

Englist.me



Vocabulary Builder Reference from...

Jeffrey Siegel: What makes muscles grow? | TED Talk

https://www.ted.com/talks/jeffrey_siegel_what_makes_muscles_grow

All Words

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

tissue

n. an ensemble of similar cells of the animal or plant that together carry out a specific function

synonym: structure, texture, anatomy

(1) a facial **tissue**, (2) loss of muscle **tissue**

The researcher separated the nervous **tissue** for microscopic examinations.

bind

v. to tie or fasten someone or something tightly with rope, string, etc. so that they cannot move or are held together strongly

synonym: tie, stick to, adhere

(1) **bind** the man's hands, (2) **bind** old letters into a bundle

The company's rules **bind** the employee's working hours.

constant

adj. happening repeatedly or all the time

synonym: ceaseless, stable, unchanging

(1) a **constant** wind, (2) a **constant** temperature

Constant dropping wears away the stone.

basis

n. the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged

synonym: foundation, base, ground

(1) on an equal **basis**, (2) **basis** for calculation
This evidence will form the **basis** for our discussion.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

poise

n. a calm, confident, and graceful manner with control of your feelings or behavior

synonym: confidence, grace, calmness

(1) aesthetic **poise**, (2) with easy **poise**

He took a deep breath and recovered a little of his **poise**.

motor

n. a device that converts electricity, fuel, etc. into movement and makes a machine, vehicle, etc. work

synonym: actuator, engine, machine

(1) a **motor** mechanic, (2) DC **motor** control

Energy-efficient **motors** are needed to maximize the cruising distance of electric vehicles.

neuron

n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

synonym: nerve cell

(1) excite the **neurons**, (2) **neuron** cell body

Our body transfers information along each **neuron** using an electrical impulse.

relax

v. to become or cause someone to become less active or tense and calmer

synonym: soften, comfort, soothe

(1) **relax** a series of muscles, (2) **relax** at home

The rules were **relaxed** after the new executive arrived.

rally

n. a public meeting of a group of people intended to arouse enthusiasm

synonym : gathering, meetup, demonstration

(1) **rally** in front of the embassy, (2) the preliminary **rally**
There was a massive police presence at the anti-government **rally**.

solid

adj. hard or firm; characterized by good substantial quality

synonym : stable, reliable, hard

(1) **solid** ally, (2) **solid** employment measures

The **solid-state** of water is called ice.

appeal

n. a serious, earnest, or urgent request for money, information, or help; a quality that makes somebody or something attractive or interest

synonym : request, charm, attraction

(1) draw out your **appeal**, (2) an **appeal** for help

He needed to resolve the problem as soon as possible, so he made an **appeal** directly.

tight

adj. fixed, fastened, or kept together firmly or closely

synonym : closed, secured, cramped

(1) a **tight** game, (2) student on a **tight** budget

The national election was held amid **tight** security.

belly

n. the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft

synonym : stomach, abdomen, gut

(1) the **belly** of the ship, (2) with an empty **belly**

She had a tattoo just above her **belly** button.

tense

adj. unable to relax because of being nervous or worried; stretched tight or rigid

synonym : tight, stretched, strained

(1) **tense** atmosphere, (2) have a **tense** face

This story makes me **tense**.

yank

v. to pull something or someone forcefully with a sudden movement

synonym: draw, jerk, tug

(1) **yank** out a tooth, (2) **yank** at a rope

He tried to **yank** the memories from his brain.

nervous

adj. worried and anxious about something; relating to the nerves

synonym: neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

lever

n. a handle used to operate a vehicle or a machine; a rigid bar resting on a pivot so that one end of it can be pushed or pulled easily

synonym: lifter, crowbar, bar

(1) a gear change **lever**, (2) **lever** for reform

This initiative will be a **lever** for increasing company sales.

fiber

n. thread or filament used to make a vegetable tissue, mineral material, or textile

synonym: yarn, thread, wool

(1) carbon **fiber**, (2) synthetic **fiber**

We must consume dietary **fiber** to maintain good health.

undergo

v. to go through something unpleasant or that involves a change

synonym: experience, suffer, endure

(1) **undergo** surgery, (2) **undergo** a decrease

The train has to **undergo** rigorous safety checks.

cellular

adj. of or connected with the cells of animals or plants; of or connected with a mobile telephone system that uses several short-range radio stations instead of wires

synonym: organic, biological, nuclear

(1) **cellular** and molecular biology, (2) a **cellular** phone handset

This factory employs a **cellular** manufacturing system.

