

Vocabulary Support

Book 3 Module 4

Unit 7

consult (v.) p.58

dietician (n.) p.58

(someone who is trained to give people advice about what it is healthy for them to eat and drink)

(營養師)

treadmill (n.) p.58

aerobics (n.) p.58

(energetic physical exercises, often performed with a group of people to music) (體操)

kickboxing (n.) p.58

stretching (n.) p.58

weight-lifting (n.) p.58

adjust (v.) p.59

(to change or move something slightly to improve it or make it more suitable for a particular purpose) (調節)

handrail (n.) p.59

strengthen (v.) p.60

physical examination (n. phr.) p.63

access (n.) p.64

ache (n.) p.64

flexibility (n.) p.65

(the ability to bend or be bent easily) (柔軟度)

sweaty (adj.) p.67

clarification (n.) p.68

(the act of making something clearer or easier to understand, or an explanation that makes something clearer) (澄清)

rephrase (v.) p.69

Unit 8

cheque (n.) p.70

deposit (v.) p.70

(to put money or something valuable in a bank or other place where it will be safe) (存款)

passbook (n.) p.70

withdrawal (n.) p.70

budget (n.) p.70

respondent (n.) p.73

(someone who answers questions, especially in a survey) (受訪者)

reputation (n.) p.73

(the opinion that people in general have about someone or something) (聲譽)

tempt (v.) p.73

(to try to persuade someone to do something by making it seem attractive) (引誘)

Integrated Task

randomly (adv.) p.22

(happening or chosen without any definite plan, aim, or pattern) (隨意地)

majority (n.) p.22

reveal (v.) p.23

(to make known something that was previously secret or unknown) (展現/洩露)

carbohydrates (n.) p.25

(a substance that is in foods such as sugar, bread, potatoes, which provides your body with heat and energy) (碳水化合物)

fibre (n.) p.25

poisonous (adj.) p.27

depressing (adj.) p.28

Data File

substance (n.) p.2

alert (adj.) p.2

(to know about or understand something, especially a possible danger or problem) (警覺的)

objective (adj.) p.2

stroke (n.) p.3

formula (n.) p.3

foundation (n.) p.4

fatal (adj.) p.4

(resulting in someone's death) (可致命的)

respiratory (adj.) p.4

(relating to breathing or your lungs) (關於呼吸系統的)

arrest (v.) p.5

sedative (n.) p.5

(a drug used to make someone calm or go to sleep) (鎮靜劑)

react (v.) p.5

digestive (adj.) p.5

blood pressure (n. phr.) p.5

heart failure (n. phr.) p.5

(a serious medical condition in which someone's heart stops working properly, often resulting in

death) (心臟衰竭)

liver (n.) p.5

(a large organ in your body that produces bile and cleans your blood) (肝)

get rid of (v. phr.) p.6

aside (adv.) p.6

premature (adj.) p.7

hazard (n.) p.7

(something that may be dangerous, or cause accidents or problems) (危害)

asthma (n.) p.7

inhale (v.) p.7