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Vocabulary Builder Reference from...

Hei Man Chan: Is it possible to lose weight fast? |

TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

bizarre

adj. very strange or unusual

synonym : abnormal, freaky, outlandish

(1) the story is **bizarre**, (2) **bizarre** behavior

The truth was more **bizarre** than expected.

fad

n. an intense and widely shared enthusiasm for a particular style, activity, or interest that appears suddenly and achieves widespread but short-lived popularity; a craze

synonym : craze, mania, trend

(1) become a **fad**, (2) computer game **fad**

His interest in music composition is only a **fad**.

rampant

adj. (especially of something bad or unwelcome) flourishing or spreading everywhere in a way that cannot be controlled

synonym : prevalent, dense, uncontrolled

(1) **rampant** growth of weeds, (2) **rampant** corruption

In an overly protective industry, violations of the ethics rules tend to be **rampant**.

tapeworm

n. a parasitic worm that lives in the intestines of animals, including humans, and feeds on their food; it is long and ribbon-like in shape with a segmented body

synonym : helminth, cestode, ribbon worm

(1) **tapeworm** eggs, (2) **tapeworm** treatment

The doctor diagnosed the patient with **tapeworm** infection.

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.

dieter

n. a person who restricts their food intake or follows a specific diet, often to lose weight or improve their health

synonym : weight watcher, slimming enthusiast

(1) low-carb **dieter**, (2) frequent **dieter**

The strict **dieter** kept a food journal to track her progress and make adjustments to her diet.

swallow

v. to make food, drink, pills, etc., pass down your throat into your stomach; (noun) small long-winged songbird noted for swift, graceful flight and the regularity of its migrations

synonym : consume, gulp, inhale

(1) **swallow** a handful of pills, (2) a **swallow** tail

I **swallowed** my anger and kept quiet.

hatch

v. to cause an egg to break to allow a young animal to come out; to produce and expand something that is in an early stage

synonym : incubate, breed, produce

(1) **hatch** a plan, (2) **hatch** a baby chick

The eggs began to **hatch**, and the small chicks emerged.

consume

v. to spend something, especially fuel, energy, or time, in a large amount

synonym : absorb, ingest, use up

(1) **consume** a large of alcohol, (2) **consume** electricity
A smaller car will **consume** less fuel.

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.

obvious

adj. easy to see, discover or understand
synonym: apparent, conspicuous, evident

(1) **obvious** reasons, (2) his conclusion was **obvious**
There are **obvious** differences between the two wine-producing regions.

unhealthy

adj. not conducive to good health; detrimental to physical or mental well-being

synonym: unwholesome, detrimental, insalubrious

(1) **unhealthy** diet, (2) **unhealthy** habit
Sitting for long hours in front of the computer is considered **unhealthy**.

modern

adj. of or belonging to the present time or recent times
synonym: contemporary, stylish, current

(1) **modern** poetry, (2) pre- **modern** agricultural society
Their headquarters are in a **modern** skyscraper.

extreme

adj. very great in amount or degree
synonym: farthestmost, outermost, fierce

(1) **extreme** sports, (2) **extreme** weather events
Solar gravity creates **extreme** pressures and temperatures.

specifically

adv. only associated with or meant for one thing
synonym: especially, particularly, notably

(1) designed **specifically** for men, (2) for **specifically** American customers
This ad campaign is aimed **specifically** at young women.

experiment

n. the scientific test conducted to observe what happens and gain new knowledge

synonym: experimentation, investigation

(1) **experiment** design, (2) series of **experiments**

His **experiments** showed highly positive results.

identical

adj. being the exact same one

synonym: duplicate, exact, analogous

(1) pair of **identical** twins, (2) an **identical** equation

Infant formulas are nutritionally almost **identical** to a mother's breast milk.

twin

n. either of two children born at the same time from the same mother

(1) a **twin-lens** camera, (2) a **twin** room

Its **twin** brothers are difficult to tell apart except for their parents.

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.

gradual

adj. happening slowly over a long period of time or distance; not steep or abrupt

synonym: incremental, gradational, piecemeal

(1) a **gradual** process, (2) a **gradual** change

The country experienced a **gradual** increase in population.

calorie

n. unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce

(1) **calorie** calculation, (2) reduce my **calorie** intake

It would be best if you burned off **calories** through vigorous exercise.

