

# A-Z FOR ENGLISH B

ESSENTIAL VOCABULARY AND PRACTICE ACTIVITIES  
ORGANIZED BY TOPIC FOR IB DIPLOMA

**English B**

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# Identities

## A Lifestyles

<b>vegan</b> (noun/adj)	An individual who does not consume food that comes from animals and mostly does not use products derived from animals. <i>My choice to become a vegan has not been made on a whim, I carefully studied the effects of such a diet and I am trying to supplement myself accordingly.</i>
<b>strength</b> (noun), <b>strengthen</b> (verb)	The quality of having great power or potency; being able to resist great force. <i>Emotional strength can help us handle difficult situations.</i> <i>To strengthen your college application, you should consider doing some community service.</i>
<b>leisure</b> (noun/adj), <b>leisurely</b> (adj/adv)	Free time when you can relax. Something done slowly without pressure or under stress. <i>During next week's day off, I'll use my leisure time to catch up on my reading.</i> <i>He leisurely came strolling into the classroom without a care in the world, even though he was very late to class.</i>
<b>stress</b> (noun/verb), <b>stressful</b> (adj)	A state of high tension. Feeling under pressure, or that it's hard to cope. <i>As if feeling this inordinate amount of stress wasn't enough, now they've moved the deadline to tomorrow!</i>
<b>hobby</b> (hobbies) (noun)	Enjoyable activities, done during leisure time. <i>Whenever I'm free, or have some free time, I pursue my hobbies, such as finger painting and pottery.</i>
<b>poor nutrition</b> (phrase)/ <b>malnourishment</b> (noun)	Unhealthy, bad, or poor food that could be detrimental to an individual's health. <i>You can credit his stress to poor nutrition to some extent, since bad eating habits can sometimes have an unwanted effect on the mind.</i>
<b>health</b> (noun), <b>healthy</b> (adj)	An absence of illness. An individual's physical or mental condition. <i>His health deteriorated after the accident; he might not walk again without aid, and he finds exercise difficult.</i>
<b>physical wellness</b> (phrase)	A state of proper body care achieved through exercise and good nourishment. <i>His focus on improving his physical wellness has shown us the extent of his determination to live an active and healthier lifestyle.</i>
<b>college</b> (noun)	A place of higher education learning and/or professional development. (May also be a secondary school.) <i>After graduating high school, I plan to go to college abroad!</i>
<b>gregarious</b> (adj), <b>gregariousness</b> (noun)	An individual that enjoys the company of others. <i>A gregarious man, he always enjoyed hanging around and meeting new people.</i>
<b>indoor</b> (adj), <b>indoors</b> (adv)/ <b>outdoor</b> (adj), <b>outdoors</b> (adv)	Inside or outside a building or place. <i>We decided to stay indoors during the thunderstorm, our house is safer than the park.</i> <i>They place the hounds in the outdoor area of the compound so they can secure the perimeter.</i>
<b>sybarite</b> (noun)	An individual fond of luxury and over-indulgence. <i>They consider the man from the mansion a committed sybarite who organizes very extravagant parties.</i>
<b>nomad</b> (noun), <b>nomadic</b> (adj)	Individuals that tend to move recurrently, never settling in one place. Has a tendency to constantly move without settling permanently. <i>As nomads, they valued travelling through lands where their animals could graze and have their needs tended to.</i> <i>I've changed schools so many times, it feels like I have a nomadic lifestyle.</i>
<b>self-absorbed</b> (adj)	Mostly focused on one's own self and condition. <i>Introverted people can be perceived as self-absorbed who only care about themselves.</i>





**workaholic** (noun)

Someone who is intently focused on or addicted to working to the detriment of any other activity.

*As a workaholic, he's been neglecting his family in favour of working long hours every day.*

**free spirit** (noun)/  
**bohemian** (noun/adj)

Carefree and unburdened by responsibility or limitations. Non-conventional and unorthodox.

*He came to the party breaking the dress-code, his unique outfit shows what a free spirit he is.*

**hedonism** (noun),  
**hedonistic** (adj)

Indulgence and pursuit of pleasure and satisfaction.

*College students sometimes tend to indulge in hedonism as they explore their place in the social order.*

**party animal** (noun)

Someone who enthusiastically enjoys parties and social gatherings.

*Your cousin is a party animal, he kept partying until five o'clock in the morning!*

**recluse** (noun),  
**reclusive** (adj)

Someone who prefers to stay indoors and keep to themselves. Tendency to avoid outside influence. Shut-in.

*When I'm studying hard for my exams, I can become a very reclusive person, avoiding contact even with my friends.*

**middle class** (noun/adj)

Median to high-income social position. Not particularly wealthy, but enough money to cover most needs.

*Middle-class families try to ensure their children get a good education.*

**subsistence** (noun/adj)

A state where you just have what you need to survive.

