

heat up		
cut down	Most of you need to cut down your sugar intake to protect your health.	
die out	If we carry on cutting down forest like we are doing now, many species will die out.	
become		
carry on +		
run out	We are using up traditional fossil fuels. By the year 3000, they will have run out.	
use up		

4F: Gliders in the Storm

glide (v)	Some people glide effortlessly through life with no real worries.	/glaid/
glider (n)	We saw an eagle gliding high above the mountains.	
paraglider (n)		



spin (v)		
certain (adj) + of/about	Are you absolutely certain (that) you gave them the right number?	/'sɜ:.tən/
	Teachers should make certain (that) everyone understands the instructions.	
	He was quite certain about/of his attacker's identity.	

take off		
conscious (adj)	He is conscious of his misbehaviour but he keeps on doing it anyway.	/'kɒn.ʃəs/
lose consciousness	He's still conscious but he's very badly injured because of the accident.	/'kɒn.ʃəs.nəs/
-conscious (adj)	People are becoming more and more health-conscious.	
	Thus, they are consuming less unhealthy food.	

approach (v/n)	We could just see the train approaching in the distance.	/ə'prəʊtʃ/
approachable (adj)	Michael is always very logical in his approach to the problems.	/ə'prəʊ.tʃə.bəl/
	Graham's always very approachable - why don't you talk the problem over with him?	

be in one piece		
= be intact		

4G: Photos Comparison

pedestrian (n)		/pə'des.tri.ən/
pedestrian crossing		
= zebra crossing		
pavement (n)	I've told you many a time not to ride your bike on the pavement.	/'perv.mənt/
traffic (n)	There is too much (much/many) traffic. We should stay home.	/'træf.ɪk/



many time 1 số nhiều