

# Englist.me



## Vocabulary Builder Reference from...

Jen Gunter: What's a food allergy -- and what's not? |

TED Talk

[https://www.ted.com/talks/jen\\_gunter\\_what\\_s\\_a\\_food\\_allergy\\_and\\_what\\_s\\_not](https://www.ted.com/talks/jen_gunter_what_s_a_food_allergy_and_what_s_not)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### confuse

*v.* to mistake one thing for another; to make somebody hard to understand

*synonym*: confound, obscure, disorient

(1) **confuse** the listener, (2) **confuse** fantasy with reality  
Her remarks **confused** the debate.

### intolerant

*adj.* the inability or refusal to accept or respect views, beliefs, or behavior that differ from someone's own; unable to eat food without adverse effects

*synonym*: failure, impotence, shortcoming

(1) an **intolerant** person, (2) **intolerant** of criticism  
His **intolerant** attitude towards other cultures made it difficult for him to get along with others.

### shellfish

*n.* water creatures that live in shells, especially one of the types that can be eaten

*synonym*: clam, mollusk

(1) **shellfish** allergy, (2) edible **shellfish**  
**Shellfish** can cause allergic reactions in certain people.

### tropomyosin

*n.* a protein that regulates the contraction of muscle fibers by blocking the action of the enzyme myosin

*synonym*: muscle protein, myosin inhibitor

(1) **tropomyosin** administration, (2) cardiac **tropomyosin**  
Dysfunction of **tropomyosin** can lead to muscle disorders such as muscle weakness or wasting.

## invade

*v.* to enter aggressively into another's territory by military force for conquest and occupation

*synonym*: intrude, raid, overrun

(1) **invade** other tissues, (2) **invade** his privacy

I have no intention to **invade** your privacy.

## disproportionate

*adj.* too large or too small when compared with something else, or not deserving its importance or influence

*synonym*: undeserved, unequal, superfluous

(1) cause **disproportionate** damage, (2) **disproportionate** amount

This big gate is **disproportionate** to the small hut.

## tingle

*v.* to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement

*synonym*: feel tickled, itch, prickle

(1) **tingle** up my spine, (2) **tingle** with anticipation

My nerves began to **tingle** before the show started.

## hive

*n.* a structure for the reception and habitation of bees, either built by people or made by the bees themselves; a place swarming people

*synonym*: apiary, swarm, pack

(1) honeybees in **hives**, (2) a **hive** of activity

Bees were buzzing around the **hive**

## lactose

*n.* a sugar that is present in milk and milk products and is the primary source of energy for newborns

*synonym*: galactose, milk sugar, monohydrate

(1) **lactose** intolerance, (2) **lactose** degradation

**Lactose** metabolism differs between individuals.

## digestive

*adj.* relating to or capable of causing or promoting digestion of food

(1) **digestive** juices, (2) a **digestive** enzyme

A nutritious diet improves **digestive** functions.

## bloat

*v.* to become swollen, distended, or inflated, especially in an unpleasant way; (noun) a condition in which the abdomen becomes swollen or distended with gas or fluid

*synonym*: swell, blow up, inflate

(1) **bloat** with pride, (2) **bloat** government spending

He noticed that the snack food bag was **bloating** near the top of the mountain.

## unwell

*adj.* not in good health; feeling ill or sick

*synonym*: sick, ill, ailing

(1) **unwell** condition, (2) feel generally **unwell**

His **unwell** symptoms included nausea and a headache.

## celiac

*n.* relating to a condition in which the body's immune system reacts to gluten, a protein found in wheat, barley, and rye; of or in or belonging to the cavity of the abdomen

*synonym*: gluten intolerance, gastric, stomachic

(1) **celiac** treatment, (2) **celiac** artery

His **celiac** disorder required him to follow a strict gluten-free diet.

## autoimmune

*adj.* relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances

(1) insulin **autoimmune** syndrome, (2) **autoimmune** disorder

The presence of certain substances triggered the **autoimmune** response.

## gluten

*n.* a protein found in wheat, barley, and rye that is responsible for the elastic texture of the dough

*synonym* : wheat protein, wheat starch

(1) **gluten-free** diets, (2) **gluten** intolerance

Many people with celiac disease must avoid **gluten** in their diet.

## intestine

*n.* a long, tube-like organ in the digestive system that is responsible for absorbing nutrients from food and eliminating waste products

*synonym* : gut, bowel, tract

(1) large **intestine**, (2) **intestine** wall

The small **intestine** is responsible for absorbing most of the nutrients from food.

## nuanced

*adj.* characterized by subtle differences in appearance, meaning, sound, etc.

*synonym* : fine, subtle, slight

(1) **nuanced** view, (2) the common but **nuanced** opinion

The sommelier can distinguish **nuanced** variance in the flavor of the wine.

## scientifically

*adv.* in a way that relates to science or is connected with science

(1) investigate **scientifically**, (2) **scientifically** explainable

The hypothesis is not yet **scientifically** proven.

