

Level 7 Idiom list

	Unit 1 - Food Culture	Unit 2 - How Things Work	Unit 3 - Why do we?
1	Lesson 1: Coffee	Lesson 1: Karma	Lesson 1: Fear
2	wake up and smell the coffee	what goes around comes around	break out in a cold sweat
3	cup of Joe	you reap what you sow	a gut feeling
4	perk up	face the music	scared stiff
5	coffee break	throw caution to the wind	on edge
6	spill the beans	the chickens have come home to roost	face your fears
7	full of beans	a taste of your own medicine	jump out of your skin
8	Lesson 2: Street Food	Lesson 2: AI	Lesson 2: Sleep
9	food for thought	the best of both worlds	burn the midnight oil
10	have a lot on your plate	think outside the box	catch some Z's
11	selling like hotcakes	a double-edged sword	running on fumes
12	a recipe for disaster	put the genie back in the bottle	hit the hay
13	bite off more than you can chew	break new ground	out like a light
14	spice things up	the wave of the future	sleep on it
15	Lesson 3: Tea	Lesson 3: Memory	Lesson 3: Grow old
16	not my cup of tea	learn by heart	over the hill
17	a storm in a teacup	a trip down memory lane	you can't teach an old dog new tricks
18	as good as a chocolate teapot	slipped my mind	wise beyond your years
19	brew up a storm	put on your thinking cap	put years on someone
20	steeped in tradition	use it or lose it	young at heart
21	sweeten the deal	draw a blank	burning the candle at both ends
22	Lesson 4: Fast Food	Lesson 4: Evolution	Lesson 4: Lie
23	hard to swallow	survival of the fittest	bend the truth
24	you are what you eat	adapt or die	caught red handed
25	couch potato	go with the flow	cry wolf
26	icing on the cake	throw someone a curveball	cover your tracks
27	chew the fat	the circle of life	pull the wool of someone's eyes
28	bring home the bacon	turn over a new leaf	keep a straight face

	Unit 4: Careers	Unit 5: Historical Figures	Unit 6: Nature
1	Lesson 1: Tech Jobs	Lesson 1: Sir Isaac Newton	Lesson 1: Biomimicry
2	a glitch in the system	think outside the box	nailed it
3	plugged in	a lightbulb went off	start from scratch
4	cutting-edge	go against the grain	break the mold
5	hit the reset button	ahead of his time	by the book
6	wired differently	bend the rules	game changer
7	back to the drawing board	lost in thought	ahead of the curve
8	Lesson 2: Media Jobs	Lesson 2: Cleopatra	
9	get the scoop	play your cards right	
10	behind the scenes	burn bridges	
11	make a name for yourself	a force to be reckoned with	
12	hot off the press	go out with a bang	
13	put in a good word	charm the pants off someone	
14	read between the lines	behind the scenes	
15	Lesson 3: Government Jobs	Lesson 3: Marco Polo	
16	behind closed doors	off the beaten path	
17	step up to the plate	test the waters	
18	in hot water	hit the road	
19	cut through the red tape	in over your head	
20	in the same boat	fish out of water	
21	smooth things over	speak of the devil	
22	Lesson 4: Business Jobs	Lesson 4: Confucius	
23	lose your shirt	the pen is mightier than the sword	
24	Put all your eggs in one basket	practice what you preach	
25	cut your losses	actions speak louder than words	
26	in the red	bite your tongue	
27	take a gamble	two wrongs don't make a right	
28	in the long run	keep your nose clean	