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**.

expend

v. to use or spend time, money, energy, etc.

synonym: disburse, spend, pay

(1) **expend** a great deal of energy, (2) **expend** time and resources

Billionaires tend to **expend** private funds on a public undertaking.

deficit

n. the total amount by which money spent is greater than money earned in a particular period of time; the property of being an amount by which something, especially an amount of money, is less than expected or required

synonym: insufficiency, deficiency, shortage

(1) federal budget **deficit**, (2) an accumulative **deficit**

Exchange rate fluctuations have increased that country's trade **deficit**.

compensate

v. to make up for a loss, injury, or inconvenience by giving something of value

synonym: reimburse, pay, recompense

(1) **compensate** a loss, (2) **compensate** for a car accident

The company offered to **compensate** the employees for the overtime they worked.

emergency

n. a sudden unforeseen crisis usually involving danger that requires immediate action

synonym: crisis, trouble, difficulty

(1) **emergency** action, (2) acute **emergency**

The president declared a state of **emergency**.

glucose

n. a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things

synonym: sugar, blood sugar

(1) blood **glucose** test, (2) **glucose** level

The doctor injected **glucose** into his patient's veins.

liver

n. a large organ in the body, involved in many metabolic processes, such as detoxification of the organism, and the synthesis of proteins

(1) **liver** disease, (2) fatty **liver**

The patient will undergo **liver** transplant surgery tomorrow.

glycogen

n. a complex carbohydrate that is stored in the liver and muscles and broken down into glucose for energy when needed

synonym: storage carbohydrate, energy reserve, animal starch

(1) **glycogen** storage, (2) **glycogen** synthesis

The liver produces and stores **glycogen** for the body to use as a source of energy.

release

v. to set free or allow to escape from confinement

synonym: free, let go, discharge

(1) **release** a prisoner, (2) **release** CO₂ into the air

The animal rights group worked to **release** the dolphins back into the wild.

lipid

n. any of a group of organic compounds, including fats, oils, and waxes, that are insoluble in water but soluble in organic solvents and are essential constituents of living cells

synonym: fat, oil, phospholipid

(1) **lipid** metabolism, (2) blood **lipid** profile

Omega-3 fatty acids, found in foods like fish and nuts, are a type of **lipid** that is good for heart health.

droplet

n. a small drop of liquid

synonym : bead, drip, dewdrop

(1) **droplet** size, (2) **droplet** formation

A single **droplet** of water can reflect the entire world upside down.

compound

n. an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements

synonym : combination, mixture, blend

(1) aquatic **compound**, (2) harmful **compound**

Common salt is a sodium and chlorine **compound**.

bloodstream

n. the blood flowing through the body

(1) **bloodstream** in an artery, (2) **bloodstream** to the brain

Cancer cells are often carried throughout the body by the **bloodstream**.

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.

aim

v. to try or plan to get or achieve something

synonym : aspire, direct, target

(1) **aim** at a specific target, (2) **aim** to be a nurse

We **aim** for an overseas expansion.

dramatically

adv. in a very impressive manner

synonym : greatly, noticeably, suddenly

(1) he confessed **dramatically**, (2) the cabin pressure fell **dramatically**

Life expectancy has grown **dramatically** this century.

starvation

n. a severe lack of food that leads to malnutrition and, ultimately, death

synonym : hunger, malnutrition, emaciation

(1) die of **starvation**, (2) **starvation** wages

The drought led to widespread **starvation** in the region.

steady

adj. firmly fixed, supported, or balanced; not shaking or moving

synonym : stable, solid, secure

(1) **steady** increase, (2) take a **steady** job

The patient's vital signs are **steady**, indicating a stable condition.

replenish

v. to fill something that had previously been emptied

synonym : refill, reload, restock

(1) **replenish** a reserve fund, (2) **replenish** my spirit

Please **replenish** my glass with some more wine.

desperate

adj. feeling or showing a lack of hope and a willingness to do anything because of the problematic situation

synonym : anguish, frantic, hopeless

(1) her **desperate** screams, (2) **desperate** attempt

He was **desperate** when he lost all his money by gambling.

gram

n. a metric unit of weight equal to one-thousandth of a kilogram

(1) centimeter- **gram-second** system, (2) **gram** amount

How much is it per one hundred **grams**?

bound

v. to move forward by leaps and bounds; to form the boundary of something

synonym : jump, bounce, leap

(1) **bounded** with delight, (2) **bound** up a staircase

Canada **bounds** on the United States.

deplete

v. to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or

materials

synonym: exhaust, consume, use up

(1) **deplete** customer confidence, (2) **deplete** glycogen stores

If we continue to **deplete** the Earth's natural resources, we will cause severe damage to the environment.

starve

v. to suffer or die from lack of food; to cause someone or something to suffer or die from lack of food; to deprive something of necessary nourishment or sustenance

synonym: famish, hunger

(1) **starve** for a victory, (2) **starve** to death

If you don't eat soon, you're going to **starve**.

regain

v. to get something back or recover something after it has been lost or taken away

synonym: recover, reclaim, retrieve

(1) **regain** our reputation, (2) **regain** my health

After years of hard work, he finally **regained** his financial stability.

reduction

n. a decrease in size, amount, or degree

synonym: diminution, decrease, cutback

(1) **reduction** strategy, (2) a gradual **reduction**

The **reduction** in carbon emissions has been significant since the implementation of the new policy.

regimen

n. a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health

synonym: routine, program, schedule

(1) fitness **regimen**, (2) **regimen** of chemotherapy

My doctor prescribed a strict **regimen** of exercise and healthy eating to help me lose weight.

