an iguana as a pet.	ιγκουάνα	46
exotic	adj	He travels to many exotic places around the world every year.	εξωτικός	46
spider	n	My sister is afraid of spiders .	αράχνη	46
bite	v	My dog likes to bite my hand gently when we are playing around.	δαγκώνω	46
fair	adj	'This isn't fair ! Why can Andrew go out with his friends and I can't?'	δίκαιος	46

UNIT 3

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
smooth	adj	Babies have very soft and smooth skin.	απαλός	47
movement	n	The dancers' movements were absolutely amazing.	κίνηση	47
continue	v	'There is no need for you to stop talking. Continue , please.'	συνεχίζω	47
have a plan	phr	Do you have any plans for your birthday?	έχω ένα πλάνο / σχέδιο	47
clear	adj	Miss White, it isn't clear what we have to do in this exercise. Could you please explain it to us?	ξεκάθαρος	47
be loud	phr	There is no need to be so loud , Michael — I can hear you very well!	φωνάζω	47
alien	adj	Some scientists believe there is alien life on other planets.	εξωγήινος	48
collector	n	My grandpa is a coin collector . He has coins from all over the world.	συλλέκτης	48
escape	v	The bear managed to escape from its cage.	δραπετεύω	48
soccer	n	In the US football is called soccer .	ποδόσφαιρο (US)	48
responsible for	adj	Maria is responsible for her younger sister when her parents are out.	υπεύθυνος	50
join	v	Harry has joined a rock band. He is their new singer.	γίνομαι μέλος	50
animal protection group	n	There are many animal protection groups all around Greece.	οργάνωση προστασίας ζώων	50
care about	v	Parents care deeply about their children and want the best for them.	νοιάζομαι	50
(be) in the wild	phr	The best thing of my trip to Kenya was seeing animals in the wild . It was amazing!	στην άγρια φύση	50
sanctuary	n	We found sanctuary under the trees to avoid the rain.	καταφύγιο	50
volunteer	v	Mike volunteered to work at the zoo for the summer.	προσφέρω εθελοντική εργασία	50
welcome	v	She welcomed all her friends to her new house.	καλωσορίζω	50
donation	n	They made a big donation to the local animal protection group.	δωρεά	50

UNIT 4

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
trash	n	Please pick up the trash and put it in the bin.	σκουπίδια	52
gist	n	'Could anyone tell me the gist of the short story we just read?'	κεντρική ιδέα, νόημα	52
throw out	phr v	Check the milk before drinking it. If it has gone bad, please throw it out .	πετάω	53
recycling	n	Put the glass bottle in the recycling bin, not the trash.	ανακύκλωση	53
tentacle	n	An octopus has eight tentacles .	πλοκάμι	53
sucker	n	There are many suckers on an octopus' tentacles.	βεντούζα	53
relate to	v	I liked the film's plot because it related to my personal experiences.	σχετίζω, συσχετίζω	54
take care of	phr	John has to take care of the baby while his wife is away.	φροντίζω	54
waste	n	The amounts of waste coming from factories need to be reduced.	απόβλητα	54
plastic	adj	Don't throw the plastic bottle there; put it in the recycling bin.	πλαστικός	54
landfill	n	The trash collected from our homes goes to landfills .	χωματερή	54
individual	n	Each individual must try to recycle more.	άνθρωπος, άτομο	54
positive	adj	His reaction to the news was very positive — he couldn't stop smiling!	θετικός	54
container	n	They put the fresh orange juice in a container and then into the fridge to keep it cool.	δοχείο	54
soda	n	The children wanted to have sodas with their meal.	αναψυκτικό	54
can	n	Sodas can be found in plastic bottles or cans.	κουτάκι (αναψυκτικού)	54
glass jar	n	The marmalade was in a nice glass jar .	γυάλινο βάζο	54
notepad	n	I wrote down the shopping list in my notepad but I can't find it now.	σημειωματάριο	54
item	n	Shorts and T-shirts are very popular clothing items in the summer period.	αντικείμενο, πράγμα	54
ideally	adv	Ideally , the test should be completed in 15 minutes.	ιδανικά	55
natural resources	n pl	Air, water and wind energy are a few examples of natural resources .	φυσικοί πόροι	55
make more of	phr	Joan should make more of her writing talent. She should write a book!	αξιοποιώ, εκμεταλλεύομαι	55
process	n	The process of making a video game is very complicated.	διαδικασία	55
create	v	The clown created a funny-looking dog out of a balloon.	δημιουργώ	55
metal	n	Soda cans are made of metal .	μέταλλο	55
unnecessary	adj	I have an extra sleeping bag; it's unnecessary to bring your own.	αχρείαστος, περιττός	55
toxic fumes	n pl	The air was polluted because of the toxic fumes coming from the factory.	τοξικές αναθυμιάσεις	55
add to	v	You need to add a few more details to your story to make it more interesting.	προσθέτω, ενισχύω	55
demand	n	This smartphone is quite expensive because it is in demand .	ζήτηση	55
packaging	n	I bought a pair of shoes online and they came in a very nice packaging .	συσκευασία	55

UNIT 4

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
reuse	v	We can reuse plastic bottles and not just throw them away.	ξαναχρησιμοποιώ	55
half	n	Half of twenty is ten.	μισό	55
empty	adj	The classroom is empty — there are no students in it.	άδειος	55
fill	v	Nancy filled the bottle with water and put it in the fridge.	γεμίζω	55
off you go	phr	The lesson is over. You can leave now — off you go!	Στο καλό!	55
flower pot	n	She had many beautiful flower pots around her balcony.	γλάστρα	55
soil	n	The farmer put the tomato seeds in the soil .	χώμα, γη	55
birdfeeder	n	I need to refill the birdfeeder in my parrot's cage.	ταΐστρα	55
cap	n	I can't open the bottle's cap . Can you help me?	καπάκι	55
label	n	The label says that the biscuits contain sugar.	ετικέτα	55
sort	v	Before putting the clothes in the washing machine, you need to sort the whites from the dark-coloured ones.	χωρίζω, ομαδοποιώ	55
crush	v	The heavy rock crushed the man's leg and he was taken to hospital.	σπάω, συνθλίβω	55
chop	v	The chef chopped the onions and put them in the sauce.	ψιλοκόβω	55
fiber	n	She only wears clothes made of natural fibers .	κλωστή, ίνα	55
cotton	n	Most summer clothes are made of cotton .	βαμβακερό ύφασμα	55
fleece	n	Don't forget to pack your fleece ; it will be very cold in the mountains.	φλις (είδος μπουφάν)	55
sweater	n	It is quite warm outside so I wouldn't take a sweater if I were you.	πουλόβερ	55
jacket	n	Peter didn't have a jacket to put on and he was cold.	μπουφάν	55
comfortable	adj	My new shoes are very comfortable — they don't hurt my feet at all.	άνετος	55
make notes	phr	The reporter was making notes at the interview. He didn't want to forget anything important.	κρατάω σημειώσεις	56
focus	n	The main focus of the film was the story of the two sisters.	επίκεντρο	56
stage	n	There are many stages in a car-making process.	στάδιο	57
breathe in	v	Just breathe in the fresh air and try to relax.	εισπνέω	57
poster	n	Bob has a poster of his favorite football player over his bed.	αφίσα	59
creative	adj	Artists are very creative individuals.	δημιουργικός	60
revival	n	A revival of the 1980s fashion in clothes is happening at the moment.	αναβίωση	60
pupil	n	Ms Black has twenty-two pupils in her classroom.	μαθητής	60
stuff	n	All my stuff is in my suitcase and I am ready to go.	πράγματα	60
cardboard	n	Milk is sold in plastic bottles or boxes made of cardboard .	χαρτόνι	60
recycling plant	n	All the collected items from recycling bins are taken to recycling plants .	εργοστάσιο ανακύκλωσης	60

