

N. C. GRIVAS

TEEN
WHODUNNIT?
NEXT CASE

B1

Companion 

UNIT 1

Teen Life & School

Word	Meaning	Example
(page 6) 1 teen [ti:n] (adj) Der: teen (n)	 of a person between 13 and 19 years old / εφηβικός	<i>Do any of your friends or classmates read teen magazines?</i>
2 balance [ˈbæləns] (n) Der: balance (v), balanced (adj) Opp: imbalance	 ισορροπία	<i>There must be a balance between studying and playing.</i>
3 digital [ˈdɪdʒɪtl] (adj) Der: digit (n), digitally (adv)	 using computers and the internet / ψηφιακός	<i>We live in a digital world.</i>
4 explore [ɪkˈsplɔː] (v) Der: exploration (n), exploratory (adj)	 to think about, talk about or examine sth so that you can find out more about it / διερευνώ, εξετάζω	<i>In today's lesson we will explore some new ideas on the subject.</i>
5 social media [ˌsəʊʃl ˈmiːdiə] (n)	 κοινωνικά δίκτυα	<i>How much time do you spend on social media?</i>
6 affect [əˈfekt] (v)	 to cause a change in sb/sth / επηρεάζω	<i>What you eat affects your health.</i>
7 manage [ˈmænɪdʒ] (v) Der: management (n), manageable (adj)	 διαχειρίζομαι, τα βγάζω πέρα με	<i>Can you manage all this work by yourself?</i>
8 stress [stres] (n) Der: stress (v), stressed (adj) [stressful (adj) = αγχωτικός, πιεστικός]	 the state of feeling worried because you have problems / στρες, άγχος	<i>Too much stress can make you ill.</i>
9 habit [ˈhæbɪt] (n) Der: habitual (adj)	 sth you do often / συνήθεια	<i>It isn't easy to change your habits.</i>
10 routine [ruːˈtiːn] (n)	 the usual order and way you do things / ρουτίνα, πρόγραμμα, τακτική συνήθεια	<i>You should make exercise part of your daily routine.</i>
11 safe [seɪf] (adj) Der: safety (n), safely (adv) Opp: unsafe	 protected from danger / ασφαλής	<i>I don't feel safe when I'm in the house by myself.</i>
12 online [ɒnˈlaɪn] (adv) Der: online (adj)	 when using the Internet / στο Διαδίκτυο	<i>You can buy almost everything online today.</i>
13 challenge [ˈtʃælɪndʒ] (n) Der: challenge (v), challenging (adj)	 sth new or difficult that you need to try hard for / πρόκληση	<i>Starring as James Bond will be a great challenge for the young actor.</i>
14 take control of [teɪk kənˈtrəʊl əv]	 παίρνω τον έλεγχο, παίρνω στα χέρια μου	<i>When you find a job, you will be able to take control of your life.</i>
15 improve [ɪmˈpruːv] (v) Der: improvement (n)	 to make better / βελτιώνω	<i>Do a lot of exercises if you want to improve your grammar.</i>
16 survey [ˈsɜːveɪ] (n) Der: survey (v)	 έρευνα, δημοσκόπηση	<i>The survey showed that 64% of the people asked prefer shopping online.</i>
17 notification [ˌnəʊtɪfɪˈkeɪʃn] (n) Der: notify (v)	 ειδοποίηση	<i>Do you check your notifications as soon as you wake up?</i>
18 opinion [əˈpɪnɪən] (n) [in my opinion = κατά την άποψή μου]	 what you think of sb/sth / γνώμη, άποψη	<i>What's your opinion about social media?</i>

