

Word	Definition	Example	Synonym	Antonym	Derived forms
additive (n)	a substance added to another substance in small amounts to change or improve it, <i>πρόσθετα</i>	Additives can keep food fresh.	additions		additively
alternative (n)	offering one of two or more choices, <i>εναλλακτική</i>	Our two alternatives are walking or taking a taxi.			alternatively
amount (n)	measure; quantity, <i>ποσότητα</i>	He put a small amount of butter on his bread.	portion, quantity		
article (n)	a piece of writing in a newspaper, magazine, or book, <i>άρθρο</i>	The school newspaper had an article on recycling.	essay		
attention (n)	the act of directing your mind to something, especially by listening or watching, <i>προσοχή</i>	The movie held our attention for three hours.	care, concentration		
boil (v)	to cook in very hot water, <i>βράζω</i>	I only boil my eggs for 3 minutes. I don't like hard boiled eggs.			boiling
calorie (n)	a unit for measuring the amount of energy that a food makes in the body. The more calories something has, the more energy it gives, <i>θερμίδα</i>	Lettuce is low in calories, and doughnuts are high in calories.			
camp (n)	a place with activities for children when they are not in school, <i>κατασκήνωση</i>	My son goes to camp for a few weeks every summer.			
carbonated water (adj)	water that contains a lot of bubbles, fizzy water, <i>ανθρακούχο νερό</i>	Is carbonated water better or worse for you than still water?			
celebration (n)	a party or anything else that people do to honor a special event, <i>εορτή</i>	There will be a celebration for her eightieth birthday.	ceremony, holiday, occasion, party		celebrate
cereal (n)	food made from grain that people eat for breakfast, <i>δημητριακά</i>	The kids eat cereal with milk most days.			
choice (n)	a decision that you make about something you want, <i>επιλογή</i>	It was hard to make the right choice.			choiceless, choicely, choiceness
climate (n)	the usual weather conditions in a place, <i>κλίμα</i>	Alaska has a cold climate.			climatic
complete (adj)	having all of the parts that are necessary; whole, <i>πλήρες</i>	We can't play cards because I don't have a complete deck.	all, entire, total		completely, completeness
cook (v)	to prepare food for eating by using heat, <i>μαγειρεύω</i>	She cooked macaroni cheese for dinner.			cooked
cook (n)	a person who cooks, <i>μάγειρας</i>	The cook tried a new recipe this evening.			cooked
count (v)	to give each thing in a group a number to learn how many there are, <i>μετρώ</i>	Hasani counted the coins in his pocket.			
countable (adj)	Anything that can be counted, <i>μετρήσιμο</i>	Dreams are countable, but sleep is not.		uncountable	count
cut down on (v)	to eat or drink less of something, or to reduce the amount or number of something, <i>μειώνω</i>	My dietician says I have to cut down on the amount of sweets I eat.	reduce	increase	
dairy (adj)	made from milk or having to do with milk products, <i>γαλακτοκομικά</i>	Milk, butter, cheese, and yogurt are dairy products.			

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damage (n)	harm or injury that makes something less useful or valuable, <i>ζημιά</i>	The storm caused damage to many houses.			damageable, damaged, damaging, damager
emphasize (v)	to give particular attention to something, <i>δίνω έμφαση</i>	The president emphasized the importance of education.	stress		
fat (n)	a white or yellow substance that contains oil and is found in animals and plants, <i>λίπος</i>	Ducks have a lot of fat to keep them warm.	grease		fatness
fizz (n)	the emission of a fizzing sound; <i>Ο ήχος που κάνει το ανθρακούχο ποτό</i>	There is no fizz coming from this bottle; so, it's not soda, it's water.	sparkle		
fizzy (adj)	full of or as if full of gas bubbles; effervescent, <i>ανθρακούχο</i>	The most popular fizzy drink in the world is Coca-Cola.	sparkling, bubbly,	flat	
grain (n)	the small hard seeds of plants such as wheat or rice. Grain is used for food and often ground into flour, <i>σπόρος/κόκκος</i>	Chickens eat grain.			
grill (v)	to cook on a grill, <i>ψήνω στη σχάρα</i>	We grilled hamburgers for dinner.	broil		griller
guide (n)	a person who shows the way or leads others, <i>οδηγός, ξεναγός</i>	The guide led us up the mountain.	counselor, leader		
hate (v)	to have a very strong bad feeling toward something; to not like in any way, <i>μισώ</i>	The people hated their cruel leader.	despise, detest, loathe	like, love	hated
heart (n)	the organ in the body that controls the flow of blood, <i>καρδιά</i>	My heart beats so fast every time I see her.			hearty, heartless
huge (adj)	very large in size or amount, <i>τεράστιος</i>	She ate a huge amount of potato chips.	great, enormous	tiny	hugely, hugeness
label (n)	a small piece of paper or cloth that is attached to an object. A label gives information about what the object contains, how to use it, or who owns it, <i>ταμπέλα</i>	The label on my sweater says to wash it in cold water.	tag		labeler
lettuce (n)	the leaves of a certain variety of green plant that are eaten as a salad, <i>μαρούλι</i>	Lettuce is my favourite salad in winter.			
log on to (v)	to connect a computer to a system of computers by typing your name, usually so that you can start working, <i>συνδέομαι (στο ίντερνετ)</i>	I can't log on to my email right now. I'll have to finish my work later.			
magazine (n)	A large, thin book with stories, pictures, articles, and advertisements, <i>περιοδικό</i>	His favourite sports magazine appears once a week.	periodical		
make sure (v)	to take action so that you are certain that something happens, is true, <i>σιγουρεύομαι</i>	Make sure you lock the door when you leave.			
pasta (n)	a food made from flour, eggs, and water and dried in various shapes. You cook pasta in boiling water before you eat it, <i>ζυμαρικά</i>	Spaghetti is my favourite pasta.			
pea (n)	a small, round, green seed that is eaten as a vegetable and grows on a climbing plant, <i>αρακάς</i>	Do you know the fairy tale “The princess and the pea?”			