detoxification

n. the process of removing harmful or toxic substances from the body; the process of eliminating or reducing the

harmful effects of something

synonym: cleansing, purification, detox

(1) **detoxification** process, (2) natural **detoxification**

Detoxification programs can help eliminate harmful substances and improve overall health.

promote

v. to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank

synonym: boost, raise, advertise

(1) **promote** a better relationship, (2) **promote** bad behavior

The government should do more to **promote** sustainable agribusiness.

restrict

v. to limit someone's actions or movements, or to limit something to lessen its size or prevent it from increasing

synonym: limit, confine, hinder

(1) **restrict** an Internet access, (2) **restrict** the use of this parking lot

We **restrict** the number of students per course to twenty.

nutrient

n. any substance that is essential for the maintenance and growth of living things

synonym: food, vitamin

(1) **nutrient** medicine, (2) a **nutrient** for hair

They used fast-acting **nutrients** on the flowers in the flower beds.

quantity

n. the amount or number of something; magnitude

synonym: abundance, portion, amount

(1) half **quantity**, (2) residual **quantity**

In southward, the average annual water **quantity** increases.

nutritional

adj. of or relating to the substance required by the body to maintain health and growth

synonym: nourishing, healthy, wholesome

(1) **nutritional** supplement, (2) bit of **nutritional** yeast
The **nutritional** value of the food should be clearly labeled on the packaging.

cure-all

n. a remedy or treatment for all diseases and problems, regardless of their causes or symptoms

synonym: panacea, universal remedy, magic bullet

(1) **cure-all** remedy, (2) miracle **cure-all**

Some people view meditation as a **cure-all** for stress and anxiety.

vitamin

n. any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body

synonym: nutrient, micronutrient, dietary supplement

(1) rich in **vitamin** D, (2) **vitamin** deficiency

Vitamin C is important for immune system function and skin health.

disastrous

adj. extremely bad, harmful, or unsuccessful

synonym: catastrophic, destructive, fatal

(1) have **disastrous** consequences, (2) absolutely **disastrous** effect

The emission of hazardous substances has **disastrous** effects on the ecology of a region.

regardless

adv. not paying attention or considering something or someone even if the situation is bad or there are difficulties

synonym: anyhow, nevertheless, still

(1) **regardless** of the difficulties, (2) **regardless** tread

People can pick out superior products **regardless** of the quality of the advertising.

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.

compromise

v. to settle a problem or disagreement by mutual concession

synonym: agree, settle, negotiate

(1) **compromise** the matter, (2) cannot **compromise** anymore

They never **compromised** on development despite the lack of funds.

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**.

essential

adj. indispensable; fundamental

synonym: critical, crucial, basic

(1) **essential** amino acid, (2) **essential** commodities of life

Trial and error is an **essential** part of education.

protein

n. a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

(1) stress **protein**, (2) **protein** synthesis

The body needs a certain amount of **protein** to build and repair tissues.

moving

adj. causing strong emotions or feelings, especially sadness or sympathy

synonym: emotional, poignant, touching

(1) **moving** experience, (2) **moving** ceremony

His **moving** speech about his struggles with addiction brought tears to the audience's eyes.

shock

n. a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant

synonym : amazement, surprise, stunner

(1) death from **shock**, (2) **shock-resistant**

He got an electric **shock** at work.

well-established

adj. firmly established and widely recognized; having a long history of success or acceptance in a particular field or industry

synonym : recognized, conventional

(1) **well-established** company, (2) **well-established** tradition

The restaurant is **well-established** in the community, having been open for over 50 years.

motivate

v. to make someone want to do something, especially something that requires tremendous work and effort

synonym : boost, encourage, inspire

(1) **motivate** the students, (2) all ability to **motivate**

The ability to **motivate** people is a priceless asset.

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.

medical

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

synonym : health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment

The **medical** team worked quickly to save the patient's life.

timeline

n. a series of events arranged in chronological order and displayed along a line, usually drawn left to right or top to bottom

synonym : agenda, timetable, chronology

(1) **timeline** of science history, (2) lay out a **timeline**

He imposed a **timeline** on the project.

dietary

adj. relating to or affecting the way that a person eats or the specific foods that they consume

synonym : nutritional, alimentary

(1) **dietary** supplement, (2) **dietary** restrictions

The menu at the restaurant includes many **dietary** options for those with food restrictions.

sustainable

adj. able to continue or be continued for a long time

synonym : continuable, endurable, tolerable

(1) **sustainable** alternative fuel, (2) principles of **sustainable** development

The government should do more to support environmentally **sustainable** agriculture.

stick

v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

synonym : pierce, adhere, stay

(1) **stick** a key in a lock, (2) fire **stick**

You **stick** a bill in the change machine, and the coins pop out.

mention

v. to speak or write about something or someone briefly

synonym : reference, allude, cite

(1) **mention** name, (2) **mention** in a report

I **mentioned** to him that I had seen his sister at the grocery store earlier that day.