1

Scrolling and stress

Word	Meaning	Example
(page 8) 1 scroll [skrəʊl] (v) [scrolling (n) = σκρολάρισμα] 	σκρολάρω, μετακινώ κείμενο, γραφικά κλπ σε οθόνη	Most people scroll through social media while they're on the bus.
2 stay up late [steɪ ʌp leɪt] 	to go to bed later than usual / μένω ξύπνιος ως αργά	I never stay up late if I have school the next day.
3 chat [tʃæt] (v) 	talk or send messages to sb / μιλώ, συνομιλώ	Do you ever stay up late to chat with your friends?
4 sleepy ['sli:pi] (adj) Der: sleepily (adv), sleepiness (n) 	ready to go to sleep / νυσταγμένος	I don't want to go to bed. I'm not feeling sleepy.
5 concentrate ['kɒnsntreɪt] (v) Der: concentration (n) 	to give all your attention to sth and not think of anything else / συγκεντρώνομαι	There's too much noise in here. I can't concentrate.
6 focus ['fəʊkəs] (v) Der: focus (n), focused (adj) 	to give your attention to one thing only / εστιάζω, συγκεντρώνομαι	You need to focus if you want to finish this.
7 motivation [ˌmɒtɪ'veɪʃn] (n) 	the state of wanting to do sth / ενδιαφέρον, ενθουσιασμός, κίνητρο	He's very clever, but he doesn't have the motivation to study.
8 be likely to do sth [bi 'laɪkli tə du] 	will probably do sth; to be expected to do sth / είναι πιθανό να	I'm likely to forget, so I'll make a note.
9 negative ['negətɪv] (adj) Der: negatively (adv), negativity (n) 	bad; not wanted / αρνητικός	This will affect us in a negative way.
10 impact (on sth) ['ɪmpækt] (n) Der: impact (v) 	επίπτωση, αντίκτυπος	Technology has had a great impact on our lives.
11 performance [pə'fɔ:məns] (n) [perform (v) = αποδίδω] 	how well or badly sb does sth / απόδοση, επίδοση	His performance in school has improved a lot.
12 however [haʊ'evə] (adv) 	but / ωστόσο, παρ' όλα αυτά	He wasn't feeling well. However, he went to work.
13 balance (sth with sth) ['bæləns] (v) [balanced (adj) = ισορροπημένος] Der: balance (n) 	to give equal importance to different things / εξισορροπώ	He tried to balance his long work hours with the time he spent with his family.
14 screen time [skri:n taɪm] (n) 	the time you spend using a computer, phone, games console, etc. / ο χρόνος που περνάς μπροστά σε οθόνη	Five hours of screen time a day is too much.
15 creative [kri'eɪtɪv] (adj) Der: create (v), creativity (n), creator (n) 	δημιουργικός	Painting is a creative hobby.
16 confident ['kɒnfɪdənt] (adj) [confidence (n) = σιγουριά, αυτοπεποίθηση] Der: confidently (adv) 	sure of yourself / σίγουρος για τον εαυτό μου, με αυτοπεποίθηση	He's confident because he knows he's good at what he does.
17 relaxed [rɪ'læksɪd] (adj) Der: relax (v), relaxation (n), relaxing (adj) 	calm and not worried / χαλαρός, ήρεμος	People feel relaxed when they're on holiday.

Word	Meaning	Example
18 anxious ['æŋkʃəs] (adj) [anxiety (n) = άγχος, νευρικότητα, ανησυχία] Der: anxiously (adv), anxiousness (n)	worried; nervous / αγχωμένος, νευρικός	<i>Most students feel anxious before exams.</i>
19 in moderation [ɪn ˌmɒdər'eɪʃn]	in a way that is not too much / με μέτρο	<i>You should eat red meat in moderation.</i>
20 positive ['pɒzətɪv] (adj) Der: positively (adv)	good / θετικός	<i>I hope the results will be positive.</i>
(page 9)		
21 effect (on) [ɪfekt] (n) Der: effective (adj), effectively (adv)	result / αποτέλεσμα, επίδραση	<i>Stress had a negative effect on his performance.</i>
22 situation [ˌsɪtʃu'eɪʃn] (n)	κατάσταση	<i>We must do something to improve the situation.</i>
23 feeling ['fi:lɪŋ] (n) Der: feel (v)	sth you feel / αίσθημα, συναίσθημα	<i>The good news gave us a feeling of happiness.</i>
24 call [kɔ:l] (n) [make a call = τηλεφωνώ] Der: call (v)	when you speak to sb on the phone / τηλεφώνημα	<i>Were there any calls for me while I was at the bank?</i>
25 choice [tʃɔɪs] (n) [make a choice = επιλέγω] Der: choose (v)	the act of choosing / επιλογή	<i>You have a choice between cheesecake and apple pie for dessert.</i>
26 effort ['efət] (n) [make an effort = κάνω προσπάθεια, προσπαθώ] Der: effortless (adj), effortlessly (adv)	the act of trying to do sth, usu. sth difficult / προσπάθεια	<i>It takes a lot of effort and hard work to become a doctor.</i>
27 skill [skɪl] (n) Der: skilled (adj), skilful (adj), skilfully (adv)	a specific ability to do sth / δεξιότητα	<i>What skills do you need to become a teacher?</i>
28 practise ['præktɪs] (v) Der: practice (n)	to do sth regularly to become good at it / εξασκούμαι, κάνω εξάσκηση	<i>If you want to be a good dancer, you must practise every day.</i>
29 distract [dɪ'strækt] (v) [distracting (adj) = που σου αποσπά την προσοχή] Der: distraction (n), distractingly (adv)	to make sb stop giving attention to sth / αποσπώ την προσοχή	<i>Don't distract me. I'm trying to study.</i>
30 useful ['ju:sfʊl] (adj) [use (n) = χρήση] Der: use (v), usefully (adv), usefulness (n) Opp: useless	that helps you do sth / χρήσιμος	<i>Your advice was useful and helped a lot.</i>
31 express [ɪk'spres] (v) Der: expression (n), expressive (adj), expressively (adv)	to say what you think or feel / εκφράζω	<i>Sometimes, it's difficult to express your feelings.</i>
32 personally ['pɜːsnəli] (adv) Der: personal (adj)	used when you give your opinion / προσωπικά	<i>Personally, I think tennis is boring.</i>
33 communication [kəˌmjuːnɪˈkeɪʃn] (n) Der: communicate (v)	the act of sharing information, thoughts, etc. with sb / επικοινωνία	<i>Mobile phones have made communication easier.</i>

