

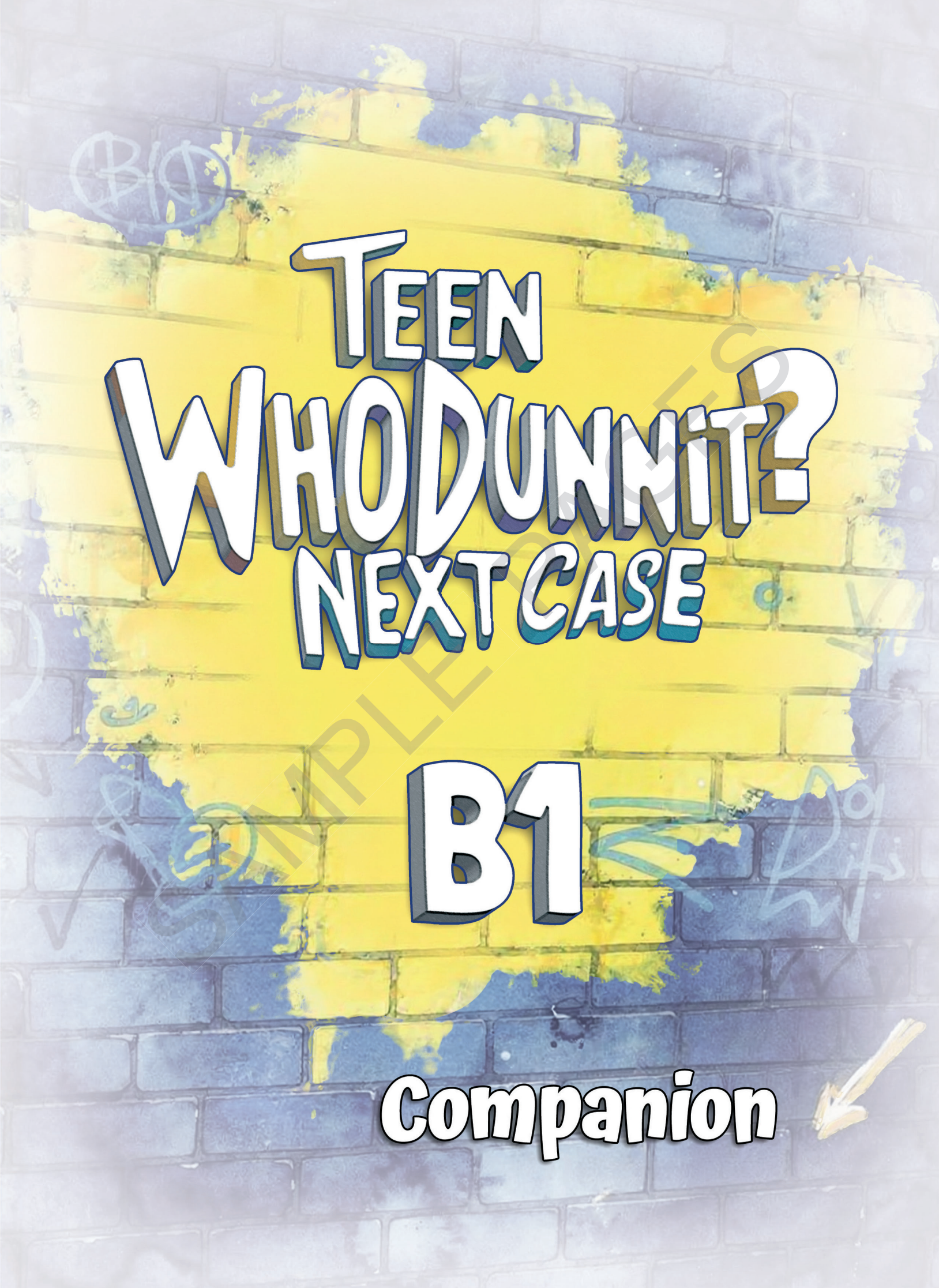
N. C. GRIVAS

TEEN WHODUNNIT? NEXT CASE

B1

Companion





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Some images are AI-generated.

