

Unit 4

Word building

anxiety (n) C	/æŋ'zaɪəti/	ansia
anxious (adj)	/æŋkʃəs/	ansioso
caution (n) U	/kɔːʃn/	cautela
cautious (adj)	/kɔːʃəs/	cauto
fear (n) C	/fiə/	paura
fearful (adj)	/fiəfl/	pauroso
fearless (adj)	/fiələs/	impavido
harm (n) U	/hɑːm/	danno
harmful (adj)	/hɑːmfl/	dannoso
harmless (adj)	/hɑːmləs/	innocuo
reason (n) C	/riːzn/	ragione
reasonable (adj)	/riːznəbl/	ragionevole
risk (n) C	/rɪsk/	rischio
risky (adj)	/rɪski/	rischioso
unreasonable (adj)	/ʌn'riːznəbl/	irragionevole

Try not to show your **anxiety** in front of your children.
 Children of phobics are more likely to be fearful and **anxious**.
Caution is careful thought in order to try and avoid risks or danger.
 Parents need to be careful not to be too **cautious**.
 Claustrophobia is the **fear** of enclosed spaces.
 The capacity to be anxious or **fearful** depends on a chemical balance in the brain.
 Someone who is **fearless** is not afraid of anyone or anything.
Harm is injury or damage caused to someone or something.
 The only thing I do that is **harmful** to my health is smoke.
 I know frogs are basically **harmless** but I don't like touching them.
 The main **reason** she's invited me is that she's got to take her final test when I go out.
 Someone or something that is **reasonable** is sensible.
 A phobia is far out of proportion to the **risk** a situation involves.
 Something that is **risky** is slightly dangerous.
 A phobia is an intense, **unreasonable** fear of a thing or situation.

Word class

abolish (v)	/ə'bɒlɪʃ/	abolire
abolition (n) U	/əbɒ'lɪʃn/	abolizione
brave (adj)	/breɪv/	coraggioso, audace
bravery (n) U	/breɪvəri/	coraggio, audacia
courage (n) U	/kʌrɪdʒ/	coraggio
courageous (adj)	/kə'reɪdʒəs/	coraggioso
disobedience (n) U	/dɪsə'biːdiəns/	disobbedienza
disobey (v)	/dɪsə'bəɪ/	disobbedire
equal (adj)	/iːkwəl/	uguale
equality (n) U	/i'kwɒləti/	uguaglianza

Slavery was officially **abolished** in the USA in 1865.
 One of Martin Luther King's aims was the **abolition** of poverty.
 Rosa Parks's **brave** decision marked the beginning of the American Civil Rights Movement.
Bravery is brave behaviour.
 Black people had the moral **courage** to stand up for their rights.
 Someone who is **courageous** is brave.
 It is through **disobedience** that progress has been made.
 Blacks had been arrested for **disobeying** drivers in the past.
 The Civil Rights Bill granted **equal** rights to all American citizens.
 The Civil Rights Movement fought for liberty and **equality**.

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free (adj)	/fri:/	libero
freedom (n) C	/ˈfriːdəm/	libertà
liberate (v)	/ˈlɪbəreɪt/	liberare
liberty (n) C	/ˈlɪbəti/	libertà
slave (n) C	/sleɪv/	schiaivo
slavery (n) U	/ˈsleɪvəri/	schiavitù

Better to starve **free** than be a fat slave.
 You can't separate peace from **freedom**.
 If you **liberate** someone, you set them free.
 The Civil Rights Movement fought for **liberty** and equality.
 'Better to starve free than be a fat **slave**' is a quote by Aesop.
Slavery was officially abolished in the USA in 1865.

