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This PDF is a companion to the SarahLingo podcast episode on “Are you a clean freak?”. In this lesson. You learn useful English words and idioms related to being clean and tidy. Each word comes with a clear definition and an example sentence to help. You understand how to use it naturally in every day conversations.

WORD	DEFINITION	SAMPLE SENTENCE
to be a stickler for sth	To care a lot about rules, details or standards	She's a stickler for good grammar, so she always corrects people's mistakes.
cleaning products	Substances used to clean things such as detergents, sprays, or disinfectants.	I bought some new cleaning products to make the kitchen smell fresh and shine again.
hand sanitizer	A liquid or gel used to kill germs on your hands, especially when soap and water aren't available	I always carry hand sanitizer in my bag so I can clean my hands when I'm outside.
a clean freak	Someone who is extremely concerned about keeping things clean all the time	My sister is such a clean freak - she vacuums the house twice a day.
a neat freak	Someone who is extremely concerned about keeping things clean all the time	He is a neat freak , so even his pencils are arranged by color.
cleanliness (n.)	The state of being clean and free from dirt	Cleanliness is very important in restaurants to keep customers safe.

WORD	DEFINITION	SAMPLE SENTENCE
cluttered (adj.)	Full of too many things, messy, disorganized	The desk was so cluttered that she couldn't find her book.
offend (v.)	To make someone feel upset, hurt, or insulted.	I didn't mean to offend you with my comment about your cooking.
offensive (adj.)	Rude, insulting or likely to make people feel hurt	Some people found his joke offensive and walked out of the room.
punctuality (n.)	The quality of being on time or not being late	Punctuality is necessary if you want to make a good impression at work.
to see eye to eye	To agree with someone	My boss and I don't always see eye to eye on how to manage the team.
Are you with me?	A phrase used to check if someone is following what you're saying or agrees with you	So first, we clean the kitchen, then the living room- are you with me?

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✨ **یادگیری را با دوره‌های Touchstone ادامه دهید:** اگر از این درس و فایل PDF لذت بردید، مطمئنم که دوره‌های Touchstone من را هم دوست خواهید داشت! این دوره‌های تصویری بر اساس کتاب‌های معروف Touchstone از انتشارات کمبریج طراحی شده‌اند و روی چهار مهارت اصلی زبان یعنی مهارت گفتاری، شنیداری، خواندن و نوشتن کار می‌کنند. من هر چهار سطح (Touchstone 1 تا 4) را به صورت روان و کاربردی تدریس کرده‌ام تا به شما کمک کنم زبان انگلیسی را طبیعی، با اعتماد به نفس و مؤثر یاد بگیرید. پس اگر آماده‌اید انگلیسی‌تان را به سطح بالاتری ببرید، به دوره‌های Touchstone من بپیوندید و از یادگیری لذت ببرید!