expose

v. to show something by uncovering it; to make something accessible to some action or influence

synonym: disclose, reveal, uncover

(1) **expose** a crime, (2) **expose** a person to risks

That newspaper **exposed** a political scandal in a big way.

microscopic

adj. tiny; exceedingly precise and detail-oriented; of or used in microscopy

synonym: infinitesimal, tiny, atomic

(1) **microscopic** inquiry, (2) **microscopic** analysis

Inspectors noticed **microscopic** cracks in the submarine's hull.

dam

n. a wall constructed over a river to block the flow of water, mainly used to generate energy

synonym: barricade, barrier, embankment

(1) **dam-building** program, (2) **dam** collapsing

The break in the **dam** threatened the valley.

injury

n. harm done to a person's or an animal's body caused by an accident or an attack

synonym: wound, damage, hurt

(1) without **injury**, (2) a fatal **injury**

My accidental **injury** got better right away.

inflame

v. to cause very strong feelings such as anger or excitement in a person or a group of people

synonym: agitate, arouse, enrage

(1) **inflame** skin, (2) **inflame** his passion

Her eyes **inflamed** with crying.

molecule

n. a group of two or more atoms held together by attractive forces known as chemical bonds

synonym: particle, element, atom

(1) small **molecules**, (2) **molecule** behavior

The shape of the DNA **molecule** is a double helix.

cytokine

n. any of various protein molecules produced by cells of the immune system that serve to regulate the immune system

(1) a **cytokine** production, (2) **cytokine** receptor

Abnormal **cytokine** response may cause atopic dermatitis.

immune

adj. protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

synonym: resistant, unsusceptible, unaffected

(1) **immune** from criminal prosecution, (2) the cell of the **immune** system

The vaccination does not necessarily make you completely **immune**.

magic

n. beliefs and actions employed to influence supernatural beings and forces; any art or performance that invokes supernatural powers

synonym: fascination, illusion, wizardry

(1) a **magic** spell, (2) she is **magic**

He performed **magic** tricks with sophisticated moves.

cycle

n. an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

synonym: revolution, rotation, bike

(1) the **cycle** of the seasons, (2) go to the workplace by **cycle**

The food chain causes a material **cycle**.

eventually

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

synonym: finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

adapt

v. to make fit for or change to suit a new purpose or environment

synonym: adjust, acclimate, accustom

(1) **adapt** fully to the environment, (2) **adapt** as needed

I advised him to **adapt** to his new surroundings.

stimulate

v. to encourage something to develop or become more active; to stir the feelings or emotions

synonym: excite, provoke, arouse

(1) **stimulate** the economy, (2) **stimulate** the nervous system

The book **stimulated** my imagination.

hypertrophy

n. the enlargement of a body part or organ because its cells increase in size

(1) cardiac **hypertrophy**, (2) **hypertrophy** of a limb

The physician looked at the images and confirmed renal **hypertrophy**.

exposed

adj. having no protection or shield from something, such as bad weather, attack, or criticism

synonym: endangered, revealed, disclosed

(1) **exposed** to radiation, (2) an **exposed** rock

Tech companies often employ **exposed** ducts and other materials in their office interiors.

workload

n. the amount of work that a person is expected to do in a specified time

synonym: duty, assignment

(1) the **workload** of the liver, (2) increase in **workload**

Our salary will rise proportionately to our **workload**.

continuously

adv. without being interrupted or paused; repeatedly

synonym: constantly, frequently, always

(1) use one thing **continuously**, (2) **continuously** removed

The country's domestic coal consumption has been

continuously declining for decades.

resistance

n. the act of defending oneself from an aggressor or refusing to accept something

synonym: opposition, antagonism, defiance

(1) **resistance** movement, (2) **resistance** to insulin

The bill to increase the consumption tax had passed despite much **resistance** from the public.

shrink

v. to become smaller, or to make something smaller in size or amount

synonym: decrease, diminish, shy away

(1) **shrink** the tumor, (2) **shrink** with fear

This shirt will **shrink** in the wash.

muscular

adj. of or relating to the muscles; having or suggesting great physical power or force

synonym: powerful, athletic, brawny

(1) a **muscular** person, (2) **muscular** contraction

She worked hard to treat her **muscular** dystrophy.

