

• SECOND EDITION •

4000

ESSENTIAL

ENGLISH

WORDS

1

Sampler

Paul Nation



To ensure that a wide range of learners in any given class can find useful words to learn in each unit, the inclusion of words does not strictly adhere to each 1000-word level. However, there is a progression from the first 1000 words to the fourth 1000 words through the books in the series. Table 1 shows the levels of the books.

Table 1: The books in the 4000 ESSENTIAL ENGLISH WORDS series, frequency levels, and CEFR levels

4000 Level books	Major word level in the books	CEFR level
Book 1	1000	A2
Book 2	1000-2000	A2
Book 3	2000-3000	B1
Book 4	AWL	B2
Book 5	3000-4000	B2
Book 6	4000	C1

Supporting Learning with Other Activities

A well-balanced language course provides four major opportunities for learning: learning through input, learning through output, deliberate learning, and fluency development. The highly structured activities in these books support all four types of learning opportunities. Learning can further be supported through the following activities:

1. Have students create vocabulary cards with one word from the unit on one side of the card and the translation of the word in the student's first language on the other side. Students should use the cards for study in free moments during the day. Over several weeks, students will find that quick repeated studying for brief periods of time is more effective than studying for hours at one sitting.
2. Assign graded readers at appropriate levels. Reading such books provides both enjoyment as well as meaning-focused input, which will improve student recall of the words.
3. Practice reading fluency to promote faster recall of word meaning for both sight recognition and usage. Compass Publishing's *Reading for Speed and Fluency* is an invaluable resource for reading fluency material.
4. Include listening, speaking, and writing activities in classes. Reinforcement of the high-frequency vocabulary presented in this series is important across all four language skills.



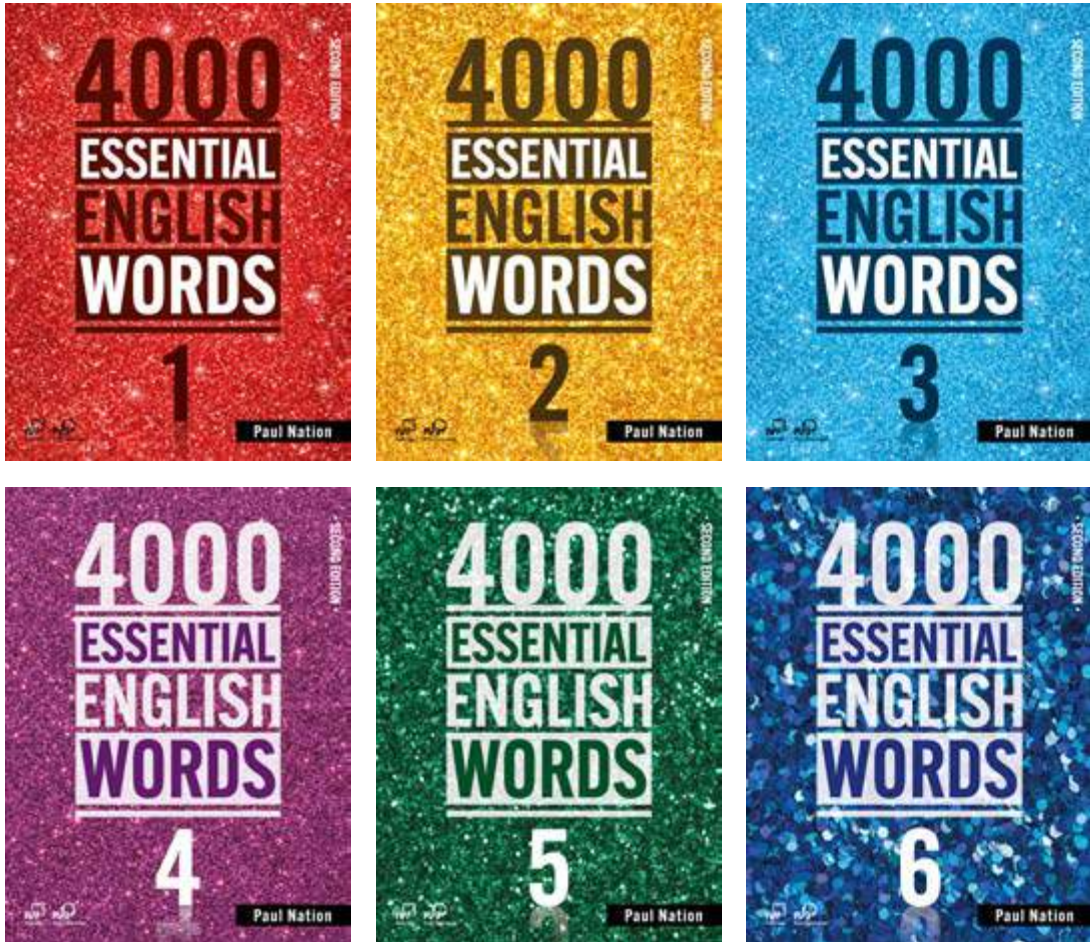
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NEW FEATURES OF SECOND EDITION



- ▶ Rewritten passages with new topics
- ▶ Addition of the Academic Word List
- ▶ A variety of reading comprehension question types that encourage students to reinforce target vocabulary
- ▶ Images for each target word help learners visualize the word as it is used in the example sentence
- ▶ Provide Review/Midterm/Final tests

Downloadable Materials



Digital Materials



VOCABULARY EXERCISES AND READING COMPREHENSION

Each book is composed of thirty units with twenty target words. Each unit consists of a word list, vocabulary exercises, and a reading passage.

VOCABULARY EXERCISES

A Circle the two words in each group that are most closely related.

- a. laboratory b. experiment c. shout d. smell
- a. shout b. carefully c. create d. laugh
- a. nervous b. terrible c. approach d. worse
- a. chemical b. secret c. loud d. noise
- a. nervous b. adventure c. project d. scare

B Match to complete the words. Then write the part of speech.

- miss + ual → _____
- rou + gue → _____
- collea + ion → _____
- fact + te → _____
- colo + ny → _____

C Complete the puzzle with the word that is similar in meaning to the bolded part.

ACROSS

- My dad will tell me to remember to feed our dog.
- Sitting out in the sun gave David a **very serious** burn.
- It is **easily seen** that Elizabeth hates math class.
- Frank needs to buy a **new piece of clothing that shows him as part of a group**.

DOWN

- I walked back to the **school building where students live** before class.

A Circle the word that fits the definition.

