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Vocabulary Builder Reference from...

Francesca Bot: The ingredient in almost everything you eat | TED Talk

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

All Words

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Session 1: Word List

industrialism

n. an economic and social system or stage characterized by the growth of industry and the development of an industrialized society

synonym: industrialization, industrial society

(1) post- **industrialism**, (2) **industrialism** society

The rise of **industrialism** in the 19th century brought about significant economic and social changes.

ford

n. a shallow place in a river or stream where it is possible to walk or drive across

synonym: crossing, traversing, passing

(1) **ford** a river, (2) across a **ford**

The river was too deep to cross, so we had to find a **ford** downstream where the water was shallower.

overwhelming

adj. very great or intense; so powerful that you cannot fight or react against it

synonym: overpowering, astounding, amazing

(1) **overwhelming** majority, (2) an **overwhelming** victory

He has shown signs of uneasiness and **overwhelming** worry.

obsession

n. the state in which a person's mind is filled with thoughts of one single object or particular person

synonym: compulsion, fixation, enthusiasm

(1) **obsession** with character, (2) national **obsession**

Gambling became an **obsession** for him, and he eventually lost everything.

soybean

n. a legume crop widely cultivated for its nutritious seeds, often ground into meal or pressed into oil for food products, with other uses including animal feed, fuel, and industrial applications

synonym: soya, edamame

(1) **soybean** oil, (2) **soybean** production

The farmer harvested his **soybean** crop and took it to market.

extract

n. a short passage taken from a book, piece of music, etc.; a substance obtained from something through a specific process; (verb) to obtain from something or to remove something by effort or force

synonym: excerpt, quote, distillation

(1) a brief **extract** from the book, (2) botanical **extract**

Anesthetize the gum before **extracting** the teeth.

enamel

n. a hard, glossy coating that is applied to surfaces such as metal, glass, or ceramics to protect them from wear, corrosion, or weathering; the hard, white outer layer of teeth

synonym: glaze, varnish, coating

(1) **enamel** coating, (2) **enamel** mugs

The dentist recommended using toothpaste with extra **enamel** protection to prevent cavities.

crush

v. to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller

synonym: destroy, demolish, pulverize

(1) **crush** coffee beans, (2) **crush** a revolt

The car was completely **crushed** in the accident.

powder

n. a dry and fine substance that consists of very small, loose particles

synonym: dust, crumb, grain

(1) **powder** additive, (2) curry **powder**

She used a **powder** brush to apply her foundation evenly.

encourage

v. to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

synonym: facilitate, persuade, stimulate

(1) **encourage** a sense of affinity, (2) **encourage** antisocial behavior

They **encouraged** customers with a premium for loyal patronage.

soy

n. a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed

(1) **soy** allergy, (2) **soy** milk

Many people use **soy** sauce for sushi, stir-fries, and marinades.

centric

adj. tending towards or focused on a particular center, point, or perspective, sometimes to the exclusion of others; emphasizing or prioritizing a specific thing or group; (noun) something that is at the center or core of a specific thing or system

synonym: focused, centralized, concentrated

(1) technology- **centric** approach, (2) employee- **centric** policies

The hotel's customer- **centric** approach always puts the needs and satisfaction of guests first.

feast

n. a large meal, typically one served on a special occasion

synonym: banquet, celebration, dinner

(1) a **feast** for the eyes, (2) a nightly **feast**

The royal **feast** celebrated the harvest, and the community enjoyed it.

ingredient

n. one of the things used to make something, especially one of the foods used to make a particular dish

synonym : element, component

(1) secret **ingredients**, (2) compound the **ingredients**

Greed is the primary **ingredient** in the making of criminals.

staple

adj. essential, crucial, or regularly used

synonym : essential, fundamental, pivotal

(1) **staple** commodities, (2) **staple** crop

Rice and beans are a **staple** food in many cultures.

cuisine

n. the style of cooking characteristic of a particular country, region, or establishment

synonym : meal, cooking, gastronomy

(1) bistro-style **cuisine**, (2) **cuisine** taste

Italian **cuisine** is known for its use of fresh ingredients and bold flavors.

substitute

n. a person or thing acting or serving instead of another one; (verb) to act as a something or someone instead of another one

synonym : alternate, replacement, reserve

(1) **substitute** coffee, (2) **substitute** teacher

I **substitute** skim milk for regular milk because we are on a strict diet.

dairy

n. a room, building, or establishment where milk and milk products are produced and processed; milk and milk products, such as butter and cheese

synonym : creamery, farm

(1) low-fat **dairy**, (2) imported **dairy** product

The **dairy** industry is a significant contributor to the economy.

wheat

n. a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc

synonym : grain, cereal

(1) harvesting **wheat**, (2) **wheat** crop

The farmer grew **wheat** on his land.

integrate

v. to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups

synonym : mix, merge, combine

(1) **integrate** into the existing system, (2) **integrate** both businesses

He found that it is difficult to **integrate** socially.

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.

versatile

adj. able to do many things in different fields; having many talents

synonym : adaptable, protean, universal

(1) provide a **versatile** solution, (2) a **versatile** writer

He's a **versatile** actor who has acted in various parts.

cult

n. a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices

synonym : sect, faith, religion

(1) **cult** members, (2) **cult's** practices

The **cult** leader promised his followers that they would achieve enlightenment if they followed his teachings.

globe

n. the earth or world, mainly used to emphasize its vastness

synonym : Earth, world, sphere

(1) terrestrial **globe**, (2) around the **globe**

His final goal is to sail around the **globe**.

crop

n. a plant that is cultivated in large amounts, particularly for food

synonym : output, produce, product

(1) **crop** field, (2) **crop** herbicide

Sow early for an early **crop**.

cheaply

adv. in a stingy or inexpensive manner

synonym : inexpensively, tattily, stingily

(1) **cheaply** available, (2) buy stock **cheaply**

You can live very **cheaply** in Southeast Asia.

variable

adj. likely to change or vary often; (noun) a symbol, like x or y, that is used in mathematical or logical expressions to represent a value that may be changed

synonym : erratic, inconsistent, irregular

(1) a **variable** species, (2) a dependent **variable**

Rainfall in the tropics is highly **variable**.

incredibly

adv. in a way that is very difficult to believe; exceedingly or extremely

synonym : enormously, exceptionally, extraordinarily

(1) **incredibly** cheerful character, (2) get **incredibly** insecure

Several cities are experiencing **incredibly** high unemployment rates.

density

n. the quality of compactness of a substance

synonym : tightness, viscosity

(1) population **density**, (2) higher pixel **density**

Do you know the **density** of the population in Hong Kong?

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.

mayonnaise

n. a thick, creamy condiment or sauce made by emulsifying (= the process of mixing two or more immiscible substances to form a stable mixture) egg yolks, oil, vinegar or lemon juice, and seasonings; typically used as a spread, dip, or dressing for salads or sandwiches

(1) **mayonnaise** dressing, (2) homemade **mayonnaise**

My favorite sandwich is a BLT with extra **mayonnaise**.

biodegrade

v. to decay naturally by microorganisms, such as bacteria and fungi

(1) **biodegrade** by the microorganism, (2) bioplastic designed to **biodegrade**

The company's plastic products are easily **biodegraded** thanks to a unique manufacturing process.

separate

v. to force, take, or pull apart; mark as different
synonym: disunite, isolate, ramify

(1) **separate** video into chapter, (2) **separate** cream from milk

We need to **separate** the aspect of his personality from the part of his competence when making an investment decision.

component

n. one of several parts that combines with others to form something bigger

synonym: element, part, factor

(1) key **component**, (2) spare **components** for cars

The researchers try to discover a common **component** in all types of successful organizations.

isolate

v. to physically or socially separate someone or something from other people or things

synonym: separate, sequester, insulate

(1) **isolate** a compound, (2) **isolate** a patient

You should not **isolate** them from the community.