atrophy

n. a decrease in size of a muscle, organ, etc., caused by disease or disuse

synonym: disintegration, degeneration, wasting away

(1) weakness with **atrophy**, (2) **atrophy** of the muscles

Daily exercise and adequate sleep are necessary to prevent the progression of **atrophy**.

contrast

v. to put in opposition to show or emphasize differences

synonym: differ, vary, counterpoint

(1) **contrast** with a decade ago, (2) **contrast** two things

It's intriguing to compare and **contrast** the two authors.

eccentric

adj. weird or unusual, sometimes in a funny way

synonym: bizarre, abnormal, curious

(1) display **eccentric** behavior, (2) **eccentric** characters

He was **eccentric**, but he was also a genius.

rely v. to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
synonym: depend, count, lean
(1) **rely** on convenience stores, (2) **rely** entirely on him
Babies heavily **rely** on others for food.

nutrition n. the substances or the process that organisms take into their bodies as food for their growth and health
synonym: alimentation, nourishment, sustenance
(1) **nutrition** condition, (2) **nutrition** intake
This food contains all the **nutrition** your dog requires.

hormone n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
(1) **hormone** secretion, (2) female **hormone**
The doctor diagnosed me with a **hormone** disorder.

diet n. the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
synonym: food, dietary
(1) eat a vegetarian **diet**, (2) **Diet** approval
A balanced **diet** is more important for health than supplements.

preserve v. to keep or maintain a particular quality, feature, etc., especially to prevent it from decaying, being damaged, or being destroyed
synonym: conserve, care for, maintain
(1) **preserve** my strength, (2) **preserve** a country's heritage
They worked hard to **preserve** the nature of their native lands.

mass

n. a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together

synonym : abundance, crowd, mob

(1) a **mass** of molten rock, (2) critical **mass**

The **mass** of people who do not own property is politically impotent.

amino

n. compounds and functional groups that contain a basic nitrogen atom with a lone pair (NH₂) that combine to make protein

(1) **amino** compound, (2) **amino** acid

This company was granted a patent for its **amino** resin manufacturing process.

acid

n. sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials

synonym : sour

(1) an **acid** reaction, (2) good source of essential amino **acids**

During pregnancy, the stomach generates less **acid** than usual.

adequate

adj. enough, acceptable, satisfactory for a particular purpose or need

synonym : enough, acceptable, able

(1) **adequate** parking facilities, (2) provide **adequate** funding

This argument is still not **adequate**.

intake

n. the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body

synonym : consumption, absorption, inhalation

(1) a small **intake** of breath, (2) an **intake** pipe

He has been advised to reduce his daily fat **intake**.

naturally

adv. as might be expected; by natural manners

synonym: by nature, inherently, intrinsically

(1) **naturally** arising, (2) **naturally** regenerated forest

He was **naturally** gifted.

insulin

n. a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes

(1) daily **insulin** dose, (2) development of **insulin** resistance

He had an **insulin** shock after drinking large quantities of fruit juices.

testosterone

n. a male hormone that is responsible for the development of male secondary sex characteristics

(1) **testosterone** enhancer, (2) a synthetic derivative of **testosterone**

Training with sufficient intensity increases blood **testosterone** levels.

shift

n. a slight transition in position, direction, or trend

synonym: transition, change, modification

(1) Doppler **shift**, (2) major paradigm **shift**

Could you help me **shift** some furniture?

vital

adj. necessary for the success or continued existence of something

synonym: critical, crucial, invigorating

(1) play a **vital** role, (2) **vital** for a healthy society

Perseverance and optimism are **vital** to success.

gender

n. the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology

synonym: sexuality

(1) **gender-blind** policies, (2) dual **gender**

Cultural norms strongly influence **gender** expectations.

mechanism

n. a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

synonym : means, method, system

(1) the **mechanism** for DNA replication, (2) defense **mechanism**

He discovered unique **mechanisms** for photochemical reactions.

genetic

adj. of or relating to genes (= parts of the DNA in cells) or the science of genes

synonym : hereditary, genetical, inborn

(1) have **genetic** testing, (2) a **genetic** disorder

Understanding protein folding is a vital step in deciphering the **genetic** code.

robust

adj. sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity

synonym : healthy, strong, booming

(1) **robust** growth, (2) a **robust** appetite

The experiment yielded **robust** results that support his theory.

reaction

n. a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others

synonym : response, reply, answer

(1) chemical **reaction**, (2) trigger a **reaction**

There was a chemical **reaction** of the lime with the groundwater.

replace

v. to take the place of something

synonym : substitute, supersede, displace

(1) **replace** one word with another, (2) **replace** a phone

Eventually, the new design will **replace** all older models.

meaningful

adj. having meaning, function, or purpose; serious, significant, or worthwhile

synonym: significant, consequential, essential

(1) a **meaningful** outcome, (2) make the accord

meaningful

She cast a **meaningful** glance at me.