*In difficult times, subsistence farming has become a trend throughout the lowlands.*

**sedentary** (adj)

A state of infrequent physical exertion or exercise; resting and being seated.

*Office workers are prone to leading a sedentary way of life, especially if they work long hours.*

**longevity** (noun)

A state of existing for an extended period in time.

*Her longevity is attributed to her healthy lifestyle and proper diet.*

**conventional** (adj)

Ordinary. Not deviating from the norm. Expected by most.

*Students are expected to perform their activities in a conventional manner, despite having to work from home.*

**intake** (noun)

To take in, consume, eat, drink something. This could be food, air, etc.

*Your vitamin intake has dropped this month, that's probably why you're so distracted during class.*

**edge** (noun/verb), **edgy** (adj)

1 The border limit of an object or area. The sharp area of a cutting weapon or implement.

2 Have an advantage over someone or something.

3 An individual who is tense, nervous, or irritable.

4 (informal) Unconventional, innovative.

*One would say that his edgy style and tastes really define him.*

**austere** (adj),  
**austerity** (noun)

Stern or firm conduct. A way of life without many luxuries. An unremarkable appearance.

*As a religious woman, she sometimes had a very austere demeanour, especially in the classroom with any student that got out of line.*

**reflect** (verb), **reflective** (adj)

Deep introspection. Quality of being capable of deep thought regarding a particular topic.

*As a deeply reflective individual, you can better understand the events that take place around you.*

**sustainable** (adj),  
**sustainability** (noun)

A way of describing a proper use of the world's natural resources to avoid damaging the environment.

*I do whatever I can to eat a plant-based diet and contribute towards a more sustainable society.*

**sustain** (verb)

- 1 Be able to endure for a period of time through strength or will. Something that can be steadily maintained through variable intervals.
- 2 To suffer an injury or unpleasantness.

*He must sustain a moderate heart-rate to gain favourable results in the resistance test.*

*While riding her bike, she sustained an injury and had to be taken to the emergency room.*

**balance** (noun/verb),

**balanced** (adj)

Equilibrium between elements, feelings, conditions, etc. An attribute pertaining to the equivalent stability of factors.

*Since the global pandemic, we can see more and more the benefits of a work-life balance.*

### Vocabulary practice

**1 Use your own words to paraphrase these idioms.**

- i) Always look on the bright side of life.
- ii) The best things in life are free.
- iii) If life gives you lemons make lemonade.

**2 Match the situation (on the left) to the correct phrase (on the right).**

- |  |                                  |
|--|----------------------------------|
| i) In the pandemic, doctors are putting their lives on the line. | to be full of/bursting with      |
| ii) How are you doing? Alive and kicking?                        | to be at risk                    |
| iii) The school is teeming with students again.                  | to be fine                       |
| iv) I am having the time of my life on this trip.                | that is the way it is            |
| v) This IB course is a real challenge. That's life!              | the best moment/a memorable time |

**3 Find the opposite meanings (or antonyms) of these words. You may use the vocabulary list above. (The first one has been done for you.)**

conservative	reserved	thoughtful	sporty	outgoing	idle
<i>conventional</i>					

**4 Here are some newspaper headlines or quotes. Read, share, and discuss.**

**"#TUESDAYMOTIVATION: THE BEST IS YOUR NORMAL. DON'T SETTLE FOR LESS – ADEYEMI"**  
*Allure Vanguard*, 19<sup>th</sup> January 2021