dehull

v. to remove the outer layer or shell of something, particularly a grain, seed, or nut; to free something from an enclosing or concealing covering

synonym: shell, hull, peel

(1) **dehull** rice, (2) **dehull** oat groats

Before grinding, it is necessary to **dehull** the sunflower seeds to remove the hard outer shell.

roll

v. to move in a particular direction by turning over and over or from side to side

synonym: spin, swirl, wheel

(1) **roll** a ball, (2) **roll** down his cheeks

He was exhausted and **rolled** into bed as soon as he got home.

flake

n. a small, thin piece or layer of something, often with a flat or irregular shape; a person who is unreliable or inconsistent

synonym: chip, bit, shred

(1) **flakes** of snow, (2) **flake** graphite

She found a paint **flake** on the wall and realized it was time to repaint the room.

steep

adj. having a sharp inclination or slope

synonym: sheer, precipitous, abrupt

(1) a **steep** staircase, (2) **steep** discount

The **steep** cliff made it difficult to climb.

soaked

adj. completely wet; saturated or drenched with a liquid

synonym: drenched, saturated, wet

(1) **soaked** clothes, (2) **soaked** sponge

The hiker's boots were **soaked** from walking through the stream.

whit

n. a very small or insignificant amount or quantity, often used in the phrase "not a whit," meaning not at all
synonym: bit, atom, smidgen

(1) a **whit** of evidence, (2) not a **whit** of difference
His argument had a **whit** of truth, but it was primarily exaggerated.

liquid

n. a substance, such as water or oil that flows freely and is neither a solid nor a gas
synonym: fluid

(1) colorless **liquid**, (2) hazardous **liquid**
The sponge takes up the **liquid** well.

substance

n. the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug
synonym: essence, core, material

(1) an explosive **substance**, (2) **substance** abuse problem
The **substance** of the argument was well-presented.

sponge

n. a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning

(1) sea **sponge**, (2) metallic **sponge**

The tiny marine **sponge** has existed for more than 500 million years.

tofu

n. a soft, custard-like food made from mashed soybeans that have been soaked, ground, and cooked; also known as bean curd and commonly used in vegetarian and vegan cuisine as a protein source or meat substitute
synonym: bean curd

(1) **tofu** burger, (2) silken **tofu**

The health benefits of **tofu** include low cholesterol and high

calcium content.

filter

n. any of several types of equipment or systems used to separate particles from liquids or gases or to remove specific forms of light

synonym : strainer

(1) gas **filter**, (2) clogged **filter**

Ozone is a primary **filter** to protect Earth's surface from harmful UV rays.

soymilk

n. plant-based milk made from soybeans that has a creamy texture and is a popular dairy milk substitute

(1) **soymilk** alternative, (2) organic **soymilk**

I love to drink **soymilk** with my cereal in the mornings.

industrial

adj. of or relating to or resulting from industry

synonym : manufacturing, mechanical

(1) beginning of the **industrial** revolution, (2) **industrial** alcohol

Industrial design has become more focused on human nature aspect than ever before.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym : procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

extrude

v. to force, push, or press out through a narrow opening or nozzle, often in a continuous fashion; to shape materials by squeezing them through a die or mold

synonym : squeeze, force, press out

(1) **extrude** rubber, (2) **extrude** metal

The artist used a pasta machine to **extrude** clay into intricate shapes.

simultaneously

adv. at the same time

synonym: concurrently, coincidentally, together

(1) **simultaneously** affected, (2) take several inputs **simultaneously**

Two students answered the teacher's question **simultaneously**.

fatty

adj. containing a lot of fat

synonym: greasy, oily

(1) less **fatty** meat, (2) **fatty** acid

You should keep away from **fatty** foods.

spinning

n. the act of rotating rapidly around an axis; in the context of textiles, the process of twisting fibers together to form thread or yarn

synonym: whirling, rotating, spinning wheel

(1) **spinning** machine, (2) **spinning** wheel

She took a **spinning** class at the gym to improve her cardiovascular fitness.

mixture

n. a combination of different elements, substances, or entities, usually in non-uniform proportions, resulting in a homogeneous or heterogeneous blend of physical or chemical properties

synonym: blend, amalgam, concoction

(1) **mixture** of emotions, (2) perfect **mixture**

The paint was a **mixture** of different pigments to achieve the desired color.

refined

adj. made pure by having impurities or unwanted elements removed by processing

synonym: cultured, purified, tasteful

(1) adopt a **refined** attitude, (2) a lot of **refined** sugar

She was highly **refined** in her choice of apparel.

lecithin

n. a fatty substance found in animal and plant tissues often used as an emulsifier (= a substance that helps to stabilize and homogenize a mixture of two or more immiscible substances) in the food and industrial processes

synonym : phosphatide, phospholipid, lipid

(1) **lecithin** granules, (2) dietary **lecithin**

Soy **lecithin** is a popular alternative to egg yolks in baking.

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.

phospholipid

n. a type of lipid that is an essential component of cell membranes, consisting of a phosphate group (= a chemical compound made up of phosphorus and oxygen), glycerol (= a colorless, odorless, sweet-tasting, viscous liquid), and fatty acid chains

(1) **phospholipid** bilayers, (2) synthetic **phospholipid**

Liposomes are microscopic vesicles made up of **phospholipids** used in drug delivery systems.

phosphate

n. a chemical compound made up of phosphorus (= a chemical element with the symbol P) and oxygen (= a chemical element with the symbol O), often used in fertilizers, detergents, and other industrial processes

(1) calcium **phosphate**, (2) sodium **phosphate**

The buildup of **phosphate** in the soil can cause it to become too acidic, which can be harmful to plants.

attract

v. to draw or entice someone or something towards them through the qualities they have, especially positive ones

synonym : lure, entice, draw in

(1) **attract** attention, (2) **attract** customers

The government is eager to **attract** international investment.

feat

n. a notable or impressive achievement, especially one that requires great skill or bravery

synonym : achievement, accomplishment, exploit

(1) intellectual **feat**, (2) **feat** accomplishment

It is an incredible **feat** to climb Mount Everest, the highest mountain in the world.

blend

v. to mix or combine two or more substances

synonym : combine, mix, intermingle

(1) **blend** all the elements, (2) **blend** milk and cream

The toad altered its appearance to better **blend** in with its new environments.

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.

emulsify

v. to mix two or more liquids that normally don't dissolve in each other, such as oil and water, by adding an agent that helps to suspend the tiny droplets of one liquid within the other

synonym : blend, fuse, mix

(1) **emulsify** fats and proteins, (2) **emulsify** egg yolks

You must first **emulsify** the oil and vinegar to make the salad dressing.

attach

v. to fasten, join, or connect one thing to another

synonym : fix, fasten, bind

(1) **attach** firmly, (2) **attach** a file to an e-mail

He does not **attach** importance to these rumors.

cocoa

n. a powder made from roasted cacao beans used to flavor sweets and drinks; the dried and fermented seeds from which the powder is made

(1) **cocoa** powder, (2) **cocoa** butter

The culinary class learned how to make homemade **cocoa** mix from scratch.

soluble

adj. able to dissolve in a particular substance or solvent; able to be solved or settled

synonym: miscible, dissolvable, liquefiable

(1) **soluble** fiber, (2) water- **soluble** vitamin

The sugar is **soluble** in hot water and dissolves easily.

particle

n. a small piece of something; a word or piece of a term with grammatical function but little or no significance

synonym: atom, grain, bit

(1) charged **particle**, (2) **particle** energy

We can calculate the position of the **particles** statistically.

combine

v. to join or merge to form a single thing or group

synonym: coalesce, cohere, blend

(1) **combine** chemically with another substance,

(2) **combine** augmented reality

Hydrogen and oxygen **combine** to form water.

