

ONE WORD. ENERGY, PRESSURE, INTENSITY.

HEAT

MEANING, FORMS & USES

From physical warmth to emotional intensity.

WORD FORMS



NOUN

heat

thermal energy;
intensity; pressure.
The heat was unbearable.



VERB

to heat

to make something warm or hot.
Heat the soup slowly.



ADJECTIVES

- **heated** – angry/intense
a heated discussion
- **heating** – related to warming systems
central heating
- **hot** – high temperature
a hot day
- **heat-resistant** – able to resist high temperatures
heat-resistant gloves

DERIVED FORMS



heater – device that produces heat



heatwave – period of unusually hot weather



overheating – becoming excessively hot



reheated – heated again



heatproof – protected from heat

COMMON COLLOCATIONS

WEATHER



- extreme heat
- summer heat
- heatwave
- unbearable heat

COOKING



- heat food
- heat oil
- overheat
- reheat leftovers

EMOTION / CONFLICT



- heated debate
- heated exchange
- heated argument

PRESSURE / BUSINESS



- under heat
- political heat
- media heat
- take the heat

SCIENCE / ENGINEERING



- heat energy
- heat transfer
- heat source
- heat-resistant material

EXAMPLES IN CONTEXT



The chef **heated** the pan before adding the ingredients.



She pushed hard to take the lead in the final **heat**.



The **heatwave** broke records across the country.



Their **heated** debate lasted for more than an hour.



Workers must wear **heat-resistant** suits in the factory.

MAIN MEANINGS

1

TEMPERATURE / THERMAL ENERGY

The heat from the fire was intense.



2

HOT WEATHER

We stayed inside because of the heat.



3

INTENSITY / PRESSURE

He's under a lot of heat at work.



4

STRONG EMOTION / ANGER

They had a heated argument.



5

COMPETITION / SPORTS

She won the final heat of the race.



PHRASAL VERBS & EXPRESSIONS



heat up

become hotter or more intense.
The discussion heated up quickly.



take the heat

accept criticism or blame.
The manager took the heat for the mistake.



if you can't stand the heat... ...get out of the kitchen.

Don't stay in a difficult situation if you can't handle it.



in the heat of the moment

while excited, angry or emotional.
He said things in the heat of the moment.



bring the heat

to perform with great energy or intensity.
Our team brought the heat in the second half!

IDIOMS & FIXED EXPRESSIONS



AMANDA GREY

FORMATION PROFESSIONNELLE • TRANSCRIPTION

Vous allez aimer l'anglais!



turn up the heat

to make something more intense.
They turned up the heat in the negotiations.



bring the heat

to perform with a lot of energy.
The band really brought the heat to the stage.



feel the heat

to experience pressure or criticism.
The politician is feeling the heat.



if you can't stand the heat...

...get out of the kitchen.
Don't complain if you can't handle it.



in the heat of the moment

when emotions are high.
It was said in the heat of the moment.