- to make a guess**
a. threat b. estimate c. supplement d. terror
- not having much space**
a. shade b. rough c. pale d. narrow
- to avoid failure**
a. satisfy b. disturb c. impress d. scream
- the person to do hard work**
a. chest b. victim c. strength d. consequence
- to trust someone**
a. confidence b. sensitive c. honor d. disaster

and more...

READING COMPREHENSION QUESTIONS

7 READING COMPREHENSION

Answer the questions.

- What is this story about?
a. A sudden fight between single.
b. A sick prince and a kingdom.
c. An expert soldier and a famous king.
d. The challenge to divide the kingdom.
- What did the king need to protect the kingdom from?
a. The fighting between the two prince.
b. The harm caused by sudden fight.
c. The difference between the three brothers.
d. The good condition of the king's army.
- What was probably true of Jason in the story?
a. He wanted to bring peace to the kingdom.
b. The challenge of being king was too much for him.
c. He wanted to join to his brothers.
d. He tried to divide the kingdom.
- What was the difference between Jason and his brother?
a. He was an expert in fighting.
b. He was older and stronger.
c. He didn't fight wars.
d. He had always been king.
- What did the king have to announce?

5 READING COMPREHENSION

Mark each statement T for true or F for false. Rewrite the false statements to make them true.

- Prince from places like Iceland, Italy, France, and Canada followed each other.
- Mary, who she followed that week, needed to be married again on their journey back to the kingdom.
- Millions of people followed her if they did choose around the world.
- Shortly after a children's publisher wrote about Prince on traveling, it became popular.
- Children often wear Prince dresses for their on traveling.
- Millions of people started to on traveling to the Prince.

Answer the questions.

- Why did Jason leave his?
a. They had no food.
b. They were sleeping.
c. It is for their long journey to heaven.
d. It is to visit his brother.
- What did the words do when they left something?
a. Got new looking.
b. Got up suddenly.
c. Went to heaven.
d. Got surrounded with people.
- Why do children perform dances when they visit on their?
a. To get money. b. To get a Prince.
c. To get a Prince. d. To get a Prince.

11 READING COMPREHENSION

Mark each statement T for true or F for false. Rewrite the false statements to make them true.

- _____ will have been given well to travel another.
- _____ The Roman and Roman civilization was a Roman good enough from parallel.
- _____ The Roman civilization developed from on parallel.
- _____ Roman civilization will continued will to give the other parallel.
- _____ The first Roman civilization was made in Rome.
- _____ The different types of Roman civilization had on parallel.

Answer the questions.

- What is the passage about?
a. The Roman civilization.
b. The Roman civilization.
c. The Roman civilization.
d. The Roman civilization.
- According to the passage, Roman civilization is a high quality?

- Why did the Roman civilization in Rome and Italy?

UNIT 5

WORD LIST



active [æktiv]

adj. When someone is **active**, they move a lot or have a lot of things to do. It is important to be **active** and not sit around all the time.



adult [ədʌlt]

n. An **adult** is a person who is more than 18 years old. My mom and dad are **adults**.



age [eidʒ]

n. **Age** is how many years someone has lived. She died at the **age** of 80.



bad [bæd]

adj. When something is **bad**, it is not good. She is unhappy because she had a **bad** day.



balance [bæləns]

n. **Balance** is when two or more things are equal. A good **balance** between work and fun helps keep you healthy.



bike [baik]

n. A **bike** is a vehicle with two wheels powered by a human. He rides his **bike** to school every day.



choose [tʃu:z]

v. To **choose** is to pick something or make a decision. I have to **choose** between taking art classes and sports lessons.



doctor [dɒktər]

n. A **doctor** is a person who studies medicine and helps sick people. You should go to the **doctor** when you are sick.



during [dʒúəriŋ]

prep. **During** an event means while the event was happening. Did you sleep **during** the movie?



football [fʊtbɔ:l]

n. **Football** is a sport with eleven members and an oval-shaped ball. **Football** is a popular sport in the United States.



fun [fʌn]

adj. When something is **fun**, it is enjoyable.
We had a **fun** time at the birthday party.



game [geɪm]

n. A **game** is an activity where people compete against each other.
Let's play a board **game** tonight.



heart [hɑ:rt]

n. A **heart** is an organ that keeps the body alive.
My **heart** beats fast when I am nervous.



golf [gɒlf]

n. **Golf** is a sport with clubs and a small white ball.
People play **golf** in nice weather.



increase [ɪnkrɪ:s]

v. To **increase** is to make something larger.
I will **increase** my score if I study for the test.



life [laɪf]

n. **Life** is the time when a person is alive.
My grandfather had a long **life**.



kilometer [kɪlómətər]

n. A **kilometer** is a unit of measurement that is 1,000 meters.
A marathon is 42.2 **kilometers**.



often [ɔ:fən]

adv. **Often** is when something happens many times.
He **often** goes to bed early during the week.



plenty [plenti]

pron. If you have **plenty** of something, there is a lot of it.
We have **plenty** of fruit, so help yourself.



weight [weɪt]

n. **Weight** is how heavy something or someone is.
I gained **weight** because I ate a lot of pizza.

EXERCISES

A Circle the definition that fits the word.

- 1. active**
a. friendly b. kind c. busy d. tired
- 2. heart**
a. a car b. an organ c. a shoe d. a fruit
- 3. choose**
a. to clean b. to move c. to drive d. to pick
- 4. game**
a. a competition b. a country c. a computer d. a restaurant
- 5. kilometer**
a. a weight b. a measurement c. a road d. a material

B Write the word that best fits each sentence.

- 1. adult / doctor**
My mom is a(n) _____.
She will visit the _____ on Saturday.
- 2. during / often**
She goes to her best friend's house _____.
They fell asleep _____ the play.
- 3. bad / fun**
They had a _____ trip to the museum because it was boring.
The class enjoyed the _____ visit to the ice cream factory.
- 4. bike / football**
She loves to ride her _____ on weekends.
They play _____ after school.
- 5. increase / life**
I love my _____!
If you practice more, you will _____ your chance of winning.

C Check (✓) the sentence that makes the most sense according to the bold word.

1. a. I gained **weight** last year.
 b. We didn't have enough apples because we had **plenty** of them.
2. a. He likes to read the **heart** at night.
 b. I like to play **golf**, but I don't like to watch it on TV.
3. a. The baby is an **adult**.
 b. They are both 21, so they are the same **age**.
4. a. You need to have a **balance** between playing and studying.
 b. It is so **fun** to be sick.
5. a. He bought **plenty** of vegetables for the party.
 b. They **often** fly on an airplane every day.