UNIT 4

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
get involved with	phr	More and more people should get involved with environmental groups.	ασχολούμαι με, συμμετέχω σε	60
exclaim	v	'We're having a surprise birthday party for Mum tonight!' Joanna exclaimed .	κραυγάζω, αναφωνώ	61
upcycling	n	Instead of recycling we should think of upcycling our used water bottles.	αναβαθμιστική ανακύκλωση	61
crazy	adj	Going for bungee-jumping at night sounds like a crazy idea to me!	τρελός, παλαβός	61
tyre	n	Cars have four tyres .	λάστιχο	61
product	n	This department store sells all the latest high-tech products .	προϊόν	61
cup	n	Nora drinks two cups of coffee every day.	κούπα	61
nod	v	'Just nod your head if you agree with me.'	γνέφω καταφατικά	61
go on	phr v	After stopping to get something to eat, he went on with his homework.	συνεχίζω	61
toilet paper roll	n	'Please bring a packet of toilet paper rolls from the supermarket.'	ρολό χαρτιού τουαλέτας	61
completely	adv	Brian has stopped smoking completely .	εντελώς, τελείως	61
arts and crafts	n pl	Marian isn't very good at arts and crafts .	χειροτεχνία	61
switch on	v	Andy went in the dark room and switched on the lights.	ανάβω	61
jewellery	n	The famous film star was wearing some very expensive jewellery .	κοσμήματα	61
photo frame	n	The photos were hanging on the wall in colourful photo frames .	κορνίζα	61
decoration	n	In Art class today we made some Christmas decorations .	διακοσμητικό	61
competition	n	Tom and Kelly will win this dance competition . They are very good!	διαγωνισμός	61
wood	n	The dining table and the chairs are made of wood .	ξύλο	61
take part (in)	phr	Would you like to take part in a writing competition? Your stories are always so funny!	συμμετέχω, παίρνω μέρος	61
successful	adj	JK Rowling is a successful author. She wrote the <i>Harry Potter</i> books.	επιτυχημένος	61
appear in	v	Katy Perry appeared in Taylor Swift's new music video.	εμφανίζομαι	61
local	adj	When you visit other countries, you should always try the local food.	τοπικός	61
newspaper	n	My mum writes articles for the local newspaper . She is a reporter.	εφημερίδα	61
sculpture	n	The Statue of Liberty in New York is a famous sculpture .	γλυπτό	62
turn into	phr v	The old building by the sea was turned into a five-star hotel.	μετατρέπομαι	63
variety	n	A fruit salad with a variety of summer fruits is a very healthy snack.	ποικιλία	63
invent	v	'Who invented personal computers?' 'Henry Edward Roberts'	εφευρίσκω	63
Good point.	phr	'We need to learn more about upcycling before we talk to other people about it.' ' Good point. '	Σωστά.	63
What kind of...?	phr	What kind of movie shall we watch tonight?	Τι είδους...;	63
What do you mean...?	phr	What do you mean you don't want to come to Mary's party?	Τι εννοείς...;	63

UNIT 4

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
Anything else?	phr	'I'd like to order a burger and a milkshake, please.' 'Yes, sir. Anything else? '	Κάτι άλλο...;	63
language	n	Chinese and Greek are the most difficult foreign languages to learn.	γλώσσα	65
produce	v	This hi-tech factory produces lots of computers, tablets and laptops each year.	παράγω	66
space	n	There isn't enough space to park my car here.	χώρος	66
keep (sth) clean	phr	Please keep the park clean and throw your trash in the bins.	διατηρώ καθαρό	66

UNIT 5

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
point	n	The point of this exercise is to practice the vocabulary you have learnt.	νόημα	68
make a comparison	phr	Let's make a comparison between the two cars to decide which one to buy.	κάνω σύγκριση	68
fact	n	It is a fact that the Earth moves around the Sun.	γεγονός	68
similar	adj	Our dresses are similar . They are both red with flowers on top but mine has yellow flowers and yours has white.	παρόμοιος	69
skill	n	Martha has a great skill in writing. She should be a writer.	δεξιότητα	69
painter	n	Picasso is a famous Spanish painter .	ζωγράφος	70
scientist	n	Thomas wants to be a computer scientist when he grows up.	επιστήμονας	70
tank	n	There were tanks all around the city ready to attack.	τανκ	70
drawing	n	Peter made a drawing of his family.	ζωγραφιά, σχέδιο	70
athlete	n	Giannis Antetokounmpo is a famous basketball athlete .	αθλητής	70
realise	v	She realised she had left her keys in the car after closing the door.	συνειδητοποιώ	70
train	v	You have to train very hard every day if you want to go the Olympics.	προπονούμαι	70
set a record	phr	Usain Bolt has set the world record in 100m at 9.58 seconds.	κάνω ρεκόρ	70
compete	v	I have to compete with 7 other runners at the 200m race.	ανταγωνίζομαι	70
medal	n	Harry came first at the swimming competition and won the gold medal .	μετάλλιο	70
the long jump	n	Who won the gold medal at men's long jump in the 2016 Olympic Games?	άλμα εις μήκος	70
relay	n	Our running team came second at the 4x100 metres relay race.	σκυταλοδρομία	70
musician	n	Susan is a wonderful musician . She plays the guitar in a band.	μουσικός	71
compose	v	Does Adele compose her own music?	συνθέτω	71
orchestra	n	The orchestra played the classical music beautifully.	ορχήστρα	71
hearing	n	My dad's hearing is better ever since he went to the doctor and had his ears checked.	ακοή	71
deaf	adj	Don't shout at him, he can't hear you. He is deaf .	κουφός	71
sick	adj	Simon didn't go to work today because he was sick .	άρρωστος	71
injured	adj	He was badly injured after the crash and they took him to hospital.	τραυματισμένος	71
accident	n	There was an accident on the road and the cars couldn't move.	ατύχημα	71
get better	phr	I hope you get better soon so that you don't miss my party on Saturday.	είμαι καλύτερα, αναρρώνω	71
easel	n	The artist put the easel in front of him and started to paint.	καβαλέτο	71
brush	n	How am I going to paint the room without brushes ?	βούρτσα, πινέλο	71
studio	n	She was working in her studio preparing a new painting.	στούντιο, ατελιέ	71
be known for	phr	Greece is known for its beautiful islands.	είμαι γνωστός, φημίζομαι	71

UNIT 5

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
self-portrait	n	I admired Van Gogh's self-portraits when I visited the Van Gogh museum in Amsterdam.	αυτοπροσωπογραφία	71
colourful	adj	My uncle John likes wearing colourful shirts.	πολύχρωμος	71
lab (laboratory)	n	The scientist was doing experiments in the lab .	εργαστήριο	71
husband	n	Now that we are married, Andrew is my husband .	ο σύζυγος	71
discuss	v	Would you like to discuss your problems with your parents?	συζητώ	71
discover	v	Christopher Columbus discovered America in 1492.	ανακαλύπτω	71
chemical element	n	Oxygen is a chemical element .	χημικό στοιχείο	71
singer	n	Taylor Swift is a famous American singer .	τραγουδιστής, τραγουδίστρια	72
reason	n	What is the number one reason for the climate change?	λόγος, αιτιολογία	72
tiring	adj	Cooking for fifteen guests was very tiring . I wish I had some help!	κουραστικός	72
sneakers	n pl	Alan was wearing a white T-shirt, blue jeans and his new pair of sneakers .	αθλητικά παπούτσια	74
firefighter	n	The firefighters got the people out of the burning house.	πυροσβέστης	75
nurse	n	Doctors and nurses work at hospitals.	νοσοκόμος, -α	75
character	n	There are many brilliant characters in the Harry Potter books; it's not just Harry Potter!	ήρωας, χαρακτήρας	76
set out	phr	James set out for Thessaloniki early in the morning because he had to be there at noon.	ξεκινάω (ταξίδι)	76
worried	adj	Sally was worried because she was looking for her keys in her bag and couldn't find them.	ανήσυχος	76
dangerous	adj	It's extremely dangerous to play with fire. Please stop that!	επικίνδυνος	76
crew	n	A member of the crew helped me find my seat in the aeroplane.	πλήρωμα	76
adventure	n	Going on a safari in Africa is quite an adventure .	περιπέτεια	76
sailor	n	My grandpa often tells us his adventures at the sea when he was a young sailor .	ναυτικός	76
explorer	n	Marco Polo was a famous explorer .	εξερευνητής	76
arrive at	v	We arrived at the airport two hours before our flight.	φτάνω	76
captain	n	My father is a captain in a ship and travels around the world.	καπετάνιος	76
exciting	adj	Driving his new car was very exciting for Alex.	συναρπαστικός	76
straw	n	We sat and watched the horses eat some straw .	άχυρο	77
damp	adj	Mona's hair was still damp because she had been swimming.	υγρός, νωπός	77
set off	phr v	The train sets off in 3 minutes.	αναχωρώ	77
incredible	adj	It's incredible that after 3 hours it's still raining!	απίστευτος	77
hungry	adj	The baby was hungry and started to cry.	πεινασμένος	77
thirsty	adj	After running outside for so long, I was extremely thirsty .	διψασμένος	77
dirty	adj	Please wash your hands; they are dirty .	βρώμικος	77