Session 2: Spelling

- | | | |
|---------------------------------------|------|---|
| 1. ad__t as needed | v. | to make fit for or change to suit a new purpose or environment |
| 2. go to the workplace by cy__e | n. | an interval during which a recurring sequence of events occurs; a bicycle or motorcycle |
| 3. ad__t fully to the environment | v. | to make fit for or change to suit a new purpose or environment |
| 4. ba__s for calculation | n. | the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged |
| 5. development of in_____n resistance | n. | a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes |
| 6. at_____y of the muscles | n. | a decrease in size of a muscle, organ, etc., caused by disease or disuse |
| 7. a fatal in_____y | n. | harm done to a person's or an animal's body caused by an accident or an attack |
| 8. the cy__e of the seasons | n. | an interval during which a recurring sequence of events occurs; a bicycle or motorcycle |
| 9. ec_____ic characters | adj. | weird or unusual, sometimes in a funny way |
| 10. a ce_____ar phone handset | adj. | of or connected with the cells of animals or plants; of or connected with a mobile telephone system that uses several short-range radio stations instead of wires |

ANSWERS: 1. adapt, 2. cycle, 3. adapt, 4. basis, 5. insulin, 6. atrophy, 7. injury, 8. cycle, 9. eccentric, 10. cellular

11. b__d old letters into a bundle *v.* to tie or fasten someone or something tightly with rope, string, etc. so that they cannot move or are held together strongly
12. an in___e pipe *n.* the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body
13. in_____e skin *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
14. ex___e a person to risks *v.* to show something by uncovering it; to make something accessible to some action or influence
15. development of the ne_____s system *adj.* worried and anxious about something; relating to the nerves
16. d_m collapsing *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
17. have a te__e face *adj.* unable to relax because of being nervous or worried; stretched tight or rigid
18. aesthetic po__e *n.* a calm, confident, and graceful manner with control of your feelings or behavior
19. the preliminary ra__y *n.* a public meeting of a group of people intended to arouse enthusiasm
20. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

ANSWERS: 11. bind, 12. intake, 13. inflame, 14. expose, 15. nervous, 16. dam, 17. tense, 18. poise, 19. rally, 20. brain

21. critical m__s *n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
22. a mo__r mechanic *n.* a device that converts electricity, fuel, etc. into movement and makes a machine, vehicle, etc. work
23. good source of essential amino a__ds *n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
24. make the accord mea_____ul *adj.* having meaning, function, or purpose; serious, significant, or worthwhile
25. weakness with at_____y *n.* a decrease in size of a muscle, organ, etc., caused by disease or disuse
26. student on a ti__t budget *adj.* fixed, fastened, or kept together firmly or closely
27. r__y entirely on him *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
28. a cy_____ne production *n.* any of various protein molecules produced by cells of the immune system that serve to regulate the immune system
29. nu_____on intake *n.* the substances or the process that organisms take into their bodies as food for their growth and health

ANSWERS: 21. mass, 22. motor, 23. acid, 24. meaningful, 25. atrophy, 26. tight, 27. rely, 28. cytokine, 29. nutrition

30. eve_____ly become obsolete *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
31. le__r for reform *n.* a handle used to operate a vehicle or a machine; a rigid bar resting on a pivot so that one end of it can be pushed or pulled easily
32. cardiac hyp_____hy *n.* the enlargement of a body part or organ because its cells increase in size
33. ho_____e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
34. nu_____on condition *n.* the substances or the process that organisms take into their bodies as food for their growth and health
35. with easy po__e *n.* a calm, confident, and graceful manner with control of your feelings or behavior
36. ad_____te parking facilities *adj.* enough, acceptable, satisfactory for a particular purpose or need
37. play a vi__l role *adj.* necessary for the success or continued existence of something
38. a ro__t appetite *adj.* sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity
39. a mu_____ar person *adj.* of or relating to the muscles; having or suggesting great physical power or force