## purport

*v.* to claim or suggest that something is true or has a particular character or quality; (noun) the intended meaning of a communication

*synonym* : claim, allege, assert

(1) **purport** to answer the question, (2) the main **purport** of his speech

The document **purports** to have been signed by the president, but the signature is a forgery.

## medically

*adv.* in a way that relates to the practice of medicine and the treatment of illness and injury

(1) **medically** endorsed method, (2) in a **medically** effective manner

A decade ago, it was **medically** impossible to cure this disease completely.

## Session 2: Spelling

1. gl\_\_\_n intolerance *n.* a protein found in wheat, barley, and rye that is responsible for the elastic texture of the dough
2. large in\_\_\_\_\_ne *n.* a long, tube-like organ in the digestive system that is responsible for absorbing nutrients from food and eliminating waste products
3. gl\_\_\_n-free diets *n.* a protein found in wheat, barley, and rye that is responsible for the elastic texture of the dough
4. me\_\_\_\_\_ly endorsed method *adv.* in a way that relates to the practice of medicine and the treatment of illness and injury
5. in\_\_\_\_\_ne wall *n.* a long, tube-like organ in the digestive system that is responsible for absorbing nutrients from food and eliminating waste products
6. insulin aut\_\_\_\_\_ne syndrome *adj.* relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances
7. an int\_\_\_\_\_nt person *adj.* the inability or refusal to accept or respect views, beliefs, or behavior that differ from someone's own; unable to eat food without adverse effects
8. dis\_\_\_\_\_ate amount *adj.* too large or too small when compared with something else, or not deserving its importance or influence

ANSWERS: 1. gluten, 2. intestine, 3. gluten, 4. medically, 5. intestine, 6. autoimmune, 7. intolerant, 8. disproportionate

- |                                     |   |
|-------------------------------------|---|
| 9. di_____ve juices                 | <i>adj.</i> relating to or capable of causing or promoting digestion of food  |
| 10. la_____e degradation            | <i>n.</i> a sugar that is present in milk and milk products and is the primary source of energy for newborns  |
| 11. cardiac tro_____in              | <i>n.</i> a protein that regulates the contraction of muscle fibers by blocking the action of the enzyme myosin   |
| 12. the common but nu_____d opinion | <i>adj.</i> characterized by subtle differences in appearance, meaning, sound, etc.   |
| 13. a h__e of activity              | <i>n.</i> a structure for the reception and habitation of bees, either built by people or made by the bees themselves; a place swarming people                                      |
| 14. co_____e fantasy with reality   | <i>v.</i> to mistake one thing for another; to make somebody hard to understand   |
| 15. the main pu_____t of his speech | <i>v.</i> to claim or suggest that something is true or has a particular character or quality; (noun) the intended meaning of a communication                                       |
| 16. sh_____sh allergy               | <i>n.</i> water creatures that live in shells, especially one of the types that can be eaten  |
| 17. un___l condition                | <i>adj.</i> not in good health; feeling ill or sick   |
| 18. ce___c treatment                | <i>n.</i> relating to a condition in which the body's immune system reacts to gluten, a protein found in wheat, barley, and rye; of or in or belonging to the cavity of the abdomen |

ANSWERS: 9. digestive, 10. lactose, 11. tropomyosin, 12. nuanced, 13. hive, 14. confuse, 15. purport, 16. shellfish, 17. unwell, 18. celiac

19. honeybees in h\_\_es *n.* a structure for the reception and habitation of bees, either built by people or made by the bees themselves; a place swarming people
20. la\_\_\_\_e intolerance *n.* a sugar that is present in milk and milk products and is the primary source of energy for newborns
21. investigate sci\_\_\_\_\_lly *adv.* in a way that relates to science or is connected with science
22. bl\_\_t government spending *v.* to become swollen, distended, or inflated, especially in an unpleasant way; (noun) a condition in which the abdomen becomes swollen or distended with gas or fluid
23. aut\_\_\_\_ne disorder *adj.* relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances
24. in a me\_\_\_\_ly effective manner *adv.* in a way that relates to the practice of medicine and the treatment of illness and injury
25. ce\_\_\_c artery *n.* relating to a condition in which the body's immune system reacts to gluten, a protein found in wheat, barley, and rye; of or in or belonging to the cavity of the abdomen
26. tro\_\_\_\_\_in administration *n.* a protein that regulates the contraction of muscle fibers by blocking the action of the enzyme myosin
27. co\_\_\_\_e the listener *v.* to mistake one thing for another; to make somebody hard to understand

ANSWERS: 19. hive, 20. lactose, 21. scientifically, 22. bloat, 23. autoimmune, 24. medically, 25. celiac, 26. tropomyosin, 27. confuse