UNIT 5

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
smelly	adj	Bernard has smelly feet.	που μυρίζει έντονα	77
miss	v	I am studying in London and I haven't seen my parents for months; I miss them.	μου λείπει, νοσταλγώ	77
storm	n	A tropical storm destroyed many houses on the island.	καταιγίδα	77
terrifying	adj	She thought bungee jumping would be very terrifying but it was quite fun in the end.	τρομακτικός	77
wave	n	There were huge waves in the sea because of the strong winds.	κύμα	77
surgeon	n	The surgeon saved the man's life after a five-hour operation.	χειρουργός	77
barber	n	William went to the barber to cut his hair.	κουρέας	77
reach	v	After driving for five hours, we finally reached our destination.	φτάνω	77
coast	n	Let's go for a walk to admire the beautiful beach houses along the coast .	ακτή, ακρογιαλιά	77
lime	n	Limes are like green lemons.	μοσχολέμονο, λάιμ	77
coconut	n	Coconuts are exotic fruits.	καρύδα	77
wonderful	adj	Mrs Gore is a wonderful teacher. She cares for her students a lot.	θαυμάσιος, καταπληκτικός	77
during	prep	You cannot talk to each other during the exam.	κατά τη διάρκεια	78
reporter	n	The reporter asked the people who were there to describe the accident.	δημοσιογράφος	78
instrument	n	Brian plays two musical instruments : the piano and the guitar.	όργανο	82
record	v	Adele is currently recording her new album.	ηχογραφώ	82

UNIT 6

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
plot	n	The film's plot wasn't interesting and after a while we got bored.	πλοκή	84
expedition	n	Jim is on an expedition to climb the Everest.	αποστολή	85
climate	n	The Earth's climate has changed a lot. Winters are colder and summers are hotter.	κλίμα	86
desert	n	It almost never rains in the Sahara desert .	έρημος	86
temperature	n	The temperature outside is 40°C. It is extremely hot!	θερμοκρασία	86
along the way	adv	They had to make a lot of stops along the way because Susan wasn't feeling well.	καθ' οδόν	86
latest	adj	Eleni Foureira's latest song is already a big success.	πρόσφατος, καινούριος	86
be aired	v	My favourite TV show is aired every Friday at 9 p.m.	μεταδίδομαι, βγαίνω στον αέρα	86
mild	adj	The weather in spring is usually mild across the country.	ήπιος	86
adapt to	v	When children change school, they always need time to adapt to their new school.	προσαρμόζομαι	86
episode	n	Last night, millions of people watched the final episode of 'Games of Thrones'.	επεισόδιο	86
go back	v	My grandparents' marriage goes back to 1945.	χρονολογούμαι	86
prepare for	v	Susan needs to prepare for her role at the school play. She needs to study her lines.	προετοιμάζομαι	86
numb	adj	I can't move my leg; it's numb .	μουδιασμένος	87
hypothermia	n	When your body temperature is below 35°C, you have hypothermia .	υποθερμία	87
breathing	n	I could hear the baby's breathing going slower because he was falling asleep.	αναπνοή	87
heart rate	n	Our heart rate becomes faster when we exercise.	καρδιακός παλμός, σφυγμός	87
shiver	v	'Why are you shivering ? Are you cold — do you want a jacket?'	τρέμω	87
skin	n	Dad's skin was red because he was in the sun all day.	δέρμα	87
pale	adj	Kate wasn't feeling well and her face looked pale .	χλωμός	87
muscle	n	I think I injured a muscle at the gym yesterday and I cannot walk very well.	μυς	87
tight	adj	The boy tied his shoe laces in a tight knot before he started to run.	σφιχτός	87
dehydrated	adj	Simon was completely dehydrated because he hadn't drunk any water for two days!	αφυδατωμένος	87
experience	v	Reaching the top of Mount Everest was something the climbers had never experienced before.	βιώνω, ζω	87
unexpected	adj	Winning first place at the dance competition was an unexpected surprise for Lisa.	απρόσμενος, απροσδόκητος	87
perspire	v	It is common to perspire a lot after an intense workout at the gym.	ιδρώνω	87
sweat	n	My T-shirt was covered in sweat when I finished exercising.	ιδρώτας	87
headache	n	The boys need to keep quiet because their mum has a bad headache .	πονοκέφαλος	87
beat	v	My heart was beating fast because of the shock of the accident.	χτυπάω	87

UNIT 6

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
suffer from	v	Many people suffer from food allergies and need to be very careful with what they eat.	υποφέρω	87
heatstroke	n	Don't sit in the sun for long or you will get heatstroke .	θερμοπληξία	87
tribe	n	I am reading a book about the undiscovered tribes in the Amazon.	φυλή	87
cool down	phr v	Leave the meat to cool down for a few minutes before you serve it.	κρυώνω, ρίχνω θερμοκρασία	88
stay cool	phr	When it is too hot outside, you'd better stay indoors to stay cool .	παραμένω δροσερός	88
tornado	n	The tornado destroyed most of the houses on the island.	ανεμοστρόβιλος	88
glove	n	You should wear gloves to protect your hands from the cold.	γάντι	90
finger	n	We have five fingers on each hand.	δάχτυλο (χεριού)	90
toe	n	John stepped on his wife's toes while they were dancing.	δάχτυλο (ποδιού)	90
look after	phr v	When their parents aren't home, Stella has to look after her baby sister.	φροντίζω, προσέχω	90
seat belt	n	Everybody should wear a seat belt when they are inside a car.	ζώνη ασφαλείας	90
obligation	n	Students have an obligation to keep the classroom clean.	υποχρέωση	90
uniform	n	My mum is a nurse and wears a uniform at work.	στολή	90
natural disaster	n	The 1999 earthquake in Athens was one of the worst natural disasters to hit Greece.	φυσική καταστροφή	92
fountain	n	A beautiful fountain that shoots water up in the sky can be seen in front of the palace.	σιντριβάνι	92
tunic	n	Actors who play in ancient Greek tragedies usually wear white tunics .	χιτώνας	92
sandal	n	Mary bought a pair of gold sandals to wear with her summer dress.	σανδάλι, πέδιλο	92
medallion	n	The princess was wearing a gold medallion around her neck.	μενταγιόν	92
frightened	adj	My dog Rex was frightened of the loud noise and hid under my bed.	τρομαγμένος	92
volcano	n	Mount Vesuvius in Italy is one of the most famous volcanoes in the world.	ηφαίστειο	92
sound	v	'You don't sound very well. Are you OK?'	ακούγομαι	92
pretty	adv	Amy is a pretty good singer.	αρκετά	93
eruption	n	The volcanic eruption was the top story in the news today.	έκρηξη	93
rumble	n	Seconds before the earthquake we heard a loud rumble . It was terrifying!	βοή	93
thick	adj	Thick black smoke was coming out of the burning house.	πυκνός	93
spill	v	David wasn't careful and spilled his orange juice on the table.	χύνω	93
crater	n	A crater is an opening at the top of a volcano.	κρατήρας	93
run away	phr v	When he saw the big bear coming his way, he turned around and ran away .	τρέχω μακριά	93
tremor	n	A tremor is a slight movement of the ground.	μικρός σεισμός	93
shake (past: shook)	v	The building shook for a few seconds even after the earthquake had stopped.	σειόμαι, ταρακουνιέμαι	93
beneath	adv	Let's have a picnic beneath those trees over there.	από κάτω	93