ANSWERS: 30. eventually, 31. lever, 32. hypertrophy, 33. hormone, 34. nutrition, 35. poise, 36. adequate, 37. vital, 38. robust, 39. muscular

40. use one thing con_____sly *adv.* without being interrupted or paused; repeatedly
41. r__y on convenience stores *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
42. the cell of the im___e system *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
43. a synthetic derivative of
tes_____one *n.* a male hormone that is responsible for the development of male secondary sex characteristics
44. re_____e a phone *v.* to take the place of something
45. display ec_____ic behavior *adj.* weird or unusual, sometimes in a funny way
46. sh___k the tumor *v.* to become smaller, or to make something smaller in size or amount
47. have ge_____c testing *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
48. ex_____d to radiation *adj.* having no protection or shield from something, such as bad weather, attack, or criticism
49. y__k at a rope *v.* to pull something or someone forcefully with a sudden movement
50. the wo_____ad of the liver *n.* the amount of work that a person is expected to do in a specified time
51. st_____te the nervous system *v.* to encourage something to develop or become more active; to stir the feelings or emotions

ANSWERS: 40. continuously, 41. rely, 42. immune, 43. testosterone, 44. replace, 45. eccentric, 46. shrink, 47. genetic, 48. exposed, 49. yank, 50. workload, 51. stimulate

52. DC mo__r control *n.* a device that converts electricity, fuel, etc. into movement and makes a machine, vehicle, etc. work
53. a small in___e of breath *n.* the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body
54. vi__l for a healthy society *adj.* necessary for the success or continued existence of something
55. the be__y of the ship *n.* the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft
56. with an empty be__y *n.* the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft
57. ne___n cell body *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
58. eve_____ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
59. re__x a series of muscles *v.* to become or cause someone to become less active or tense and calmer
60. res_____ce to insulin *n.* the act of defending oneself from an aggressor or refusing to accept something
61. she is ma__c *n.* beliefs and actions employed to influence supernatural beings and forces; any art or performance that invokes supernatural powers

ANSWERS: 52. motor, 53. intake, 54. vital, 55. belly, 56. belly, 57. neuron, 58. eventually, 59. relax, 60. resistance, 61. magic

62. a facial ti___e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
63. dual ge___r *n.* the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology
64. hyp_____hy of a limb *n.* the enlargement of a body part or organ because its cells increase in size
65. daily in_____n dose *n.* a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes
66. mo_____le behavior *n.* a group of two or more atoms held together by attractive forces known as chemical bonds
67. y__k out a tooth *v.* to pull something or someone forcefully with a sudden movement
68. chemical re_____on *n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
69. eat a vegetarian d__t *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
70. co_____st two things *v.* to put in opposition to show or emphasize differences

ANSWERS: 62. tissue, 63. gender, 64. hypertrophy, 65. insulin, 66. molecule, 67. yank, 68. reaction, 69. diet, 70. contrast

71. ro__t growth *adj.* sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity
72. tes_____one enhancer *n.* a male hormone that is responsible for the development of male secondary sex characteristics
73. D__t approval *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
74. a gear change le__r *n.* a handle used to operate a vehicle or a machine; a rigid bar resting on a pivot so that one end of it can be pushed or pulled easily
75. without in___y *n.* harm done to a person's or an animal's body caused by an accident or an attack
76. un_____o surgery *v.* to go through something unpleasant or that involves a change
77. a mea_____ul outcome *adj.* having meaning, function, or purpose; serious, significant, or worthwhile
78. get ne_____s *adj.* worried and anxious about something; relating to the nerves
79. carbon fi__r *n.* thread or filament used to make a vegetable tissue, mineral material, or textile
80. synthetic fi__r *n.* thread or filament used to make a vegetable tissue, mineral material, or textile

ANSWERS: 71. robust, 72. testosterone, 73. diet, 74. lever, 75. injury, 76. undergo, 77. meaningful, 78. nervous, 79. fiber, 80. fiber

81. draw out your ap___l *n.* a serious, earnest, or urgent request for money, information, or help; a quality that makes somebody or something attractive or interest
82. re_____e one word with another *v.* to take the place of something
83. Doppler sh__t *n.* a slight transition in position, direction, or trend
84. pr_____ve my strength *v.* to keep or maintain a particular quality, feature, etc., especially to prevent it from decaying, being damaged, or being destroyed
85. a co_____nt temperature *adj.* happening repeatedly or all the time
86. female ho_____e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
87. so__d ally *adj.* hard or firm; characterized by good substantial quality
88. im___e from criminal prosecution *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
89. a m__s of molten rock *n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
90. on an equal ba__s *n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged

ANSWERS: 81. appeal, 82. replace, 83. shift, 84. preserve, 85. constant, 86. hormone, 87. solid, 88. immune, 89. mass, 90. basis

91. mu____ar contraction *adj.* of or relating to the muscles; having or suggesting great physical power or force
92. co____st with a decade ago *v.* to put in opposition to show or emphasize differences
93. an ex____d rock *adj.* having no protection or shield from something, such as bad weather, attack, or criticism
94. a ti__t game *adj.* fixed, fastened, or kept together firmly or closely
95. re__x at home *v.* to become or cause someone to become less active or tense and calmer
96. mic____ic inquiry *adj.* tiny; exceedingly precise and detail-oriented; of or used in microscopy
97. a ma__c spell *n.* beliefs and actions employed to influence supernatural beings and forces; any art or performance that invokes supernatural powers
98. b__d the man's hands *v.* to tie or fasten someone or something tightly with rope, string, etc. so that they cannot move or are held together strongly
99. te__e atmosphere *adj.* unable to relax because of being nervous or worried; stretched tight or rigid
100. trigger a re____on *n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others

ANSWERS: 91. muscular, 92. contrast, 93. exposed, 94. tight, 95. relax, 96. microscopic, 97. magic, 98. bind, 99. tense, 100. reaction

101. un_____o a decrease *v.* to go through something unpleasant or that involves a change
102. con_____sly removed *adv.* without being interrupted or paused; repeatedly
103. ex___e a crime *v.* to show something by uncovering it; to make something accessible to some action or influence
104. an a__d reaction *n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
105. provide ad_____te funding *adj.* enough, acceptable, satisfactory for a particular purpose or need
106. ce_____ar and molecular biology *adj.* of or connected with the cells of animals or plants; of or connected with a mobile telephone system that uses several short-range radio stations instead of wires
107. ge___r-blind policies *n.* the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology
108. am__o compound *n.* compounds and functional groups that contain a basic nitrogen atom with a lone pair (NH₂) that combine to make protein
109. sh___k with fear *v.* to become smaller, or to make something smaller in size or amount

ANSWERS: 101. undergo, 102. continuously, 103. expose, 104. acid, 105. adequate, 106. cellular, 107. gender, 108. amino, 109. shrink

110. major paradigm sh__t *n.* a slight transition in position, direction, or trend
111. in_____e his passion *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
112. na_____ly regenerated forest *adv.* as might be expected; by natural manners
113. cy_____ne receptor *n.* any of various protein molecules produced by cells of the immune system that serve to regulate the immune system
114. the me_____sm for DNA replication *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
115. mic_____ic analysis *adj.* tiny; exceedingly precise and detail-oriented; of or used in microscopy
116. st_____te the economy *v.* to encourage something to develop or become more active; to stir the feelings or emotions
117. so__d employment measures *adj.* hard or firm; characterized by good substantial quality
118. am__o acid *n.* compounds and functional groups that contain a basic nitrogen atom with a lone pair (NH₂) that combine to make protein
119. small mo_____les *n.* a group of two or more atoms held together by attractive forces known as chemical bonds

ANSWERS: 110. shift, 111. inflame, 112. naturally, 113. cytokine, 114. mechanism, 115. microscopic, 116. stimulate, 117. solid, 118. amino, 119. molecule

120. increase in wo_____ad
n. the amount of work that a person is expected to do in a specified time
121. basic br__n function
n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling
122. pr_____ve a country's heritage
v. to keep or maintain a particular quality, feature, etc., especially to prevent it from decaying, being damaged, or being destroyed
123. res_____ce movement
n. the act of defending oneself from an aggressor or refusing to accept something
124. an ap___l for help
n. a serious, earnest, or urgent request for money, information, or help; a quality that makes somebody or something attractive or interest
125. excite the ne___ns
n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body
126. a co_____nt wind
adj. happening repeatedly or all the time
127. defense me_____sm
n. a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
128. d_m-building program
n. a wall constructed over a river to block the flow of water, mainly used to generate energy
129. loss of muscle ti___e
n. an ensemble of similar cells of the animal or plant that together carry out a specific function