instantly

adv. immediately

synonym: immediately, right away, directly

(1) **instantly** cope with, (2) be killed **instantly**

I remembered that person **instantly** and never forgot.

hydrate

v. to add water or moisture to something; to drink enough fluids to maintain proper moisture; (noun) any compound that contains water of crystallization

synonym: moisturize, water, rehydrate

(1) **hydrate** my skin, (2) acid **hydrate**

She drank water to **hydrate** her body.

bond

n. a close emotional connection between two or more people; a certificate of debt that a government or corporation issues to raise money

synonym : bind, adhesion, attachment

(1) **bond** as a family, (2) global **bond** market

They had formed a friendship **bond**.

disperse

v. to spread out or distribute over a broad region, or to cause something to do so

synonym : dissipate, spread, scatter

(1) **disperse** false information, (2) **disperse** the protesters

Before authorities **dispersed** the protesters, they yelled slogans.

widespread

adj. existing or happening in various places or among many people

synonym : across-the-board, overall, general

(1) **widespread** use, (2) **widespread** fear of nuclear war

In medieval times, death punishment was **widespread** and socially accepted.

avail

v. to help or benefit; to use or take advantage of

synonym : help, benefit, serve

(1) **avail** you little, (2) **avail** ourselves of this opportunity

Their financing options are reasonable and easy to **avail**.

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**.

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.

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.

largely

adv. virtually entirely; to a large degree

synonym : mainly, chiefly, broadly

(1) **largely** accepted, (2) **largely** mitigate the issue

Nevada is **largely** a desert state.

poly

n. (a prefix meaning "many" or "much") commonly used in chemistry, biology, and other sciences to indicate a large, complex structure or molecule that is made up of repeating units, such as polyester, polymer

synonym : plastic, polymer, resin

(1) reclosable **poly** bag, (2) biodegradable **poly**

We store all of our drinking water in a large **poly** tank on the roof of our house.

saturated

adj. (of chemistry) describing a compound or substance that contains the maximum amount of a particular atom or group of atoms and has no further capacity to bond; (of nutrition) describing a food that is high in saturated fats, which are linked to an increased risk of heart disease

synonym :

soaked, drenched, soaked through

(1) **saturated** fat, (2) **saturated** colors

The company decided not to enter the smartphone market because it was already **saturated** with numerous established players.

cholesterol

n. a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high

synonym: fat, lipid, sterol

(1) **cholesterol** levels, (2) low **cholesterol**

High levels of **cholesterol** can increase the risk of heart disease.

disease

n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

synonym: illness, ailment, affliction

(1) **disease** prevention, (2) **disease** control

The doctor diagnosed him with a rare **disease** that had no known cure.

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**.

inhibit

v. to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal

synonym: deter, hinder, impede

(1) **inhibit** desires, (2) **inhibit** tumor growth

Excessive parental interference may **inhibit** children's

eagerness to learn.

absorption

n. a process in which one substance permeates another; a fluid permeates or is dissolved by a liquid or solid

synonym: consumption, digestion, soaking up

(1) the **absorption** of photons, (2) **absorption** energy

Vitamin D is essential to assist the **absorption** of calcium from food.

mineral

n. a solid inorganic substance occurring in nature having a definite chemical composition

(1) vitamin and **minerals**, (2) **mineral** rights

The robust economy of the country is based on its **mineral** resources.

allergy

n. a hypersensitivity disorder of the immune system, characterized by an exaggerated response to certain allergens, such as pollens, foods, and drugs

synonym: hypersensitivity, reaction

(1) food **allergy**, (2) **allergy** treatment

The **allergy** test helped to determine the cause of her symptoms.

severe

adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous

synonym: harsh, relentless, powerful

(1) **severe** heat, (2) a **severe** case of pneumonia

The senator received **severe** criticism from his opponent.

complaint

n. a statement that expresses dissatisfaction or annoyance about something

synonym: grievance, objection, accusation

(1) **complaint** department, (2) **complaint** about price-gouging

She filed a **complaint** with the manager about the poor service.

consumption

n. the amount used or eaten; the act of using up a resource such as energy, food, or materials

synonym: usage, uptake, utilization

(1) average fuel **consumption**, (2) the **consumption** of food

In our country, water **consumption** usually decreases during the winter.

occasional

adj. happening or appearing at irregular intervals; not constant or regular

synonym: infrequent, sporadic, irregular

(1) **occasional** visitor, (2) **occasional** assistance

She only visited her grandparents on **occasional** weekends.

accommodate

v. to provide someone with a place to live or to be stored in; to make fit for or to change to suit a new purpose

synonym: house, rent, adjust

(1) **accommodate** a person with money, (2) **accommodate** these needs

This large SUV **accommodates** eight people.

industrious

adj. hardworking, diligent, and persistent in effort

synonym: diligent, hardworking, assiduous

(1) **industrious** worker, (2) **industrious** student

He was known to be very **industrious** and would often work late into the night.

livestock

n. farm animals and birds such as cows, sheep, and chickens

synonym: cattle, oxen, herd

(1) **livestock** agriculture, (2) **livestock** industry

Livestock feed is made from fodder crops.

swath

n. a strip of land, especially a long, narrow one; a large amount or quantity of something

synonym: strip, band, fodder

(1) a large **swath** of territory, (2) a **swath** of green grass
The charity organization has helped to provide education to a vast **swath** of the population.

deforest

v. to clear an area of forest or trees

synonym: clear-cut, strip, denude

(1) **deforest** a mountain, (2) **deforest** millions of acres
The company planned to **deforest** a large rainforest area to make way for a new plantation.

roughly

adv. approximately but not precisely; with a violent manner

synonym: approximately, more or less, around

(1) **roughly** explain my idea, (2) **roughly** speaking
Five miles is **roughly** similar to eight kilometers.

displacement

n. the act of forcing someone or something to leave their home or place of origin, especially as a result of conflict, natural disaster, or manipulation

synonym: eviction, exile, exodus

(1) **displacement** camp, (2) a car with 1800 cc

displacement

The **displacement** of the residents was a consequence of the construction of the new highway.

indigenous

adj. someone or something that is native to or occurring naturally in a particular place

synonym: domestic, endemic, primitive

(1) **indigenous** crop, (2) **indigenous** peoples
The **indigenous** plants need to be pollinated by local insects.

communal

adj. belonging to or used by a group rather than individuals; for common use

synonym: collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

Communal elections were held in several European

countries.

byproduct

n. a secondary or incidental product produced in the manufacture or synthesis of something else

synonym: side effect, spinoff, outgrowth

(1) toxic **byproducts**, (2) **byproduct** of technology

The **byproduct** of the energy production process is a large amount of carbon dioxide emissions.

sustainable

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

synonym: continuable, enduring, tolerable

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

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

Session 2: Spelling

- | | |
|---|---|
| 1. the abs_____on of photons | <i>n.</i> a process in which one substance permeates another; a fluid permeates or is dissolved by a liquid or solid |
| 2. sp_____ng wheel | <i>n.</i> the act of rotating rapidly around an axis; in the context of textiles, the process of twisting fibers together to form thread or yarn |
| 3. biodegradable p__y | <i>n.</i> (a prefix meaning "many" or "much") commonly used in chemistry, biology, and other sciences to indicate a large, complex structure or molecule that is made up of repeating units, such as polyester, polymer |
| 4. may_____se dressing | <i>n.</i> a thick, creamy condiment or sauce made by emulsifying (= the process of mixing two or more immiscible substances to form a stable mixture) egg yolks, oil, vinegar or lemon juice, and seasonings; typically used as a spread, dip, or dressing for salads or sandwiches |
| 5. en_____ge a sense of affinity | <i>v.</i> to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do |
| 6. good source of essential amino a__ds | <i>n.</i> 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 |