UNIT 6

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
square	n	There is a big fountain at Syntagma square in the centre of Athens.	πλατεία	93
collapse	v	Unfortunately many houses collapsed after the fire.	πέφτω, καταρρέω	93
opposite	adj	The opposite word for 'good' is 'bad'.	αντίθετος	93
direction	n	We couldn't find the cinema because we had taken the wrong direction .	κατεύθυνση	93
lava	n	A lot of lava came out of the volcano when it erupted.	λάβα	93
safe	adj	It isn't safe to drive a car without wearing a seat belt.	ασφαλής	93
explosion	n	After the explosion of the bomb, the car was destroyed completely.	έκρηξη	93
ash	n	The air was filled with ash and it was difficult to breathe.	στάχτη, τέφρα	93
wave	v	Sarah waved goodbye to her friends and left.	γνέφω	93
prohibition	n	There is a prohibition on mobile phones in class in my school. We aren't allowed to use them.	απαγόρευση	96
lack of	n	The expression ' lack of appetite' can be used to say that somebody isn't hungry.	έλλειψη	96
polite	adj	It is polite to say thank you when somebody gives you something.	ευγενικός	97

UNIT 7

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
preference	n	What is your preference , going to the cinema or staying at home?	προτίμηση	100
draw a conclusion	phr	First the scientist examined the test results and then he could draw his conclusions .	συμπεραίνω	100
be made of	phr	Is this box made of wood?	είμαι φτιαγμένος από	101
capital	n	Athens is the capital city of Greece.	πρωτεύουσα	101
gain	v	James typed in the password and gained access to the secret file.	αποκτώ	102
extravagant	adj	Miranda has an extravagant taste in clothes. She never wears something simple.	υπερβολικός, ακραίος	102
silk	n, adj	Erika bought a beautiful dress made of silk to wear at the wedding tomorrow.	μετάξι, μεταξωτός	102
fabric	n	Mum had to make the costumes for our school play so she bought lots of fabrics .	ύφασμα	102
cloak	n	The girl was wearing a brown cloak on top of her school uniform.	μανδύας, κάπα	102
fashionable	adj	We gave Dad a very fashionable shirt as a present for his birthday.	μοδάτος, μοντέρνος	102
exhibit	n	Millions of people visit the exhibit in the Acropolis museum each year.	έκθεση	102
formal	adj	When you go to a wedding it is best to wear formal clothes.	επίσημος	102
collar	n	The collar of his shirt was dirty so he couldn't wear it to work.	γιακάς, κολάρο	102
ribbon	n	The two girls looked so beautiful with the red ribbons on their hair.	κορδέλα	102
feather	n	Birds have feathers and use them for flying.	φτερό	102
pants	n pl	People who work in this restaurant all wear the same clothes — black pants and a white T-shirt.	παντελόνι (US)	102
vest	n	My grandpa always wears a vest on top of his shirt when he wears his formal clothes.	γιλέκο (US)	102
wool	n	Beth bought some wool to make a pair of gloves for her daughter.	μαλλί	102
knee-length	adj	There are different types of skirts: mini, midi or knee-length and maxi.	μέχρι το γόνατο	103
denim	n	'Will you come shopping with me to get a new denim jacket?'	τζιν (ύφασμα)	103
artificial (fiber)	adj	When something is not natural, it is called artificial .	τεχνητός	103
casual	adj	Jeans and T-shirts are considered to be casual clothes	καθημερινός	103
cardigan	n	Susan was a little cold so I gave her a cardigan to wear on top of her shirt.	ζακέτα	103
leather	adj	The man was wearing a nice pair of leather shoes.	δερμάτινος	103
patterned	adj	Amanda doesn't like patterned dresses; she prefers plain, black and white ones.	με σχέδιο	103
tights	n pl	The young girl was wearing pink tights below her skirt.	καλσόν	103
suit	n	Peter wears suits every day because he works at the bank.	κοστούμι	103
brightly-colored	adj	Andy bought a brightly-coloured cardigan for his girlfriend.	με έντονο χρώμα	103
leggings	n pl	I met Anna on her way to the gym. She was dressed in black leggings and a T-shirt.	κολάν	103
leg warmer	n	Women in the 80s used to wear leg warmers on top of their leggings.	περικνημίδα, γκέτα	103

UNIT 7

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
sweatpants	n pl	I always wear sweatpants to school when we have P.E.	φόρμα	103
sweatshirt	n	Simon's favourite sweatshirt is one with Ironman on top. He wears it all the time.	φούτερ	103
influence	v	Nowadays many teenagers are influenced by social media.	επηρεάζω	103
silkworm	n	A silkworm is a type of animal that makes silk.	μεταξοσκώληκας	104
stretchy	adj	Leggings and tights are made of soft and stretchy materials.	ελαστικός	104
garbage truck	n	The garbage truck collects the rubbish every morning around 6 a.m.	απορριμματοφόρο	106
belong to	v	This old watch belonged to my grandpa and now he gave it to me.	ανήκω σε	108
recount	v	Mum recounted how she and Dad met when they were studying at university.	εξιστορώ, αφηγούμαι	108
cellar	n	A cellar is usually under the house and people use it to keep things, like wine, there.	κελάρι	108
attic	n	An attic is a room below the roof of a house.	σοφίτα	108
dress up	phr v	Tina is a big fan of The Avengers so she will dress up as Captain Marvel this Halloween.	μεταμφιέζομαι	108
notice	v	John noticed a hole in his favourite T-shirt.	παρατηρώ	108
ladder	n	I used a ladder to reach the books on the top of the bookcase.	σκάλα	108
trapdoor	n	The detective was looking for a trapdoor on the floor because he was sure there was a secret room below this house.	καταπακτική	108
ceiling	n	The ceiling is the top part of a room.	ταβάνι	108
complain	v	People who live in big cities always complain about the noise.	παραπονιέμαι, διαμαρτύρομαι	108
borrow	v	I forgot my pencil case at home. Can I borrow a pen from you, please?	δανείζομαι	109
torch	n	If you plan to go in the forest at night, make sure you have a torch with you.	φακός	109
wooden	adj	The main bedroom has a wooden floor.	ξύλινος	109
lid	n	We wanted to have some marmalade with our bread for breakfast but we couldn't open the lid of the jar.	καπάκι	109
sparkling	adj	Jim gave Emma a sparkling diamond ring and asked her to marry him.	λαμπερός, αστραφτερός	109
necklace	n	My parents gave me a beautiful gold necklace as a present for my graduation.	κολιέ, περιδέραιο	109
delicate	adj	Babies are very delicate so you need to be very careful when you hold one.	ευαίσθητος, εύθραυστος	109
earring	n	Susan bought a pair of gold earrings to match with her necklace.	σκουλαρίκι	109
bracelet	n	Kelly never takes off the silver bracelet her mother gave her.	βραχιόλι	109
watch	n	I'm not wearing a watch so I don't know what the time is. Could you please tell me?	ρολόι χειρός	109
belt	n	Nick has lost weight so he needs to buy a couple of belts for his trousers.	ζώνη	109
footstep	n	Maria heard footsteps behind her in the dark street.	βήμα	109
familiar	adj	I think I've met Paul before; his face looks familiar .	γνώριμος, οικείος	109

UNIT 7

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
great-grandmother/ grandfather	n	Maya, my great-grandmother , was my mum's grandmother.	προγιαγιά, προπάππους	109
design	v	Who designed this beautiful dress?	σχεδιάζω	109
brave	adj	I think firefighters are very brave people. They go into burning buildings to save people.	γενναίος	109
be cross with sb	phr	'Mum, please don't be cross with me but I think I broke the vase in the living room.'	θυμώνω	109
wrist	n	Wendy was wearing her new watch on her left wrist .	καρπός	111
digest	v	You shouldn't go swimming until you have digested the food you ate.	χωνεύω	111
awesome	adj	The special effects in this movie are awesome !	υπέροχος, καταπληκτικός	114
get ready	phr	In the morning Tom needs about 15 minutes to get ready for school.	ετοιμάζομαι	114
can't wait for	phr	I can't wait for Sara's surprise party on Saturday. It's going to be awesome!	ανυπομονώ	114