Pronunciation Table

Consonants			Vowels			
Symbol	Keyword	Phonetics		Symbol	Keyword	Phonetics
p	pen	/pen/	short	ɪ	bit	/bɪt/
b	back	/bæk/		e	bed	/bed/
t	ten	/ten/		æ	cat	/kæt/
d	day	/deɪ/		ɒ	dog	/dɒg/
k	cat	/kæt/		ʌ	cut	/kʌt/
g	get	/get/		ʊ	put	/pʊt/
f	fat	/fæt/		ə	about	/əˈbaʊt/
v	van	/væn/		i	happy	/ˈhæpi/
θ	thin	/θɪn/		u	actually	/ˈæktʃuəli/
ð	this	/ðɪs/	long	i:	sheep	/ʃi:p/
s	see	/si:/		ɑ:	father	/ˈfɑ:ðə/
z	zoo	/zu:/		ɔ:	four	/fɔ:/
ʃ	shoe	/ʃu:/		u:	boot	/bu:t/
ʒ	television	/ˈtelɪvɪʒn/		ɜ:	bird	/bɜ:d/
h	hat	/hæt/	diphthongs	eɪ	make	/meɪk/
tʃ	chair	/tʃeə/		aɪ	lie	/laɪ/
dʒ	jam	/dʒæm/		ɔɪ	boy	/bɔɪ/
m	man	/mæn/		əʊ	note	/nəʊt/
n	now	/naʊ/		aʊ	now	/naʊ/
ŋ	sing	/sɪŋ/		ɪə	real	/rɪəl/
w	wet	/wet/		eə	hair	/heə/
l	let	/let/		ʊə	sure	/ʃʊə/
r	red	/red/		uə	actual	/ˈæktʃuəl/
j	yes	/jes/		iə	material	/məˈtɪəriəl/

main stress: /' / secondary stress: /, /

Abbreviations (Συντομεύσεις)

v = verb (ρήμα)

n = noun (ουσιαστικό)

idm = idiom (ιδιωματισμός)

phrv = phrasal verb (περιφραστικό ρήμα)

prep = preposition (πρόθεση)

adj = adjective (επίθετο)

adv = adverb (επίρρημα)

det = determiner (προσδιορισμός)

conj = conjunction (σύνδεσμος)

der = derivative (παράγωγο)

opp = opposite (αντίθετο)

e.g. = for example (για παράδειγμα)

etc. = et cetera (και τα λοιπά)

sb = somebody (κάποιος)

sth = something (κάτι)

Note: The emojis in this book are designed to act as visual learning cues. They help learners associate each word with a key idea, concept, feeling, or action, making vocabulary easier to understand, remember, and use.

