

# Englist.me



## Vocabulary Builder Reference from...

Angela Garbes: What working parents really need from workplaces | TED Talk

[https://www.ted.com/talks/angela\\_garbes\\_what\\_working\\_parents\\_really\\_need\\_from\\_workplaces](https://www.ted.com/talks/angela_garbes_what_working_parents_really_need_from_workplaces)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### excrement

*n.* the waste matter discharged from the body, particularly that which is evacuated through the bowels or urinary tract

*synonym* : waste, feces, dung

(1) animal **excrement**, (2) human **excrement**

As a dog owner, cleaning up your pet's **excrement** is responsible.

### oatmeal

*n.* a type of cereal made from oats that have been ground or steel-cut

*synonym* : porridge, grits, meal

(1) **oatmeal** cookies, (2) **oatmeal** breakfast

I love starting my day with a bowl of warm **oatmeal** and fresh fruit.

### outsource

*v.* to contract out or transfer a job, task, or service to an external organization or party, often as a cost-saving measure

*synonym* : delegate, contract out, farm out

(1) **outsource** a non-core function, (2) **outsource** to India

The company decided to **outsource** its IT services to a third-party provider.

## industrialize

v. to organize the production of something into an industry  
*synonym* : motorize

(1) **industrialize** service, (2) **industrialized** textile production

The nations of South East Asia will quickly **industrialize** and catch up with the West.

## envy

v. to experience a feeling of jealousy or resentment towards someone because of their possessions, qualities, or achievements; to desire to have something that someone else has; (noun) a feeling of resentment or jealousy towards someone else's perceived advantage or success

*synonym* : covet, resent, grudge

(1) **envy** his success, (2) feeling **envy** toward him

I can't help but **envy** my friend's ability to stay calm in stressful situations.

## paternity

n. the state of being a father; the attribution of a specific child to a particular father; the characteristics or traits inherited or passed down from a father

*synonym* : fatherhood, fathering, parenthood

(1) **paternity** suit, (2) **paternity** test

The **paternity** leave policy at his workplace allowed him to take time off to bond with his new baby

## disempower

v. to deprive of power, authority, or influence, to make someone or something less powerful or effective

*synonym* : disenfranchise, weaken, undermine

(1) **disempower** the employees, (2) **disempower** the opposition

The politician's efforts to **disempower** marginalized communities were met with widespread criticism.

## discotheque

n. a nightclub or restaurant where recorded music is played, and people dance

*synonym* : nightclub, dance club, disco

(1) **discotheque** party, (2) **discotheque** scene

He couldn't wait to hit the **discotheque** and dance the night away.

### **coworker**

*n.* a person who works with another in the same company or organization

*synonym*: colleague, peer, associate

(1) **coworker** relationship, (2) argue with a **coworker**

My ex- **coworker** and I had different working styles but managed to get along.

### **breastfeeding**

*n.* the act of feeding a baby with milk produced by the mother's breasts

*synonym*: nursing, lactation, suckling

(1) **breastfeeding** mother, (2) **breastfeeding** support

Getting the hang of **breastfeeding** at first can be challenging, but with patience and practice, it gets easier.

### **petrify**

*v.* to turn to stone; to make hard and unyielding

*synonym*: fossilize, mineralize, calcify

(1) **petrify** with fear, (2) **petrify** into stone

The thought of public speaking will **petrify** her.

## Session 2: Spelling

- |                                    |   |
|------------------------------------|---|
| 1. dis_____ue scene                | <i>n.</i> a nightclub or restaurant where recorded music is played, and people dance  |
| 2. pe_____y into stone             | <i>v.</i> to turn to stone; to make hard and unyielding   |
| 3. ind_____ized textile production | <i>v.</i> to organize the production of something into an industry  |
| 4. bre_____ing support             | <i>n.</i> the act of feeding a baby with milk produced by the mother's breasts  |
| 5. ou_____ce to India              | <i>v.</i> to contract out or transfer a job, task, or service to an external organization or party, often as a cost-saving measure  |
| 6. bre_____ing mother              | <i>n.</i> the act of feeding a baby with milk produced by the mother's breasts  |
| 7. dis_____ue party                | <i>n.</i> a nightclub or restaurant where recorded music is played, and people dance  |
| 8. argue with a co_____er          | <i>n.</i> a person who works with another in the same company or organization   |
| 9. feeling e__y toward him         | <i>v.</i> to experience a feeling of jealousy or resentment towards someone because of their possessions, qualities, or achievements; to desire to have something that someone else has; (noun) a feeling of resentment or jealousy towards someone else's perceived advantage or success |