**"How this Pāpāmoa father became king of the sandcastle"**  
 Cari Johnson, *This NZ Life*, published 2020



## B Health and wellbeing

<b>clean</b> (noun/verb/adj), <b>cleanliness</b> (noun)	To exhibit an absence of dirt and grime. Keeping oneself neat and tidy. <i>I'm doing my best to follow a clean diet, free of processed foods.</i>
<b>(healthy/unhealthy) lifestyle</b> (noun)	A way of living adherent to various considerations. <i>One needs to consume less junk food in order to lead a healthier lifestyle.</i>
<b>resilience (or resiliency)</b> (noun), <b>resilient</b> (adj)	The ability to carry on despite hardship and face setbacks calmly. <i>After her father's passing, her resilience helped her finish her studies despite her grief.</i>
<b>benefit</b> (noun/verb), <b>beneficial</b> (adj)	A boon or advantage that helps an individual. An element with a positive quality that offers positive gain or advantage. <i>A well-balanced breakfast is always beneficial, and exercise will improve your overall mood.</i>
<b>healthcare</b> (noun)	Organized medical care for individuals in need. <i>Providing healthcare to refugees and those in need should always be paramount.</i>
<b>fit</b> (noun/verb/adj), <b>fitness</b> (noun)	Healthy in a good physical state. Proper quality, in a good state. <i>No matter how old he is, he constantly trains to stay fit and retain peak fitness.</i>
<b>hygiene</b> (noun), <b>hygienic</b> (adj)	Keeping clean and healthy. Maintaining health and cleanliness to prevent damaging results. <i>During the pandemic, we had to focus on hand hygiene first, wear masks, and keep windows open to stay safe.</i>
<b>empower</b> (verb)	Give power to be able to take a particular action. <i>We should continue to empower children to make their own choices.</i> <i>She was empowered to act on her own behalf and take control of her destiny.</i>
<b>disease</b> (noun), <b>diseased</b> (adj)	Lack of good health, an abnormal detrimental state of illness. <i>After smoking so much, he seems to be suffering from a chronic respiratory disease.</i>
<b>environment</b> (noun) / <b>environmental</b> (adj)	Area/surrounding in which living organisms dwell. Correlating to the natural world. <i>We need to improve our safety protocols in order to protect the wildlife's environment from human expansion.</i> <i>The study of environmental systems ensures proper awareness to better care for our surroundings.</i>
<b>cohesion</b> (noun) / <b>cohesive</b> (adj)	To be kept together and joined in a union; integration. <i>Communities should encourage more outdoor activities to promote cohesion amongst neighbours.</i>
<b>adapt</b> (verb), <b>adaptive</b> (adj)	Be able to comply with the conditions of any set element/situation. To alter in order to be suitable, repurpose. Of a changing adjustive nature. <i>Migrants must always find ways to adapt to new environments and cultures.</i>
<b>hale and hearty</b> (phrase)	Describes strength and being healthy. <i>Even in his twilight years, he appears hale and hearty, and full of life.</i>
<b>hearty</b> (adj)	Describes someone who is boisterous, cheerful, enthusiastic, and loud; or something which offers a substantial source of nourishment. <i>A bunch of hearty football fans were cheering in the pub.</i> <i>Dad sure knows how to make a hearty meal to fill our stomachs after a hard day's work.</i>
<b>in fine fettle</b> (phrase)	In very good health or condition. <i>The last time I saw her she was in fine fettle, despite her recent illness.</i>
<b>welfare</b> (noun)	State of happiness and good physical and mental health. Might also describe aid given by the government or an organization to those in need. <i>Eating vegetables and getting plenty of sleep go a long way to improving your welfare.</i> <i>A non-profit organization provided welfare to the children on the streets around the city.</i>

<b>prescribe</b> (verb)	Advise or authorize the use of medication by a health professional. To sanction a procedure or rule to be carried out. <i>The doctor prescribed a strong medication to improve my Grandma's heart problem.</i>
<b>respond to treatment</b> (phrase)	Expected positive reaction to a given medication or treatment. <i>Slowly but surely, the patient seems to be responding to the treatment and progressively getting better.</i>
<b>to nurse somebody</b> (phrase)	Help or care for an individual or animal in order to help them back to health. <i>She nursed some puppies back to health in her vet clinic.</i>
<b>to be allergic to</b> (phrase)	Allergies to something which might include food or particular materials. An expression also used to denote you dislike something or someone. <i>I hate having lunch on the beach because the menu usually includes seafood, which I'm allergic to.</i>
<b>to be on antibiotics</b> (phrase)	To be on a regimen of medicine that fights micro-organisms. <i>Despite the terrible infection, she started getting better while on antibiotics.</i>
<b>swell</b> (verb), <b>swollen</b> (adj)	Increase in size due to an accumulation of liquid, or to grow by a considerable amount. <i>In the last few months, the refugee population has swelled unchecked and with no end in sight.</i>
<b>ache</b> (noun/verb)	A continuous enduring dull pain in a part of your body. <i>Aches and pains are a natural part of an intense workout session.</i>
<b>pain</b> (noun/verb)	Discomfort due to an injury or illness. Having a lot of trouble to achieve something. <i>Chemotherapy can generate a lot of pain for the patient, but it's a necessary treatment to combat cancer.</i> <i>As much as it pains me to admit it, you've done a wonderful job!</i>
<b>to treat an illness</b> (phrase)	Take the necessary steps to cure a disease or illness. <i>After the necessary procedures, they decided to treat the illness with very invasive medication.</i>
<b>to take effect</b> (phrase)	Noticeable improvement after seeing the results of applied treatment or medication. See the results of a particular action or ruling. <i>The medication started to take effect after a week of use, just as the doctor intended.</i>
<b>complexion</b> (noun)	The appearance, colouring, and texture of an individual's skin. <i>He had a very fair complexion despite working in the mines for many years.</i>
<b>eupepsia</b> (noun) <b>(also dyspepsia)</b> (noun)	Normal digestion. Dyspepsia is another word for indigestion, when your digestion is not working as it should. <i>A good diet can aid eupepsia.</i>