D Match to complete the words. Then write the part of speech.

1. in • • ive → _____
2. act • • ball → _____
3. foot • • meter → _____
4. kilo • • crease → _____
5. dur • • ing → _____

Ironman Races

Have you heard of the Ironman Triathlon? It's considered one of the most challenging sporting events in the world. Competitors swim, ride a **bike**, and run. The race consists of a 3.86-**kilometer** swim, a 180.25-kilometer bicycle ride, and a 42.2-kilometer run. There are no breaks **during** the race, so competitors must keep going no matter what. People who **choose** to enter this race must be healthy and prepared in both mind and body.

Ironman races are held all over the world. Some well-known competitions take place in New Zealand, Germany, and California in the United States. There are several rules for those who want to compete in the Ironman. The minimum **age** of racers is 18, so everyone who competes is an **adult**. Training for the Ironman can take more than a year. People who train **often** start practicing the events at shorter distances first and then **increase** the amount of length and time they swim, bike, and run. Training can be difficult because people need to find a **balance** of strength and endurance training. Without enough training, people can get **bad** injuries. Some people even gain **weight** when training because their bodies store calories instead of using them for energy. All people in training should drink **plenty** of water.

Doctors believe that exercise is good for people's health and helps the **heart**. People participate in other sports and **games** such as **golf** or American **football**, but the Ironman is a challenging way to stay fit. Even though it is hard, it can still be **fun**. It's a great way to stay **active** and enjoy **life**!

READING COMPREHENSION

Answer the questions.

1. What is the passage about?
 - a. Eating healthy food
 - b. Competing in Ironman races
 - c. Playing sports
 - d. Learning how to run
2. How long is the run in an Ironman race?
 - a. 3.86 kilometers
 - b. 180.25 kilometers
 - c. 42.2 kilometers
 - d. 226.31 kilometers
3. How old must you be to be in the Ironman?
 - a. Less than 18 years old
 - b. At least 18 years old
 - c. 42 or older
 - d. There is no age limit
4. According to the passage, why is it dangerous not to train before doing the Ironman?
 - a. There are exciting races around the world.
 - b. It is fun and a good way to exercise.
 - c. Racers will win if they practice.
 - d. Bad injuries can happen without good training.
5. The Ironman is made up of which three sports?



UNIT 6

WORD LIST



- also** [ɔ:lsoʊ]
adv. **Also** means in addition to or too.
I like blue, and I **also** like yellow.



- automatically** [ɔ:təmætikəli]
adv. If an action happens **automatically**, it happens without thinking or planning.
The man **automatically** smiled when he thought about his friend.



- busy** [bɪzi]
adj. A **busy** person has a lot of things to do.
Everyone is **busy** at the office today.



- can** [kən]
aux. v. **Can** shows that a person or thing has the ability to do an action.
Sad news **can** make her cry.



- clear** [kliə]
v. To **clear** is to remove everything from a place.
I need to **clear** my desk because it is too messy.



- close** [klaʊz]
v. To **close** is to shut something or cover up an opening.
The man wanted to **close** the door tightly.



- discuss** [dɪskʌs]
v. To **discuss** is to talk about something with another person.
James began to **discuss** his report with his teacher.



- feel** [fi:l]
v. To **feel** is to experience an emotion or feeling.
The girl must **feel** happy because it is her birthday today.



- listen** [lɪsn]
v. To **listen** is to pay attention to a sound that you can hear.
Lisa wanted to **listen** carefully to her friend.



- meet** [mi:t]
v. To **meet** is to come together so that you can talk or do something together.
Ken's mother wanted to **meet** his teacher today.



music [mjú:zik]

n. **Music** is the sound made by singing or playing musical instruments. The boy makes **music** by playing a guitar.



normal [nó:rməl]

adj. A **normal** thing is usual and not strange. It is **normal** to wear school uniforms in private schools.



quiet [kwáíət]

adj. If something is **quiet**, it does not make much sound. The man told the children to be **quiet**.



relax [rilæks]

v. To **relax** is to rest or do something enjoyable. Nicole likes to **relax** by reading books.



sleep [sli:p]

v. To **sleep** is to rest your mind and body, usually at night in bed. The child goes to **sleep** in her bedroom at night.



stress [stres]

n. **Stress** is a strong feeling of worry caused by problems in life, work, etc. Dan has a lot of **stress** at work.



study [stʌdi]

v. To **study** is to learn something by reading, memorizing, or going to school. The woman needed a quiet place to **study** for a big test.



talk [tɔ:k]

v. To **talk** is to say words to express your thoughts, opinions, etc. They went someplace to **talk** to each other.



work [wə:rk]

v. To **work** is to do a job that you get paid for. They need to **work** together to finish an important project.



write [rait]

v. To **write** is to use a pen or keyboard to make letters and numbers on paper or a screen. I need to **write** a story for my homework.

EXERCISES

A Circle the two words in each group that are most closely related.

1. a. work b. relax c. rest d. meet
2. a. feel b. clear c. study d. clean
3. a. and b. but c. also d. because
4. a. discuss b. talk c. write d. listen
5. a. sleep b. exercise c. meet d. get together

B Circle the word that is opposite in meaning to the given word.

1. quiet
a. silent b. noisy c. bright d. busy
2. can
a. cannot b. do c. skill d. able
3. sleep
a. think b. dream c. rest d. awaken
4. close
a. slam b. stop c. start d. open
5. normal
a. strange b. usual c. fun d. easy

C Circle the word that fits the definition.

1. full of activity or work
a. normal b. quiet c. relax d. busy
2. a feeling of worry caused by problems in work or life
a. sleep b. study c. stress d. fun
3. to say words in order to express something
a. talk b. listen c. write d. read
4. doing something without thinking
a. slowly b. loudly c. carefully d. automatically
5. sounds made by singing or playing instruments
a. book b. music c. sports d. game
6. to use your ears to pay attention
a. discuss b. think c. practice d. listen
7. to do things as part of your job
a. clear b. stress c. work d. relax
8. to learn by reading, listening, and going to school
a. study b. meet c. feel d. close
9. to form letters and numbers with a pen, pencil, or keyboard
a. play b. write c. sing d. talk
10. to experience an emotion
a. sleep b. feel c. discuss d. listen

Ways to Reduce Stress

Everyone experiences **stress**. Stress is a **normal** part of life, but too much stress **can** create health problems. People who are stressed can suffer from headaches, depression, and even heart problems. Whether you are **busy studying** or **working**, you need to make sure you have time to **relax**.