28. ti\_\_\_e with anticipation      v. to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement
29. bl\_\_t with pride      v. to become swollen, distended, or inflated, especially in an unpleasant way; (noun) a condition in which the abdomen becomes swollen or distended with gas or fluid
30. pu\_\_\_\_\_t to answer the question      v. to claim or suggest that something is true or has a particular character or quality; (noun) the intended meaning of a communication
31. nu\_\_\_\_\_d view      *adj.* characterized by subtle differences in appearance, meaning, sound, etc.
32. feel generally un\_\_\_l      *adj.* not in good health; feeling ill or sick
33. sci\_\_\_\_\_lly explainable      *adv.* in a way that relates to science or is connected with science
34. edible sh\_\_\_\_\_sh      *n.* water creatures that live in shells, especially one of the types that can be eaten
35. in\_\_\_e his privacy      v. to enter aggressively into another's territory by military force for conquest and occupation
36. a di\_\_\_\_\_ve enzyme      *adj.* relating to or capable of causing or promoting digestion of food
37. ti\_\_\_e up my spine      v. to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement

ANSWERS: 28. tingle, 29. bloat, 30. purport, 31. nuanced, 32. unwell, 33. scientifically, 34. shellfish, 35. invade, 36. digestive, 37. tingle

38. in\_\_\_e other tissues

*v.* to enter aggressively into another's territory by military force for conquest and occupation

39. int\_\_\_\_\_nt of criticism

*adj.* the inability or refusal to accept or respect views, beliefs, or behavior that differ from someone's own; unable to eat food without adverse effects

40. cause dis\_\_\_\_\_ate damage

*adj.* too large or too small when compared with something else, or not deserving its importance or influence

ANSWERS: 38. invade, 39. intolerant, 40. disproportionate

## Session 3: Fill in the Blanks

1. Bees were buzzing around the \_\_\_\_\_.  
*n.* a structure for the reception and habitation of bees, either built by people or made by the bees themselves; a place swarming people
2. Her remarks \_\_\_\_\_ the debate.  
*v.* to mistake one thing for another; to make somebody hard to understand
3. His \_\_\_\_\_ attitude towards other cultures made it difficult for him to get along with others.  
*adj.* the inability or refusal to accept or respect views, beliefs, or behavior that differ from someone's own; unable to eat food without adverse effects
4. \_\_\_\_\_ can cause allergic reactions in certain people.  
*n.* water creatures that live in shells, especially one of the types that can be eaten
5. \_\_\_\_\_ metabolism differs between individuals.  
*n.* a sugar that is present in milk and milk products and is the primary source of energy for newborns
6. The presence of certain substances triggered the \_\_\_\_\_ response.  
*adj.* relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances
7. He noticed that the snack food bag was \_\_\_\_\_ near the top of the mountain.  
*v.* to become swollen, distended, or inflated, especially in an unpleasant way; (noun) a condition in which the abdomen becomes swollen or distended with gas or fluid

ANSWERS: 1. hive, 2. confused, 3. intolerant, 4. Shellfish, 5. Lactose, 6. autoimmune, 7. bloating

8. The hypothesis is not yet \_\_\_\_\_ proven.

*adv.* in a way that relates to science or is connected with science

9. A decade ago, it was \_\_\_\_\_ impossible to cure this disease completely.

*adv.* in a way that relates to the practice of medicine and the treatment of illness and injury

10. Dysfunction of \_\_\_\_\_ can lead to muscle disorders such as muscle weakness or wasting.

*n.* a protein that regulates the contraction of muscle fibers by blocking the action of the enzyme myosin

11. This big gate is \_\_\_\_\_ to the small hut.

*adj.* too large or too small when compared with something else, or not deserving its importance or influence

12. I have no intention to \_\_\_\_\_ your privacy.

*v.* to enter aggressively into another's territory by military force for conquest and occupation

13. A nutritious diet improves \_\_\_\_\_ functions.

*adj.* relating to or capable of causing or promoting digestion of food

14. My nerves began to \_\_\_\_\_ before the show started.

*v.* to cause a stinging or prickling sensation; (noun) a feeling of slight numbness or a slight prickling or stinging sensation, typically as a result of cold or excitement

15. His \_\_\_\_\_ disorder required him to follow a strict gluten-free diet.

*n.* relating to a condition in which the body's immune system reacts to gluten, a protein found in wheat, barley, and rye; of or in or belonging to the cavity of the abdomen

ANSWERS: 8. scientifically, 9. medically, 10. tropomyosin, 11. disproportionate, 12. invade, 13. digestive, 14. tingle, 15. celiac

16. The small \_\_\_\_\_ is responsible for absorbing most of the nutrients from food.
- n.* a long, tube-like organ in the digestive system that is responsible for absorbing nutrients from food and eliminating waste products
17. The document \_\_\_\_\_ to have been signed by the president, but the signature is a forgery.
- v.* to claim or suggest that something is true or has a particular character or quality; (noun) the intended meaning of a communication
18. His \_\_\_\_\_ symptoms included nausea and a headache.
- adj.* not in good health; feeling ill or sick
19. The sommelier can distinguish \_\_\_\_\_ variance in the flavor of the wine.
- adj.* characterized by subtle differences in appearance, meaning, sound, etc.
20. Many people with celiac disease must avoid \_\_\_\_\_ in their diet.
- n.* a protein found in wheat, barley, and rye that is responsible for the elastic texture of the dough

ANSWERS: 16. intestine, 17. purports, 18. unwell, 19. nuanced, 20. gluten