ANSWERS: 1. discotheque, 2. petrify, 3. industrialize, 4. breastfeeding, 5. outsource, 6. breastfeeding, 7. discotheque, 8. coworker, 9. envy

10. oa\_\_\_\_\_l breakfast *n.* a type of cereal made from oats that have been ground or steel-cut
11. ou\_\_\_\_\_ce a non-core function *v.* to contract out or transfer a job, task, or service to an external organization or party, often as a cost-saving measure
12. pa\_\_\_\_\_ty test *n.* the state of being a father; the attribution of a specific child to a particular father; the characteristics or traits inherited or passed down from a father
13. pa\_\_\_\_\_ty suit *n.* the state of being a father; the attribution of a specific child to a particular father; the characteristics or traits inherited or passed down from a father
14. e\_\_y his success *v.* to experience a feeling of jealousy or resentment towards someone because of their possessions, qualities, or achievements; to desire to have something that someone else has; (noun) a feeling of resentment or jealousy towards someone else's perceived advantage or success
15. dis\_\_\_\_\_er the employees *v.* to deprive of power, authority, or influence, to make someone or something less powerful or effective
16. dis\_\_\_\_\_er the opposition *v.* to deprive of power, authority, or influence, to make someone or something less powerful or effective
17. human ex\_\_\_\_\_nt *n.* the waste matter discharged from the body, particularly that which is evacuated through the bowels or urinary tract

ANSWERS: 10. oatmeal, 11. outsource, 12. paternity, 13. paternity, 14. envy, 15. disempower, 16. disempower, 17. excrement

- |                           |           |   |
|---------------------------|-----------|---|
| 18. pe____y with fear     | <i>v.</i> | to turn to stone; to make hard and unyielding   |
| 19. co____er relationship | <i>n.</i> | a person who works with another in the same company or organization   |
| 20. animal ex_____nt      | <i>n.</i> | the waste matter discharged from the body, particularly that which is evacuated through the bowels or urinary tract |
| 21. ind_____ize service   | <i>v.</i> | to organize the production of something into an industry  |
| 22. oa____l cookies       | <i>n.</i> | a type of cereal made from oats that have been ground or steel-cut  |

ANSWERS: 18. petrify, 19. coworker, 20. excrement, 21. industrialize, 22. oatmeal

## Session 3: Fill in the Blanks

1. The politician's efforts to \_\_\_\_\_ marginalized communities were met with widespread criticism.
  - v. to deprive of power, authority, or influence, to make someone or something less powerful or effective
2. The thought of public speaking will \_\_\_\_\_ her.
  - v. to turn to stone; to make hard and unyielding
3. Getting the hang of \_\_\_\_\_ at first can be challenging, but with patience and practice, it gets easier.
  - n. the act of feeding a baby with milk produced by the mother's breasts
4. The \_\_\_\_\_ leave policy at his workplace allowed him to take time off to bond with his new baby
  - n. the state of being a father; the attribution of a specific child to a particular father; the characteristics or traits inherited or passed down from a father
5. I can't help but \_\_\_\_\_ my friend's ability to stay calm in stressful situations.
  - v. to experience a feeling of jealousy or resentment towards someone because of their possessions, qualities, or achievements; to desire to have something that someone else has; (noun) a feeling of resentment or jealousy towards someone else's perceived advantage or success
6. My ex-\_\_\_\_\_ and I had different working styles but managed to get along.
  - n. a person who works with another in the same company or organization
7. As a dog owner, cleaning up your pet's \_\_\_\_\_ is responsible.
  - n. the waste matter discharged from the body, particularly that which is evacuated through the bowels or urinary tract

ANSWERS: 1. disempower, 2. petrify, 3. breastfeeding, 4. paternity, 5. envy, 6. coworker, 7. excrement

8. The company decided to \_\_\_\_\_ its IT services to a third-party provider.
- v. to contract out or transfer a job, task, or service to an external organization or party, often as a cost-saving measure
9. The nations of South East Asia will quickly \_\_\_\_\_ and catch up with the West.
- v. to organize the production of something into an industry
10. I love starting my day with a bowl of warm \_\_\_\_\_ and fresh fruit.
- n. a type of cereal made from oats that have been ground or steel-cut
11. He couldn't wait to hit the \_\_\_\_\_ and dance the night away.
- n. a nightclub or restaurant where recorded music is played, and people dance

ANSWERS: 8. outsource, 9. industrialize, 10. oatmeal, 11. discotheque