ANSWERS: 1. absorption, 2. spinning, 3. poly, 4. mayonnaise, 5. encourage, 6. acid

7. at____t attention *v.* to draw or entice someone or something towards them through the qualities they have, especially positive ones
8. un_____hy diet *adj.* not conducive to good health; detrimental to physical or mental well-being
9. colorless li____d *n.* a substance, such as water or oil that flows freely and is neither a solid nor a gas
10. population de____y *n.* the quality of compactness of a substance
11. so____k alternative *n.* plant-based milk made from soybeans that has a creamy texture and is a popular dairy milk substitute
12. post-ind_____ism *n.* an economic and social system or stage characterized by the growth of industry and the development of an industrialized society
13. di____e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
14. ex____e metal *v.* to force, push, or press out through a narrow opening or nozzle, often in a continuous fashion; to shape materials by squeezing them through a die or mold
15. bl__d all the elements *v.* to mix or combine two or more substances

ANSWERS: 7. attract, 8. unhealthy, 9. liquid, 10. density, 11. soymilk, 12. industrialism, 13. disease, 14. extrude, 15. blend

16. cr__h a revolt *v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller
17. mi_____l rights *n.* a solid inorganic substance occurring in nature having a definite chemical composition
18. es_____al amino acid *adj.* indispensable; fundamental
19. ind_____us crop *adj.* someone or something that is native to or occurring naturally in a particular place
20. metallic sp___e *n.* a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning
21. higher pixel de_____y *n.* the quality of compactness of a substance
22. acc_____te a person with money *v.* to provide someone with a place to live or to be stored in; to make fit for or to change to suit a new purpose
23. f__t accomplishment *n.* a notable or impressive achievement, especially one that requires great skill or bravery
24. less fa__y meat *adj.* containing a lot of fat
25. get inc_____ly insecure *adv.* in a way that is very difficult to believe; exceedingly or extremely
26. technology-ce_____c approach *adj.* tending towards or focused on a particular center, point, or perspective, sometimes to the exclusion of others; emphasizing or prioritizing a specific thing or group; (noun) something that is at the center or core of a specific thing or system

ANSWERS: 16. crush, 17. mineral, 18. essential, 19. indigenous, 20. sponge, 21. density, 22. accommodate, 23. feat, 24. fatty, 25. incredibly, 26. centric

27. provide a ve_____le solution *adj.* able to do many things in different fields; having many talents
28. across a f__d *n.* a shallow place in a river or stream where it is possible to walk or drive across
29. na_____ly arising *adv.* as might be expected; by natural manners
30. vitamin and mi_____ls *n.* a solid inorganic substance occurring in nature having a definite chemical composition
31. la_____y mitigate the issue *adv.* virtually entirely; to a large degree
32. perfect mi_____e *n.* a combination of different elements, substances, or entities, usually in non-uniform proportions, resulting in a homogeneous or heterogeneous blend of physical or chemical properties
33. intellectual f__t *n.* a notable or impressive achievement, especially one that requires great skill or bravery
34. curry po____r *n.* a dry and fine substance that consists of very small, loose particles
35. li_____ck industry *n.* farm animals and birds such as cows, sheep, and chickens
36. le_____in granules *n.* a fatty substance found in animal and plant tissues often used as an emulsifier (= a substance that helps to stabilize and homogenize a mixture of two or more immiscible substances) in the food and industrial processes

ANSWERS: 27. versatile, 28. ford, 29. naturally, 30. mineral, 31. largely, 32. mixture, 33. feat, 34. powder, 35. livestock, 36. lecithin

37. pa____le energy *n.* a small piece of something; a word or piece of a term with grammatical function but little or no significance
38. se____te cream from milk *v.* to force, take, or pull apart; mark as different
39. ove____ing majority *adj.* very great or intense; so powerful that you cannot fight or react against it
40. terrestrial gl__e *n.* the earth or world, mainly used to emphasize its vastness
41. st__p discount *adj.* having a sharp inclination or slope
42. em____fy fats and proteins *v.* to mix two or more liquids that normally don't dissolve in each other, such as oil and water, by adding an agent that helps to suspend the tiny droplets of one liquid within the other
43. na____ly regenerated forest *adv.* as might be expected; by natural manners
44. imported da__y product *n.* a room, building, or establishment where milk and milk products are produced and processed; milk and milk products, such as butter and cheese
45. co____e augmented reality *v.* to join or merge to form a single thing or group
46. so____n oil *n.* a legume crop widely cultivated for its nutritious seeds, often ground into meal or pressed into oil for food products, with other uses including animal feed, fuel, and industrial applications
47. synthetic pho____pid *n.* a type of lipid that is an essential component of cell membranes, consisting of a phosphate group (= a chemical compound made up of phosphorus and oxygen), glycerol (= a colorless, odorless, sweet-tasting, viscous liquid), and fatty acid chains

ANSWERS: 37. particle, 38. separate, 39. overwhelming, 40. globe, 41. steep, 42.

emulsify, 43. naturally, 44. dairy, 45. combine, 46. soybean, 47. phospholipid

48. the con_____on of food *n.* the amount used or eaten; the act of using up a resource such as energy, food, or materials
49. in_____te both businesses *v.* to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups
50. ind_____us peoples *adj.* someone or something that is native to or occurring naturally in a particular place
51. employee-ce_____c policies *adj.* tending towards or focused on a particular center, point, or perspective, sometimes to the exclusion of others; emphasizing or prioritizing a specific thing or group; (noun) something that is at the center or core of a specific thing or system
52. se_____te video into chapter *v.* to force, take, or pull apart; mark as different
53. by_____ct of technology *n.* a secondary or incidental product produced in the manufacture or synthesis of something else
54. co_____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
55. co_____nt about price-gouging *n.* a statement that expresses dissatisfaction or annoyance about something
56. a w__t of evidence *n.* a very small or insignificant amount or quantity, often used in the phrase "not a whit," meaning not at all

ANSWERS: 48. consumption, 49. integrate, 50. indigenous, 51. centric, 52. separate, 53. byproduct, 54. communal, 55. complaint, 56. whit

57. bistro-style cu____e *n.* the style of cooking characteristic of a particular country, region, or establishment
58. in____t tumor growth *v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
59. sa_____ed colors *adj.* (of chemistry) describing a compound or substance that contains the maximum amount of a particular atom or group of atoms and has no further capacity to bond; (of nutrition) describing a food that is high in saturated fats, which are linked to an increased risk of heart disease
60. spare co_____nts for cars *n.* one of several parts that combines with others to form something bigger
61. dietary le_____in *n.* a fatty substance found in animal and plant tissues often used as an emulsifier (= a substance that helps to stabilize and homogenize a mixture of two or more immiscible substances) in the food and industrial processes
62. co_____e chemically with another substance *v.* to join or merge to form a single thing or group
63. c__p herbicide *n.* a plant that is cultivated in large amounts, particularly for food
64. decision-making pr_____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 57. cuisine, 58. inhibit, 59. saturated, 60. component, 61. lecithin, 62. combine, 63. crop, 64. process

65. in____t desires *v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
66. low-fat da__y *n.* a room, building, or establishment where milk and milk products are produced and processed; milk and milk products, such as butter and cheese
67. c__t's practices *n.* a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices
68. a st__p staircase *adj.* having a sharp inclination or slope
69. so____e fiber *adj.* able to dissolve in a particular substance or solvent; able to be solved or settled
70. ind____us worker *adj.* hardworking, diligent, and persistent in effort
71. so____d clothes *adj.* completely wet; saturated or drenched with a liquid
72. a large sw__h of territory *n.* a strip of land, especially a long, narrow one; a large amount or quantity of something
73. am__o acid *n.* compounds and functional groups that contain a basic nitrogen atom with a lone pair (NH₂) that combine to make protein
74. hazardous li____d *n.* a substance, such as water or oil that flows freely and is neither a solid nor a gas