UNIT 8

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
audition	n	Kostas' audition went well and we think he will get the part in the end.	οντισιόν, ακρόαση	117
performance	n	I think Meryl Streep's performance in the film deserves an Oscar; she was amazing!	ερμηνεία, παράσταση	117
role	n	Brad Pitt played the role of an astronaut in his latest film.	ρόλος	117
animation	n	<i>Toy Story</i> is my favourite animation film.	κινούμενα σχέδια	117
post online	phr	Nowadays, people should be very careful with what they post online .	δημοσιεύω στο διαδίκτυο	117
edit	n	Once the final edits were made, the book was ready for printing.	διόρθωση, αλλαγή	117
summarize	v	Let's summarize the main points of today's lesson before we finish.	συνοψίζω, ανακεφαλαιώνω	118
hoop dancing	n	At my gym, they just added a new class of hoop dancing .	χορός με χούλα χουπ	118
twirl	v	Take this brush and twirl it around your hair; in a few seconds your hair will be curly.	στριφογυρίζω	118
waist	n	My favorite trousers are too tight around the waist . I may need to lose some weight.	μέση	118
native	adj	Helen's native country is Canada but she currently lives in Greece.	ντόπιος, ιθαγενής	118
go back	phr v	My friendship with Sam goes back to primary school.	χρονολογούμαι	118
cave	n	The explorer looked into the cave and found the treasure he had been searching for many years.	σπηλιά	118
audience	n	At the end of the band's performance the audience started clapping.	κοινό	118
brehtaking	adj	The view at the top of the mountain was brehtaking .	που κόβει την ανάσα, συγκλονιστικός	118
depend on	v	Mary depends on her mum to help her with her children.	βασίζομαι, εξαρτώμαι	119
ballroom dancing	n	Ballroom dancing is a type of dancing where a couple dances different dancing styles.	κοινωνικός χορός	119
several	adj	There are several people I want to invite to my party; my family, my friends and all my classmates.	αρκετός	119
kind	n	What kind of film is that — an adventure or a thriller?	είδος	119
waltz	n	Nikita participated in a ballroom dancing competition and she danced a waltz with her cousin. It was beautiful!	βαλς	119
tango	n	The couple went to a dance school to learn to dance the tango before the wedding.	τανγκό	119
samba	n	Look! Justin and Maria are dancing the samba . They are amazing!	σάμπα	119
date to	v	This first laptop dates to the beginning of the 1980s.	χρονολογούμαι	119
jive	n	My uncle taught me how to do the jive . It was quite a popular dance when he was young.	τζάιβ	119
recognise	v	The policeman asked the woman if she recognised the man in the photo.	αναγνωρίζω	119
particular	adj	Marina is allergic to a particular type of food. She can't eat eggs.	συγκεκριμένος	119
step	n	Take one step to the left, one to the right and then turn.	βήμα	119
rhythm	n	They liked the song and started moving to the rhythm of the music.	ρυθμός	119

UNIT 8

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
ballet	n	My niece goes to ballet lessons twice a week.	μπαλέτο	119
tip	n	When my dad put me in bed at night, he kissed the tip of my nose before saying goodnight.	άκρη	119
contemporary	adj	Some people think graffiti is a type of contemporary art.	σύγχρονος	119
(dance) company	n	Sarah was thrilled when she heard she became the prima ballerina of the American Ballet company .	(χορευτικός) θίασος	119
rock	n	Rolling Stones is my favourite rock band.	ροκ	119
hip-hop	n	Cardi B is a popular hip-hop artist these days.	χιπ-χοπ	119
What about...?	phr	What about listening to some music and not watching TV?	Τι θα έλεγες... / λέγατε να...?	119
combine	v	If you combine blue and yellow, you get the colour green.	συνδυάζω	119
popularity	n	Hip-hop music is growing in popularity in Greece.	δημοτικότητα	119
beat	n	James moved his feet to the beat of the music.	ρυθμός	119
tap one's feet	phr	She tapped her feet to the rhythm of the song she was listening to.	χτυπώ ρυθμικά τα πόδια	119
column	n	Jim has a weekly column called 'Computers and Technology' in the local newspaper.	στήλη	119
recent	adj	This can't be a recent photo of you. It must be from ten years ago!	πρόσφατος	120
flashmob	n	While we were in the mall doing our shopping, suddenly some people started dancing altogether and when they finished, they just left. Later I learnt that this was a flashmob .	φλας μόμπ (είδος αιφνίδιας εκδήλωσης όπου μια ομάδα ατόμων επιδίδεται σε μια ολιγόλεπτη χορευτική παράσταση και αμέσως μετά διασκορπίζονται στο κοινό)	120
professional	adj	George wants to be a professional basketball player.	επαγγελματίας	121
get dressed	phr	We need to get dressed as our guests will be arriving soon — it's almost nine o'clock!	ντύνομαι	124
reality TV	n	My favorite reality TV show is 'The Voice'.	ριάλιτι TV	124
pop out	v	'Where is Susan?' 'She's just popped out — she'll be back in half an hour.'	πετάγομαι κάπου (για λίγο)	124
tummy	n	Anna was up all night because she had a tummy ache.	κοιλιά	124
horror	n	I don't like horror films because I get scared easily.	τρόμος	124
action	n	Nikos loves action movies like the 'Fast and the Furious' ones.	δράση	124
comedy	n	'Would you like to go to the cinema? There is a new romantic comedy I'd like to see.'	κωμωδία	124
drama	n	There are plenty of new drama series on TV this season.	δράμα	124
talented	adj	Mark is a very talented musician. He plays the piano beautifully.	ταλαντούχος	124
instruction	n	Please make sure he follows the doctor's instructions .	οδηγία	125
shrug (one's shoulders)	v	She didn't want to say to her parents where she had been all day so she just shrugged her shoulders .	ανασηκώνω τους ώμους	125

UNIT 8

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
frown	v	He frowned as he was reading the instructions because they were quite complicated.	συνοφρυώνομαι, κατσουφιάζω	125
vintage	adj	This wine is expensive because it's vintage .	παλιός	125
squeak	v	The children squeaked when they heard they were going on a family pic-nic.	τσιρίζω	125
skip	v	Martin skipped happily down the road on his way to his best friend's house.	χοροπηδάω	125
grab	v	The fireman grabbed the boy and ran out of the burning building.	αρπάζω	125
be stuck in	phr	Jerry was stuck in the restaurant's toilet for 10 minutes before someone helped him to get out.	είμαι κολλημένος σε	125
busy	adj	Eva was busy preparing dinner all afternoon.	απασχολημένος	125
lose track of time	phr	They were having fun at the party and completely lost track of time . When they looked at the time it was after midnight.	χάνω την αίσθηση του χρόνου	125
lines	n pl	Peter is the protagonist and has lots of lines to learn.	τα λόγια (σε θεατρικό)	125
play	n	At the end of the play , all the children went on the stage.	θεατρικό	125
take turns	phr	Our parents take turns driving us to basketball practice; on Mondays we go with Mum and on Fridays with Dad.	κάνω κάτι εναλλάξ	125
director	n	Steven Spielberg is a famous American director .	σκηνοθέτης	125
make-up	n	The young actor had to wear lots of make-up every day to look like an old man.	μακιγιάζ	125
go by	phr v	Time goes by so quickly when you have a good time. Is it already time to go home?	περνάω (για χρόνο)	125
couch	n	On Sundays I like sitting on the couch watching old movies on TV.	καναπές	125
definitely	adv	'Will you come to my party?' 'Yes, definitely !'	οπωσδήποτε	125
yard	n	This house has a beautiful back yard .	αυλή	125
brilliant	adj	Martha is a brilliant ballet dancer.	εξαιρετικός, τέλειος	125
(a round of) applause	phr	The band got a big round of applause when they finished playing their hit song.	χειροκρότημα	125
What's going on?	phr	What's going on? Why is Sammy crying?	Τι συμβαίνει?	125
hug	v	The mother hugged her daughter and told her she loved her.	αγκαλιάζω	125
project	v	The documentary was projected on a big white screen.	προβάλλω	125
be in charge of	phr	Mr Smith is in charge of the school library. You should ask him if you want to take a book home.	είμαι υπεύθυνος	127
impact	n	Climate change has an impact on the planet.	επίδραση	127
spontaneous	adj	It was a spontaneous decision to organise a surprise birthday party for our grandpa. We decided it just now!	αυθόρμητος	128
devise (a plan)	v	The shop manager devised a plan to get more customers in his store.	καταστρώνω, επινοώ	130
capture	v	The police managed to capture the criminals.	αιχμαλωτίζω	130

