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Vocabulary Builder Reference from...

Matt Walker: How sleep affects what (and how much) you eat | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

unnecessary

adj. not needed or required; not essential or important

synonym: redundant, extra, superfluous

(1) **unnecessary** expense, (2) **unnecessary** hassle

The extra steps in the process were deemed **unnecessary** and removed to streamline production.

unfortunately

adv. by bad luck; unluckily

synonym: regrettably, unluckily, alas

(1) **unfortunately** caught in a shower, (2) even more **unfortunately**

The treatments were done but, **unfortunately**, were unsuccessful.

imbalance

n. a situation in which two or more things are not equal or equally treated

synonym: inequality, asymmetry, instability

(1) trade **imbalance**, (2) symptoms of hormonal **imbalance**

An **imbalance** in certain substances causes problems with brain function.

appetite

n. a natural desire or craving for food or drink; a strong desire or liking for something

synonym: hunger, appetite, craving

(1) **appetite** suppression, (2) loss of **appetite**

After a long hike, I had a huge **appetite** and devoured my meal in minutes.

regulate

v. to control something, especially by means of rules or laws

synonym: control, restrain, handle

(1) **regulate** blood sugar levels, (2) **regulate** our conduct

We must manage to **regulate** our expenditure.

hormone

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**

The doctor diagnosed me with a **hormone** disorder.

leptin

n. a hormone produced by fat cells that regulate appetite and metabolism in the body

synonym: hormone, adipokine, cytokine

(1) **leptin** hormone, (2) **leptin** resistance

Researchers are studying the role of **leptin** in fertility and reproductive health.

ghrelin

n. a hormone that is produced in the stomach and is involved in regulating hunger and stimulating the release of growth hormone

synonym: hunger hormone, appetite stimulant, orexigenic peptide

(1) **ghrelin** hormone, (2) blood **ghrelin**

Some medications are known to affect the production of **ghrelin** in the body.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

satiate

v. to satisfy or fulfill an appetite or desire completely; to fill or gratify to excess; to quench or extinguish a thirst or hunger

synonym : satisfy, quench, appease

(1) **satiate** thirst, (2) **satiate** desire

Eating a healthy and balanced meal can **satiate** hunger and provide essential nutrients for the body.

opposition

n. the act of disagreeing or resisting; the state of strong disagreement

synonym : resistance, hostility, antagonism

(1) **opposition** campaign, (2) meet with **opposition**

The **opposition** party strongly disagreed with the government's proposed legislation.

specifically

adv. only associated with or meant for one thing

synonym : especially, particularly, notably

(1) designed **specifically** for men, (2) for **specifically** American customers

This ad campaign is aimed **specifically** at young women.

satisfy

v. to make somebody pleased by giving them what they want or need

synonym : please, amuse, meet

(1) **satisfy** a desire, (2) **satisfy** a user's needs

Did this response **satisfy** your request?

sufficient

adj. adequate; enough for a particular purpose or requirement

synonym : acceptable, ample, satisfactory

(1) **sufficient** time, (2) self- **sufficient** economy

That candidate does not have **sufficient** means to win an election with certainty.

constantly

adv. all the time

synonym : continuously, always, frequently

(1) a **constantly** innovative enterprise, (2) a **constantly** varying mind

The mobile application industry is **constantly** changing.

shift

n. a slight transition in position, direction, or trend

synonym: transition, change, modification

(1) Doppler **shift**, (2) major paradigm **shift**

Could you help me **shift** some furniture?

preference

n. a stronger liking or interest for something or someone than another thing or person

synonym: taste, choice, affection

(1) his meal **preferences**, (2) a particular **preference** for Chinese art

Her **preference** is comfortable clothing over fashionable ones.

desire

n. a strong feeling of wanting to have or do something

synonym: ambition, appetite, greed

(1) unsatisfied **desire**, (2) fleshly **desire**

Low sexual **desire** typically correlates with low testosterone levels.

