

- A** shall we do this evening?" 'I don't mind. It's up to you.'
- B** **up to** 1 as far as; until: *Up to now, she has worked very hard.*
- C** 2 as much or as many as: *Up to 300 people came to the meeting.*
- D** 3 doing something, especially something bad: *What is that man up to?*
- E** **update** /'ʌp'deɪt/ **verb** (**updates**, **updating**, **updated**) to make something more modern or add new things to it: *The information on our website is updated every week.*
- F** ► **update** /'ʌp'deɪt/ **noun**: *an update on a news story* (= the most recent information)
- G** **upgrade** /'ʌp'greɪd/ **verb** (**upgrades**, **upgrading**, **upgraded**) to change something so that it is better: *I've just upgraded my PC.*
- J** ► **upgrade** /'ʌp'greɪd/ **noun**: *to install an upgrade*
- K** **uphill** /'ʌp'hɪl/ **adverb** going up, towards the top of a hill: *It's difficult to ride a bicycle uphill.*
- L** ☞ **OPPOSITE** **downhill**
- M** **upload** /'ʌp'ləʊd/ **verb** (**uploads**, **uploading**, **uploaded**) (computing) If you **upload** a computer program or information, you copy it from your computer to a larger computer system: *You can upload your photos to our website.*
- O** ☞ **OPPOSITE** **download**
- P** **upon** /ə'pon/ **preposition** (formal) on: *The decision was based upon the doctor's evidence.*

⌚ SPEAKING

On is the word that we usually use.

- S** **upper** 0-1 /'ʌpə(r)/ **adjective** in a higher place than something else: *the upper lip* ☞ **OPPOSITE** **lower**
- T** **upper case** /'ʌpər 'keɪs/ **noun** (no plural) the large form of letters, for example A, B, C (not a, b, c): *'BBC' is written in upper case.*
- V** ☞ **OPPOSITE** **lower case**
- W** **upright** /'ʌprait/ **adjective, adverb** standing straight up, not lying down: *Put the ladder upright against the wall.*
- X** **upset¹** 0-1 /'ʌp'set/ **verb** (**upsets**, **upsetting**, **upset**, **has upset**) 1 to make somebody feel unhappy or worried: *You upset Tom when you said he was fat.*
- 2 to make something go wrong: *The bad weather upset our plans for the weekend.*
- 3 to knock something so that it turns over

and things fall out: *I upset a glass of wine all over the table.*

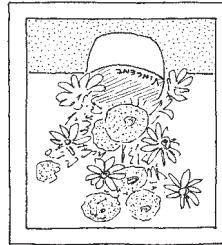
upset² 0-1 /,ʌp'set/ **adjective**

- 1 unhappy or worried: *The children were very upset when their dog died.*
- 2 ill: *I've got an upset stomach.*
- **upset** /'ʌp'set/ **noun** an illness in your stomach: *Sara has got a stomach upset.*

upsetting /ʌp'setɪŋ/ **adjective**

making you feel unhappy or worried: *The experience was very upsetting for all of us.*

upside down



The painting is **upside down**.

upside down /ʌpsaɪd 'daʊn/ **adverb** with the top part at the bottom: *The picture is upside down.*

upstairs 0-1 /'ʌp'steɪz/ **adverb**

to or on a higher floor of a building: *I went upstairs to bed.*

► **upstairs** /'ʌp'steɪz/ **adjective**: *An upstairs window was open.* ☞ **OPPOSITE** **downstairs**

up to date /,ʌp tə 'deɪt/ **adjective**

modern; using new information: *Is this information up to date?*

upwards 0-1 /'ʌpwədz/ (also **upward** /'ʌpwəd/) **adverb**

up; towards a higher place: *We climbed upwards, towards the top of the mountain.*

☞ **OPPOSITE** **downwards**

urban /'ɜ:bən/ **adjective**

connected with a town or city: *urban areas*

urge¹ /ʒ:dʒ/ **verb** (**urges**, **urging**, **urged** /ʒ:dʒd/)

to try to make somebody do something: *I urged him to stay for dinner.*

urge² /ʒ:dʒ/ **noun**

a strong feeling that you want to do something: *I had a sudden urge to laugh.*

urgency /'ɜ:dʒənsi/ **noun** (no plural) the need to do something quickly because it is very important

urgent 0-1 /'ɜ:dʒənt/ **adjective**

so important that you must do it or answer it

Clothes



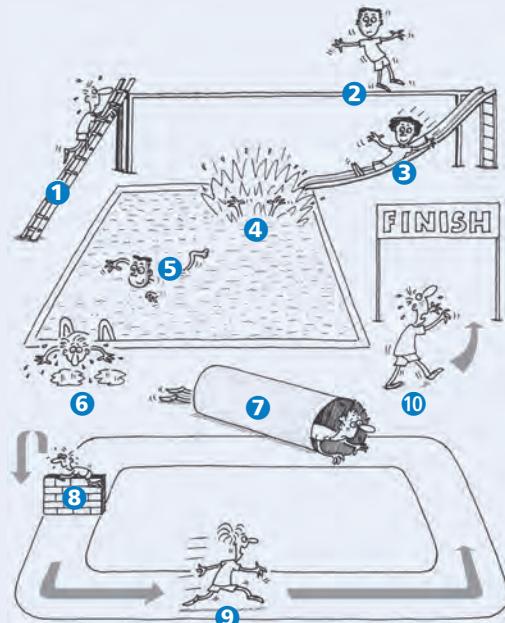
See more at

glove
hat
scarf
shirt
shoe

Prepositions of movement

1 Where are they going?

All the prepositions in the box describe movement. Use each one to describe what the children are doing in the picture.



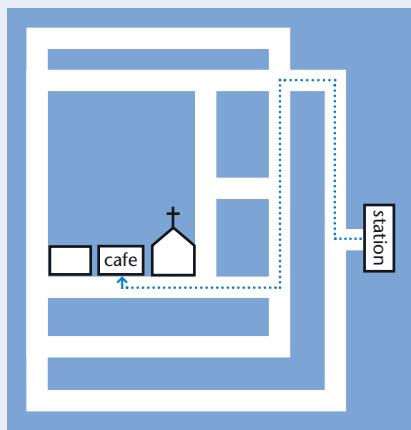
towards	through	out of
round	down	into
over	along	
across		up

He's/she's...

- 1 going up the ladder.
- 2 going down the pole.
- 3 going over the slide.
- 4 going into the pool.
- 5 swimming through the pool.
- 6 getting out of the pool.
- 7 going along the tunnel.
- 8 climbing up the wall.
- 9 running across the track.
- 10 going up the finish.

2 Giving and following directions

Look at the map below. Use the words in the box to complete the paragraph, explaining how to get from the station to the café.



left again	down this road
<u>right</u>	on the right
turn left	take the second turning

Go out of the station and turn 1 right. Go to the end of this road and 2. At the crossroads, turn 3. Walk 4 and then 5 on the right. Go straight on, past the first turning on the right. The café is 6, next to the church.