These three pages contain new words and phrases which have recently appeared in the English language or have recently become more popular. Many of these words and phrases will continue to be used in years to come while some may disappear from the language.

- the arsenic hour noun [no plural] a busy time of day in a house with young children, especially the time after parents arrive home and before the evening meal *Here are some tips for* preparing a meal during the arsenic hour.
- **baby hunger** *noun* [U] the strong wish to have a baby, especially among older women who have important jobs *Men's* baby *hunger* is often not as great as women's.
- **body lift** *noun* [C] a medical operation that tightens loose skin on someone's body so that they look younger and more attractive *People sometimes have a body lift after they have lost a lot of weight.*
- **BOGOF** *abbreviation for* buy one get one free: a supermarket offer in which you get two of something but only pay for one of them
- **caller-ID** noun [U] a system that makes it possible for a telephone to show the telephone number of the person who is calling *Get* caller-ID and then you don't have to answer the phone when he calls.
- Chelsea tractor noun [C] humorous a large four-wheel-drive (= a car with big wheels for driving on rough ground) which is only driven in a town the Mums in their Chelsea tractors taking children to school
- **chugger** *noun* **[C]** someone who stands on the street on the street and asks people walking past to give money regularly to a charity
- citizen journalist noun [C] someone who gives news stories to newspapers although it is not their job Citizen journalists gave their accounts of the explosion. • citizen journalism noun [U]
- **climate-friendly** *adjective* Something that is climate-friendly does not cause any damage which will change the Earth's weather patterns. *climate-friendly technology*  $\circ$  *climatefriendly farming*

- **competitive compassion** *noun* [U] when people give money to a charity (= an organization that helps people) because they want to seem kinder than other people *It was competitive compassion which led people to give so much money following the floods.*
- cyberslacking noun [U] when people at work spend time sending emails to their friends and using the Internet for enjoyment instead of working *Cyberslacking is becoming a problem* for many employers. • cyberslacker noun [C]
- **data fast** noun [C] a period of time when you do not use your computer, mobile phone, television, etc If you want to feel less stressed, try a data fast.
- **downtime** noun [U] time when you relax and do not do very much. We've had a busy weekend so I'm planning to have some downtime tomorrow.
- earworm noun [C] a song or part of a song that you hear again and again in your head People who get the most earworms tend to listen to music frequently.
- e-dress noun [C] an email or website address Please note the company's change of e-dress.
- ego surfing *noun* [U] searching on the Internet for your own name *Ego surfing is certainly easier if you have an unusual name.*
- fat tax noun [C] a tax on food that is bad for your body and will make you fat a fat tax on burgers and chips
- **firefighting** noun [U] when you spend all your time dealing with problems at work that need your immediate attention *I* seem to be so busy firefighting that *I* never have time to do routine jobs.

**flexitarian** noun [C] someone who does not eat meat or fish usually, but sometimes does She

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