relation

n. the way two persons or groups of people feel and act toward one another

synonym: association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

Session 2: Spelling

1. a gr____l change *adj.* happening slowly over a long period of time or distance; not steep or abrupt
2. mo____g experience *adj.* causing strong emotions or feelings, especially sadness or sympathy
3. un____hy habit *adj.* not conducive to good health; detrimental to physical or mental well-being
4. me____n in a report *v.* to speak or write about something or someone briefly
5. her de____te screams *adj.* feeling or showing a lack of hope and a willingness to do anything because of the problematic situation
6. re____ct an Internet access *v.* to limit someone's actions or movements, or to limit something to lessen its size or prevent it from increasing
7. stress pr____n *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
8. re____on strategy *n.* a decrease in size, amount, or degree
9. ha__h a baby chick *v.* to cause an egg to break to allow a young animal to come out; to produce and expand something that is in an early stage
10. a t__n-lens camera *n.* either of two children born at the same time from the same mother

ANSWERS: 1. gradual, 2. moving, 3. unhealthy, 4. mention, 5. desperate, 6. restrict, 7. protein, 8. reduction, 9. hatch, 10. twin

11. re_____ct the use of this parking lot *v.* to limit someone's actions or movements, or to limit something to lessen its size or prevent it from increasing
12. 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
13. ra_____t growth of weeds *adj.* (especially of something bad or unwelcome) flourishing or spreading everywhere in a way that cannot be controlled
14. a sw_____w tail *v.* to make food, drink, pills, etc., pass down your throat into your stomach; (noun) small long-winged songbird noted for swift, graceful flight and the regularity of its migrations
15. mo_____n poetry *adj.* of or belonging to the present time or recent times
16. ra_____t corruption *adj.* (especially of something bad or unwelcome) flourishing or spreading everywhere in a way that cannot be controlled
17. bit of nut_____al yeast *adj.* of or relating to the substance required by the body to maintain health and growth
18. un_____hy diet *adj.* not conducive to good health; detrimental to physical or mental well-being
19. cu_____ll remedy *n.* a remedy or treatment for all diseases and problems, regardless of their causes or symptoms

ANSWERS: 11. restrict, 12. mass, 13. rampant, 14. swallow, 15. modern, 16. rampant, 17. nutritional, 18. unhealthy, 19. cure-all

20. nu____nt medicine *n.* any substance that is essential for the maintenance and growth of living things
21. bo__d up a staircase *v.* to move forward by leaps and bounds; to form the boundary of something
22. centimeter-g__m-second system *n.* a metric unit of weight equal to one-thousandth of a kilogram
23. a me____l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
24. re____e CO2 into the air *v.* to set free or allow to escape from confinement
25. blood gl____e test *n.* a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things
26. nut____al supplement *adj.* of or relating to the substance required by the body to maintain health and growth
27. sh__k-resistant *n.* a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant
28. com____se the matter *v.* to settle a problem or disagreement by mutual concession
29. rich in vi____n D *n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body
30. a gr____l process *adj.* happening slowly over a long period of time or distance; not steep or abrupt

ANSWERS: 20. nutrient, 21. bound, 22. gram, 23. medical, 24. release, 25. glucose, 26. nutritional, 27. shock, 28. compromise, 29. vitamin, 30. gradual

31. st___e to death
v. to suffer or die from lack of food; to cause someone or something to suffer or die from lack of food; to deprive something of necessary nourishment or sustenance
32. re_____sh my spirit
v. to fill something that had previously been emptied
33. series of exp_____nts
n. the scientific test conducted to observe what happens and gain new knowledge
34. he confessed dra_____lly
adv. in a very impressive manner
35. me_____n name
v. to speak or write about something or someone briefly
36. det_____ion process
n. the process of removing harmful or toxic substances from the body; the process of eliminating or reducing the harmful effects of something
37. gl_____en synthesis
n. a complex carbohydrate that is stored in the liver and muscles and broken down into glucose for energy when needed
38. have ge_____c testing
adj. of or relating to genes (= parts of the DNA in cells) or the science of genes
39. principles of sus_____le development
adj. able to continue or be continued for a long time
40. an accumulative de_____t
n. the total amount by which money spent is greater than money earned in a particular period of time; the property of being an amount by which something, especially an amount of money, is less than expected or required

ANSWERS: 31. starve, 32. replenish, 33. experiment, 34. dramatically, 35. mention, 36. detoxification, 37. glycogen, 38. genetic, 39. sustainable, 40. deficit

41. vi_____n deficiency *n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body
42. harmful co_____nd *n.* an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements
43. all ability to mo_____te *v.* to make someone want to do something, especially something that requires tremendous work and effort
44. bo__ded with delight *v.* to move forward by leaps and bounds; to form the boundary of something
45. ex_____e sports *adj.* very great in amount or degree
46. a ge_____c disorder *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
47. pr_____e bad behavior *v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
48. st___e for a victory *v.* to suffer or die from lack of food; to cause someone or something to suffer or die from lack of food; to deprive something of necessary nourishment or sustenance
49. re___n my health *v.* to get something back or recover something after it has been lost or taken away