calorie

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

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

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

sugary

adj. having the taste, texture, or appearance of sugar; excessively sweet or cloying; overly sentimental or flattering in a way that seems insincere

synonym: sweet, syrupy, saccharine

(1) **sugary** treat, (2) excessively **sugary**

I avoid eating **sugary** foods to maintain a healthy diet.

carbohydrate

n. (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals

synonym : sugar, starch, cellulose

(1) complex **carbohydrate**, (2) **carbohydrate** metabolism
Foods high in **carbohydrates** include bread, pasta, and rice.

fascinating

adj. extremely interesting

synonym : alluring, intriguing, captivating

(1) **fascinating** story, (2) completely **fascinating** to me
The museum houses a **fascinating** collection of Celtic artifacts.

relation

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

synonym : association, linkage, connection

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

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

discovery

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

synonym : finding, uncovering, detection

(1) a scientific **discovery**, (2) the great **discovery** of the century

Her research team made an important **discovery**.

excess

n. an amount or quantity beyond what is acceptable, expected, or reasonable

synonym : exuberance, glut, surplus

(1) lose **excess** weight, (2) an **excess** of exports

The road of **excess** leads to the palace of wisdom.

- diet**
- n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
- synonym* : food, dietary
- (1) eat a vegetarian **diet**, (2) **Diet** approval
- A balanced **diet** is more important for health than supplements.
- fiber**
- n.* thread or filament used to make a vegetable tissue, mineral material, or textile
- synonym* : yarn, thread, wool
- (1) carbon **fiber**, (2) synthetic **fiber**
- We must consume dietary **fiber** to maintain good health.
- associate**
- v.* to mentally connect someone or something with someone or something else
- synonym* : tie in, link, consociate
- (1) **associate** alcohol with gambling, (2) **associate** with people widely
- The majority of consumers **associate** this brand with quality.
- quantity**
- n.* the amount or number of something; magnitude
- synonym* : abundance, portion, amount
- (1) half **quantity**, (2) residual **quantity**
- In southward, the average annual water **quantity** increases.
- improve**
- v.* to make or become better
- synonym* : enhance, ameliorate, enrich
- (1) **improve** a process, (2) **improve** the test score
- We want to **improve** ties between our two countries.

Session 2: Spelling

1. unn_____ry hassle *adj.* not needed or required; not essential or important
2. half qu_____ty *n.* the amount or number of something; magnitude
3. designed spe_____lly for men *adv.* only associated with or meant for one thing
4. blood gh_____n *n.* a hormone that is produced in the stomach and is involved in regulating hunger and stimulating the release of growth hormone
5. eat a vegetarian d__t *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
6. carbon fi__r *n.* thread or filament used to make a vegetable tissue, mineral material, or textile
7. re_____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
8. car_____ate metabolism *n.* (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals
9. D__t approval *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

ANSWERS: 1. unnecessary, 2. quantity, 3. specifically, 4. ghrelin, 5. diet, 6. fiber, 7. relation, 8. carbohydrate, 9. diet

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|------------------------------------|--|
| 10. major paradigm sh__t | <i>n.</i> a slight transition in position, direction, or trend |
| 11. trade im_____ce | <i>n.</i> a situation in which two or more things are not equal or equally treated |
| 12. le___n resistance | <i>n.</i> a hormone produced by fat cells that regulate appetite and metabolism in the body |
| 13. ap_____te suppression | <i>n.</i> a natural desire or craving for food or drink; a strong desire or liking for something |
| 14. sa_____e desire | <i>v.</i> to satisfy or fulfill an appetite or desire completely; to fill or gratify to excess; to quench or extinguish a thirst or hunger |
| 15. symptoms of hormonal im_____ce | <i>n.</i> a situation in which two or more things are not equal or equally treated |
| 16. Doppler sh__t | <i>n.</i> a slight transition in position, direction, or trend |
| 17. synthetic fi__r | <i>n.</i> thread or filament used to make a vegetable tissue, mineral material, or textile |
| 18. even more unf_____ely | <i>adv.</i> by bad luck; unluckily |
| 19. loss of ap_____te | <i>n.</i> a natural desire or craving for food or drink; a strong desire or liking for something |
| 20. le___n hormone | <i>n.</i> a hormone produced by fat cells that regulate appetite and metabolism in the body |
| 21. completely fas_____ng to me | <i>adj.</i> extremely interesting |