SAMPLE PAGES

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UNIT 1

Teen Life & School

Word		Meaning	Example
<i>[Intro] (page 7)</i>			
1 teen [ti:n] (adj) Der: teen (n)		of a person between 13 and 19 years old / εφηβικός	<i>Do any of your friends or classmates read teen magazines?</i>
2 balance ['bæləns] (n) Der: balance (v), balanced (adj) Opp: imbalance		ισορροπία	<i>You need to find a balance between studying and playing.</i>
3 digital ['di:dʒɪtl] (adj) Der: digit (n), digitally (adv)		using computers and the internet / ψηφιακός	<i>We live in a digital world.</i>
4 explore [ɪk'splɔ:] (v) Der: exploration (n), exploratory (adj)		to think about, talk about or examine sth so that you can find out more about it / διερευνώ, εξετάζω	<i>In today's lesson, we will explore some new ideas on the subject.</i>
5 social media [səʊl 'mi:diə] (n)		μέσα κοινωνικής δικτύωσης	<i>How much time do you spend on social media?</i>
6 affect [ə'fekt] (v)		to cause a change in sb/sth / επηρεάζω	<i>What you eat affects your health.</i>
7 manage ['mænɪdʒ] (v) Der: management (n), manageable (adj)		διαχειρίζομαι, τα βγάζω πέρα με	<i>Can you manage all this work by yourself?</i>
8 stress [stres] (n) Der: stress (v), stressed (adj) [stressful (adj) = αγχωτικός, πιεστικός]		the state of feeling worried because you have problems / στρες, άγχος	<i>Too much stress can make you ill.</i>
9 habit ['hæbɪt] (n) Der: habitual (adj)		sth you do often / συνήθεια	<i>It isn't easy to change your habits.</i>
10 routine [ru:'ti:n] (n)		the usual order and way you do things / ρουτίνα, πρόγραμμα, τακτική συνήθεια	<i>You should make exercise part of your daily routine.</i>
11 safe [seɪf] (adj) Der: safety (n), safely (adv) Opp: unsafe		protected from danger / ασφαλής	<i>I don't feel safe when I'm in the house by myself.</i>
12 online [ɒn'laɪn] (adv) Der: online (adj)		when using the internet / στο Διαδίκτυο	<i>You can buy almost everything online today.</i>
13 challenge ['tʃæləndʒ] (n) Der: challenge (v), challenging (adj)		sth new or difficult that you need to try hard for / πρόκληση	<i>Starring as James Bond will be a great challenge for the young actor.</i>
14 take control of [teɪk kən'trəʊl əv]		παίρνω τον έλεγχο, παίρνω στα χέρια μου	<i>When you find a job, you will be able to take control of your life.</i>
15 improve [ɪm'pru:v] (v) Der: improvement (n)		to make / become better / βελτιώνω, -ομαι	<i>If you do a lot of exercises, your grammar will improve.</i>
16 survey ['sɜ:veɪ] (n) Der: survey (v)		έρευνα, δημοσκόπηση	<i>The survey showed that 64% of the people asked prefer shopping online.</i>
17 notification [nəʊtɪfɪ'keɪʃn] (n) Der: notify (v)		ειδοποίηση	<i>Do you check your notifications as soon as you wake up?</i>
18 opinion [ə'pɪnjən] (n) [in my opinion = κατά την άποψή μου]		what you think of sb/sth / γνώμη, άποψη	<i>What's your opinion on social media?</i>

1 Scrolling & stress

Word

Meaning

Example

(page 8)

1 scroll [skrəʊl] (v) [scrolling (n) = σκρολάρισμα] 	σκρολάρω, μετακινώ κείμενο, γραφικά κλπ σε οθόνη	Most people scroll through social media while they're on the bus.
2 stay up late [steɪ ʌp leɪt] 	to go to bed later than usual / μένω ξύπνιος ως αργά	I never stay up late when I have school the next day.
3 chat [tʃæt] (v) 	to talk or send messages to sb / μιλώ, συνομιλώ	Do you ever stay up late to chat with your friends?
4 sleepy ['sli:pi] (adj) Der: sleepily (adv), sleepiness (n) 	ready to go to sleep / νυσταγμένος	I don't want to go to bed. I'm not feeling sleepy.
5 concentrate ['kɒnsntreɪt] (v) Der: concentration (n) 	to give all your attention to sth and not think of anything else / συγκεντρώνομαι	There's too much noise in here. I can't concentrate.
6 focus ['fəʊkəs] (v) Der: focus (n), focused (adj) 	to give your attention to one thing only / συγκεντρώνομαι	You need to focus if you want to finish this.
7 motivation [ˌməʊtɪ'veɪʃn] (n) 	the state of wanting to do sth / ενδιαφέρον, ενθουσιασμός, κίνητρο	He's very clever, but he doesn't have the motivation to study.
8 be likely to do sth [bi 'laɪkli tə du] 	will probably do sth; to be expected to do sth / είναι πιθανό να	I'm likely to forget, so I'll make a note.
9 negative ['negətɪv] (adj) Der: negatively (adv), negativity (n) 	bad; not wanted / αρνητικός	This will affect us in a negative way.
10 impact (on sth) ['ɪmpækt] (n) Der: impact (v) 	επίπτωση, αντίκτυπος	Technology has had a great impact on our lives.
11 performance [pə'fɔ:məns] (n) [perform (v) = αποδίδω] 	how well or badly sb does sth / απόδοση, επίδοση	His performance in school has improved a lot.
12 however [haʊ'evə] (adv) 	but / ωστόσο, παρ' όλα αυτά	He wasn't feeling well. However, he went to work.
13 balance (sth with sth) ['bæləns] (v) [balanced (adj) = ισορροπημένος] Der: balance (n) 	to give equal importance to different things / εξισορροπώ	He tried to balance his long work hours with his family time.
14 screen time ['skri:n taɪm] (n)  	the time you spend using a computer, phone, games console, etc. / ο χρόνος που περνάς μπροστά σε οθόνη	Five hours of screen time a day is too much.
15 creative [kri'eɪtɪv] (adj) Der: create (v), creativity (n), creator (n) 	δημιουργικός	Painting is a creative hobby.
16 confident ['kɒnfɪdənt] (adj) [confidence (n) = σιγουριά, αυτοπεποίθηση] Der: confidently (adv)  	sure of yourself / σίγουρος για τον εαυτό μου, με αυτοπεποίθηση	He's confident because he knows he's good at what he does.
17 relaxed [rɪ'læksɪd] (adj) Der: relax (v), relaxation (n), relaxing (adj) 	calm and not worried / χαλαρός, ήρεμος	People feel relaxed when they're on holiday.

