

Word	Definition	Example	Synonym	Antonym	Derived forms
<b>Lesson 1</b>					
<b>absorb (v)</b>	to take in liquid through the surface, <i>απορροφώ</i>	These towels don't absorb water well.			
<b>alternative (n)</b>	one of two or more choices, <i>εναλλακτικός</i>	Our two alternatives are walking or taking a taxi.			alternatively
<b>appeal (v)</b>	to seem interesting or attractive to someone, <i>ελκύω</i>	Chocolate appeals to many people.			
<b>bean (n)</b>	the seed of certain plants that is eaten as a vegetable, <i>κόκκος/φασόλι</i>	Bean soup is my favourite dish.			
<b>cane (n)</b>	a stick made of metal or wood that helps someone walk, <i>ραβδί</i>	She had to walk with a cane after she broke her hip.			
<b>chew (v)</b>	to crush food into smaller pieces with the teeth so that it can be swallowed, <i>μασάω</i>	Chew food before you swallow it.			
<b>component (n)</b>	a part of something, <i>εξάρτημα/συστατικό</i>	One of the components of the engine is missing.	element, part		
<b>confection (n)</b>	a sweetened candy or fruit, <i>γλύκισμα</i>	Frozen cocoa with sugar can be eaten as a confection.	candy		
<b>contemporary (adj)</b>	belonging to the present time; current; modern, <i>σύγχρονος</i>	Many older people do not like contemporary music.	modern	old-fashioned, out of date	
<b>cosmetic (n)</b>	what you put on your face or body to improve its appearance, <i>καλλυντικό</i>	There are a lot of cosmetics that are claimed to make wrinkles disappear.			cosmetically
<b>cough (v)</b>	to push out air and other substances from the lungs, making a noise in the throat, <i>βήχω</i>	People cough because of illness or when they breathe in something such as smoke or dust.			
<b>crop (n)</b>	plants grown on a farm, <i>σοδειά</i>	Corn is an important crop for this country.	harvest		
<b>debate (v)</b>	to discuss the different sides of a subject or issue, <i>συζητώ, αντιπαρατίθεμαι</i>	We debated whether it was fair to make students take swimming lessons.	argue, contend		
<b>delicacy (n)</b>	something delightful or rare, especially food, <i>λιχουδιά</i>	Truffles are a great delicacy and one of the most expensive foods in the world.			
<b>deranged (adj)</b>	mentally ill; insane, <i>σχιζοφρενής</i>	On hearing the news, he behaved like a deranged person.	insane, lunatic	rational	
<b>distill (v)</b>	to make a liquid stronger by heating it until it changes to a gas and then cooling it so that it changes back into a liquid, <i>διυλίζω</i>	When you distill water, minerals are removed.			

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<b>external (adj)</b>	of the outside or outer part, <i>εξωτερικός</i>	This gel is for external use only: it must not be swallowed.	exterior, outer	inner, internal	externally
<b>fascination (n)</b>	the condition of having one's attention aroused and held, as by charm, beauty, or extreme interest, <i>γοητεία</i>	The cat watched the dangling string with fascination.			
<b>finely (adv)</b>	in a delicate, refined, or excellent way, <i>εξαιρετικά/με λεπτομέρεια</i>	This is a piece of finely crafted porcelain.			
<b>folk (adj)</b>	having to do with traditional art forms, <i>λαϊκός</i>	They enjoyed an evening of folk music.			
<b>fuel (n)</b>	anything such as wood or gasoline that is burned as a source of energy, <i>καύσιμο</i>	A car cannot operate without fuel.			
<b>grind (v)</b>	to crush into very small pieces or a powder, <i>αλέθω</i>	He ground the coffee very finely.	crush		
<b>hiccup (n)</b>	a sudden uncontrolled taking in of breath that is also stopped very quickly, <i>λόξιγκας</i>	The baby made a loud hiccup and we all laughed.			
<b>juicy (adj)</b>	having a great amount of juice, <i>χυμώδης</i>	Watermelon is a juicy fruit.		dry	juicily, juiciness
<b>millstone (n)</b>	either of a pair of circular stones that grind something, especially grain, in a mill, <i>μυλόπετρα</i>	The miller would open a sack of grain and pour it into the millstones.			
<b>obtain (v)</b>	to get; gain, <i>αποκτώ</i>	He obtained his college degree in just three years.			
<b>paddy (n)</b>	a field planted with rice growing in water, <i>οριζώνας</i>	Huge rice paddies can be found in China.			
<b>plantation (n)</b>	a large farm, especially in a hot part of the world, on which a particular type of crop is grown, <i>φυτεία</i>	There are large tobacco plantations in central-western Greece where tobacco is produced.			
<b>raise (v)</b>	to move to a higher position, <i>υψώνω</i>	I raised my hand.	lift, pick up	lower	
<b>release (v)</b>	to let someone or something go free; to stop keeping prisoner, <i>ελευθερώνω</i>	They released the prisoners at the end of the war.			
<b>remain (v)</b>	to continue in the same way, <i>παραμένω</i>	He asked her a question, but she remained quiet.	last, persist		
<b>remedy (n)</b>	something used to take away pain or cure an illness, <i>γιατρικό</i>	My grandmother had a good remedy for earache.	cure		
<b>stem (n)</b>	the main part of a plant that supports the branches, leaves, and other parts, <i>βλαστός</i>	She likes to eat the broccoli flowers but not the stems.	stalk		