ANSWERS: 10. shift, 11. imbalance, 12. leptin, 13. appetite, 14. satiate, 15. imbalance, 16. shift, 17. fiber, 18. unfortunately, 19. appetite, 20. leptin, 21. fascinating

22. complex car_____ate *n.* (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals
23. a scientific di_____ry *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
24. opp_____on campaign *n.* the act of disagreeing or resisting; the state of strong disagreement
25. for spe_____lly American customers *adv.* only associated with or meant for one thing
26. self-suf_____nt economy *adj.* adequate; enough for a particular purpose or requirement
27. re_____te our conduct *v.* to control something, especially by means of rules or laws
28. his meal pre_____ces *n.* a stronger liking or interest for something or someone than another thing or person
29. sa_____y a desire *v.* to make somebody pleased by giving them what they want or need
30. fleshly de_____e *n.* a strong feeling of wanting to have or do something
31. unf_____ely caught in a shower *adv.* by bad luck; unluckily
32. sa_____e thirst *v.* to satisfy or fulfill an appetite or desire completely; to fill or gratify to excess; to quench or extinguish a thirst or hunger
33. unn_____ry expense *adj.* not needed or required; not essential or important

ANSWERS: 22. carbohydrate, 23. discovery, 24. opposition, 25. specifically, 26. sufficient, 27. regulate, 28. preference, 29. satisfy, 30. desire, 31. unfortunately, 32. satiate, 33. unnecessary

34. an ex___s of exports *n.* an amount or quantity beyond what is acceptable, expected, or reasonable
35. ca_____e calculation *n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
36. su___y treat *adj.* having the taste, texture, or appearance of sugar; excessively sweet or cloying; overly sentimental or flattering in a way that seems insincere
37. unsatisfied de___e *n.* a strong feeling of wanting to have or do something
38. a con_____ly varying mind *adv.* all the time
39. fas_____ng story *adj.* extremely interesting
40. ho_____e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
41. im_____e the test score *v.* to make or become better
42. basic br___n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
43. excessively su___y *adj.* having the taste, texture, or appearance of sugar; excessively sweet or cloying; overly sentimental or flattering in a way that seems insincere

ANSWERS: 34. excess, 35. calorie, 36. sugary, 37. desire, 38. constantly, 39. fascinating, 40. hormone, 41. improve, 42. brain, 43. sugary

44. as_____te with people widely *v.* to mentally connect someone or something with someone or something else
45. re_____te blood sugar levels *v.* to control something, especially by means of rules or laws
46. suf_____nt time *adj.* adequate; enough for a particular purpose or requirement
47. gh_____n hormone *n.* a hormone that is produced in the stomach and is involved in regulating hunger and stimulating the release of growth hormone
48. sa_____y a user's needs *v.* to make somebody pleased by giving them what they want or need
49. im_____e a process *v.* to make or become better
50. female ho_____e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
51. reduce my ca_____e intake *n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
52. a con_____ly innovative enterprise *adv.* all the time
53. a particular pre_____ce for Chinese art *n.* a stronger liking or interest for something or someone than another thing or person

ANSWERS: 44. associate, 45. regulate, 46. sufficient, 47. ghrelin, 48. satisfy, 49. improve, 50. hormone, 51. calorie, 52. constantly, 53. preference

54. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
55. residual qu____ty *n.* the amount or number of something; magnitude
56. re____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
57. lose ex___s weight *n.* an amount or quantity beyond what is acceptable, expected, or reasonable
58. the great di_____ry of the century *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
59. as_____te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
60. meet with opp_____on *n.* the act of disagreeing or resisting; the state of strong disagreement