ANSWERS: 65. inhibit, 66. dairy, 67. cult, 68. steep, 69. soluble, 70. industrious, 71. soaked, 72. swath, 73. amino, 74. liquid

75. po___r additive *n.* a dry and fine substance that consists of very small, loose particles
76. dis_____ent camp *n.* the act of forcing someone or something to leave their home or place of origin, especially as a result of conflict, natural disaster, or manipulation
77. s_y milk *n.* a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed
78. 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
79. c__t members *n.* a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices
80. sim_____sly affected *adv.* at the same time
81. co__a butter *n.* a powder made from roasted cacao beans used to flavor sweets and drinks; the dried and fermented seeds from which the powder is made
82. reclosable p__y bag *n.* (a prefix meaning "many" or "much") commonly used in chemistry, biology, and other sciences to indicate a large, complex structure or molecule that is made up of repeating units, such as polyester, polymer

ANSWERS: 75. powder, 76. displacement, 77. soy, 78. protein, 79. cult, 80. simultaneously, 81. cocoa, 82. poly

83. ind_____al alcohol *adj.* of or relating to or resulting from industry
84. pr_____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
85. en___l mugs *n.* a hard, glossy coating that is applied to surfaces such as metal, glass, or ceramics to protect them from wear, corrosion, or weathering; the hard, white outer layer of teeth
86. acid hy_____e *v.* to add water or moisture to something; to drink enough fluids to maintain proper moisture; (noun) any compound that contains water of crystallization
87. am___o compound *n.* compounds and functional groups that contain a basic nitrogen atom with a lone pair (NH₂) that combine to make protein
88. di_____se the protesters *v.* to spread out or distribute over a broad region, or to cause something to do so
89. s_y allergy *n.* a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed
90. cu_____e taste *n.* the style of cooking characteristic of a particular country, region, or establishment

ANSWERS: 83. industrial, 84. process, 85. enamel, 86. hydrate, 87. amino, 88. disperse, 89. soy, 90. cuisine

91. so____n production *n.* a legume crop widely cultivated for its nutritious seeds, often ground into meal or pressed into oil for food products, with other uses including animal feed, fuel, and industrial applications
92. av__l you little *v.* to help or benefit; to use or take advantage of
93. national ob_____on *n.* the state in which a person's mind is filled with thoughts of one single object or particular person
94. at_____t customers *v.* to draw or entice someone or something towards them through the qualities they have, especially positive ones
95. al_____y treatment *n.* a hypersensitivity disorder of the immune system, characterized by an exaggerated response to certain allergens, such as pollens, foods, and drugs
96. ro_____y explain my idea *adv.* approximately but not precisely; with a violent manner
97. 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
98. c__p field *n.* a plant that is cultivated in large amounts, particularly for food
99. co_____e electricity *v.* to spend something, especially fuel, energy, or time, in a large amount

ANSWERS: 91. soybean, 92. avail, 93. obsession, 94. attract, 95. allergy, 96. roughly, 97. compound, 98. crop, 99. consume

100. 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
101. de___l oat groats *v.* to remove the outer layer or shell of something, particularly a grain, seed, or nut; to free something from an enclosing or concealing covering
102. co_____e a large of alcohol *v.* to spend something, especially fuel, energy, or time, in a large amount
103. a va_____le species *adj.* likely to change or vary often; (noun) a symbol, like x or y, that is used in mathematical or logical expressions to represent a value that may be changed
104. occ_____al visitor *adj.* happening or appearing at irregular intervals; not constant or regular
105. bio_____de by the microorganism *v.* to decay naturally by microorganisms, such as bacteria and fungi
106. sa_____ed fat *adj.* (of chemistry) describing a compound or substance that contains the maximum amount of a particular atom or group of atoms and has no further capacity to bond; (of nutrition) describing a food that is high in saturated fats, which are linked to an increased risk of heart disease
107. se___e heat *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
108. sodium ph_____te *n.* a chemical compound made up of phosphorus (= a chemical element with the symbol P) and oxygen (= a chemical element with the symbol O), often used in fertilizers, detergents, and other industrial processes

ANSWERS: 100. compound, 101. dehull, 102. consume, 103. variable, 104. occasional, 105. biodegrade, 106. saturated, 107. severe, 108. phosphate

109. fl__e graphite *n.* a small, thin piece or layer of something, often with a flat or irregular shape; a person who is unreliable or inconsistent
110. an ove_____ing victory *adj.* very great or intense; so powerful that you cannot fight or react against it
111. inc_____ly cheerful character *adv.* in a way that is very difficult to believe; exceedingly or extremely
112. organic so_____k *n.* plant-based milk made from soybeans that has a creamy texture and is a popular dairy milk substitute
113. food al_____y *n.* a hypersensitivity disorder of the immune system, characterized by an exaggerated response to certain allergens, such as pollens, foods, and drugs
114. st___e crop *adj.* essential, crucial, or regularly used
115. ro_____y speaking *adv.* approximately but not precisely; with a violent manner
116. in_____te into the existing system *v.* to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups
117. de_____st millions of acres *v.* to clear an area of forest or trees
118. a nightly fe__t *n.* a large meal, typically one served on a special occasion
119. en_____ge antisocial behavior *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

ANSWERS: 109. flake, 110. overwhelming, 111. incredibly, 112. soymilk, 113. allergy, 114. staple, 115. roughly, 116. integrate, 117. deforest, 118. feast, 119. encourage

120. sp_____ng machine *n.* the act of rotating rapidly around an axis; in the context of textiles, the process of twisting fibers together to form thread or yarn
121. av__l ourselves of this opportunity *v.* to help or benefit; to use or take advantage of
122. cr__h coffee beans *v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller
123. wid_____ad fear of nuclear war *adj.* existing or happening in various places or among many people
124. an explosive su_____ce *n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug
125. b__d as a family *n.* a close emotional connection between two or more people; a certificate of debt that a government or corporation issues to raise money
126. homemade may_____se *n.* a thick, creamy condiment or sauce made by emulsifying (= the process of mixing two or more immiscible substances to form a stable mixture) egg yolks, oil, vinegar or lemon juice, and seasonings; typically used as a spread, dip, or dressing for salads or sandwiches
127. di_____e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

ANSWERS: 120. spinning, 121. avail, 122. crush, 123. widespread, 124. substance, 125. bond, 126. mayonnaise, 127. disease

128. em____fy egg yolks *v.* to mix two or more liquids that normally don't dissolve in each other, such as oil and water, by adding an agent that helps to suspend the tiny droplets of one liquid within the other
129. fl__es of snow *n.* a small, thin piece or layer of something, often with a flat or irregular shape; a person who is unreliable or inconsistent
130. at___h firmly *v.* to fasten, join, or connect one thing to another
131. a se___e case of pneumonia *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
132. a lot of re____d sugar *adj.* made pure by having impurities or unwanted elements removed by processing
133. at___h a file to an e-mail *v.* to fasten, join, or connect one thing to another
134. abs_____on energy *n.* a process in which one substance permeates another; a fluid permeates or is dissolved by a liquid or solid
135. calcium ph_____te *n.* a chemical compound made up of phosphorus (= a chemical element with the symbol P) and oxygen (= a chemical element with the symbol O), often used in fertilizers, detergents, and other industrial processes
136. hy_____e my skin *v.* to add water or moisture to something; to drink enough fluids to maintain proper moisture; (noun) any compound that contains water of crystallization

ANSWERS: 128. emulsify, 129. flake, 130. attach, 131. severe, 132. refined, 133. attach, 134. absorption, 135. phosphate, 136. hydrate