Homophones

bare (adj)	/beə/	nudo
bear (n) C	/beə/	orso
coarse (adj)	/kɔːs/	grossolano, volgare
course (n) C	/kɔːs/	portata
ensure (v)	/ɪnˈʃʊː/	garantire
hole (n) C	/həʊl/	buco
insure (v)	/ɪnˈʃʊː/	assicurare, assicurarsi
plain (adj)	/pleɪn/	semplice
plane (n) C	/pleɪn/	aeroplano
pray (v)	/preɪ/	pregare
prey (n) C	/preɪ/	preda
principal (adj)	/ˈprɪnsəpl/	principale
principle (n) C	/ˈprɪnsəpl/	principio
tail (n) C	/teɪl/	coda
tale (n) C	/teɪl/	racconto
whole (adj)	/həʊl/	intero

He picks the snake up with his **bare** hands and throws it in the sack.
 Goldilocks is a story about a little girl who goes into a house belonging to a **bear** family.
Coarse language is rude or offensive language.
 We had a three-**course** meal at a nice restaurant.
 We need to **ensure** that we give people the right antidote.
 The rain came through a **hole** in the roof.
 The rain came through a hole in the roof and we had forgotten to **insure** against water damage.
 You can have fried rattlesnake, rattlesnake kebabs or just **plain** baked rattlesnake.
 Some passengers began to pray as the **plane** took off.
 Some passengers began to **pray** as the plane took off.
 Rattlesnakes generally swallow their **prey** whole.
 The film's use of coarse language was my **principal** reason for not liking it.
 Don't move and he'll stay still too. In **principle**, anyway!
 The rattle on the end of the **tail** is a warning signal.
 Goldilocks is a children's **tale** about a little girl who goes into a house belonging to a bear family.
 I'm getting tired of the **whole** thing.

Other words & phrases

acronym (n) C	/ˈækrənɪm/	acronimo
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People who suffer from a fear of long words use abbreviations and **acronyms**.

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acupuncture (n) U	/ækjʊpʌŋktʃə/	agopuntura	Acupuncture can help people suffering from phobias.
AGM (n) C	/eɪ dʒiː 'em/	Assemblea Generale Annuale	I've just heard that I've got to give a presentation at the AGM .
agony (n) U	/ægəni/	dolore intenso	We did two hours of sword training earlier this morning and my shoulders are in agony !
antidote (n) C	/æntɪdəʊt/	antidoto	We need to ensure that we give people the right antidote .
antivenin (n) C	/æntɪ'vɛnɪn/	contravveleno	We use the rattlers venom to manufacture the antivenin .
arena (n) C	/ə'ri:nə/	arena	You learn about sword fighting and dress up in Roman costume, eat Roman food and stuff and apparently you get to fight in a proper ancient Roman arena at the end of it – a kind of mini coliseum.
assertive (adj)	/ə'sɜːtɪv/	deciso, energico	An assertive person is confident without being aggressive.
award (v)	/ə'wɔːd/	assegnare	In 1964 Martin Luther King was awarded the Nobel Peace Prize.
back (v)	/bæk/	sostenere, aderire a	A huge number of people decided to back the bus boycott.
bake (v)	/beɪk/	cuocere al forno	You can have fried rattlesnake, rattlesnake kebabs or just plain baked rattlesnake.
balance (n) C	/bæləns/	equilibrio	The capacity to be anxious or fearful depends on a chemical balance in the brain.
boost (v)	/buːst/	incrementare	A gladiator course is supposed to be the latest thing in confidence boosting .
bossy (adj)	/bɒsi/	autoritario	A bossy person tries to take control of a situation and can be very irritating.
boycott (n) C	/bɔɪkɒt/	boicottaggio	Her arrest sparked a mass boycott on the city buses.
break down (v)	/breɪk 'daʊn/	guastarsi	Some people never take a lift in case it breaks down .
bust (v)	/bʌst/	eliminare	Yeah, well it's supposed to be the latest thing in stress busting and confidence boosting.
buzz (n) C	/bʌz/	scossa	She got a real adrenaline buzz the first time she fought in front of an audience.
conditioned (adj)	/kən'dɪfənd/	condizionato	A phobia is a conditioned reflex.
confront (v)	/kən'frʌnt/	affrontare	But I think that's the whole point, you know, confront your fears and all that.
cookout (n) C	/kʊkəʊt/	pranzo all'aperto	This is agricultural land, cotton and cattle, rodeos and cookouts .
culminate (v)	/kʌl'mɪneɪt/	culminare	Ten years of civil rights protests culminated in the signing of the Civil Rights Bill.