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<b>whimsical (adj)</b>	unusual and strange in a way that might be funny or annoying, <i>εκκεντρικός</i>	As she became older and more isolated, she developed many whimsical traits.	fanciful, quaint		whimsically

## Lesson 2

<b>average (adj)</b>	usual or typical; ordinary, <i>μέσος όρος / τυπικός</i>	The average person in this country does not exercise enough.	normal		
<b>beefeater (n)</b>	a guard at the Tower of London, or a yeoman in the English royal guard, <i>φρουρός στον Πύργο του Λονδίνου</i>	The Beefeaters wear colourful uniforms, similar to those worn in the Elizabethan period.			
<b>creativity (n)</b>	the capability of producing original or imaginative work, <i>δημιουργικότητα</i>	This artist is famous for his creativity; he has painted beautiful landscapes on the sides of many buildings.	imagination, ingenuity, originality		
<b>cucumber (n)</b>	a long vegetable with hard green skin and white flesh, <i>αγγούρι</i>	Greek salad is made up of tomato, cucumber, onion and olives, sprinkled with olive oil.			
<b>curiosity (n)</b>	the desire to learn or know, <i>περιέργεια</i>	He read his grandmother's journal with great curiosity.			
<b>ingredient (n)</b>	one of the parts of a mixture, <i>συστατικό</i>	Flour, sugar, eggs, and cocoa are some ingredients of chocolate cake.			
<b>regional (adj)</b>	of a particular geographic area, <i>τοπικός</i>	The children learn the country's official dialect in school but use their regional dialect at home.			regionally
<b>review (n)</b>	an article in a newspaper or magazine that gives an opinion about a new book, film, or restaurant, <i>κριτική</i>	That film got a good review in the newspaper.			
<b>smart (adj)</b>	fashionable, elegant, <i>κομψός</i>	John was smartly dressed for the interview.	fashionable elegant		smartly, smartness
<b>spice (n)</b>	a vegetable substance with a particular smell or taste, <i>καρύκευμα</i>	Spices are used to flavour food.			
<b>tube (n)</b>	the London Underground, <i>το μετρό του Λονδίνου</i>	We took the tube to get around London.			

## Lesson 3

<b>anorexia (n)</b>	a psychological disorder marked by the inability to eat; anorexia nervosa, <i>ανορεξία</i>	She is on a constant diet and I'm afraid she is now actually suffering from anorexia.			anorexic
<b>bulimia (n)</b>	abnormal hunger and continuous eating, <i>βουλιμία</i>	She is suffering from bulimia; she never let's anyone see her when she's eating.			bulimic
<b>case (n)</b>	an instance or example of something, <i>περίπτωση</i>	There are four cases of the flu in our department.	instance		

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<b>train (v)</b>	to teach skills or actions, <i>εκπαιδεύω, προπονούμαι</i>	He trained his dog to catch a ball.	coach		
<b>Self - Evaluation</b>					
<b>agriculture (n)</b>	farming, raising crops, <i>γεωργία</i>	Agriculture is a source of income for Greece.			agricultural, agriculturally
<b>dairy (adj)</b>	made from milk or having to do with milk products, <i>γαλακτοκομικά</i>	Milk, butter, cheese, and yogurt are dairy products.			
<b>edible (adj)</b>	able to be eaten as food, <i>φαγώσιμος</i>	Those wild plants are edible.		inedible	
<b>mental (adj)</b>	having to do with the mind and thinking, <i>διανοητικός, ψυχικός</i>	She has a mental illness and can't live alone.		physical	mentally
<b>roast (v)</b>	to cook or bake with dry heat in an oven or over an open fire, <i>ψήνω</i>	We roasted a turkey for Thanksgiving dinner.			
<b>temperature (n)</b>	how hot or cold something is, <i>θερμοκρασία</i>	The temperature is higher in the afternoon than in the evening.			