ANSWERS: 41. vitamin, 42. compound, 43. motivate, 44. bound, 45. extreme, 46. genetic, 47. promote, 48. starve, 49. regain

50. exp_____nt design *n.* the scientific test conducted to observe what happens and gain new knowledge
51. gl_____en storage *n.* a complex carbohydrate that is stored in the liver and muscles and broken down into glucose for energy when needed
52. 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
53. di_____y restrictions *adj.* relating to or affecting the way that a person eats or the specific foods that they consume
54. pair of id_____al twins *adj.* being the exact same one
55. temporary me_____l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
56. blood li__d profile *n.* any of a group of organic compounds, including fats, oils, and waxes, that are insoluble in water but soluble in organic solvents and are essential constituents of living cells
57. ex____d a great deal of energy *v.* to use or spend time, money, energy, etc.
58. loss of muscle ti____e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
59. com_____te for a car accident *v.* to make up for a loss, injury, or inconvenience by giving something of value

ANSWERS: 50. experiment, 51. glycogen, 52. mass, 53. dietary, 54. identical, 55. medical, 56. lipid, 57. expend, 58. tissue, 59. compensate

60. a_m at a specific target *v.* to try or plan to get or achieve something
61. death from sh__k *n.* a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant
62. the story is bi____e *adj.* very strange or unusual
63. bi____e behavior *adj.* very strange or unusual
64. dr____t size *n.* a small drop of liquid
65. re____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
66. a_m to be a nurse *v.* to try or plan to get or achieve something
67. acute em____cy *n.* a sudden unforeseen crisis usually involving danger that requires immediate action
68. nu____on condition *n.* the substances or the process that organisms take into their bodies as food for their growth and health
69. fitness re____n *n.* a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health
70. re____e a prisoner *v.* to set free or allow to escape from confinement
71. reg____ss of the difficulties *adv.* not paying attention or considering something or someone even if the situation is bad or there are difficulties

ANSWERS: 60. aim, 61. shock, 62. bizarre, 63. bizarre, 64. droplet, 65. relation, 66. aim, 67. emergency, 68. nutrition, 69. regimen, 70. release, 71. regardless

72. 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
73. low-carb di___r *n.* a person who restricts their food intake or follows a specific diet, often to lose weight or improve their health
74. di_____ve juices *adj.* relating to or capable of causing or promoting digestion of food
75. 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
76. em_____cy action *n.* a sudden unforeseen crisis usually involving danger that requires immediate action
77. a nu_____nt for hair *n.* any substance that is essential for the maintenance and growth of living things
78. de_____e glycogen stores *v.* to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials
79. miracle cu_____ll *n.* a remedy or treatment for all diseases and problems, regardless of their causes or symptoms
80. ca_____e calculation *n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce

ANSWERS: 72. intake, 73. dieter, 74. digestive, 75. diet, 76. emergency, 77. nutrient, 78. deplete, 79. cure-all, 80. calorie

81. die of sta_____on *n.* a severe lack of food that leads to malnutrition and, ultimately, death
82. st__k a key in a lock *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
83. aquatic co_____nd *n.* an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements
84. have dis_____us consequences *adj.* extremely bad, harmful, or unsuccessful
85. residual qu_____ty *n.* the amount or number of something; magnitude
86. for spe_____lly American customers *adv.* only associated with or meant for one thing
87. a facial ti___e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
88. nu_____on intake *n.* the substances or the process that organisms take into their bodies as food for their growth and health
89. co_____e electricity *v.* to spend something, especially fuel, energy, or time, in a large amount
90. st___y increase *adj.* firmly fixed, supported, or balanced; not shaking or moving
91. become a f_d *n.* an intense and widely shared enthusiasm for a particular style, activity, or interest that appears suddenly and achieves widespread but short-lived popularity; a craze

ANSWERS: 81. starvation, 82. stick, 83. compound, 84. disastrous, 85. quantity, 86. specifically, 87. tissue, 88. nutrition, 89. consume, 90. steady, 91. fad

92. pr____n synthesis *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
93. reduce my ca_____e intake *n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
94. cannot com_____se anymore *v.* to settle a problem or disagreement by mutual concession
95. 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
96. pre-mo____n agricultural society *adj.* of or belonging to the present time or recent times
97. fatty li__r *n.* a large organ in the body, involved in many metabolic processes, such as detoxification of the organism, and the synthesis of proteins
98. an id_____al equation *adj.* being the exact same one
99. reg_____ss tread *adv.* not paying attention or considering something or someone even if the situation is bad or there are difficulties
100. g__m amount *n.* a metric unit of weight equal to one-thousandth of a kilogram
101. natural det_____ion *n.* the process of removing harmful or toxic substances from the body; the process of eliminating or reducing the harmful effects of something