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daunting (adj)	/dɔːntɪŋ/	scoraggiante	The thought of giving a presentation in front of everyone is pretty daunting .
deep-fried (adj)	/diːp ˈfraɪd/	fritto nell'olio	There were food stalls serving deep-fried rattlesnake meat.
defy (v)	/dɪˈfaɪ/	sfidare	Rosa Parks was the first person to defy the segregation laws on the buses.
distress (n)	/dɪˈstres/	afflizione, preoccupazione	That caused her too much distress .
domineering (adj)	/dɒmɪˈnɪərɪŋ/	autoritario	She was always rather domineering .
drop in (v)	/drɒp ˈɪn/	fare una visita	What would you do if a friend dropped in to say 'Hello' but stayed too long?
enclosed (adj)	/ɪnˈkləʊzd/	chiuso	Claustrophobia is the fear of enclosed spaces.
establish (v)	/ɪˈstæblɪʃ/	stabilire, creare	Phobia sufferers must try to establish positive associations.
fairy tale (n) C	/ˈfeəri ˌteɪl/	fiaba	Goldilocks is a sort of fairy tale .
fang (n) C	/fæŋ/	dente, zanna	The drop of yellow on the fang is the venom.
fine (v)	/faɪn/	multare	Anyone breaking the law could be arrested and fined .
folks (n pl)	/fəʊks/	gente, persone	Folks can watch the snake handling shows throughout the day.
frail (adj)	/freɪl/	debole	A frail old lady stepped ahead of them and claimed that she was in a hurry.
genetic (adj)	/dʒəˈnetɪk/	genetico	It is difficult to say whether a phobia is learnt behaviour or genetic .
gladiator (n) C	/glædɪˈeɪtə/	gladiatore	Yeah, I suppose once you've faced a real live gladiator in the ring there's not much that can frighten you.
gradual (adj)	/grædʒuəl/	graduale	Reverse conditioning is based on gradual exposure to the object that is feared.
grant (v)	/graːnt/	concedere	The Civil Rights Bill granted equal rights to all American citizens.
herpetologist (n) C	/hɜːpəˈtɒlədʒɪst/	erpetologo	First I spoke to herpetologist , Chick Ferragamo, who introduced me to my first rattler.
homeless (n) pl	/həʊmləs/	senzatetto	The proceeds all go to good causes such as the Red Cross and the homeless .
hypnosis (n) U	/hɪpˈnəʊsɪs/	ipnosi	Hypnosis is sometimes used to help people stop smoking.
in a hurry	/ɪn ə ˈhʌri/	di fretta	A frail old lady stepped ahead of them and claimed that she was in a hurry .
interstate (adj)	/ɪntəˈsteɪt/	interstatale	Segregation on interstate railways was abolished in 1952.
medium-rare (adj)	/miːdiəmˈreə/	quasi al sangue	He ordered a medium-rare steak but it was served to him well done.
needle (n) C	/niːdl/	ago	Some people with phobias have a fear of needles .
openness (n) U	/əʊpənnes/	apertura	Emotional openness is increasingly seen as natural and healthy.