137. average fuel con_____on *n.* the amount used or eaten; the act of using up a resource such as energy, food, or materials
138. f__d a river *n.* a shallow place in a river or stream where it is possible to walk or drive across
139. not a w__t of difference *n.* a very small or insignificant amount or quantity, often used in the phrase "not a whit," meaning not at all
140. t__u burger *n.* a soft, custard-like food made from mashed soybeans that have been soaked, ground, and cooked; also known as bean curd and commonly used in vegetarian and vegan cuisine as a protein source or meat substitute
141. ind_____ism society *n.* an economic and social system or stage characterized by the growth of industry and the development of an industrialized society
142. de_____st a mountain *v.* to clear an area of forest or trees
143. so___d sponge *adj.* completely wet; saturated or drenched with a liquid
144. de___l rice *v.* to remove the outer layer or shell of something, particularly a grain, seed, or nut; to free something from an enclosing or concealing covering
145. a car with 1800 cc dis_____ent *n.* the act of forcing someone or something to leave their home or place of origin, especially as a result of conflict, natural disaster, or manipulation

ANSWERS: 137. consumption, 138. ford, 139. whit, 140. tofu, 141. industrialism, 142. deforest, 143. soaked, 144. dehull, 145. displacement

146. in_____ly cope with *adv.* immediately
147. sus_____le alternative fuel *adj.* able to continue or be continued for a long time
148. toxic by_____cts *n.* a secondary or incidental product produced in the manufacture or synthesis of something else
149. st___e commodities *adj.* essential, crucial, or regularly used
150. a dependent va_____le *adj.* likely to change or vary often; (noun) a symbol, like x or y, that is used in mathematical or logical expressions to represent a value that may be changed
151. a ve_____le writer *adj.* able to do many things in different fields; having many talents
152. mo_____le behavior *n.* a group of two or more atoms held together by attractive forces known as chemical bonds
153. beginning of the ind_____al revolution *adj.* of or relating to or resulting from industry
154. co__a powder *n.* a powder made from roasted cacao beans used to flavor sweets and drinks; the dried and fermented seeds from which the powder is made
155. su_____ce abuse problem *n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug
156. cho_____ol levels *n.* a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high

ANSWERS: 146. instantly, 147. sustainable, 148. byproduct, 149. staple, 150. variable, 151. versatile, 152. molecule, 153. industrial, 154. cocoa, 155. substance, 156. cholesterol

157. buy stock ch____y *adv.* in a stingy or inexpensive manner
158. global b__d market *n.* a close emotional connection between two or more people; a certificate of debt that a government or corporation issues to raise money
159. take several inputs sim_____sly *adv.* at the same time
160. co_____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
161. ob_____on with character *n.* the state in which a person's mind is filled with thoughts of one single object or particular person
162. gas fi____r *n.* any of several types of equipment or systems used to separate particles from liquids or gases or to remove specific forms of light
163. pho_____pid bilayers *n.* a type of lipid that is an essential component of cell membranes, consisting of a phosphate group (= a chemical compound made up of phosphorus and oxygen), glycerol (= a colorless, odorless, sweet-tasting, viscous liquid), and fatty acid chains
164. un_____hy habit *adj.* not conducive to good health; detrimental to physical or mental well-being
165. water-so_____e vitamin *adj.* able to dissolve in a particular substance or solvent; able to be solved or settled
166. principles of sus_____le development *adj.* able to continue or be continued for a long time

ANSWERS: 157. cheaply, 158. bond, 159. simultaneously, 160. communal, 161. obsession, 162. filter, 163. phospholipid, 164. unhealthy, 165. soluble, 166. sustainable

167. clogged fi___r *n.* any of several types of equipment or systems used to separate particles from liquids or gases or to remove specific forms of light
168. li_____ck agriculture *n.* farm animals and birds such as cows, sheep, and chickens
169. ex_____e rubber *v.* to force, push, or press out through a narrow opening or nozzle, often in a continuous fashion; to shape materials by squeezing them through a die or mold
170. charged pa_____le *n.* a small piece of something; a word or piece of a term with grammatical function but little or no significance
171. la_____y accepted *adv.* virtually entirely; to a large degree
172. di_____se false information *v.* to spread out or distribute over a broad region, or to cause something to do so
173. is_____e a compound *v.* to physically or socially separate someone or something from other people or things
174. wid_____ad use *adj.* existing or happening in various places or among many people
175. es_____al commodities of life *adj.* indispensable; fundamental
176. occ_____al assistance *adj.* happening or appearing at irregular intervals; not constant or regular
177. bioplastic designed to bio_____de *v.* to decay naturally by microorganisms, such as bacteria and fungi
178. en___l coating *n.* a hard, glossy coating that is applied to surfaces such as metal, glass, or ceramics to protect them from wear, corrosion, or weathering; the hard, white outer layer of teeth

ANSWERS: 167. filter, 168. livestock, 169. extrude, 170. particle, 171. largely, 172. disperse, 173. isolate, 174. widespread, 175. essential, 176. occasional, 177. biodegrade, 178. enamel

179. adopt a re____d attitude *adj.* made pure by having impurities or unwanted elements removed by processing
180. mi_____e of emotions *n.* a combination of different elements, substances, or entities, usually in non-uniform proportions, resulting in a homogeneous or heterogeneous blend of physical or chemical properties
181. harvesting wh__t *n.* a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc
182. around the gl__e *n.* the earth or world, mainly used to emphasize its vastness
183. 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
184. r__l a ball *v.* to move in a particular direction by turning over and over or from side to side
185. small mo_____les *n.* a group of two or more atoms held together by attractive forces known as chemical bonds
186. sub_____te coffee *n.* a person or thing acting or serving instead of another one; (verb) to act as a something or someone instead of another one
187. wh__t crop *n.* a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc

ANSWERS: 179. refined, 180. mixture, 181. wheat, 182. globe, 183. acid, 184. roll, 185. molecule, 186. substitute, 187. wheat

188. fa__y acid *adj.* containing a lot of fat
189. secret ing_____nts *n.* one of the things used to make something, especially one of the foods used to make a particular dish
190. bl__d milk and cream *v.* to mix or combine two or more substances
191. sea sp___e *n.* a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning
192. sub_____te teacher *n.* a person or thing acting or serving instead of another one; (verb) to act as a something or someone instead of another one
193. 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
194. a brief ex_____t from the book *n.* a short passage taken from a book, piece of music, etc.; a substance obtained from something through a specific process; (verb) to obtain from something or to remove something by effort or force
195. r__l down his cheeks *v.* to move in a particular direction by turning over and over or from side to side
196. ind_____us student *adj.* hardworking, diligent, and persistent in effort

ANSWERS: 188. fatty, 189. ingredient, 190. blend, 191. sponge, 192. substitute, 193. protein, 194. extract, 195. roll, 196. industrious

197. ch____y available *adv.* in a stingy or inexpensive manner
198. be killed in_____ly *adv.* immediately
199. compound the ing_____nts *n.* one of the things used to make something, especially one of the foods used to make a particular dish
200. co_____nt department *n.* a statement that expresses dissatisfaction or annoyance about something
201. botanical ex_____t *n.* a short passage taken from a book, piece of music, etc.; a substance obtained from something through a specific process; (verb) to obtain from something or to remove something by effort or force
202. a sw__h of green grass *n.* a strip of land, especially a long, narrow one; a large amount or quantity of something
203. acc_____te these needs *v.* to provide someone with a place to live or to be stored in; to make fit for or to change to suit a new purpose
204. is_____e a patient *v.* to physically or socially separate someone or something from other people or things
205. a fe__t for the eyes *n.* a large meal, typically one served on a special occasion
206. silken t__u *n.* a soft, custard-like food made from mashed soybeans that have been soaked, ground, and cooked; also known as bean curd and commonly used in vegetarian and vegan cuisine as a protein source or meat substitute