One of the best ways to relax and reduce stress is to meditate. First, find a **quiet** place and sit up straight. Then, **close** your eyes, **clear** your mind, and pay attention to your breathing. This practice will make you **feel** relaxed and happier. It will **also** help you **sleep** better at night. Studies show that sleep is very important because that is when your body repairs itself. In addition, being tired can make your stress worse.

Another way to relax is to **listen** to **music**. Music is a very powerful tool. Listening to slow and quiet music can relax your mind. Listening to fast, lively music can make you feel happy, which will then help you relax and reduce your stress. Some people find that singing along to songs helps take their minds off whatever is giving them stress.

If your stress is worrying you, it is best to **meet** with a friend and **talk** it out. When you **discuss** your feelings and problems with someone, you will **automatically** feel better. At times when you don't feel like talking, you can **write** instead. Many people find it helpful to keep a journal and record their feelings.

Remember that stress is a part of life and that you cannot completely get rid of it. That being said, you need to reduce stress as much as you can. Make time for yourself and try the above suggestions in order to feel relaxed and stay happy and healthy.

READING COMPREHENSION

Answer the questions.

1. What is this reading about?
 - a. How stress is unhealthy
 - b. How to relax and reduce stress
 - c. How stress is good for people
 - d. How to get more stress

2. How do people meditate?
 - a. They meet a friend and feel better.
 - b. They write down their feelings in a journal.
 - c. They listen and sing along to fast, lively music.
 - d. They close their eyes and clear their mind in a quiet place.

3. What kind of music can make people feel happy?
 - a. Fast and lively
 - b. Sad and quiet
 - c. Slow and relaxing
 - d. Loud and slow

4. Which of the following is true, according to the reading?
 - a. Singing songs makes stress worse.
 - b. Sleep is not important.
 - c. A little stress is unhealthy.
 - d. Stress is a normal part of life.

5. What can you do if you do not want to talk to someone about your feelings?



UNIT 5

WORD LIST



- acquaint** [əkwéint]

v. To **acquaint** is to get to know something or someone.
Nancy **acquainted** herself with the new computer.



- cemetery** [sémətèri]

n. A **cemetery** is a place where people are buried when they die.
Some people are scared of **cemeteries**.



- creature** [krí:tʃər]

n. A **creature** is an animal or person.
Those **creatures** live in Africa.



- curse** [kə:rs]

v. To **curse** someone is to hope that bad things happen to that person.
The witch **curse**d the village.



- disguise** [disgáiz]

n. A **disguise** is something you wear so people cannot tell who you are.
Everyone knew that it was Dad in the Santa **disguise**.



- fancy** [fænsi]

adj. A **fancy** thing is nicer or more detailed than normal.
Their table was all set for a **fancy** dinner.



- flashlight** [flæʃlâit]

n. A **flashlight** is a small electric light that people carry in their hands.
We took a **flashlight** when we went camping.



- hood** [hud]

n. A **hood** is part of a coat that goes over a person's head.
She put on her **hood** to keep her head warm.



- inhabitant** [inhæbətənt]

n. An **inhabitant** is a person who lives in a certain place.
The number of **inhabitants** in the countryside is increasing.



- nourish** [né:riʃ]

v. To **nourish** is to give someone or something the food needed to live.
A good mother will **nourish** her baby every day.



pirate [ˈpaɪəret]

n. A **pirate** is a sailor who steals things from other boats.
Pirates are very scary characters.



publication [pʌblɪkේʃən]

n. A **publication** is something printed, like a newspaper or book.
She's been a subscriber to that **publication** for over ten years.



riddle [ˈrɪdl]

n. A **riddle** is a question that is difficult to answer but meant to be funny.
I could not answer Wendy's **riddle**, but it made me laugh.



rot [rɒt]

v. To **rot** is to slowly get softer and become destroyed.
The old log began to **rot** in the forest.



shortly [ˈʃɔ:rtli]

adv. An action that happens **shortly** happens very soon.
My workday will end **shortly**.



skeleton [ˈskelətn]

n. A **skeleton** is all the bones of a body.
There is a **skeleton** in the science classroom.



spoil [spoɪl]

v. To **spoil** is to rot or to make bad.
We left the fruit out too long, and it **spoiled**.



starve [ˈstɑ:rv]

v. To **starve** is to not get enough food for a long period of time.
During the war, many people **starved**.



thrill [θrɪl]

n. A **thrill** is an exciting feeling.
The surfer enjoys the **thrill** of surfing a big wave.



wicked [ˈwɪkɪd]

adj. A **wicked** person is very bad or evil.
My boss is a very **wicked** man.

EXERCISES

A Write the word that best fits each blank.

1. creature / cursed

The faceless _____ moved towards the man and _____ him.

2. skeletons / cemetery

I don't like to walk in the _____. I always think about the _____ that are under the ground there.

3. fancy / hood

My mother bought me a _____ new coat. My favorite part is the warm _____.

4. riddles / flashlight

When my friend stayed at my house, we sat with a _____. Instead of sleeping, we stayed up and told _____ for an hour!

5. disguise / wicked

Judy wanted to find a _____ that was scary. Finally, she decided to dress like a _____ witch.

6. rotted / nourish

We planted a vegetable garden to help _____ our family. But many of the plants _____ before we could eat them.

7. spoiled / starving

The poor family was _____ after all of their food _____.

8. inhabitant / shortly

Tim loves being a(n) _____ of that town. _____ after he moved there, he made many friends.

9. publication / thrill

I entered a contest that was in my favorite _____. Imagine the _____ when I won!

10. acquainted / pirates

Christie _____ me with the city library. Since then, I have read every book they have about _____.

B Circle the answer that best fits the question.

1. Which of the following best describes an evil person?
a. Shortly b. Curse c. Fancy d. Wicked
2. Which one is a feeling?
a. A thrill b. A hood c. A flashlight d. An inhabitant
3. Which one can you wear?
a. A cemetery b. A disguise c. A publication d. A riddle
4. Which of the following is most related to death?
a. Spoil b. Acquaint c. Starve d. Nourish
5. Which of the following is most commonly related to the ocean?
a. Rot b. Starve c. Skeleton d. Pirate

C Write a word that is similar in meaning to the underlined part.

1. Mom says we need to hurry because the game will start very soon.

2. It's a good idea to get to know your co-workers.

3. My little brother bothered me all day by asking me to solve his difficult questions.

4. A reporter at that newspaper won a prize.

5. I am an individual who lives in the central part of town.

6. I want to buy that really nice dress I saw in the store.

7. The children were afraid that the witch would hope bad things would happen to them.

Trick or Treat!