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peach (n)	a soft, sweet fruit with pink or orange skin, <i>ροδάκινο</i>	Peaches have a large stone and a smooth skin.			
plain (adj)	without decoration or anything added; Simple, <i>σκέτος</i>	She wore a plain white dress to the party.	simple	fancy	plainly, plainness
poultry (n)	birds that are raised for their meat and eggs, <i>πουλερικά</i>	Chicken and turkey are of poultry.			
religion (n)	a set of beliefs that includes a belief about god or gods. Most religions also have beliefs about death and how the universe was created, <i>θρησκεία</i>	The Christian religion emphasizes helping one another.			religious
roast (v)	to cook or bake in an oven, <i>ψήνω</i>	We roasted a turkey for Thanksgiving dinner.			
salt (n)	a white substance that is found in sea water and in the earth. Salt is used for flavoring and preserving foods, <i>αλάτι</i>	You shouldn't use too much salt in your food; it's bad for you.			saltless
saying (n)	a familiar statement that often contains advice or wisdom, <i>παροιμία</i>	"Nobody is perfect" is a common saying.	expression, proverb		
skip (v)	to miss or leave out, <i>παραλείπω</i>	She skipped the fourth grade.			
sort (v)	to put things into different groups or types or into an order, <i>ταξινομώ</i>	The names of the students are sorted in alphabetical order.	group, separate, classify		sortable, sorter
spill (v)	to cause to flow or fall from a container, <i>χύνω</i>	She spilled the coffee all over her dress.	pour		
spree (n)	a period of intense activity, or of overactivity, as in satisfying some wish or obsession, <i>γλέντι</i>	She won 1000€ and went on a shopping spree.			
sugary (adj)	containing sugar, usually a large amount of it, <i>γλυκός</i>	a sugary drink	sweet		
tofu (n)	a food made from soybean milk. Tofu looks and feels like soft cheese, <i>τόφου</i>	I like tofu but it makes me fat.			
tuna (n)	a large fish that lives in the ocean and is used for food, <i>τόνος</i>	For this recipe you'll need a can of tuna.			
weight (n)	how heavy something is, <i>βάρος</i>	What is your weight? You look thin.			
worried (adj)	Feeling fear or anxiety, <i>ανήσυχος</i>	He was so worried while his wife was in hospital.	anxious, nervous, concerned	calm, reassured	worriedly