ANSWERS: 197. cheaply, 198. instantly, 199. ingredient, 200. complaint, 201. extract, 202. swath, 203. accommodate, 204. isolate, 205. feast, 206. tofu

207. low cho_____ol

n. a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high

208. key co_____nt

n. one of several parts that combines with others to form something bigger

ANSWERS: 207. cholesterol, 208. component

Session 3: Fill in the Blanks

1. Before grinding, it is necessary to _____ the sunflower seeds to remove the hard outer shell.
 - v. to remove the outer layer or shell of something, particularly a grain, seed, or nut; to free something from an enclosing or concealing covering

2. It is an incredible _____ to climb Mount Everest, the highest mountain in the world.
 - n. a notable or impressive achievement, especially one that requires great skill or bravery

3. The _____ industry is a significant contributor to the economy.
 - n. a room, building, or establishment where milk and milk products are produced and processed; milk and milk products, such as butter and cheese

4. The toad altered its appearance to better _____ in with its new environments.
 - v. to mix or combine two or more substances

5. Excessive parental interference may _____ children's eagerness to learn.
 - v. to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal

6. Trial and error is an _____ part of education.
 - adj. indispensable; fundamental

7. The doctor diagnosed him with a rare _____ that had no known cure.
 - n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

ANSWERS: 1. dehull, 2. feat, 3. dairy, 4. blend, 5. inhibit, 6. essential, 7. disease

8. The buildup of _____ in the soil can cause it to become too acidic, which can be harmful to plants.
- n.* a chemical compound made up of phosphorus (= a chemical element with the symbol P) and oxygen (= a chemical element with the symbol O), often used in fertilizers, detergents, and other industrial processes
9. The charity organization has helped to provide education to a vast _____ of the population.
- n.* a strip of land, especially a long, narrow one; a large amount or quantity of something
10. I love to drink _____ with my cereal in the mornings.
- n.* plant-based milk made from soybeans that has a creamy texture and is a popular dairy milk substitute
11. The _____ plants need to be pollinated by local insects.
- adj.* someone or something that is native to or occurring naturally in a particular place
12. The company's plastic products are easily _____ thanks to a unique manufacturing process.
- v.* to decay naturally by microorganisms, such as bacteria and fungi
13. He has shown signs of uneasiness and _____ worry.
- adj.* very great or intense; so powerful that you cannot fight or react against it
14. High levels of _____ can increase the risk of heart disease.
- n.* a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high

ANSWERS: 8. phosphate, 9. swath, 10. soymilk, 11. indigenous, 12. biodegraded, 13. overwhelming, 14. cholesterol

15. The culinary class learned how to make homemade _____ mix from scratch.
- n.* a powder made from roasted cacao beans used to flavor sweets and drinks; the dried and fermented seeds from which the powder is made
16. Hydrogen and oxygen _____ to form water.
- v.* to join or merge to form a single thing or group
17. The _____ leader promised his followers that they would achieve enlightenment if they followed his teachings.
- n.* a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices
18. The company planned to _____ a large rainforest area to make way for a new plantation.
- v.* to clear an area of forest or trees
19. The _____ test helped to determine the cause of her symptoms.
- n.* a hypersensitivity disorder of the immune system, characterized by an exaggerated response to certain allergens, such as pollens, foods, and drugs
20. Ozone is a primary _____ to protect Earth's surface from harmful UV rays.
- n.* any of several types of equipment or systems used to separate particles from liquids or gases or to remove specific forms of light
21. Their financing options are reasonable and easy to _____.
- v.* to help or benefit; to use or take advantage of
22. The researchers try to discover a common _____ in all types of successful organizations.
- n.* one of several parts that combines with others to form something bigger

ANSWERS: 15. cocoa, 16. combine, 17. cult, 18. deforest, 19. allergy, 20. filter, 21. avail, 22. component

23. Greed is the primary _____ in the making of criminals.
n. one of the things used to make something, especially one of the foods used to make a particular dish
24. _____ design has become more focused on human nature aspect than ever before.
adj. of or relating to or resulting from industry
25. Two students answered the teacher's question _____.
adv. at the same time
26. He was exhausted and _____ into bed as soon as he got home.
v. to move in a particular direction by turning over and over or from side to side
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. The farmer harvested his _____ crop and took it to market.
n. a legume crop widely cultivated for its nutritious seeds, often ground into meal or pressed into oil for food products, with other uses including animal feed, fuel, and industrial applications
29. A smaller car will _____ less fuel.
v. to spend something, especially fuel, energy, or time, in a large amount
30. The _____ of the argument was well-presented.
n. the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug

ANSWERS: 23. ingredient, 24. Industrial, 25. simultaneously, 26. rolled, 27. protein, 28. soybean, 29. consume, 30. substance

31. 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
32. He was _____ gifted.
adv. as might be expected; by natural manners
33. In medieval times, death punishment was _____ and socially accepted.
adj. existing or happening in various places or among many people
34. He's a _____ actor who has acted in various parts.
adj. able to do many things in different fields; having many talents
35. The sugar is _____ in hot water and dissolves easily.
adj. able to dissolve in a particular substance or solvent; able to be solved or settled
36. They _____ customers with a premium for loyal patronage.
v. to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
37. We store all of our drinking water in a large _____ tank on the roof of our house.
n. (a prefix meaning "many" or "much") commonly used in chemistry, biology, and other sciences to indicate a large, complex structure or molecule that is made up of repeating units, such as polyester, polymer
38. The dentist recommended using toothpaste with extra _____ protection to prevent cavities.
n. a hard, glossy coating that is applied to surfaces such as metal, glass, or ceramics to protect them from wear, corrosion, or weathering; the hard, white outer layer of teeth

ANSWERS: 31. amino, 32. naturally, 33. widespread, 34. versatile, 35. soluble, 36. encouraged, 37. poly, 38. enamel

39. She was highly _____ in her choice of apparel.

adj. made pure by having impurities or unwanted elements removed by processing

40. The artist used a pasta machine to _____ clay into intricate shapes.

v. to force, push, or press out through a narrow opening or nozzle, often in a continuous fashion; to shape materials by squeezing them through a die or mold

41. The tiny marine _____ has existed for more than 500 million years.

n. a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning

42. He does not _____ importance to these rumors.

v. to fasten, join, or connect one thing to another

43. The _____ of the energy production process is a large amount of carbon dioxide emissions.

n. a secondary or incidental product produced in the manufacture or synthesis of something else

44. She drank water to _____ her body.

v. to add water or moisture to something; to drink enough fluids to maintain proper moisture; (noun) any compound that contains water of crystallization

45. The government is eager to _____ international investment.

v. to draw or entice someone or something towards them through the qualities they have, especially positive ones

46. Gambling became an _____ for him, and he eventually lost everything.

n. the state in which a person's mind is filled with thoughts of one single object or particular person

ANSWERS: 39. refined, 40. extrude, 41. sponge, 42. attach, 43. byproduct, 44. hydrate, 45. attract, 46. obsession

47. _____ feed is made from fodder crops.
n. farm animals and birds such as cows, sheep, and chickens
48. I remembered that person _____ and never forgot.
adv. immediately
49. _____ elections were held in several European countries.
adj. belonging to or used by a group rather than individuals; for common use
50. Many people use ____ sauce for sushi, stir-fries, and marinades.
n. a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed
51. He found that it is difficult to _____ socially.
v. to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups
52. She took a _____ class at the gym to improve her cardiovascular fitness.
n. the act of rotating rapidly around an axis; in the context of textiles, the process of twisting fibers together to form thread or yarn
53. Several cities are experiencing _____ high unemployment rates.
adv. in a way that is very difficult to believe; exceedingly or extremely
54. His final goal is to sail around the _____.
n. the earth or world, mainly used to emphasize its vastness
55. The hiker's boots were _____ from walking through the stream.
adj. completely wet; saturated or drenched with a liquid

