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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

Advanced Words Only

IMPORTANT

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Session 1: Word List

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.

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.

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.

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.

Session 2: Spelling

1. symptoms of hormonal im_____ce *n.* a situation in which two or more things are not equal or equally treated
2. 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
3. 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
4. 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
5. trade im_____ce *n.* a situation in which two or more things are not equal or equally treated
6. 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
7. le____n hormone *n.* a hormone produced by fat cells that regulate appetite and metabolism in the body
8. 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
9. 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

ANSWERS: 1. imbalance, 2. carbohydrate, 3. satiate, 4. ghrelin, 5. imbalance, 6. ghrelin, 7. leptin, 8. carbohydrate, 9. sugary

10. 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
11. le___n resistance *n.* a hormone produced by fat cells that regulate appetite and metabolism in the body
12. sa_____e desire *v.* to satisfy or fulfill an appetite or desire completely; to fill or gratify to excess; to quench or extinguish a thirst or hunger

ANSWERS: 10. sugary, 11. leptin, 12. satiate

Session 3: Fill in the Blanks

1. 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

2. 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

3. 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

4. An _____ in certain substances causes problems with brain function.
 - n.* a situation in which two or more things are not equal or equally treated

5. 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

6. 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

ANSWERS: 1. satiate, 2. carbohydrates, 3. sugary, 4. imbalance, 5. ghrelin, 6. leptin