

## 8A LOOKING AFTER YOURSELF

### KEEPING FIT

*(equipment)*

(Use) an exercise bike: bici estatica

(go on) a running machine (also treadmill)

(do/lift) weights: pesas

(use) a rowing machine: máquina de remo

(use) a cross-trainer: máquina elíptica

(use) a yoga mat: colchoneta

*(exercises)*

do sit-ups: abdominales

do press-ups: flexión

stretch: estirarse

do aerobics

do spinning

do pilates (or yoga)

### BEAUTY TREATMENTS

manicure: manicura

pedicure: pedicura

facial: tratamiento facial

massage: masaje

waxing: depilación

fake tan: broncear

### AT THE HAIRDRESSER'S OR BARBER'S

bunches: 2 coletas

a buzz cut (also crew cut): pelo rapado

a fringe: flequillo

a parting: raya, separación

a ponytail: coleta

plaits: trenzas

*have your hair...*

curled: enrutado

cut: cortar

dyed: teñido

put up: hacer un moño/coleta alto?

straightened

*have...*

a blow dry: secarse el pelo

a shave: afeitarse

a trim (or have your hair trimmed): recortar

highlights: toque de luz (hacer mechas?)

## **READING & SPEAKING**

aches and pains: achaques, dolores, molestias

wrapped in: envuelto en

blanket: frazada (manta peluda que se echa sobre la cama)

handkerchief: pañuelo

scalp: cuero cabelludo

dripping: goteo

## **8B THE REST IS HISTORY**

Leader: líder

attacks: ataque

monarchy: monarquía

civil war: guerra civil

revolution: revolución

army: ejército, armada, tropa

war: guerra

battle: batalla

fought: luchar contra

## **READING & SPEAKING**

Bullets: bala

battlefield: campo de batalla

cannons: cañón

soldiers: soldado

rifle: rifle

blowing up: explosionar

## **9A CAN'T REMEMBER, CAN'T FORGET**

## **READING & SPEAKING**

Snapped: roto  
realized: darse cuenta  
recall: memorizar, recordar  
occurred: ocurrir  
fade: disipar, perder, debilitarse (en el texto habla de la infancia)  
cope: salir adelante, sobrellevar, hacer frente, lidiar  
classify: clasificar

## **WORD FAMILIES**

REMEMBER: memory, memorable, memorize, memorial, memoirs  
FORGET: forgetful, unforgettable

## **9B WEDDING DRAMAS**

The bride: la novia  
the (bride) groom (man on his wedding day): novio  
the best man: padrino  
a bridesmaid: dama de honor  
a pageboy (attendant at wedding: male child): paje

bride: novia  
guests: invitando  
reception: bienvenida(recepción), banquete  
speech: discurso  
ceremony: ceremonia  
wedding dress: vestido de novia

## **10A AMERICA AND THE WORLD**

### **10B EXAM TIME**

A candidate doing an oral exam  
a candidate taking written exam  
a candidate cheating in an exam  
an invigilator  
an examiner

Cram: empollar para..., estudiar  
fail: fracasar, no lograr...  
marks: nota, calificación  
multiple-choice: (exámenes con respuesta) de elección múltiple

papers: prueba (examen), trabajo, articulo/periodico, papel  
take: hacer (un examen)