ANSWERS: 47. Livestock, 48. instantly, 49. Communal, 50. soy, 51. integrate, 52. spinning, 53. incredibly, 54. globe, 55. soaked

56. Rainfall in the tropics is highly _____.

adj. likely to change or vary often; (noun) a symbol, like x or y, that is used in mathematical or logical expressions to represent a value that may be changed

57. Do you know the _____ of the population in Hong Kong?

n. the quality of compactness of a substance

58. In our country, water _____ usually decreases during the winter.

n. the amount used or eaten; the act of using up a resource such as energy, food, or materials

59. She used a _____ brush to apply her foundation evenly.

n. a dry and fine substance that consists of very small, loose particles

60. Vitamin D is essential to assist the _____ of calcium from food.

n. a process in which one substance permeates another; a fluid permeates or is dissolved by a liquid or solid

61. This large SUV _____ eight people.

v. to provide someone with a place to live or to be stored in; to make fit for or to change to suit a new purpose

62. Sow early for an early _____.

n. a plant that is cultivated in large amounts, particularly for food

63. Five miles is _____ similar to eight kilometers.

adv. approximately but not precisely; with a violent manner

64. The government should do more to support environmentally _____ agriculture.

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

ANSWERS: 56. variable, 57. density, 58. consumption, 59. powder, 60. absorption, 61. accommodates, 62. crop, 63. roughly, 64. sustainable

65. Italian _____ is known for its use of fresh ingredients and bold flavors.
- n.* the style of cooking characteristic of a particular country, region, or establishment
66. You must first _____ the oil and vinegar to make the salad dressing.
- v.* to mix two or more liquids that normally don't dissolve in each other, such as oil and water, by adding an agent that helps to suspend the tiny droplets of one liquid within the other
67. You can live very _____ in Southeast Asia.
- adv.* in a stingy or inexpensive manner
68. The _____ for applying for a visa can be lengthy and complicated.
- n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
69. His argument had a _____ of truth, but it was primarily exaggerated.
- n.* a very small or insignificant amount or quantity, often used in the phrase "not a whit," meaning not at all
70. 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
71. The paint was a _____ of different pigments to achieve the desired color.
- n.* a combination of different elements, substances, or entities, usually in non-uniform proportions, resulting in a homogeneous or heterogeneous blend of physical or chemical properties

ANSWERS: 65. cuisine, 66. emulsify, 67. cheaply, 68. process, 69. whit, 70. molecule, 71. mixture

72. Sitting for long hours in front of the computer is considered _____.
adj. not conducive to good health; detrimental to physical or mental well-being
73. Soy _____ is a popular alternative to egg yolks in baking.
n. a fatty substance found in animal and plant tissues often used as an emulsifier (= a substance that helps to stabilize and homogenize a mixture of two or more immiscible substances) in the food and industrial processes
74. They had formed a friendship _____.
n. a close emotional connection between two or more people; a certificate of debt that a government or corporation issues to raise money
75. You should not _____ them from the community.
v. to physically or socially separate someone or something from other people or things
76. The river was too deep to cross, so we had to find a _____ downstream where the water was shallower.
n. a shallow place in a river or stream where it is possible to walk or drive across
77. The health benefits of _____ include low cholesterol and high calcium content.
n. a soft, custard-like food made from mashed soybeans that have been soaked, ground, and cooked; also known as bean curd and commonly used in vegetarian and vegan cuisine as a protein source or meat substitute
78. The senator received _____ criticism from his opponent.
adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
79. Nevada is _____ a desert state.
adv. virtually entirely; to a large degree

ANSWERS: 72. unhealthy, 73. lecithin, 74. bond, 75. isolate, 76. ford, 77. tofu, 78. severe, 79. largely

80. We need to _____ the aspect of his personality from the part of his competence when making an investment decision.
- v.* to force, take, or pull apart; mark as different
81. The rise of _____ in the 19th century brought about significant economic and social changes.
- n.* an economic and social system or stage characterized by the growth of industry and the development of an industrialized society
82. The car was completely _____ in the accident.
- v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller
83. We can calculate the position of the _____ statistically.
- n.* a small piece of something; a word or piece of a term with grammatical function but little or no significance
84. You should keep away from _____ foods.
- adj.* containing a lot of fat
85. He was known to be very _____ and would often work late into the night.
- adj.* hardworking, diligent, and persistent in effort
86. 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
87. The hotel's customer-_____ approach always puts the needs and satisfaction of guests first.
- adj.* tending towards or focused on a particular center, point, or perspective, sometimes to the exclusion of others; emphasizing or prioritizing a specific thing or group; (noun) something that is at the center or core of a specific thing or system

ANSWERS: 80. separate, 81. industrialism, 82. crushed, 83. particles, 84. fatty, 85.

industrious, 86. acid, 87. centric

88. The royal _____ celebrated the harvest, and the community enjoyed it.
n. a large meal, typically one served on a special occasion
89. Liposomes are microscopic vesicles made up of _____ used in drug delivery systems.
n. a type of lipid that is an essential component of cell membranes, consisting of a phosphate group (= a chemical compound made up of phosphorus and oxygen), glycerol (= a colorless, odorless, sweet-tasting, viscous liquid), and fatty acid chains
90. She found a paint _____ on the wall and realized it was time to repaint the room.
n. a small, thin piece or layer of something, often with a flat or irregular shape; a person who is unreliable or inconsistent
91. The farmer grew _____ on his land.
n. a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc
92. The _____ of the residents was a consequence of the construction of the new highway.
n. the act of forcing someone or something to leave their home or place of origin, especially as a result of conflict, natural disaster, or manipulation
93. Rice and beans are a _____ food in many cultures.
adj. essential, crucial, or regularly used
94. 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

ANSWERS: 88. feast, 89. phospholipids, 90. flake, 91. wheat, 92. displacement, 93. staple, 94. compound

95. I _____ skim milk for regular milk because we are on a strict diet.
n. a person or thing acting or serving instead of another one; (verb) to act as a something or someone instead of another one
96. Anesthetize the gum before _____ the teeth.
n. a short passage taken from a book, piece of music, etc.; a substance obtained from something through a specific process; (verb) to obtain from something or to remove something by effort or force
97. Before authorities _____ the protesters, they yelled slogans.
v. to spread out or distribute over a broad region, or to cause something to do so
98. She only visited her grandparents on _____ weekends.
adj. happening or appearing at irregular intervals; not constant or regular
99. The _____ cliff made it difficult to climb.
adj. having a sharp inclination or slope
100. The robust economy of the country is based on its _____ resources.
n. a solid inorganic substance occurring in nature having a definite chemical composition
101. My favorite sandwich is a BLT with extra _____.
n. a thick, creamy condiment or sauce made by emulsifying (= the process of mixing two or more immiscible substances to form a stable mixture) egg yolks, oil, vinegar or lemon juice, and seasonings; typically used as a spread, dip, or dressing for salads or sandwiches
102. The company decided not to enter the smartphone market because it was already _____ with numerous established players.
adj. (of chemistry) describing a compound or substance that contains the maximum amount of a particular atom or group of atoms and has no further capacity to bond; (of nutrition) describing a food that is high in saturated fats, which are linked to an increased risk of heart disease

ANSWERS: 95. substitute, 96. extracting, 97. dispersed, 98. occasional, 99. steep,

100. mineral, 101. mayonnaise, 102. saturated

103. The sponge takes up the _____ well.

n. a substance, such as water or oil that flows freely and is neither a solid nor a gas

104. She filed a _____ with the manager about the poor service.

n. a statement that expresses dissatisfaction or annoyance about something

ANSWERS: 103. liquid, 104. complaint