Many different cultures have had traditions about the dead. People in places like Ireland, China, Egypt, and Mexico believed that souls needed food. They thought the food **nourished** them on their journey from **cemeteries** to heaven. People had to put out good things for souls to eat. However, if the food **rotted** or **spoiled**, the soul got mad. The **wicked** soul might **curse** the family and make them **starve** during the winter.

In other places, people begged for food on a holiday that remembers the souls of dead saints. People wore **disguises** with **hoods** that covered their faces. If they did not get food, they played a trick on the home's owner. For this reason, the activity is known as "trick-or-treating." **Shortly** after people first began trick-or-treating, parents started sending their children to beg on that day. Housewives gave the children food if they performed a song or a dance. When people moved to America from all over the world, they brought this tradition with them. **Inhabitants** of villages started trick-or-treating in the early 1900s. In 1939, a children's **publication acquainted** the whole country with the tradition. It became very popular.

Today, trick-or-treaters do not beg for food, and they are not scared of souls. They just enjoy the **thrill** of dressing up like **creatures** and getting candy. Ghosts and **skeletons** are favorite costumes. But some children wear **fancy** disguises, like **pirate** costumes. They carry **flashlights** instead of fires. In some places, children still perform songs or **riddles** to get candy. But most of the time, they just say, "Trick or treat!"

READING COMPREHENSION

PART A

Mark each statement **T** for true or **F** for false. Rewrite the false statements to make them true.

1. ____ People from places like Iceland, Italy, Kenya, and Canada believed souls needed food.

2. ____ Many cultures believed that souls needed food to nourish them on their journey back to life.

3. ____ Housewives gave children food if they did chores around their homes.

4. ____ Shortly after a children's publication wrote about trick-or-treating, it became popular.

5. ____ Children often wear fancy disguises for trick-or-treating today.

6. ____ Inhabitants of villages started trick-or-treating in the 1940s.

PART B

Answer the questions.

1. Why did souls need food?
 - a. Theirs had rotted.
 - b. They were starving.
 - c. It is for their long journey to heaven.
 - d. It is to obtain new bodies.
2. What did the souls do when they left cemeteries?
 - a. Got new bodies
 - b. Dug up skeletons
 - c. Went to heaven
 - d. Got acquainted with people
3. Why do children perform riddles when they trick-or-treat?

a. To get candy	b. To get flashlights
c. To get costumes	d. To get a thrill

WORD LIST



- accountable** [əˈkaʊntəbəl]

adj. When someone is **accountable**, he or she is responsible for the effects of his or her actions.

Political leaders are **accountable** to the people they represent.



- addictive** [əˈdɪktɪv]

adj. If something is **addictive**, it is hard to stop doing.

I think this game is very **addictive**.



- agenda** [əˈdʒɛndə]

n. An **agenda** is a plan or goal that guides someone's behavior.

The man is pushing his questionable **agenda** on his colleagues.



- coin** [kɔɪn]

v. To **coin** is to create a new word or phrase that other people begin to use.

The coach **coined** the phrase, "There is no 'I' in team."



- correlate** [kɔːrəleɪt]

v. To **correlate** is to have a close connection to something.

Scientists believe that brain size might **correlate** with intelligence.



- depression** [dɪˈrɛʃən]

n. **Depression** is a medical condition that makes a person very unhappy for long periods of time.

Ron decided to get help for his **depression**.



- digital** [dɪˈdʒɪtəl]

adj. When something is **digital**, it is characterized by computer technology.

Students prefer to take notes on their laptops and other **digital** devices.



- importance** [ɪmˈpɔːrtəns]

n. **Importance** is the quality or state of being important, valuable, or significant.

The professor lectured the students on the **importance** of communication strategies.



- keyboard** [ˈkɪbɔːrd]

n. A **keyboard** has buttons marked with letters and numbers that are pressed to put information into a computer.

Paul spilled coffee all over his **keyboard**.



- loneliness** [lɔːnlɪnɪs]

n. **Loneliness** is the unhappiness that is felt by someone if they do not have any friends.

Many people join social clubs to escape **loneliness**.



- media** [mí:diə]
n. **Media** is the different ways of entertaining and giving information to the public. Many people like to express their opinions online using social **media**.



- platform** [plætfo:rm]
n. A **platform** is something that allows someone to tell a large number of people about an idea, product, etc. The band uses their music as a **platform** to express their political beliefs.



- poor** [puə]
adj. When something is **poor**, it is not as good as it could or should be. The condition of the sidewalk is very **poor**.



- presence** [préznz]
n. **Presence** is when someone or something is present in a particular place. The researcher discovered the **presence** of bacteria in the water sample.



- subject** [sʌbdʒikt]
v. To **subject** is to cause or force someone or something to experience something harmful or unpleasant. The location of the trees will **subject** them to strong winds from the hurricane.



- surge** [sə:rdʒ]
n. A **surge** is a sudden, large increase in something. All at once, there was a **surge** of runners at the finish line.



- survey** [sərvéi]
n. A **survey** is a set of questions that are asked to a large number of people in order to find out about opinions. I filled out a **survey** about my shopping experience at the department store.



- target** [tá:rgit]
v. To **target** is to aim an attack at someone or something. Scientists are looking for new drugs to **target** cancer cells.



- trend** [trend]
n. A **trend** is a general tendency in the way a situation is changing or developing. Lucy likes to think she started this fashion **trend**.



- validate** [vælədèit]
v. To **validate** is to make someone feel that his or her ideas and feelings are respected. Winning first prize will **validate** all of Tony's hard work.

EXERCISES

A Write the word from the word bank that best fits each sentence.

WORD BANK

presence poor surge trend addictive

1. I grew up in a neighborhood with _____ schools.
2. People in their 30s living at home to save money is a recent _____.
3. Caffeine is a very _____ substance.
4. People _____ toward the doors when the mall opens in the morning.
5. I could feel a strange _____ in the dark room.

B Write the phrase that best fits each sentence.

- a. **loneliess** after my favorite colleague left the company
- b. the **importance** of mutual respect
- c. **targeted** by the bullies at school
- d. **depression** for a long time
- e. be held **accountable** for his mistakes

1. Harold has been suffering from _____.
2. The manager should _____.
3. I experienced a great deal of _____.
4. The boy was _____.
5. The parents want to teach their children _____.

C Circle the word that fits the definition.

