

# Englist.me



## Vocabulary Builder Reference from...

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

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### Advanced Words Only

#### IMPORTANT

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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.

### 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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**.

## 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.

## 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.

## 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.

## 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.

## Session 2: Spelling

1. 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
2. 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
3. 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
4. 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
5. 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
6. 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: 1. poly, 2. tofu, 3. sponge, 4. lecithin, 5. hydrate, 6. whit

7. 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
8. a large sw\_\_h of territory *n.* a strip of land, especially a long, narrow one; a large amount or quantity of something
9. by\_\_\_\_\_ct of technology *n.* a secondary or incidental product produced in the manufacture or synthesis of something else
10. ob\_\_\_\_\_on with character *n.* the state in which a person's mind is filled with thoughts of one single object or particular person
11. 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
12. ind\_\_\_\_\_ism society *n.* an economic and social system or stage characterized by the growth of industry and the development of an industrialized society
13. 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

ANSWERS: 7. mayonnaise, 8. swath, 9. byproduct, 10. obsession, 11. extrude, 12. industrialism, 13. sponge



14. 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
15. de\_\_\_\_st millions of acres *v.* to clear an area of forest or trees
16. bioplastic designed to bio\_\_\_\_de *v.* to decay naturally by microorganisms, such as bacteria and fungi
17. organic so\_\_\_\_k *n.* plant-based milk made from soybeans that has a creamy texture and is a popular dairy milk substitute
18. biodegradable p\_\_y *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
19. st\_\_\_e crop *adj.* essential, crucial, or regularly used
20. 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
21. de\_\_\_\_st a mountain *v.* to clear an area of forest or trees
22. buy stock ch\_\_\_\_y *adv.* in a stingy or inexpensive manner
23. 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: 14. cocoa, 15. deforest, 16. biodegrade, 17. soymilk, 18. poly, 19. staple, 20. enamel, 21. deforest, 22. cheaply, 23. enamel

24. 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
25. di\_\_\_\_\_se the protesters *v.* to spread out or distribute over a broad region, or to cause something to do so
26. 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
27. so\_\_\_\_d sponge *adj.* completely wet; saturated or drenched with a liquid
28. 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
29. 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
30. post-ind\_\_\_\_\_ism *n.* an economic and social system or stage characterized by the growth of industry and the development of an industrialized society
31. 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: 24. phospholipid, 25. disperse, 26. dehull, 27. soaked, 28. dehull, 29. hydrate, 30. industrialism, 31. phospholipid

32. st\_\_\_e commodities *adj.* essential, crucial, or regularly used
33. 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
34. 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
35. so\_\_\_d clothes *adj.* completely wet; saturated or drenched with a liquid
36. toxic by\_\_\_\_\_cts *n.* a secondary or incidental product produced in the manufacture or synthesis of something else
37. ch\_\_\_\_\_y available *adv.* in a stingy or inexpensive manner
38. 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
39. un\_\_\_\_\_hy diet *adj.* not conducive to good health; detrimental to physical or mental well-being
40. may\_\_\_\_\_se dressing *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

ANSWERS: 32. staple, 33. flake, 34. extrude, 35. soaked, 36. byproduct, 37. cheaply, 38. emulsify, 39. unhealthy, 40. mayonnaise

41. so\_\_\_\_k alternative *n.* plant-based milk made from soybeans that has a creamy texture and is a popular dairy milk substitute
42. di\_\_\_\_se false information *v.* to spread out or distribute over a broad region, or to cause something to do so
43. 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
44. 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
45. national ob\_\_\_\_on *n.* the state in which a person's mind is filled with thoughts of one single object or particular person
46. 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
47. ind\_\_\_\_us worker *adj.* hardworking, diligent, and persistent in effort
48. 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
49. bio\_\_\_\_de by the microorganism *v.* to decay naturally by microorganisms, such as bacteria and fungi

ANSWERS: 41. soymilk, 42. disperse, 43. lecithin, 44. flake, 45. obsession, 46. cocoa, 47. industrious, 48. whit, 49. biodegrade

50. un\_\_\_\_\_hy habit *adj.* not conducive to good health; detrimental to physical or mental well-being
51. 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
52. 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
53. 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
54. ind\_\_\_\_\_us student *adj.* hardworking, diligent, and persistent in effort
55. 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
56. a sw\_\_h of green grass *n.* a strip of land, especially a long, narrow one; a large amount or quantity of something

ANSWERS: 50. unhealthy, 51. soybean, 52. tofu, 53. soybean, 54. industrious, 55. emulsify, 56. swath

## Session 3: Fill in the Blanks

1. 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
  
2. 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
  
3. 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
  
4. 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
  
5. He was known to be very \_\_\_\_\_ and would often work late into the night.
  - adj.* hardworking, diligent, and persistent in effort
  
6. 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
  
7. 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

ANSWERS: 1. lecithin, 2. obsession, 3. extrude, 4. mayonnaise, 5. industrious, 6. sponge, 7. tofu

8. 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
9. The company's plastic products are easily \_\_\_\_\_ thanks to a unique manufacturing process.
- v.* to decay naturally by microorganisms, such as bacteria and fungi
10. You can live very \_\_\_\_\_ in Southeast Asia.
- adv.* in a stingy or inexpensive manner
11. 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
12. 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
13. 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
14. 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
15. Before authorities \_\_\_\_\_ the protesters, they yelled slogans.
- v.* to spread out or distribute over a broad region, or to cause something to do so

ANSWERS: 8. soymilk, 9. biodegraded, 10. cheaply, 11. hydrate, 12. whit, 13. swath, 14. cocoa, 15. dispersed

16. 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
17. 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
18. Rice and beans are a \_\_\_\_\_ food in many cultures.
- adj.* essential, crucial, or regularly used
19. Sitting for long hours in front of the computer is considered \_\_\_\_\_.
- adj.* not conducive to good health; detrimental to physical or mental well-being
20. 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
21. 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
22. 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

ANSWERS: 16. emulsify, 17. dehull, 18. staple, 19. unhealthy, 20. poly, 21. enamel, 22. flake



23. The hiker's boots were \_\_\_\_\_ from walking through the stream.

*adj.* completely wet; saturated or drenched with a liquid

24. 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

25. 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

26. 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

27. 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

28. The company planned to \_\_\_\_\_ a large rainforest area to make way for a new plantation.

*v.* to clear an area of forest or trees

ANSWERS: 23. soaked, 24. industrialism, 25. byproduct, 26. phospholipids, 27. soybean, 28. deforest