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bore (v)	to make someone tired or lose interest by being dull, <i>κάνω κάποιον να βαριέται</i>	News programs bore most children, but my son thinks they're interesting.	tire	entertain, excite, thrill	boring
bored (adj)	feeling tired because of having to do something that is not interesting, <i>βαριεστημένος</i>	I felt bored during the long drive.			
chat (v)	to talk in an informal, easy way, <i>συζητώ</i>	I chat with my friends at lunch.			chattingly
come up with (v)	to think of a plan, an idea, or a solution to a problem, <i>σκέφτομαι λύση για ένα πρόβλημα</i>	We need to come up with a better excuse!			
dead tired (adj)	extremely tired, exhausted, <i>κατάκοπος</i>	We were all dead tired when we reached the top of the mountain.			
do my best (expr)	to make the greatest effort possible, <i>βάλω τα δυνατά μου</i>	I did my best to be a good host at the party.			
draft (n)	a piece of writing or a picture that needs more work to be finished, <i>πρόχειρο</i>	He wrote the first draft of the report.	sketch		draftable, drafter
excite (v)	to increase the feelings of; to increase energy, <i>συναρπάζω</i>	The first snow of the year always excites children.	irritate, provoke, thrill	bore	
glad (adj)	happy about something, <i>χαρούμενος</i>	I'm so glad to see you again!			gladly
mark (n)	a number or letter that is written on a piece of work, saying how good the work is, <i>βαθμός</i>	I always get good marks in Biology.			marker, [un]marked, mark
mate (n)	a marriage partner or close friend, <i>σύντροφος</i>	My parents say that they are soul mates.	partner, spouse		mateless
nervous (adj)	feeling worry or fear about a particular thing or things, <i>νευρικός/ανήσυχος</i>	I was very nervous before the test, but it was easier than I thought.	afraid	cool	nervously, nervousness
occasion (n)	an event or the time at which it happens, <i>συμβάν, περιστατικό</i>	He has been late on many occasions.	affair, instance, time, happening		occasional
pair (n)	two things that are the same and are used together, <i>ζευγάρι</i>	I bought a new pair of shoes yesterday.	couple		
similar (adj)	being almost the same as something else, <i>παρόμοιος</i>	Lee's handwriting is similar to mine.	alike	different, distinct, unlike	similarly

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battle (n)	a fight between two armies in a war, <i>μάχη</i>	An important battle of the Civil War was fought on this hill.	clash, combat, conflict, fight		battlefield
casual (adj)	comfortable and not suitable for formal occasions, <i>καθημερινός</i>	She never wears casual clothes to work.			casually
court (n)	an area for playing particular sports, such as tennis, basketball etc., <i>γήπεδο τένις</i>	Meet me outside the tennis court.			
explore (v)	to try to understand something by looking at it in detail, <i>διερευνώ</i>	Let's explore this idea.	scan		
fashionable (adj)	popular at a particular time, <i>μοντέρνος, της μόδας</i>	Models always wear very fashionable clothes.			
forces of evil (expr)	the power and influence of something or someone bad, <i>οι δυνάμεις του κακού</i>	The film was about the battle of good against the forces of evil.			
further (adv)	comparative of far; at or to a greater distance, <i>περαιτέρω</i>	We drove further today than we did yesterday.	more	less	
it's loads of fun (expr)	<i>έχει πολύ πλάκα</i>	You shouldn't miss this film; it's loads of fun.			
lord (n)	a man of high social rank, or a title given to a man who has earned official respect, <i>λόρδος</i>	"The Lord of the Rings" is one of my favourite films.			
matrix (n)	the context in which something develops and grows, <i>καλούπι, περίβλημα, δομή</i>	Europe is remaking itself politically within the matrix of the European Community.			
move (n)	activity, <i>κίνηση</i>	She's always on the move; she never sits in one place.			movement
must (n)	something very important to have or do, <i>αναγκαιότητα, απαίτηση</i>	Having a computer is a must these days.			
overhead projector (n)	a machine that projects films or pictures onto a screen or a wall, <i>συσκευή προβολής διαφανειών</i>	A few years ago teachers used to use an overhead projector to show images and pictures in their class.			
scan (v)	to examine something with a machine that can see inside an object or body, <i>σαρώνω</i>	Luggage is always scanned at the airport.			scanner
step (n)	one of the movements you make with your feet when you walk, <i>βήμα</i>	Take a step forward.			step-by-step
sticky (adj)	a moment/problem/situation, etc that is difficult or embarrasses you, <i>προβληματικός</i>	How can I get out of this sticky situation?			stick, sticker, stuck
take part in (v)	to be involved in an activity with other people, <i>συμμετέχω</i>	He doesn't want to take part in any of the activities.			
trendy (adj)	fashionable at the moment <i>μοντέρνος</i>	Your new earrings are really trendy.			trend
trilogy (n)	a series of three books, plays, etc with the same characters or subject <i>τριλογία</i>	Trilogies are commonly found in literature, film, or video games.			
update (v)	to add new information, <i>ενημερώνω</i>	We'll update you on this news story throughout the day.			update

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warm (adj)	having a temperature between cool and hot, ζεστός	The weather is usually warm in spring.			warmth, warm, warmly