1. using computer technology
a. electricity b. digital c. screen d. media
2. a plan or goal that affects behavior
a. schedule b. list c. clock d. agenda
3. to have a close connection
a. change b. marry c. correlate d. hold
4. something you type on
a. piano b. pencil c. keyboard d. notepad
5. to cause or force someone to experience something bad
a. subject b. produce c. affect d. object
6. to make someone feel respected
a. promote b. guarantee c. combat d. validate
7. to create a new word or phrase
a. coin b. imagine c. develop d. play
8. something that allows people to tell other people about something
a. shelf b. platform c. chair d. step
9. a set of questions to find an opinion about something
a. list b. experiment c. survey d. exam
10. the different ways of giving information to the public
a. media b. film c. journal d. newspaper

Social Media

All around the world, people who have mobile devices are likely to have a **presence** on social **media**. However, data reveals a link between social media use and a **surge** in health issues. Anxiety and **depression** are two such issues.

Research suggests that social media use may be **correlated** to lower self-control. Lower self-control often causes **poor** or **addictive** behavior. Social media has been described to be more addictive than tobacco and alcohol. People may rely on social media as a form of escapism and for mood-modifying effects. These are similar to the reasons people become dependent on addictive substances.

Surveys about social media show that a surprising number of teenagers have been **subjected** to cyberbullying. Cyberbullies can easily remain anonymous. They are **accountable** to no one, so they use social media to **target** victims and spread rumors. This has become so common that the term “**keyboard warrior**” has been **coined**. A keyboard warrior’s **agenda** is to write abusive posts while staying hidden. The effects of cyberbullying can be traumatic.

There are other negative effects of social media’s popularity. People sometimes use social networking **platforms** to show their best selves. A recent social media **trend** is to upload and broadcast video clips to share a piece of one’s life. However, instead of feeling accepted and **validated**, people end up comparing their lives with other people. This trap of comparing lives may lead to symptoms of depression.

Social media use has also been linked to feelings of social isolation. The more people use social media, the more they realize that their **digital** friends may not actually be real friends. This feeling of isolation may cause a person to experience extreme **loneliness**.

We see social media used in the personal and professional lives of those around us. It’s apparent that it’s here to stay. Therefore, it’s necessary to consider the **importance** of educating people on how to use social media effectively and safely.



Track 1-2

READING COMPREHENSION

PART A Mark each statement **T** for true or **F** for false. Rewrite the false statements to make them true.

1. ____ There is no link between social media use and health issues.

2. ____ Social media is less addictive than tobacco and alcohol.

3. ____ A keyboard warrior is someone who writes negative posts while revealing their identity.

4. ____ Uploading video clips of one's life is a recent trend.

5. ____ Using social media can lead to loneliness.

PART B Answer the questions.

1. What is the passage about?
 - a. Different types of social media
 - b. Latest improvements in social media
 - c. Negative effects of social media
 - d. Security concerns of social media
2. What do cyberbullies use social media for?
They use

3. Why might social media use lead to loneliness?
It can lead to loneliness

WORD LIST



- aroma** [əˈroumə]
n. An **aroma** is a scent or smell.
 I love the **aroma** of coffee in the morning.



- beverage** [bévərɪdʒ]
n. A **beverage** is a drink.
 The waiter brought our **beverages** first. Then he brought our food.



- cluster** [klástər]
n. A **cluster** of things is a small group of them placed close together.
 She held a large **cluster** of grapes in her hand.



- combine** [kəmbáin]
v. To **combine** is to join together to make a single thing or group.
 Mina **combined** peanut butter and jelly to make a sandwich.



- condensed** [kəndénst]
adj. When a liquid is **condensed**, it is made thicker.
 One way to make a dessert thick and sweet is to use **condensed** milk.



- contemporary** [kəntémpərəri]
adj. When something is **contemporary**, it is related to the present time.
Contemporary scientists have learned quite a bit about DNA.



- cultivate** [káltəvèit]
v. To **cultivate** plants is to care for them and help them grow.
 A research company is **cultivating** new kinds of rice to aid poor countries.



- divine** [diváin]
adj. When something is **divine**, it is related to gods.
 Legends say that music was given to humans as a **divine** gift from the gods.



- humid** [hjú:mid]
adj. When it is **humid**, there is a lot of water in the air.
 It is very **humid** inside a sauna.



- odor** [ódər]
n. An **odor** is a very distinct smell.
 He knew there was a leak when he noticed the strong **odor** of natural gas.



- palate** [pælit]
n. The **palate** is the top part of the mouth.
You can touch your **palate** with your tongue.



- paradise** [pæredàis]
n. **Paradise** is the place or condition of happiness where things are perfect.
My vacation in Hawaii was like being in **paradise**.



- plantation** [plæntéifən]
n. A **plantation** is a big farm that only grows certain kinds of crops.
In the 1800s, there were many cotton **plantations** in the southern US.



- rapid** [ræpid]
adj. When something is **rapid**, it moves or changes very quickly.
His mother was surprised by her son's **rapid** growth.



- rate** [reit]
n. A **rate** is the speed at which something happens.
Grass tends to grow at a very slow **rate**.



- soothing** [sú:ðin]
adj. When something is **soothing**, it makes you calm or relaxed.
The **soothing** music helped the baby fall asleep.



- subtle** [sátl]
adj. When something is **subtle**, it is not easy to see or notice.
The handsome man has a **subtle** smile.



- texture** [tékstʃər]
n. The **texture** of something is the way its surface looks and feels.
The **texture** of a rock found in the water is typically very smooth.



- toxic** [táksik]
adj. When something is **toxic**, it is poisonous and very dangerous.
Please check the label to see if the product is **toxic**.



- vary** [veəri]
v. To **vary** means to be different from another thing in size or amount.
The heights of the people in my class **vary** by a large amount.

EXERCISES

A Write the word that best fits each blank.

1. rapid / rate

The population growth in the city was incredibly _____. It is quite surprising that people settled there at such a fast _____.

2. contemporary / vary

Many _____ laws make it illegal for business to compete in unfair ways. However, the specific laws in different countries _____ greatly.

3. humid / toxic

Because it is quite _____ on the island, various kinds of plants grow well there. However, some of these plants are _____ to humans.

4. texture / aroma

The cheese has a smooth _____. However, some people find it hard to eat because of its powerful _____.

5. cluster / combined

A _____ of people suggested that nearby cities could fight the invaders if they cooperated with each other. As a result, everyone _____ their efforts and defeated the invaders.

6. soothing / subtle

The artist uses _____ differences of color in her landscapes. This has an overall calming and _____ effect on the viewer.