ANSWERS: 92. protein, 93. calorie, 94. compromise, 95. diet, 96. modern, 97. liver, 98. identical, 99. regardless, 100. gram, 101. detoxification

102. a t__n room *n.* either of two children born at the same time from the same mother
103. pr_____e a better relationship *v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
104. a di_____ve enzyme *adj.* relating to or capable of causing or promoting digestion of food
105. ta_____rm treatment *n.* a parasitic worm that lives in the intestines of animals, including humans, and feeds on their food; it is long and ribbon-like in shape with a segmented body
106. a gradual re_____on *n.* a decrease in size, amount, or degree
107. wel_____hed company *adj.* firmly established and widely recognized; having a long history of success or acceptance in a particular field or industry
108. re_____sh a reserve fund *v.* to fill something that had previously been emptied
109. ob_____s reasons *adj.* easy to see, discover or understand
110. sw_____w a handful of pills *v.* to make food, drink, pills, etc., pass down your throat into your stomach; (noun) small long-winged songbird noted for swift, graceful flight and the regularity of its migrations
111. re_____n our reputation *v.* to get something back or recover something after it has been lost or taken away

ANSWERS: 102. twin, 103. promote, 104. digestive, 105. tapeworm, 106. reduction, 107. well-established, 108. replenish, 109. obvious, 110. swallow, 111. regain

112. ha__h a plan *v.* to cause an egg to break to allow a young animal to come out; to produce and expand something that is in an early stage
113. 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
114. es_____al commodities of life *adj.* indispensable; fundamental
115. half qu_____ty *n.* the amount or number of something; magnitude
116. re_____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
117. federal budget de_____t *n.* the total amount by which money spent is greater than money earned in a particular period of time; the property of being an amount by which something, especially an amount of money, is less than expected or required
118. com_____te a loss *v.* to make up for a loss, injury, or inconvenience by giving something of value
119. co_____e a large of alcohol *v.* to spend something, especially fuel, energy, or time, in a large amount
120. li__d metabolism *n.* any of a group of organic compounds, including fats, oils, and waxes, that are insoluble in water but soluble in organic solvents and are essential constituents of living cells

ANSWERS: 112. hatch, 113. immune, 114. essential, 115. quantity, 116. relation, 117. deficit, 118. compensate, 119. consume, 120. lipid

121. absolutely dis_____us effect *adj.* extremely bad, harmful, or unsuccessful
122. dr_____t formation *n.* a small drop of liquid
123. gl_____e level *n.* a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things
124. his conclusion was ob_____s *adj.* easy to see, discover or understand
125. lay out a ti_____ne *n.* a series of events arranged in chronological order and displayed along a line, usually drawn left to right or top to bottom
126. designed spe_____lly for men *adv.* only associated with or meant for one thing
127. ex_____d time and resources *v.* to use or spend time, money, energy, etc.
128. re_____n of chemotherapy *n.* a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health
129. 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
130. sus_____le alternative fuel *adj.* able to continue or be continued for a long time
131. fire st__k *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

ANSWERS: 121. disastrous, 122. droplet, 123. glucose, 124. obvious, 125. timeline, 126. specifically, 127. expend, 128. regimen, 129. intake, 130. sustainable, 131. stick

132. the cabin pressure fell dra_____lly *adv.* in a very impressive manner
133. es_____al amino acid *adj.* indispensable; fundamental
134. take a st___y job *adj.* firmly fixed, supported, or balanced; not shaking or moving
135. frequent di___r *n.* a person who restricts their food intake or follows a specific diet, often to lose weight or improve their health
136. de_____te attempt *adj.* feeling or showing a lack of hope and a willingness to do anything because of the problematic situation
137. ti_____ne of science history *n.* a series of events arranged in chronological order and displayed along a line, usually drawn left to right or top to bottom
138. li___r disease *n.* a large organ in the body, involved in many metabolic processes, such as detoxification of the organism, and the synthesis of proteins
139. ex_____e weather events *adj.* very great in amount or degree
140. blo_____am in an artery *n.* the blood flowing through the body
141. mo_____te the students *v.* to make someone want to do something, especially something that requires tremendous work and effort
142. wel_____hed tradition *adj.* firmly established and widely recognized; having a long history of success or acceptance in a particular field or industry

ANSWERS: 132. dramatically, 133. essential, 134. steady, 135. dieter, 136. desperate, 137. timeline, 138. liver, 139. extreme, 140. bloodstream, 141. motivate, 142. well-established

143. di____y supplement *adj.* relating to or affecting the way that a person eats or the specific foods that they consume
144. blo____am to the brain *n.* the blood flowing through the body
145. ta____rm eggs *n.* a parasitic worm that lives in the intestines of animals, including humans, and feeds on their food; it is long and ribbon-like in shape with a segmented body
146. sta____on wages *n.* a severe lack of food that leads to malnutrition and, ultimately, death
147. computer game f_d *n.* an intense and widely shared enthusiasm for a particular style, activity, or interest that appears suddenly and achieves widespread but short-lived popularity; a craze
148. de____e customer confidence *v.* to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials
149. mo____g ceremony *adj.* causing strong emotions or feelings, especially sadness or sympathy
150. 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