UNIT 9

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
flag	n	The Greek flag is blue and white with a cross and nine horizontal lines.	σημαία	133
locate	v	Tom helped some tourists locate the National museum on the map.	εντοπίζω	134
efficiently	adv	Elena is very happy with her new assistant; she works very efficiently .	αποτελεσματικά	134
harbor	n	The captain managed to get the boat safely in the harbor and avoid the storm.	λιμάνι	134
solo	adj	The singer decided to leave the group and start a solo career.	σόλο	134
voyage	n	My uncle Spiros is a captain in a big ship and always tells me stories from his voyages around the world.	ταξίδι	134
challenge	n	Running the marathon is a great challenge .	δοκιμασία, πρόκληση	134
yachtsman	n	The yachtsmen plan to sail around the world this spring.	ερασιτέχνης ιστιοπλόος	134
single-handed	adj	Angela managed to make her business successful almost single-handed .	μόνος μου, χωρίς βοήθεια	134
nonstop	adv	The boys played football nonstop until it got dark.	ασταμάτητα	134
loneliness	n	As long as I have lots of friends, I will never suffer from loneliness .	μοναξιά	134
satellite	n	There are many satellites going round the Earth.	δορυφόρος	134
communicate	v	Sam didn't have his mobile phone with him so he couldn't communicate with his parents.	επικοινωνώ	134
foolish	adj	Going for a swim right after eating was a foolish and dangerous thing to do, Jerry!	ανόητος	134
navigate	v	It wasn't easy to navigate the ship through the storm.	πλοηγώ	135
endurance	n	People who take part in a marathon need lots of endurance .	αντοχή	135
exhaustion	n	After climbing all day, the climbers felt the exhaustion all over their bodies.	εξάντληση	135
sink	v	Titanic sank on April 15, 1912.	βυθίζομαι	135
monster (wave)	adj	The tsunami created monster waves in the sea.	τεράστιος, γιγαντιαίος	135
battle against	v	The ancient Greeks battled against the Persians in the battle of Marathon in 490 BC.	αγωνίζομαι / πολεμώ εναντίον	135
treacherous	adj	Heavy rain made roads treacherous for drivers.	επικίνδυνος, επισφαλής	135
moonlit	adj	We enjoyed the moonlit view of the sea from our hotel balcony.	φεγγαρόλουστος	135
shyness	n	Her face was red with shyness when the teacher asked her to come in front of the class.	συστολή, ντροπαλότητα	137
strength	n	She didn't have the strength to cook dinner after a long day at the office.	αντοχή	137
glow	v	The stars were glowing in the sky at night.	λάμπω	138
deck	n	I enjoy sitting on the deck when travelling by ship. I like looking at the sea.	κατάστρωμα	140
wave at	v	The child waved at his parents goodbye before going in his classroom.	χαιρετάω	140
history	n	Paul and I have a long history — we've been best friends since 2001.	ιστορία	140
metal detector	n	A metal detector can be used to find metal things that are under the ground.	ανιχνευτής μετάλλων	140
hidden	adj	The children had to stay hidden until the game was over.	κρυμμένος	140

Word	Part of speech	Example	Greek Translation	Page
treasure	n	Pirates were sailing around the world trying to find treasures .	θησαυρός	140
point at	v	Her mum pointed the camera at Mary when she got on stage.	στρέφω προς	140
sword	n	In the past, men used to fight with swords in battles; the didn't have guns.	σπαθί	140
nervously	adv	Charles looked nervously at his father when he asked him why he came back home after midnight.	νευρικά, με αγωνία	140
lead sb to	v	When we got in the theatre a nice woman led us to out seats.	οδηγώ, κατευθύνω	140
anchor	v	The captain anchored the ship in the harbour.	αγκυροβολώ, αράζω	140
beard	n	Santa Claus has a big white beard .	μούσι, γενειάδα	141
moustache	n	When our granddad was young he had a moustache and a short beard.	μουστάκι	141
eye patch	n	The doctor suggested I wear an eye patch for a few days until my eye stops being red.	κάλυμμα ματιού	141
scar	n	Nick had a small scar on his knee because he fell and hurt himself.	ουλή	141
island	n	Last summer we went to the island of Naxos.	νησί	141
rope	n	The rescue team tied a rope around the injured man and pulled him up.	σχοινί	141
mystery	n	'How did the girl disappear?' 'No one knows - it's a mystery .'	μυστήριο	141
boring	adj	The book was so boring that I stopped reading it after chapter 5.	βαρετός	141
member	n	Do you like being a member of the most popular boy band in the world?	μέλος	142
coin	n	John had too many coins in his pocket so he couldn't walk without making a funny noise.	νόμισμα	143
strange	adj	Do you think that Kelly's behaviour is strange ? Why doesn't she talk to me?	παράξενος, περίεργος	143
dig	v	The man dug a big hole in the ground and put the plant in it.	σκάβω	144
bury	v	Their dog took the bone and buried it in the garden.	θάβω	144
(find / have sth) in common	phr	My sister and I have a lot in common . We both like dancing and swimming.	(βρίσκω / έχω κτ) κοινό	145
cove	n	The captain found a nice, quiet cove to anchor the yacht to protect it from the storm.	όρμος, κολπίσκος	146
stream in	v	The moonlight was streaming in the room through the opened window.	φωτίζω	146
essential	adj	The most essential thing you need to have with you when you go camping is a compass.	ουσιώδης, σημαντικός	146
shore	n	Stella loves collecting shells from the shore when she's on holiday.	ακτή	146
establish	v	On our first day at school our teacher established some classroom rules.	καθορίζω	146

UNIT 10

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
raise money	phr	'How can we raise money for the school trip?' 'I know! Let's organise a school concert.'	συγκεντρώνω / μαζεύω χρήματα	148
benefit from	v	I think George will benefit greatly from exercising. It will be good for him.	ωφελούμαι, επωφελούμαι	149
donate	v	We decided to donate 100 euros to Greenpeace.	προσφέρω, δωρίζω, συνεισφέρω	149
community	n	The new sports centre will improve people's lives in the local community .	κοινότητα	149
determine	v	Ms Smith is still trying to determine which one of her students started the fight.	καθορίζω, προσδιορίζω	150
carry on	phr v	'Jess, go to your room and carry on with your homework.' 'Okay, Mum.'	συνεχίζω	150
charity	n	Many charities sent food and clothes to the people who lost their homes in the earthquake.	φιλανθρωπία, φιλανθρωπική οργάνωση	150
website	n	I found some useful information about endangered species on the National Geographic website .	ιστοσελίδα	150
library	n	Shawn has gone to the library to borrow some books for his school project. He will be back soon.	βιβλιοθήκη (κτίριο)	150
remote	adj	My grandma grew up in a remote mountain village.	απομακρυσμένος, μακρινός	150
donkey	n	This is not a horse, it's a donkey .	γάιδαρος	150
load	v	After my dad loaded the car with our suitcases, we left for the airport.	φορτώνω	150
region	n	Heavy rainfall is expected in the Attica region tomorrow morning.	περιοχή	150
bucket	n	The girl filled the bucket with clean water and gave it to her mother.	κουβάς	151
(have got) time on my hands	phr	Have you got some time on your hands ? I need some help with my Science project.	(έχω) χρόνο στη διάθεσή μου	151
pack	v	We have to pack our suitcase tonight because we need to be at the airport very early in the morning.	πακετάρω	151
regularly	adv	Jim exercises regularly ; he plays basketball three times a week.	τακτικά, συστηματικά	151
text message	n	If you don't know where I live, I'll send you a text message with my home address.	γραπτό μήνυμα	151
email	n	Susan sent an email to her boss to tell her that she won't be coming to the work because she was ill.	μήνυμα ηλεκτρονικού ταχυδρομείου	151
sponsor	v	The basketball game is sponsored by a big airline company.	είμαι χορηγός, χρηματοδοτώ	151
bake	v	Aunt Helen baked my birthday cake and it was delicious!	ψήνω	151
aim	v	The boys aim to finish their homework before the football match starts on TV. They really want to see it.	στοχεύω, σκοπεύω	151
develop	v	Car companies want to develop driverless cars.	αναπτύσσω	151
found	v	Google was founded on 4th September, 1998.	ιδρύω	152
truck	n	Her little brother loves playing with cars and trucks .	φορτηγό	152
stable	n	It is getting late so let's put the horses in the stable for the night.	στάβλος	152