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overemphasize (v)	/əʊvə'remfəsaɪz/	esagerare	Parents should not overemphasize danger to their children.
oversleep (v)	/əʊvə'sli:p/	non svegliarsi in tempo	She sets an alarm clock in case she forgets and oversleeps .
overturn (v)	/əʊvə'tɜ:n/	abolire	Segregation laws in the southern states were finally overturned in 1964.
pass down (v)	/pɑ:s 'daʊn/	trasmettere	It is possible that the chemical imbalance in the brain is passed down from parent to child.
phobia (n) C	/fəʊbiə/	fobia	A phobia is a conditioned reflex.
privilege (n) C	/ˈprɪvəlɪdʒ/	privilegio	Equality rights for all, special privileges for none.
proceeds (n pl)	/ˈprəʊsiːdz/	introiti	The proceeds all go to good causes.
prone to	/ˈprəʊn ˌtuː/	predisposto a	Children of anxious parents may be prone to developing phobias as they get older.
rancher (n) C	/ˈrɑːntʃə/	proprietario di un ranch	A group of farmers and ranchers wanted to do something about the number of rattlers.
rattle (n) C	/rætl/	sonaglio	The rattle on the end of the tail is a warning signal.
rattler (n) C	/rætlə/	serpente a sonagli	You can have fried rattlesnake, barbecued rattler or just plain baked rattlesnake.
rattlesnake (n) C	/rætlˌsneɪk/	serpente a sonagli	You can have fried rattlesnake or just plain baked rattlesnake .
rave about (sth) (v)	/ˈreɪv əˌbaʊt/	andare in estasi per (q.cosa)	‘Rome’s beautiful, it really is.’ ‘Yes, so I’ve heard, Suzie raves about it.’
reflex (n) C	/ˈrɪːfleks/	riflesso	A phobia is a conditioned reflex , so the best treatment is to reverse the conditioning.
regain (v)	/ˈrɪːɡeɪn/	riacquistare	Portugal regains independence.
regardless (adv)	/ˈrɪːɡɑːdləs/	a prescindere da	President Johnson signed the Civil Rights Bill which granted equal rights to all American citizens regardless of the colour of their skin.
reserved (adj)	/ˈrɪːzɜːvd/	riservato	If you are reserved you are quiet and introspective.
reverend (n) C	/ˈrev(ə)rənd/	reverendo	Reverend Martin Luther King, stood up in a meeting in Montgomery and called for the black community to back Rosa Parks and fight for equal rights on the buses.
reverse (v)	/ˈrɪːvɜːs/	far agire al contrario	The best treatment for a phobia is to reverse the conditioning.
rodeo (n) C	/ˈrəʊdiəʊ/	rodeo	This is agricultural land, cotton and cattle, rodeos and cookouts.
rope (sb) into (sth)	/ˈrəʊp ˌɪntə/	indurre (q.cuno) ad aderire a (q.cosa)	I can’t believe she’s roped you into it too, Suzi.
roundup (n) C	/ˈraʊndʌp/	raccolta	Campaigners are trying to get rattlesnake roundups banned.
rule (v)	/ruːl/	decretare	Earlier this year, a judge ruled that the doctor was guilty of ‘clinical negligence’.
sacking (n) C	/ˈsækɪŋ/	insaccamento	During the Rattlesnake Sacking Championship, people must pick up the snake with their bare hands and throw it in a sack.

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scout (n) C	/skaʊt/	scout	The proceeds all go to good causes such as the boy and girl scouts and the Red Cross.
segregation (n) U	/segrə'geɪʃn/	segregazione	The Supreme Court ruling in 1956 abolished segregation .
self-assured (adj)	/selfə'ʃʊ:d/	sicuro di sé	If you are self-assured you are confident your opinions are valid.
short-changed (adj)	/ʃɔ:tʃeɪndʒd/	(ricevere) il resto sbagliato	After leaving the store, they discovered they had been short-changed by £3.
spark (v)	/spa:k/	scatenare	Her arrest sparked a mass boycott on the city buses.
stand up for	/stænd 'ʌp fɔ:/	sostenere	It took a great deal of courage for black citizens to stand up for what they believed in.
starve (v)	/stɑ:v/	morire di fame	Better to starve free than be a fat slave.
stiff (adj)	/stɪf/	rigido	It is often said that the British have a ' stiff upper lip'.
strike (sb) as	/straɪk əz/	colpire (q.cuno) per	She never struck me as being shy. I thought she was Miss Confident.
sword (n) C	/sɔ:d/	spada	During the two-day intensive course you learn about sword fighting.
toga (n) C	/təʊgə/	toga	I'd love to see the two of you dressed up in your togas .
treat (sb) (v)	/tri:t/	offrire	There are food stalls serving rattlesnake meat – come on, I'll treat you.
trigger (n) C	/trɪgə/	grilletto	The snake's tail (the rattle end) is coiled up in the air, and the rattle is extremely close to the trigger of the rifle.
tunic (n) C	/tju:nɪk/	cappa	And we have picked up our tunics and swords.
venom (n) C	/venəm/	veleno	The drop of yellow on the fang is the venom .
venue (n) C	/venju:/	luogo di ritrovo	The Nolan County Coliseum is the main venue for the event.
weigh-in (n) C	/weɪɪn/	peso	Now, if you're ready, let's go to the weigh-in .
well-done (adj)	/wel'dʌn/	ben cotto	He ordered a medium-rare steak but it was served to him well-done .