ANSWERS: 143. dietary, 144. bloodstream, 145. tapeworm, 146. starvation, 147. fad, 148. deplete, 149. moving, 150. immune

Session 3: Fill in the Blanks

1. 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
2. The ability to _____ people is a priceless asset.
v. to make someone want to do something, especially something that requires tremendous work and effort
3. The patient will undergo _____ transplant surgery tomorrow.
n. a large organ in the body, involved in many metabolic processes, such as detoxification of the organism, and the synthesis of proteins
4. Billionaires tend to _____ private funds on a public undertaking.
v. to use or spend time, money, energy, etc.
5. I _____ my anger and kept quiet.
v. to make food, drink, pills, etc., pass down your throat into your stomach; (noun) small long-winged songbird noted for swift, graceful flight and the regularity of its migrations
6. Sitting for long hours in front of the computer is considered _____.
adj. not conducive to good health; detrimental to physical or mental well-being
7. In an overly protective industry, violations of the ethics rules tend to be _____.
adj. (especially of something bad or unwelcome) flourishing or spreading everywhere in a way that cannot be controlled

ANSWERS: 1. intake, 2. motivate, 3. liver, 4. expend, 5. swallowed, 6. unhealthy, 7. rampant

8. The government should do more to _____ sustainable agribusiness.
v. to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
9. 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
10. 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
11. Omega-3 fatty acids, found in foods like fish and nuts, are a type of _____ that is good for heart health.
n. any of a group of organic compounds, including fats, oils, and waxes, that are insoluble in water but soluble in organic solvents and are essential constituents of living cells
12. How much is it per one hundred _____
n. a metric unit of weight equal to one-thousandth of a kilogram
13. His _____ speech about his struggles with addiction brought tears to the audience's eyes.
adj. causing strong emotions or feelings, especially sadness or sympathy
14. A nutritious diet improves _____ functions.
adj. relating to or capable of causing or promoting digestion of food
15. The _____ value of the food should be clearly labeled on the packaging.
adj. of or relating to the substance required by the body to maintain health and growth

ANSWERS: 8. promote, 9. mass, 10. nutrition, 11. lipid, 12. grams?, 13. moving, 14. digestive, 15. nutritional

16. Its _____ brothers are difficult to tell apart except for their parents.
n. either of two children born at the same time from the same mother
17. The menu at the restaurant includes many _____ options for those with food restrictions.
adj. relating to or affecting the way that a person eats or the specific foods that they consume
18. After years of hard work, he finally _____ his financial stability.
v. to get something back or recover something after it has been lost or taken away
19. They used fast-acting _____ on the flowers in the flower beds.
n. any substance that is essential for the maintenance and growth of living things
20. The animal rights group worked to _____ the dolphins back into the wild.
v. to set free or allow to escape from confinement
21. People can pick out superior products _____ of the quality of the advertising.
adv. not paying attention or considering something or someone even if the situation is bad or there are difficulties
22. _____ programs can help eliminate harmful substances and improve overall health.
n. the process of removing harmful or toxic substances from the body; the process of eliminating or reducing the harmful effects of something
23. There are _____ differences between the two wine-producing regions.
adj. easy to see, discover or understand

ANSWERS: 16. twin, 17. dietary, 18. regained, 19. nutrients, 20. release, 21. regardless, 22. Detoxification, 23. obvious

24. The president declared a state of _____.
- n.* a sudden unforeseen crisis usually involving danger that requires immediate action
25. Please _____ my glass with some more wine.
- v.* to fill something that had previously been emptied
26. The _____ in carbon emissions has been significant since the implementation of the new policy.
- n.* a decrease in size, amount, or degree
27. The body needs a certain amount of _____ to build and repair tissues.
- n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
28. You _____ a bill in the change machine, and the coins pop out.
- v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
29. 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
30. The country experienced a _____ increase in population.
- adj.* happening slowly over a long period of time or distance; not steep or abrupt
31. The drought led to widespread _____ in the region.
- n.* a severe lack of food that leads to malnutrition and, ultimately, death

ANSWERS: 24. emergency, 25. replenish, 26. reduction, 27. protein, 28. stick, 29. genetic, 30. gradual, 31. starvation

32. We _____ the number of students per course to twenty.
- v.* to limit someone's actions or movements, or to limit something to lessen its size or prevent it from increasing
33. It would be best if you burned off _____ through vigorous exercise.
- n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
34. Trial and error is an _____ part of education.
- adj.* indispensable; fundamental
35. He got an electric _____ at work.
- n.* a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant
36. His _____ showed highly positive results.
- n.* the scientific test conducted to observe what happens and gain new knowledge
37. My doctor prescribed a strict _____ of exercise and healthy eating to help me lose weight.
- n.* a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health
38. Common salt is a sodium and chlorine _____.
- n.* an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements
39. He imposed a _____ on the project.
- n.* a series of events arranged in chronological order and displayed along a line, usually drawn left to right or top to bottom

