

Englist.me



Vocabulary Builder Reference from...

Matt Walker: 4 ways the COVID-19 pandemic changed the way we sleep | TED Talk

https://www.ted.com/talks/matt_walker_4_ways_the_covid_19_pandemic_changed_the_way_we_sleep

Advanced Words Only

IMPORTANT

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

Session 1: Word List

pandemic

n. an outbreak of a disease that affects many people over a very wide area

synonym: outbreak

(1) flu **pandemic**, (2) global **pandemic**

They fear a **pandemic** of a new type of virus.

commute

v. to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work

synonym: travel, journey, trip

(1) **commute** to work, (2) daily **commute**

He had to **commute** two hours each way to get to work.

booster

n. something or someone that supports, promotes, or enhances; a device or substance that improves the performance or effectiveness of something

synonym: promoter, supporter, advocate

(1) metabolism **booster**, (2) morale **booster**

The energy drink is marketed as a **booster** to help athletes perform better.

vaccinate

v. to treat with a vaccine, usually by injection, to produce immunity against a disease

synonym : immunize, inject, inoculate

(1) **vaccinate** against scarlet fever, (2) **vaccinate** every year

The nurse **vaccinated** the children in the school.

Session 2: Spelling

- | | |
|------------------------------------|---|
| 1. global pa_____ic | <i>n.</i> an outbreak of a disease that affects many people over a very wide area |
| 2. va_____te against scarlet fever | <i>v.</i> to treat with a vaccine, usually by injection, to produce immunity against a disease |
| 3. co_____e to work | <i>v.</i> to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work |
| 4. va_____te every year | <i>v.</i> to treat with a vaccine, usually by injection, to produce immunity against a disease |
| 5. daily co_____e | <i>v.</i> to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work |
| 6. metabolism bo_____r | <i>n.</i> something or someone that supports, promotes, or enhances; a device or substance that improves the performance or effectiveness of something |
| 7. flu pa_____ic | <i>n.</i> an outbreak of a disease that affects many people over a very wide area |
| 8. morale bo_____r | <i>n.</i> something or someone that supports, promotes, or enhances; a device or substance that improves the performance or effectiveness of something |

ANSWERS: 1. pandemic, 2. vaccinate, 3. commute, 4. vaccinate, 5. commute, 6. booster, 7. pandemic, 8. booster

ANSWERS:

Session 3: Fill in the Blanks

1. The energy drink is marketed as a _____ to help athletes perform better.
 - n.* something or someone that supports, promotes, or enhances; a device or substance that improves the performance or effectiveness of something

2. The nurse _____ the children in the school.
 - v.* to treat with a vaccine, usually by injection, to produce immunity against a disease

3. He had to _____ two hours each way to get to work.
 - v.* to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work

4. They fear a _____ of a new type of virus.
 - n.* an outbreak of a disease that affects many people over a very wide area

ANSWERS: 1. booster, 2. vaccinated, 3. commute, 4. pandemic