ANSWERS: 54. brain, 55. quantity, 56. relation, 57. excess, 58. discovery, 59. associate, 60. opposition

Session 3: Fill in the Blanks

1. Did this response _____ your request?
v. to make somebody pleased by giving them what they want or need
2. I avoid eating _____ foods to maintain a healthy diet.
adj. having the taste, texture, or appearance of sugar; excessively sweet or cloying; overly sentimental or flattering in a way that seems insincere
3. The treatments were done but, _____ were unsuccessful.
adv. by bad luck; unluckily
4. Some medications are known to affect the production of _____ in the body.
n. a hormone that is produced in the stomach and is involved in regulating hunger and stimulating the release of growth hormone
5. An _____ in certain substances causes problems with brain function.
n. a situation in which two or more things are not equal or equally treated
6. The majority of consumers _____ this brand with quality.
v. to mentally connect someone or something with someone or something else
7. In southward, the average annual water _____ increases.
n. the amount or number of something; magnitude
8. The _____ party strongly disagreed with the government's proposed legislation.
n. the act of disagreeing or resisting; the state of strong disagreement

ANSWERS: 1. satisfy, 2. sugary, 3. unfortunately, 4. ghrelin, 5. imbalance, 6. associate, 7. quantity, 8. opposition

9. We must manage to _____ our expenditure.
v. to control something, especially by means of rules or laws
10. The road of _____ leads to the palace of wisdom.
n. an amount or quantity beyond what is acceptable, expected, or reasonable
11. Low sexual _____ typically correlates with low testosterone levels.
n. a strong feeling of wanting to have or do something
12. The mobile application industry is _____ changing.
adv. all the time
13. The doctor diagnosed me with a _____ disorder.
n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
14. After a long hike, I had a huge _____ and devoured my meal in minutes.
n. a natural desire or craving for food or drink; a strong desire or liking for something
15. Her _____ is comfortable clothing over fashionable ones.
n. a stronger liking or interest for something or someone than another thing or person
16. Could you help me _____ some furniture?
n. a slight transition in position, direction, or trend
17. X-rays revealed a small tumor in his _____.
n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

ANSWERS: 9. regulate, 10. excess, 11. desire, 12. constantly, 13. hormone, 14. appetite, 15. preference, 16. shift, 17. brain

18. Researchers are studying the role of _____ in fertility and reproductive health.
- n.* a hormone produced by fat cells that regulate appetite and metabolism in the body
19. Her research team made an important _____.
- n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
20. Eating a healthy and balanced meal can _____ hunger and provide essential nutrients for the body.
- v.* to satisfy or fulfill an appetite or desire completely; to fill or gratify to excess; to quench or extinguish a thirst or hunger
21. A balanced _____ is more important for health than supplements.
- n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
22. Foods high in _____ include bread, pasta, and rice.
- n.* (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals
23. It would be best if you burned off _____ through vigorous exercise.
- n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
24. We want to _____ ties between our two countries.
- v.* to make or become better
25. We must consume dietary _____ to maintain good health.
- n.* thread or filament used to make a vegetable tissue, mineral material, or textile

ANSWERS: 18. leptin, 19. discovery, 20. satiate, 21. diet, 22. carbohydrates, 23. calories, 24. improve, 25. fiber

26. The industrial _____ laws were passed with little to no alteration.

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

27. That candidate does not have _____ means to win an election with certainty.

adj. adequate; enough for a particular purpose or requirement

28. The museum houses a _____ collection of Celtic artifacts.

adj. extremely interesting

29. This ad campaign is aimed _____ at young women.

adv. only associated with or meant for one thing

30. The extra steps in the process were deemed _____ and removed to streamline production.

adj. not needed or required; not essential or important

ANSWERS: 26. relations, 27. sufficient, 28. fascinating, 29. specifically, 30. unnecessary