ANSWERS: 120. workload, 121. brain, 122. preserve, 123. resistance, 124. appeal, 125. neuron, 126. constant, 127. mechanism, 128. dam, 129. tissue

130. ra__y in front of the embassy

n. a public meeting of a group of people intended to arouse enthusiasm

131. na_____ly arising

adv. as might be expected; by natural manners

132. a ge_____c disorder

adj. of or relating to genes (= parts of the DNA in cells) or the science of genes

ANSWERS: 130. rally, 131. naturally, 132. genetic

Session 3: Fill in the Blanks

1. There was a chemical _____ of the lime with the groundwater.
n. a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
2. Understanding protein folding is a vital step in deciphering the _____ code.
adj. of or relating to genes (= parts of the DNA in cells) or the science of genes
3. Perseverance and optimism are _____ to success.
adj. necessary for the success or continued existence of something
4. This argument is still not _____.
adj. enough, acceptable, satisfactory for a particular purpose or need
5. The bill to increase the consumption tax had passed despite much _____ from the public.
n. the act of defending oneself from an aggressor or refusing to accept something
6. The _____ of water is called ice.
adj. hard or firm; characterized by good substantial quality
7. This story makes me _____.
adj. unable to relax because of being nervous or worried; stretched tight or rigid
8. _____ dropping wears away the stone.
adj. happening repeatedly or all the time
9. The break in the ____ threatened the valley.
n. a wall constructed over a river to block the flow of water, mainly used to generate energy

ANSWERS: 1. reaction, 2. genetic, 3. vital, 4. adequate, 5. resistance, 6. solid-state, 7. tense, 8. Constant, 9. dam

10. The country's domestic coal consumption has been _____ declining for decades.

adv. without being interrupted or paused; repeatedly

11. Our body transfers information along each _____ using an electrical impulse.

n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

12. There was a massive police presence at the anti-government _____.

n. a public meeting of a group of people intended to arouse enthusiasm

13. This company was granted a patent for its _____ resin manufacturing process.

n. compounds and functional groups that contain a basic nitrogen atom with a lone pair (NH₂) that combine to make protein

14. The train has to _____ rigorous safety checks.

v. to go through something unpleasant or that involves a change

15. It's intriguing to compare and _____ the two authors.

v. to put in opposition to show or emphasize differences

16. A balanced _____ is more important for health than supplements.

n. the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

17. Cultural norms strongly influence _____ expectations.

n. the range of characteristics of femininity and masculinity and differentiating between them, especially when considering social and cultural differences rather than differences in biology

ANSWERS: 10. continuously, 11. neuron, 12. rally, 13. amino, 14. undergo, 15. contrast, 16. diet, 17. gender

18. The rules were _____ after the new executive arrived.
v. to become or cause someone to become less active or tense and calmer
19. The physician looked at the images and confirmed renal _____.
n. the enlargement of a body part or organ because its cells increase in size
20. This evidence will form the _____ for our discussion.
n. the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged
21. He took a deep breath and recovered a little of his _____.
n. a calm, confident, and graceful manner with control of your feelings or behavior
22. She worked hard to treat her _____ dystrophy.
adj. of or relating to the muscles; having or suggesting great physical power or force
23. She cast a _____ glance at me.
adj. having meaning, function, or purpose; serious, significant, or worthwhile
24. The food chain causes a material _____.
n. an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
25. He was _____ gifted.
adv. as might be expected; by natural manners
26. He discovered unique _____ for photochemical reactions.
n. a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

ANSWERS: 18. relaxed, 19. hypertrophy, 20. basis, 21. poise, 22. muscular, 23. meaningful, 24. cycle, 25. naturally, 26. mechanisms

27. Training with sufficient intensity increases blood _____ levels.
n. a male hormone that is responsible for the development of male secondary sex characteristics
28. Eventually, the new design will _____ all older models.
v. to take the place of something
29. Could you help me _____ some furniture?
n. a slight transition in position, direction, or trend
30. My accidental _____ got better right away.
n. harm done to a person's or an animal's body caused by an accident or an attack
31. He has been advised to reduce his daily fat _____.
n. the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body
32. This initiative will be a _____ for increasing company sales.
n. a handle used to operate a vehicle or a machine; a rigid bar resting on a pivot so that one end of it can be pushed or pulled easily
33. This food contains all the _____ your dog requires.
n. the substances or the process that organisms take into their bodies as food for their growth and health
34. He was _____ but he was also a genius.
adj. weird or unusual, sometimes in a funny way