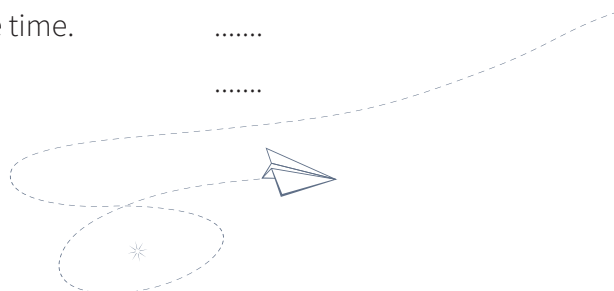
Word	Meaning	Example
18 anxious ['æŋkʃəs] (adj) [anxiety (n) = άγχος, νευρικότητα, ανησυχία] Der: anxiously (adv), anxiousness (n)	worried; nervous / αγχωμένος, νευρικός	Most students feel anxious before exams.
19 in moderation [in ˌmɒdə'reɪʃn]	in a way that is not too much / με μέτρο	You should eat red meat in moderation.
20 positive ['pɒzətɪv] (adj) Der: positively (adv)	good / θετικός	I hope the results will be positive.
21 effect (on) [ɪfekt] (n) Der: effective (adj), effectively (adv)	result / αποτέλεσμα, επίδραση	Stress had a negative effect on his performance.
22 situation [ˌsɪtʃu'eɪʃn] (n)	κατάσταση	We must do something to improve the situation.
23 feeling ['fi:lɪŋ] (n) Der: feel (v)	sth you feel / αίσθημα, συναίσθημα	The good news gave us a feeling of happiness.
24 call [kɔ:l] (n) [make a call = τηλεφωνώ] Der: call (v)	when you speak to sb on the phone / τηλεφώνημα	Were there any calls for me while I was at the bank?
25 choice [tʃɔɪs] (n) [make a choice = επιλέγω] Der: choose (v)	the act of choosing / επιλογή	You have a choice between cheesecake and apple pie for dessert.
26 effort ['efət] (n) [make an effort = κάνω προσπάθεια, προσπαθώ] Der: effortless (adj), effortlessly (adv)	the act of trying to do sth, usually sth difficult / προσπάθεια	It takes a lot of hard work and effort to become a doctor.
27 skill [skɪl] (n) Der: skilled (adj), skilful (adj), skilfully (adv)	a specific ability to do sth well / δεξιότητα	What skills do you need to become a teacher?
28 practise ['præktɪs] (v) Der: practice (n)	to do sth regularly to become good at it / εξασκώμαι, κάνω εξάσκηση	If you want to be a good dancer, you must practise every day.
29 distract [dɪ'strækt] (v) [distracting (adj) = που σου αποσπά την προσοχή] Der: distraction (n), distractingly (adv)	to make sb stop giving attention to sth / αποσπώ την προσοχή	Don't distract me. I'm trying to study.
30 useful ['ju:sl] (adj) [use (n) = χρήση] Der: use (v), usefully (adv), usefulness (n) Opp: useless	that helps you do sth / χρήσιμος	Your advice was useful and helped me a lot.
31 express [ɪk'spres] (v) Der: expression (n), expressive (adj), expressively (adv)	to say what you think or feel / εκφράζω	Sometimes, it's difficult to express your feelings.
32 personally ['pɜ:snəli] (adv) Der: personal (adj)	used when you give your opinion / προσωπικά	Personally, I think tennis is boring.
33 communication [kəˌmju:nɪ'keɪʃn] (n) Der: communicate (v)	the act of sharing information, thoughts, etc. with sb / επικοινωνία	Mobile phones have made communication easier.