7. cultivated / odor

A huge garden was _____ in the middle of the city. However, a species of rare plants gave off an unpleasant _____.

8. beverage / palate

During a four-course meal, one should drink something to clean the _____ between courses. The perfect _____ for this is, of course, water.

9. condensed / divine

I can explain the basic story in a simple, _____ way. A boy is given a _____ message, and he begins an exciting adventure.

10. plantations / paradise

The island of Oahu is not a natural _____ like Maui. However, tourists still have plenty to enjoy on Oahu, from visits to pineapple _____ to traditional celebrations.

B Match the phrases to make complete sentences.

- | | |
|-----------------------------------|--|
| a. was surprisingly fast | b. includes work from the 21st century |
| c. feels so smooth | d. covered almost a third of the country |
| e. was too strong to be enjoyable | f. several species of flowers as a hobby |
| g. to insects and small animals | h. twenty workers who grew cotton |
| i. is good for a sore throat | j. the shoulder of Taurus the Bull |

1. A **soothing** cup of tea _____.
2. The **odor** of the cheese _____.
3. The pot's **texture** _____.
4. The chemical is **toxic** _____.
5. The **contemporary** fiction class _____.
6. The **rate** at which these flowers grew _____.
7. My mother **cultivates** _____.
8. The **plantation** had _____.
9. The thick and **humid** forest _____.
10. That **cluster** of stars in the sky makes _____.

C Match the clauses to make complete sentences.

- | | |
|--|--|
| a. so economic growth was rapid | b. and Jim thought it was a divine message |
| c. people call it a paradise | d. the effects of the medicine will vary |
| e. and she looked at his palate | f. and she smelled the aroma of cookies |
| g. so they combined the chemicals | h. because it has a subtle taste of chocolate |
| i. but I wanted my own beverage | j. but the condensed version was shorter |

1. The scientists wanted to find a cure for the sickness, _____.
2. He offered to share his water, _____.
3. I prefer mocha to coffee _____.
4. Many new jobs were created, _____.
5. The report was ten pages long, _____.
6. The doctor asked him to open his mouth, _____.
7. She walked in the door, _____.
8. Because the island is so warm and beautiful, _____.
9. Because patients' bodies are so different, _____.
10. It didn't rain all summer, _____.

The History of Chocolate

Many people believe that chocolate originally came from Europe. However, chocolate, called the “food of the gods,” was first made in the Americas. The first chocolate was very different from **contemporary** chocolate.

Wild chocolate trees can grow easily in the **humid** Amazon rainforest. **Clusters** of flowers growing on these trees turn to seeds. About 20 to 60 cacao beans can be found each seed. Cacao beans are the ingredient needed to create sweet, **soothing**, and delicious chocolate treats.

The Mayan and Aztec cultures both thought that chocolate trees were brought from **paradise** by gods. The Mayans and Aztecs used the beans from this **divine** tree to create a special **beverage** with a very pleasant **odor**. Surprisingly, the Aztecs believed that it was **toxic** to women and children.

In the 1500s, the Spanish explorer Cortes met the Aztecs. Cortes became quite interested in the **plantations** where the Aztecs **cultivated** chocolate trees. When he returned to Europe, he took cacao beans with him. He introduced the people of Spain to the Aztecs’ chocolate beverage.

Over the next 100 years or so, kings, queens, and members of the upper class enjoyed drinking chocolate. They enjoyed it even more once they learned to add sugar to the beverage! Soon, chocolate had spread all across Europe. New machines allowed chocolate makers to perfect their products and produce them at a very **rapid rate**. Preparing the beans in special ways brought out the **aroma** of chocolate. The beans were **combined** with **condensed** milk to give the chocolate a smooth **texture**.

Today, contemporary chocolates with **subtle** flavors fill the shelves of chocolate shops. The different types of chocolate available today **vary** widely. True chocolate lovers can tell which is best, though. They will tell you that the flavor of high-quality chocolate stays on the **palate** long after you finish it.



Track 1-2

READING COMPREHENSION

PART A Mark each statement **T** for true or **F** for false. Rewrite the false statements to make them true.

1. ____ Wild chocolate trees grow well in humid weather.

2. ____ The Mayans and Aztecs said chocolate was a divine plant brought from paradise.

3. ____ The Mayans cultivated chocolate trees on plantations.

4. ____ Beans were combined with condensed milk to give chocolate a smooth texture.

5. ____ The first chocolate beverages were made in Europe.

6. ____ The different types of chocolate available today vary widely.

PART B Answer the questions.

1. What is the passage about?
 - a. Ways of preparing chocolate
 - b. Chocolate-making machines
 - c. Chocolate in Europe
 - d. Cacao plants
2. According to the passage, how can you tell if chocolate is high-quality?

The chocolate

3. Why are chocolate trees valuable to Mayans and Aztecs?

The Mayans and Aztecs

WORD LIST



- abnormal** [æbnɔːrməl]

adj. If something is **abnormal**, it is different from normal or average.
I felt **abnormal** this morning, like I was sick.



- absent** [æbsənt]

adj. If someone or something is **absent**, they are missing or not in the place they are expected to be.
I was **absent** from school yesterday because I went on a trip with my father.



- adjacent** [ədʒeɪsnt]

adj. When something is **adjacent**, it is next to or adjoining something else.
My apartment is **adjacent** to a lovely park and playground.



- aluminum** [əlú:mənəm]

n. **Aluminum** is a chemical element that is a light silver-coloured metal.
I used the **aluminum** foil to wrap the food.



- applicable** [æplikəbl]

adj. If something is **applicable** to a person or thing, it is relevant to them.
I discovered that my old password was no longer **applicable** to the website.



- artificial** [ɑːrtɪfɪjəl]

adj. If something is **artificial**, it was not made naturally but mimics something natural.
The **artificial** Christmas tree was made of plastic.



- bicycle** [baɪsɪkl]

n. A **bicycle** is a two-wheeled vehicle powered by pedaling.
I rode my **bicycle** down the mountain road.



- broker** [bróukər]

v. To **broker** is to arrange or negotiate the details of something for others.
The lawyer will **broker** our agreement.



- bureaucracy** [bjʊərákrəsi]

n. A **bureaucracy** is a group of people who work together to help manage a large business or run a country.
The members of the **bureaucracy** were flooded by too many petitions.



- configure** [kənfigjər]

v. To **configure** something means to set it up and arrange it.
The engineer helped to **configure** my new computer.



- consolidate** [kənsələdèit]
v. To **consolidate** means to join or bring together into one thing.
 When we moved in together, we had to **consolidate** our belongings.