ANSWERS: 27. testosterone, 28. replace, 29. shift, 30. injury, 31. intake, 32. lever, 33. nutrition, 34. eccentric,

35. The researcher separated the nervous _____ for microscopic examinations.
- n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
36. X-rays revealed a small tumor in his _____.
- n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
37. Abnormal _____ response may cause atopic dermatitis.
- n.* any of various protein molecules produced by cells of the immune system that serve to regulate the immune system
38. The _____ of people who do not own property is politically impotent.
- n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
39. They worked hard to _____ the nature of their native lands.
- v.* to keep or maintain a particular quality, feature, etc., especially to prevent it from decaying, being damaged, or being destroyed
40. The experiment yielded _____ results that support his theory.
- adj.* sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity
41. He needed to resolve the problem as soon as possible, so he made an _____ directly.
- n.* a serious, earnest, or urgent request for money, information, or help; a quality that makes somebody or something attractive or interest
42. The book _____ my imagination.
- v.* to encourage something to develop or become more active; to stir the feelings or emotions

ANSWERS: 35. tissue, 36. brain, 37. cytokine, 38. mass, 39. preserve, 40. robust, 41. appeal, 42. stimulated

43. I advised him to _____ to his new surroundings.
v. to make fit for or change to suit a new purpose or environment
44. This shirt will _____ in the wash.
v. to become smaller, or to make something smaller in size or amount
45. The vaccination does not necessarily make you completely _____.
adj. protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
46. That newspaper _____ a political scandal in a big way.
v. to show something by uncovering it; to make something accessible to some action or influence
47. The national election was held amid _____ security.
adj. fixed, fastened, or kept together firmly or closely
48. He suffers from _____ breakdowns.
adj. worried and anxious about something; relating to the nerves
49. During pregnancy, the stomach generates less _____ than usual.
n. sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
50. Our salary will rise proportionately to our _____.
n. the amount of work that a person is expected to do in a specified time
51. The company's rules _____ the employee's working hours.
v. to tie or fasten someone or something tightly with rope, string, etc. so that they cannot move or are held together strongly

ANSWERS: 43. adapt, 44. shrink, 45. immune, 46. exposed, 47. tight, 48. nervous, 49. acid, 50. workload, 51. bind

52. The doctor diagnosed me with a _____ disorder.

- n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

53. The corporation _____ dominated the entire tobacco business.

- adv.* finally, particularly after a long time or a lot of struggle, complications, and so on

54. He tried to _____ the memories from his brain.

- v.* to pull something or someone forcefully with a sudden movement

55. The shape of the DNA _____ is a double helix.

- n.* a group of two or more atoms held together by attractive forces known as chemical bonds

56. Daily exercise and adequate sleep are necessary to prevent the progression of _____.

- n.* a decrease in size of a muscle, organ, etc., caused by disease or disuse

57. Her eyes _____ with crying.

- v.* to cause very strong feelings such as anger or excitement in a person or a group of people

58. He performed _____ tricks with sophisticated moves.

- n.* beliefs and actions employed to influence supernatural beings and forces; any art or performance that invokes supernatural powers

59. Babies heavily _____ on others for food.

- v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.

ANSWERS: 52. hormone, 53. eventually, 54. yank, 55. molecule, 56. atrophy, 57. inflamed, 58. magic, 59. rely

60. She had a tattoo just above her _____ button.

n. the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft

61. Energy-efficient _____ are needed to maximize the cruising distance of electric vehicles.

n. a device that converts electricity, fuel, etc. into movement and makes a machine, vehicle, etc. work

62. We must consume dietary _____ to maintain good health.

n. thread or filament used to make a vegetable tissue, mineral material, or textile

63. Tech companies often employ _____ ducts and other materials in their office interiors.

adj. having no protection or shield from something, such as bad weather, attack, or criticism

64. He had an _____ shock after drinking large quantities of fruit juices.

n. a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes

65. Inspectors noticed _____ cracks in the submarine's hull.

adj. tiny; exceedingly precise and detail-oriented; of or used in microscopy

66. This factory employs a _____ manufacturing system.

adj. of or connected with the cells of animals or plants; of or connected with a mobile telephone system that uses several short-range radio stations instead of wires

ANSWERS: 60. belly, 61. motors, 62. fiber, 63. exposed, 64. insulin, 65. microscopic, 66. cellular