Word		Meaning	Example
(page 10) 34 device [dɪ'vaɪs] (n)		συσκευή	<i>The computer is a very useful device.</i>
35 matter ['mætə] (v)		to be important / έχω σημασία	<i>Money is the only thing that matters to him.</i>
36 contact ['kɒntækt] (v) Der: contact (n)		to communicate with sb / έρχομαι σε επαφή με, επικοινωνώ	<i>If you need me, you can contact me on my mobile.</i>
37 wisely [waɪzli] (adv) Der: wise (adj), wisdom (n)		συνετά, σοφά	<i>Use your money wisely. Don't spend it all in one day.</i>
38 set limits (on sth) [set 'lɪmɪts]		θέτω όρια / περιορισμούς	<i>You need to set limits on how much time you spend on your phone.</i>
39 face [feɪs] (v)		to have to deal with sth / αντιμετωπίζω	<i>This is the biggest challenge he has ever had to face.</i>
40 pressure ['preʃə] (n) Der: pressure (v)		πίεση	<i>The pressure at work makes him stressed.</i>
41 because of [bɪ'kɒz əv] (prep)		as a result of / λόγω, εξαιτίας	<i>We were late because of the rain.</i>
42 schedule ['ʃedju:l] (n) Der: shedule (v)		πρόγραμμα	<i>I've got a really busy schedule this week.</i>
43 rest [rest] (v) Der: rest (n), rested (adj)		to relax and do nothing / ξεκουράζομαι	<i>I'm tired. Let's stop walking and rest for a few minutes.</i>
44 organise ['ɔ:gənaɪz] (v) Der: organisation (n), organiser (n), organised (adj)		οργανώνω	<i>If you organise your time better, you'll be able to do more things.</i>
45 energy ['enədʒi] (n) Der: energetic (adj), energetically (adv)		ενέργεια	<i>I don't have the energy to take the dog for a walk now. Can you do it?</i>

Exercises

1 Write **T** if the sentence is True or **F** if it is False.

- If you **are likely to** do something, you will probably do it.
- If something **distracts** you, it helps you concentrate.
- If something **matters**, it is important.
- If you are **confident**, you are sure about yourself.
- A **device** is an object that helps you do something.
- If you **make an effort**, you don't try at all.
- If you do something **in moderation**, you do it all the time.
- If something is **positive**, it is good.



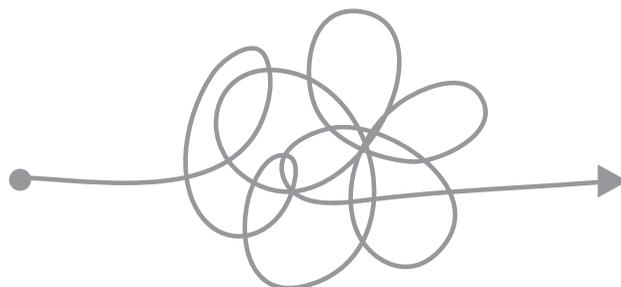
2 Choose the correct word.

1. 'You look stressed, Fiona.' 'I am. I always feel before an exam.'
a anxious b relaxed
2. I can't meet you today. I've got a very busy
a situation b schedule
3. My piano teacher says that I have to every day.
a perform b practise
4. I always listen to music when I'm studying because it helps me
a focus b organise
5. If you don't get enough sleep, it will affect your at school.
a impact b performance
6. Students a lot of problems today because they have too many things to do.
a express b face
7. Making jewellery is a very hobby.
a creative b balanced

3 Fill in the correct word from the box.

skills • communication • choice • motivation
energy • activities • effect • pressure

1. There are a lot of for children at the hotel, such as board games, ping-pong and painting.
2. What do you want for Christmas? You have to make a soon.
3. If you're tired and have no, these vitamins will help you.
4. There's a lot of to finish this project before the end of the week.
5. This book will help you improve your writing
6. Eating fruit and vegetables has a positive on your health.
7. Do you think social media have made easier?
8. Money is his to work.



TEEN
WHODUNNIT?
NEXT CASE

B1
Companion

ISBN 978-960-613-368-8



9 789606 133688

GRIVAS
publications