- convenience** [kənví:njəns]
n. If something is done for your **convenience**, it allows you to do something easily or without any trouble.
 I love the **convenience** of having a swimming pool in my back yard.



- deduct** [dídʌkt]
v. To **deduct** means to subtract something.
 I had to **deduct** my expenses from my checkbook.



- deem** [di:m]
v. To **deem** means to consider something.
 I **deemed** the ice cream to be very delicious.



- entrepreneur** [ə:ntɹəprənɛ:r]
n. An **entrepreneur** is someone who starts a new business or organization in order to make money.
 The **entrepreneur** made a success out of his new business.



- evenly** [í:vənli]
adv. If something is **evenly** spread or spaced, it is divided equally into amounts, numbers, or values.
 Sprinkle the sugar **evenly** all over the cookies.



- fiscal** [fískəl]
adj. When something is **fiscal**, it is related to money or finances, especially that of a government or business.
 Did the company show **fiscal** growth this year?



- franchise** [fræntʃaiz]
n. A **franchise** is the right to sell another company's products or services in a particular area.
 The fast food restaurant has a **franchise** near my home.



- ideological** [àidiəládʒikəl]
adj. If something is **ideological**, it is based on a system of beliefs or ideals, especially those that relate to a government or economy.
 The citizens of England had **ideological** differences about its government.



- robot** [róubát]
n. A **robot** is a machine that can do the work of a person and operates automatically or is controlled by a computer.
 I bought a **robot** that can clean the floor on its own.

EXERCISES

A Circle the word that fits the definition.

- an artificial tool that does human work**
a. entrepreneur b. aluminum c. franchise d. robot
- not present**
a. absent b. ideological c. fiscal d. artificial
- to judge or consider**
a. deem b. consolidate c. deduct d. configure
- to negotiate to make something happen**
a. broker b. deduct c. deem d. evenly
- based on a system of political or economic beliefs**
a. artificial b. ideological c. applicable d. abnormal

B Circle the right definition for the given word.

- franchise**
a. a type of business b. an expensive good
c. a high cost d. a product made overseas
- entrepreneur**
a. a type of company b. a type of factory
c. a business owner d. a special kind of product
- convenience**
a. something easy b. something difficult and hard
c. something expensive d. something cheap
- deduct**
a. subtract b. strengthen
c. settle d. pay
- artificial**
a. large b. unnatural
c. costly d. modern

C Check (✓) the one that best fits the blank.

1. Since I deemed the feedback useful, _____.
 a. it helped me improve my book
 b. I decided to ignore it entirely

2. When you open a franchise, _____?
 a. how much money do you make as the manager
 b. why do you need to exercise

3. The convenience of modern plumbing _____.
 a. allows us to enjoy running water
 b. allows us to solve political issues

4. Because my home is adjacent to a lake, _____.
 a. I can swim there anytime I want
 b. it is far from the beach

5. The company suffered fiscal losses and _____.
 a. was able to open several new stores
 b. profits fell as a result

Globalization

Today, it is not at all **abnormal** for the goods you purchase to come from around the world. Sometimes, a single item is comprised of parts constructed in many different countries. This is **applicable** to almost anything you can buy today. Consider a sweater—the wool may be woven by a **robot** in China, dyed using **artificial** colors from India, and sold in the United States.

Long ago, the **fiscal** cost of importing or exporting items from foreign countries was high, and manufacturers considered the practice to be fiscally irresponsible. By contrast, prices were low for goods that were made at home or in **adjacent** countries. Nowadays, however, the **convenience** of importing and exporting goods is in large part due to globalization. Globalization means more closely-connected countries. Merchants **broker** deals between **entrepreneurs** from across the globe to **consolidate** their costs and **configure** the lowest prices for their products.

Imagine your company wants to start manufacturing **bicycles** and selling them. If a factory close to home did everything, it would be expensive—a **bureaucracy** would need to approve every decision, and its members would need to be paid. Some workers would be hired to mine the **aluminum** and others to find the rubber; then others would build the bikes and market them to local stores. However, dividing the tasks **evenly** between different countries in order to **deduct** or minimize certain costs makes a lot more sense. Paying for metal mined in Brazil and shaped in the Philippines can save manufacturing costs. Building the bikes in China, where prices are low, and selling them to Japan, where prices are high, can help a business owner make higher profits. The consensus among many traders is that globalization has helped them become wealthy.

Globalization, however, has its negative side as well, as local workers sometimes lose out to **absent** laborers in distant lands. For this reason, many commentators **deem** globalization as something negative; the **ideological** differences between supporters of globalization may clash with politicians who pass laws that try to limit it. Yet despite critiques, globalization continues to grow stronger. United States' **franchises** like McDonalds, for example, can be found around the world, and almost all machines have parts that are made in China.



Track 3-2

READING COMPREHENSION

PART A Mark each statement **T** for true or **F** for false. Rewrite the false statements to make them true.

1. ____ In the past, goods from far away used to be more expensive than goods from close to home.

2. ____ Globalization means that countries are becoming more connected over time.

3. ____ One product today usually has parts made in many different countries.

4. ____ Globalization means more jobs for everyone.

5. ____ Globalization has many critics around the world even though it can make goods cheaper.

PART B Answer the questions.

1. What is this reading about?
 - a. Critics of globalization
 - b. The Pros and Cons of globalization
 - c. Reasons to support globalization
 - d. Fiscal responsibilities
2. How can globalization save traders money?
They can build where things are

3. Why do some people oppose globalization?
It can cost

STUDENT DIGITAL MATERIAL: CLASS BOOSTER

A digital companion to *4000 Essential English Words*, Class Booster provides fun, reinforcing activities for students. This easy-to-use component is accessible on mobile devices and PCs. A wide variety of activities are sure to keep the students engaged with the learning content. Packed with fun games and activities, Class Booster motivates learning outside the classroom.

HOW TO USE

Students

Download the PC version of Class Booster from our website: compasspub.com/4000EEW2e or download the mobile app from Google Play or the Apple App store and install on your Android or iOS mobile device.

Teachers

Sign up for a teacher's account at www.classbooster.net and share the email address with students to receive progress reports.



FOR STUDENTS

- ▶ Complete additional new activities for each reading including word flash, word match, unscramble, and quiz.
- ▶ Send activity report to teacher.
- ▶ Listen to MP3 recordings of each reading additional listening practice.
- ▶ Collect points and stars by completing each activity to unlock games.

FOR TEACHERS

- ▶ Teachers can receive their student's activity report by logging in at the classbooster.net website.