UNIT 10

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
food bank	n	Food banks give food to people who need it.	τράπεζα τροφίμων	152
grocery store	n	I'll go to the grocery store to buy some tomatoes.	μανάβικο, παντοπωλείο	152
in need	phr	There were many people in need after the catastrophic earthquake.	που έχει ανάγκη	153
for free	phr	You don't have to pay for this magazine; it is given for free .	δωρεάν	153
knit	v	I love knitting; I just knitted a warm scarf from my best friend, Mary.	πλέκω	155
chore	n	Ironing clothes is my favourite chore .	δουλειά του σπιτιού	156
sweep	v	Amanda swept the kitchen floor after she finished cooking dinner.	σκουπίζω	156
head out	phr v	Richard has to head out for a while but he will be back before the meeting.	φεύγω	156
garbage dump	n	All the collected rubbish is taken to the garbage dump .	χωματερή	156
settlement	n	A settlement is an area where there are groups of houses and buildings.	οικισμός	156
improve	v	Since last trimester, Laura's grades have improved a lot.	βελτιώνω	156
care for	phr v	Children care for their parents when they get older and have health problems.	φροντίζω	156
faucet	n	Paul put the bucket under the faucet and filled it with water.	βρύση	156
well	n	This old house in the village also has a well in the back yard.	πηγάδι	156
jerry can	n	The young girl picked up the jerry can and went to the river to fill it with water.	κάνιστρο, μπιτόνι	156
come face to face	phr	I can't believe it! I just came face to face with Adele. She is my favourite singer.	έρχομαι πρόσωπο με πρόσωπο	156
constant	adj	The constant noise from the street made it difficult for me to concentrate.	διαρκής, μόνιμος	156
frequently	adv	My friends and I get together quite frequently - at least twice a week.	συχνά	156
hissing	n	The snake made a hissing noise.	συριγμός, σφύριγμα	157
slither	v	Kelly screamed when she saw a snake slither across the yard.	σέρνομαι, γλιστρώ	157
helpful	adj	The shop assistant was very helpful . She helped me find the perfect dress for my party.	εξυπηρετικός	157
organization	n	'The Smile of a Child' is a Greek organization that helps children in need.	οργανισμός	157
collect	v	Our school collected one thousand euros and we will donate the money to a charity.	συγκεντρώνω, μαζεύω	157
generous	adj	It was very generous of all the singers who participated to donate the money of the concert to charity.	γενναιοδωρος	157
contribute	v	Everybody can contribute to the protection of the environment. We can start by recycling our plastic bottles.	συνεισφέρω, συμβάλλω	159
daydream	v	'Nick stop daydreaming and pay attention to the teacher.'	ονειροπολώ	161
slip	v	I didn't see the floor was still wet so I slipped and fell.	γλιστρώ	161
homeless	adj	After the tsunami lots of people lost their homes and were homeless .	άστεγος	162
convey	v	Please convey my apologies to Sarah but I cannot come to her party; I'll be on a business trip.	μεταφέρω, μεταβιβάζω	162

Word	Part of speech	Example	Greek Translation	Page
classmate	n	William and I are classmates . We share the same desk at school.	συμμαθητής	165
interviewee	n	The journalist said that her best interviewee was Brad Pitt. He answered to all her questions.	συνεντευξιαζόμενος	165
friendship	n	Our friendship with Martha goes back to primary school. We've been friends for 15 years.	φιλία	166
friendly	adj	Troufa, my dog, is very friendly with people.	φιλικός	166
naughty	adj	Look what you've done, Nick! You're a naughty boy.	άτακτος	166
poor	adj	Tina came from a poor family but she worked hard and became a successful doctor.	φτωχός	166
rich	adj	Bill Gates is one of the richest men in the world.	πλούσιος	166
shy	adj	Lisa finds it difficult to meet new people — she is quite shy .	ντροπαλός	166
orphanage	n	When the boy lost his parents, he had to go to an orphanage .	ορφανοτροφείο	166
enemy	n	Cats and dogs are supposed to be enemies but our cat loves playing with our dog.	εχθρός	166
think	v	I think it is good that you started going to the gym.	σκέφτομαι, νομίζω	166
thoughtful	adj	It was really thoughtful of Miss Brown's students to buy her a present for her birthday.	συμπονετικός, καλόκαρδος	166
dark	adj	I don't like wearing dark colours like black, grey or blue.	σκούρος	166
talkative	adj	Sam is very talkative with her friends and her family.	ομιλητικός	166
quiet	adj	The house was so quiet when I came back from school because my parents were out.	ήσυχος	166
have sth in common	phr	John has a lot in common with his sister. They both like chess and playing the guitar.	έχω κάτι κοινό	166
imaginative	adj	My mum is very imaginative ; she can help us make the costumes for the school play.	ευφάνταστος, ευρηματικός	166
mind	n	Albert Einstein was one of the greatest minds of the 20th century.	μυαλό	166
honest	adj	You should be honest with your parents — always tell them the truth.	ειλικρινής	167
open	adj	The manager was open with his employees about the possibility of closing the factory.	ανοιχτός, ειλικρινής	167
vow	v	Peter vowed he will always love Vera and asked her to marry him.	ορκίζομαι	167
angrily	adv	Brian looked angrily at his dad when he told him to stop playing video games and go to bed.	θυμωμένα	167
hate	v	My brother hates his job.	μισώ	167
arrogantly	adv	Mike talks so arrogantly that none in the office enjoy working with him.	υπεροπτικά, αλαζονικά	167
rudely	adv	Kelly rudely interrupted me while I was talking to our friends.	με αγένεια	167
mean	adj	'Why are you mean to me? I thought we were best friends!'	κακός, κακόβουλος	167
walk past sb	phr v	James stopped and said hello but the other boys walked past him without saying anything.	προσπερνώ	167
candy	n	Children shouldn't eat too much candy . It's bad for their teeth.	καραμέλες	167
stubborn	adj	George was stubborn and didn't want to say sorry.	πεισματάρης	167
upset	adj	Dolly was upset because she didn't get a good mark at the English test.	εκνευρισμένος	167

Word	Part of speech	Example	Greek Translation	Page
pick up	phr v	I picked up the book from the floor.	μαζεύω	167
march out	phr v	She didn't want to fight with her brother any more so she marched out of the room.	αποχωρώ	167
surprised	adj	She was surprised that no one remembered her birthday.	έκπληκτος	167
nurture	n	Parents play the most important role in the nurture of their children.	ανατροφή	172
straight	adj	What is the best haircut for long straight hair?	ίσιος	172
curly	adj	Isaac has short curly hair.	σγουρός	172
unique	adj	Each person has unique fingerprints.	μοναδικός	172
active	adj	Tracy is very active ; she loves rock climbing and riding mountain bikes.	δραστήριος	172
forgetful	adj	My grandpa is getting more and more forgetful .	ξεχασιάρης	172
practical	adj	His uncle Jim is very practical . He always fixes things in the house.	που πιάνουν τα χέρια του	172
molecule	n	Molecules can be found in everything on Earth.	μόριο	173
gene	n	Children get their genes from both their parents.	γονίδιο	173
personality	n	She has a nice personality and that is why everybody loves her.	προσωπικότητα	173
respond	v	The famous actor responded to all the questions in the interview.	απαντώ	173
behave	v	All students should behave well in class.	συμπεριφέρομαι	173
disagree	v	Stella wanted to eat pizza but Andy disagreed ; he wanted to eat pasta.	διαφωνώ	173
hardworking	adj	Norton is very hardworking . He studies a lot and has good grades.	δουλευταράς	174
be like	v	I am like my grand-mother. We are both very talkative.	μοιάζω (σε συμπεριφορά)	176
physical appearance	n	The police asked the woman to describe the physical appearance of the man who took her bag.	εξωτερική εμφάνιση	176