ANSWERS: 32. restrict, 33. calories, 34. essential, 35. shock, 36. experiments, 37. regimen, 38. compound, 39. timeline

40. The eggs began to _____ and the small chicks emerged.
v. to cause an egg to break to allow a young animal to come out; to produce and expand something that is in an early stage
41. The company offered to _____ the employees for the overtime they worked.
v. to make up for a loss, injury, or inconvenience by giving something of value
42. Their headquarters are in a _____ skyscraper.
adj. of or belonging to the present time or recent times
43. This ad campaign is aimed _____ at young women.
adv. only associated with or meant for one thing
44. Cancer cells are often carried throughout the body by the _____.
n. the blood flowing through the body
45. 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
46. Some people view meditation as a _____ for stress and anxiety.
n. a remedy or treatment for all diseases and problems, regardless of their causes or symptoms
47. The truth was more _____ than expected.
adj. very strange or unusual
48. The liver produces and stores _____ for the body to use as a source of energy.
n. a complex carbohydrate that is stored in the liver and muscles and broken down into glucose for energy when needed

ANSWERS: 40. hatch, 41. compensate, 42. modern, 43. specifically, 44. bloodstream, 45. tissue, 46. cure-all, 47. bizarre, 48. glycogen

49. A single _____ of water can reflect the entire world upside down.
n. a small drop of liquid
50. _____ C is important for immune system function and skin health.
n. any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body
51. The emission of hazardous substances has _____ effects on the ecology of a region.
adj. extremely bad, harmful, or unsuccessful
52. 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
53. I _____ to him that I had seen his sister at the grocery store earlier that day.
v. to speak or write about something or someone briefly
54. Solar gravity creates _____ pressures and temperatures.
adj. very great in amount or degree
55. The _____ team worked quickly to save the patient's life.
adj. relating to the treatment of illness or injuries; relating to the practice of medicine
56. A smaller car will _____ less fuel.
v. to spend something, especially fuel, energy, or time, in a large amount
57. Canada _____ on the United States.
v. to move forward by leaps and bounds; to form the boundary of something

ANSWERS: 49. droplet, 50. Vitamin, 51. disastrous, 52. diet, 53. mentioned, 54. extreme, 55. medical, 56. consume, 57. bounds

58. The patient's vital signs are _____ indicating a stable condition.

adj. firmly fixed, supported, or balanced; not shaking or moving

59. We ____ for an overseas expansion.

v. to try or plan to get or achieve something

60. He was _____ when he lost all his money by gambling.

adj. feeling or showing a lack of hope and a willingness to do anything because of the problematic situation

61. In southward, the average annual water _____ increases.

n. the amount or number of something; magnitude

62. The doctor injected _____ into his patient's veins.

n. a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things

63. If you don't eat soon, you're going to _____.

v. to suffer or die from lack of food; to cause someone or something to suffer or die from lack of food; to deprive something of necessary nourishment or sustenance

64. If we continue to _____ the Earth's natural resources, we will cause severe damage to the environment.

v. to reduce something, especially supplies of energy, money, etc., by a large amount; to use up resources or materials

65. Exchange rate fluctuations have increased that country's trade _____.

n. the total amount by which money spent is greater than money earned in a particular period of time; the property of being an amount by which something, especially an amount of money, is less than expected or required

ANSWERS: 58. steady, 59. aim, 60. desperate, 61. quantity, 62. glucose, 63. starve, 64. deplete, 65. deficit

66. The doctor diagnosed the patient with _____ infection.
- n.* a parasitic worm that lives in the intestines of animals, including humans, and feeds on their food; it is long and ribbon-like in shape with a segmented body
67. Life expectancy has grown _____ this century.
- adv.* in a very impressive manner
68. They never _____ on development despite the lack of funds.
- v.* to settle a problem or disagreement by mutual concession
69. The restaurant is _____ in the community, having been open for over 50 years.
- adj.* firmly established and widely recognized; having a long history of success or acceptance in a particular field or industry
70. The strict _____ kept a food journal to track her progress and make adjustments to her diet.
- n.* a person who restricts their food intake or follows a specific diet, often to lose weight or improve their health
71. His interest in music composition is only a ____.
- n.* an intense and widely shared enthusiasm for a particular style, activity, or interest that appears suddenly and achieves widespread but short-lived popularity; a craze
72. 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
73. The government should do more to support environmentally _____ agriculture.
- adj.* able to continue or be continued for a long time

ANSWERS: 66. tapeworm, 67. dramatically, 68. compromised, 69. well-established, 70. dieter, 71. fad, 72. immune, 73. sustainable

74. Infant formulas are nutritionally almost _____ to a mother's breast milk.
adj. being the exact same one

75. The industrial _____ laws were passed with little to no alteration.
n. the way two persons or groups of people feel and act toward one another

ANSWERS: 74. identical, 75. relations