|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. 1 | vital | adj. | necessary | ζωτικής σημασίας |
|  | build up | v. | accumulate) | μαζεύομαι, συσσωρεύομαι |
|  | average | adj. | typical, normal | συνήθης, μέσος |
|  | trend | n. | custom, fashion | τάση, μόδα |
|  | expose | v. | reveal | αποκαλύπτω, εκθέτω |
|  | hot on the heels | expr. | following close behind someone  Ειρήνη Κούσουλα | έχω κπ από κοντά |
|  | unprecedented | adjl. | not seen before , | πρωτοφανής, πρωτόγνωρος |
|  | meteoric rise | expr. | rapid and spectacular increase | ραγδαία αύξηση - άνοδος |
|  | causal | adj. | relating to cause | αιτιώδης, αιτιακός |
|  | work both ways | expr. | to produce both positive and negative effects, perhaps simultaneously. | λειτουργεί αμφίδρομα |
|  | vicious cycle | n. | cycle of cause and effect | φαύλος κύκλος |
|  | likelihood | n. | probability | πιθανότητα |
|  | isolation | n. | being alone) | μοναξιά |
|  | when it comes to | expr. | when considering some particular person, thing, or action | όσον αφορά |
|  | fundamental | adj. | basic, essential | θεμελιώδης |
|  | engagement | n. | commitment, involvement | αφοσίωση, πίστη, δέσμευση |
|  | indicator | n. |  |  |
|  | restful | adj. | relaxing | ξεκούραστος |
|  | slumber | n. | sign, indication | δείκτης |
|  | caution | n. | carefulness | προσοχή |
|  | emit | v. | give out, expel | εκπέμπω, βγάζω |
|  | inhibit | v. | constrain, repress | περιορίζω, καταστέλλω |
|  | effectively | adv. | successfully, well | αποτελεσματικά |
|  | nod off | v. | fall asleep | με παίρνει ο ύπνος |
|  | alluring | adj. | attractive, appealing | ελκυστικός, γοητευτικός |
|  | merry-go-round | i.e | a cycle of activity that is complex, fast-paced, or difficult to break out of | γαϊτανάκι, κύκλος |
|  | interrelated | adj. | connected to one another | συσχετιζόμενος |
|  | at play | i.e | active or existing as something to be considered  Ειρήνη Κούσουλα  Γελ Μεγαλοπολης | “στο παιχνίδι”, που εμπλέκονται |
|  | deprivation | n. | state of being without | στέρηση, απώλεια |
|  | worsen | v. | get worse | χειροτερεύω |
|  | side-effect | n. | secondary effect | παρενέργεια |
|  | obesity | n. | being fat | παχυσαρκία |
|  | academic performance | n. | relating to schools, colleges, and universities, or connected with studying and thinking | ακαδημαϊκές επιδόσεις |
|  | substance | n. | matter, material | ουσία |
|  | adversely | adv. | negatively | αρνητικά |
|  | adolescence | n. | teenage years | εφηβεία |
|  | critical | adj. | crucial, very important | αποφασιστικής σημασίας |
|  | exacerbate | v. | intensify, worsen | χειροτερεύω, επιδεινώνω |
|  | in turn | i.e | one at a time | με τη σειρά |
|  | drab | adj. | not colorful | μουντός, άχρωμος |
|  | combat | v. | fight against | μάχομαι |
|  | downside | n. | disadvantage | ελάττωμα, μειονέκτημα |
|  | moderation | n. | not excess | αυτοσυγκράτηση, μετριοπάθεια |
|  | ring-fence | v. | to put restrictions on something | οριοθετώ |
|  | distance oneself from | v. | to become or seem less involved or connected with something | αποστασιοποιούμαι από κτ/κπ |
|  | fluid situation | n. | a condition that is not fixed and is likely to change, often repeatedly and unexpectedly | ρευστή κατάσταση |
|  | bleed into | phr.v | start to affect sth | επηρεάζω |
|  | buffer zone | n. | neutral zone between enemies | ουδέτερη ζώνη |
|  | disorder | n. | disturbance | αναταραχή  ακαταστασία |
|  | excessive | adj. | too much | υπερβολικός, υπέρμετρος |
|  | allocate | v. | distribute, share | κατανέμω, διανέμω |
|  | puberty | n. | adolescence | εφηβική ηλικία |