UNIT 12

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
education	n	It's important for every child to get a good education .	εκπαίδευση	181
differ	v	Are the pictures exactly the same or do they differ somehow?	διαφέρω	181
repeat	v	'Children, repeat the words after me,' said Ms Brown to her students.	επαναλαμβάνω	181
informal	adj	You can use an informal style when you write an email to a friend or a classmate.	ανεπίσημος, απλός, καθημερινός	181
subway (train)	n	Peter takes the subway to get home after work every day.	υπόγειος σιδηρόδρομος	182
light bulb	n	The light bulb in my room needs to be replaced. I see nothing when it gets dark.	λάμπα, ηλεκτρικός λαμπτήρας	182
report	v	It was reported that many houses were destroyed by the fire.	αναφέρω	182
steam engine	n	In the past, trains ran with steam engines .	ατμομηχανή	182
locomotive	n	A locomotive is the engine of a train.	μηχανή τρένου	182
thrilling	adj	Meeting my favourite band after the concert was the most thrilling experience of my life.	συναρπαστικός	182
marvel at	v	I marvel at how fast you can run.	θαυμάζω, εντυπωσιάζομαι	182
sight	n	The sight of the Eiffel Tower at night is amazing.	θέαμα	182
proud	adj	Martha's parents were so proud when she graduated from university.	υπερήφανος	182
horse and cart	n	In the old days, when there were no cars, people would get around using horses and carts .	άλογο με κάρο	182
baker	n	My grandmother goes to the baker every morning to buy some bread.	φούρναρης, αρτοποιός	182
butcher	n	Mum will go to the butcher's to get some burgers for dinner.	χασάπης	182
have fun	phr	Children always have fun at the playground.	διασκεδάζω, περνάω καλά	182
tiny	adj	Most insects are tiny .	μικροσκοπικός	183
cottage	n	Gina's family have a small cottage by the sea and go there every summer.	εξοχική κατοικία	183
polluted	adj	The air in big cities is more polluted than in villages.	μολυσμένος	183
suburb	n	They live in Argypoli, a southern suburb of Athens.	προάστιο	183
pleasant	adj	The weather is very pleasant this time of year — neither cold nor hot.	ευχάριστος	183
get paid	phr	Most employees get paid at the end of the month.	πληρώνομαι	183
commuting	n	Commuting two hours every day was very tiring for Nick so he asked to work at home a few days a week.	καθημερινή μετακίνηση από και προς τη δουλειά	183
tunnel	n	Suddenly it was dark because the train was going through a tunnel .	τούνελ	183
graze	v	The sheep were grazing on the hill.	βόσκω	183
terrify	v	Thrillers terrify me so I won't come to the cinema with you, James.	τρομοκρατώ	183
field	n	The farmer was working at the fields .	χωράφι	183
son	n	Martin was happy because his son had passed his English exams.	γιος	183

UNIT 12

Now I know 4

Word	Part of speech	Example	Greek Translation	Page
cotton mill	n	My grandmother used to work at a cotton mill when she was young.	κλωστήριο βαμβακιού	183
noisy	adj	My neighbours are quite noisy . They speak really loud and it can be really annoying when you try to sleep.	θορυβώδης	183
lonely	adj	Samantha got a dog to keep her company so that she doesn't feel lonely .	που νιώθει μοναξιά	183
electricity	n	The cabin was deep in the forest at a remote area with no electricity .	ηλεκτρικό ρεύμα	184
jigsaw puzzle	n	Anastasia just bought a new jigsaw puzzle with 2000 pieces.	παζλ	184
make up	phr v	When he was a little boy he loved making up stories so when he grew up he became a writer.	επινοώ, σκαρφίζομαι	187
suck sb's thumb	phr	Most babies like to suck their thumbs . It relaxes them.	πιπιλώ τον αντίχειρα	187
motivation	n	The detective was trying to find the motivation for the crime.	κίνητρο	188
coal mine	n	Working at a coal mine is one of the toughest jobs in the world I think.	ανθρακωρυχείο	188
wallet	n	Brian forgot his wallet at home and didn't have any money with him.	πορτοφόλι (ανδρικό)	188
end up	phr v	They couldn't decide which film to see at the movies, so they ended up staying at home.	καταλήγω	188
injury	n	Kevin couldn't play football for a few weeks because of this knee injury .	τραυματισμός	188
meanwhile	adv	Dinner will be ready in ten minutes. Meanwhile , I'll prepare the salad.	εν τω μεταξύ	188
run errands	phr	My neighbour, Mrs Knight, is quite old so I run some errands for her to help her out.	κάνω δουλειές / θελήματα	188
ratcatcher	n	A ratcatcher is a person who removes rats from a place.	αυτός που πιάνει αρουραίους ως επάγγελμα	188
flower girl	n	I bought some beautiful white roses from a flower girl at the corner of the street.	κοπέλα που πουλάει λουλούδια	188
match	n	Bring me some matches to light up a fire in the fireplace.	σπίρτο	188
street sweeper	n	After the parade, the street sweepers removed all the rubbish from the roads.	οδοκαθαριστής	188
soot	n	The fireman who came out of the burning house was covered in soot .	καπνιά, στάχτη	189
chimney sweep	n	We need to get a chimney sweep to check the chimney because all the smoke of the fireplace stays inside the room.	καπνοδοχοκαθαριστής	189
workhouse	n	In the past when poor people had nowhere to live in Britain, they were sent to workhouses .	πτωχοκομείο	189
pickpocket	n	There maybe pickpockets in places with many people, so make sure your bag is always closed.	πορτοφολάς	189
housemaid	n	In the old days, many young girls worked as housemaids in rich people's houses.	υπηρέτρια	189
missing	adj	After looking for it for hours, she finally found her missing ring in her bag.	χαμένος, που αγνοείται	189
approach	v	As the date of the final exam approached , the children got more anxious.	πλησιάζω, προσεγγίζω	189
feel sorry for	phr	I felt sorry for the dog because he lived in the streets so I took him with me.	λυπάμαι, συμπονώ	189

Word	Part of speech	Example	Greek Translation	Page
astonishment	n	Maria looked at her friends in astonishment when she opened the door of her house and everybody said 'Happy Birthday'.	έκπληξη, κατάπληξη	189
let sb go	phr	The police let the man go after a night in prison.	απελευθερώνω, αφήνω να φύγει	189
gratefully	adv	The shop assistant was very polite and gratefully smiled to me when she gave me the change.	με ευγνωμοσύνη	189
race off	phr v	When the bell rang, all the children raced off the classroom.	φεύγω, τρέχω μακριά	189
ironing	n	I don't like ironing clothes — I find it very boring.	σιδέρωμα	191
sweeping	n	The balcony needs sweeping otherwise all the leaves will be blown away.	σκούπισμα	191
defeat	v	Our team managed to defeat all the other teams in the Science competition.	νικώ, κερδίζω κτ	192
take over	phr v	There are a lot of films with aliens trying to take over the Earth.	καταλαμβάνω	192
define	v	You need to define the purpose of this meeting.	ορίζω	192
governess	n	In the past, a governess was a female teacher that lived with a rich family and taught their children at home.	γκουβερνάντα	193
flash by	phr v	James flashed by in front of us in his new sports car.	περνάω σαν αστραπή	194
thought	n	'I just had a crazy thought . Why don't we go on a trip?'	σκέψη	194
feeling	n	The feeling of a father that sees his baby for the first time cannot be described.	συναίσθημα	194
response	n	'Think about what I said and give me your response in a couple of days,' the manager told Irene.	απάντηση, αντίδραση	194