Word		Meaning	Example
(page 10)			
34 device [dɪ'vaɪs] (n)		συσκευή	<i>The computer is a very useful device.</i>
35 matter ['mætə] (v)		to be important / έχω σημασία	<i>Money is the only thing that matters to him.</i>
36 contact ['kɒntækt] (v) Der: contact (n)		to communicate with sb / έρχομαι σε επαφή με, επικοινωνώ	<i>If you need me, you can contact me on my mobile phone.</i>
37 wisely ['waɪzli] (adv) Der: wise (adj), wisdom (n)		συνετά, σοφά	<i>Use your money wisely. Don't spend it all in one day.</i>
38 set limits (on sth) [set 'lɪmɪts]		θέτω όρια / περιορισμούς	<i>You need to set limits on how much time you spend on your phone.</i>
39 face [feɪs] (v)		to have to deal with sth / αντιμετωπίζω	<i>This is the biggest challenge he has ever had to face.</i>
40 pressure ['preʃə] (n) Der: pressure (v)		πίεση	<i>The pressure at work makes him stressed.</i>
41 because of [bɪ'kɒz əv] (prep)		as a result of / λόγω, εξαιτίας	<i>We were late because of the rain.</i>
42 schedule ['ʃedju:l] (n) Der: schedule (v)		πρόγραμμα	<i>I've got a really busy schedule this week.</i>
43 rest [rest] (v) Der: rest (n), rested (adj)		to relax and do nothing / ξεκουράζομαι	<i>I'm tired. Let's stop walking and rest for a few minutes.</i>
44 organise ['ɔ:gənaɪz] (v) Der: organisation (n), organiser (n), organised (adj)		οργανώνω	<i>If you organise your time better, you'll be able to do more things.</i>
45 energy ['enədʒi] (n) Der: energetic (adj), energetically (adv)		ενέργεια	<i>I don't have the energy to take the dog for a walk now. Can you do it?</i>

Exercises

1 Write **T** if the sentence is True or **F** if it is False.

- If you **are likely to do** something, you will probably do it.
- If something **distracts** you, it helps you concentrate.
- If something **matters**, it is important.
- If you are **confident**, you feel sure of yourself.
- A **device** is an object that helps you do something.
- If you **make an effort**, you don't try at all.
- If you do something **in moderation**, you do it all the time.
- If something is **positive**, it is good.



2 Choose the correct word.

1. 'You look stressed, Fiona.' 'I am. I always feel before an exam.'
a anxious **b** relaxed
2. I can't meet you today. I've got a very busy
a situation **b** schedule
3. My piano teacher says that I have to every day if I want to improve.
a perform **b** practise
4. I always listen to music when I'm studying because it helps me
a focus **b** organise
5. If you don't get enough sleep, it will affect your at school.
a impact **b** performance
6. Students a lot of problems today because they have too many things to do.
a express **b** face
7. Making jewellery is a very hobby.
a creative **b** balanced



3 Fill in the correct word from the box.

skills • communication • choice
motivation • energy • effect • pressure

1. What do you want for Christmas? You have to make a(n) soon.
2. If you're tired and have no, these vitamins will help you.
3. There's a lot of to finish this project before the end of the week.
4. This book will help you improve your writing
5. Eating fruit and vegetables has a positive on your health.
6. Do you think is easier with social media?
7. He has little to work because he doesn't like his job.



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