Your English Toolbox

VOCABULARY · EPISODE 202

Weekly English Recap: Popcorn, Health and Everyday English

English learning resource · EN

Key words & expressions · English

12 learning entries

Study task: Listen again and notice the expressions you studied.

1

build up

DEF

To increase gradually over time.

A separable phrasal verb when used with an object; pressure can also build up on its own.

Pressure builds up inside the popcorn kernel.

Traffic builds up on this road before work.

2

burst open

DEF

To break open suddenly and with force.

Describes the sudden opening itself, often caused by pressure.

The popcorn kernel bursts open.

The paper bag burst open on the floor.

3

get over a cold

DEF

To recover from a cold.

Get over can describe recovery from an illness or a difficult experience.

I am getting over a cold.

It took him a week to get over the flu.

4

back on your feet

DEF

Able to return to normal activities after illness or difficulty.

It describes recovery; it does not guarantee that every problem has disappeared.

I hope you will be back on your feet soon.

The company is back on its feet after a difficult year.

5

under the weather

DEF

Feeling slightly ill.

An informal and usually mild description; do not use it to hide a serious illness.

I am feeling a bit under the weather today.

She stayed home because she was under the weather.

6

recharge your batteries

DEF

To rest and recover your energy.

A figurative, informal phrase; the batteries are not literal.

A quiet weekend helped me recharge my batteries.

She took a short walk to recharge her batteries.

7

something has come up

DEF

An unexpected event or obligation has appeared.

A useful general reason for changing plans without giving private details.

Something has come up at work, so I cannot make Wednesday.

Something has come up, so could we talk tomorrow?

8

work for someone

DEF

To be convenient or acceptable to someone.

Often used when checking times or arrangements, as in 'Does Friday work for you?'.

Would Friday morning work for you instead?

The earlier train works for me.

9

hypothesis

DEF

An idea or possible explanation that can be tested.

A hypothesis is not automatically an established fact.

A hypothesis is an idea that can be tested, not a settled fact.

The researchers tested a hypothesis about sleep.

10

hold out

DEF

To extend something towards another person.

This sense describes offering or showing an object by extending it.

Jim held out a small package.

She held out her hand to help him stand.

11

explain something to someone

DEF

To make a subject clear to a person.

In standard English, use 'to' before the person: explain it to me.

Could you explain the rule to me?

She explained the delay to her customers.

12

light

DEF

Not heavy; brightness that allows us to see; or, as a verb, to make something start burning.

Grammar and context show which meaning is intended; the past tense of the verb is usually lit.

This suitcase is light enough to carry upstairs.

Please light the candle before dinner.