

# Englist.me



## Vocabulary Builder Reference from...

*Jiaying Zhao: How to feng shui your fridge -- and other happy climate hacks | TED Talk*

[https://www.ted.com/talks/jiaying\\_zhao\\_how\\_to\\_feng\\_shui\\_your\\_fridge\\_and\\_other\\_happy\\_climate\\_hacks](https://www.ted.com/talks/jiaying_zhao_how_to_feng_shui_your_fridge_and_other_happy_climate_hacks)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### mindset

*n.* the established set of attitudes or fixed ideas held by someone

*synonym*: attitude, ethos, mentality

(1) flexible **mindset**, (2) the **mindset** in an education system

Countries whose goal is economic development often focus on fostering an entrepreneurial **mindset** in each individual.

### ingrained

*adj.* deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time

*synonym*: inborn, embedded, deep-seated

(1) **ingrained** habit, (2) **ingrained** prejudice

Her fear of dogs was **ingrained** after a traumatic experience in childhood.

### sham

*n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

*synonym*: bogus, counterfeit, fraudulent

(1) a **sham** battle, (2) turn out to be all **sham**

The data he prepared was completely **sham**.

## conducive

*adj.* tending to make something likely or possible

*synonym*: beneficial, advantageous, helpful

(1) **conducive** question, (2) **conducive** to growth

The quiet and peaceful environment was **conducive** to concentration and productivity.

## disengage

*v.* to withdraw or separate oneself from a situation or relationship

*synonym*: withdraw, separate, detach

(1) **disengage** the clutch, (2) **disengage** socially

He **disengaged** from the conversation and walked away.

## embody

*v.* to represent or exemplify something; to give tangible form to an abstract idea

*synonym*: represent, exemplify, personify

(1) **embody** my goal, (2) **embody** a spirit of charity

The company's new products **embody** the values of innovation and sustainability.

## ripple

*n.* a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind

*synonym*: wave, undulation, fluctuation

(1) a **ripple** of laughter, (2) **ripple** in the water

Many businesses felt the **ripple** effect of the economy's decline.

## instigate

*v.* to initiate, start or incite something, often to cause trouble, conflict, or violence; to urge or stir someone to take a particular action or behavior

*synonym*: provoke, incite, raise

(1) **instigate** a conflict, (2) **instigate** a discussion

The protesters tried to **instigate** change and promote equality in their community.

## whirlwind

*n.* a very strong wind that moves rapidly in circles and causes a lot of damage

*synonym*: tornado, waterspout, dust devil

(1) economic **whirlwind**, (2) **whirlwind** of events  
We went on a **whirlwind** visit to the sightseeing spot.

## vegan

*n.* a person who does not eat or use any animal products, typically for ethical or environmental reasons

(1) raw food **vegan**, (2) **vegan** lifestyle  
The **vegan** diet is based on plant-based foods.

## phytochemical

*n.* a biologically active compound that occurs naturally in plants, capable of exhibiting therapeutic effects or health benefits in humans and animals

*synonym*: plant compound, phytonutrient, plant chemical

(1) **phytochemical** compounds, (2) **phytochemical** analysis

Eating a diet rich in **phytochemicals** may help to improve digestion and reduce the risk of digestive disorders.

## antioxidant

*n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products

(1) high levels of **antioxidants**, (2) **antioxidant** behavior  
Fruits and vegetables are good sources of **antioxidants**.

## deprivation

*n.* a state of not having something, such as food or money, that you need for a pleasant life

*synonym*: poverty, destitution, forfeiture

(1) chronic sleep **deprivation**, (2) **deprivation** of liberty  
Losing him is great **deprivation** to our team.

## emit

*v.* to give off or send out something such as light, heat, sound, gas, etc.

*synonym*: give off, radiate, expel

(1) **emit** a gamma ray, (2) **emit** air pollution  
During the unloading, the container box **emits** a clicking sound.

## savor

*v.* to enjoy or appreciate something fully; to relish or delight in something delicious or enjoyable; to preserve or

season with a savory flavor

*synonym* : enjoy, relish, appreciate

(1) **savor** the moment, (2) **savor** the taste

I always like to **savor** a good cup of coffee in the morning.

## jean

*n.* a sturdy cotton twill fabric, typically blue, used for jeans and other clothing

*synonym* : denim, cotton, pants

(1) a **jean** skirt, (2) **jean** denim

She wore her favorite pair of **jeans** to the party.

## condiment

*n.* a substance or mixture of substances, such as spices, sauce, salt, or other seasonings, used to enhance the flavor of food

*synonym* : seasoning, flavoring, spice

(1) **condiment** dispenser, (2) spicy **condiments**

Ketchup, mustard, and mayo are common **condiments** for burgers and sandwiches.

## rot

*v.* to decay, or cause something to decay, naturally and gradually

*synonym* : perish, decay, corrode

(1) begin to **rot**, (2) **rot** with age

Please refrigerate the meat, or it will **rot**.

## carpool

*n.* a group of people who regularly travel together in one vehicle, typically to commute to work or school

*synonym* : ride-share, car-sharing, lift-share

(1) **carpool** lane, (2) **carpool** program

I'm looking for a **carpool** buddy to share the drive to the conference.

## dreadful

*adj.* very bad, unpleasant, or causing fear

*synonym* : terrible, horrible, awful

(1) **dreadful** accident, (2) **dreadful** news

The conditions of the prison were **dreadful** and inhumane.

## cannabinoid

*n.* a class of chemical compounds found in cannabis plants that interact with the human body's endocannabinoid system, producing a range of biological effects, including pain relief, anti-inflammatory action, and mood alteration

*synonym*: cannabis compound, CBD, THC

(1) **cannabinoid** receptor, (2) **cannabinoid** extracts

Some researchers believe manipulating **cannabinoid** levels in the body could offer therapeutic benefits.

## euphoria

*n.* a feeling of intense happiness, excitement, or delight; a state of extreme joy or pleasure

*synonym*: elevation, bliss, elation

(1) experience **euphoria**, (2) **euphoria-inducing** drug

Winning the lottery brought a feeling of **euphoria** to the lucky winner.

## well-being

*n.* the state of being happy and healthy and prosperous

*synonym*: health, welfare, happiness

(1) the **well-being** of a nation, (2) a sense of **well-being**

We are responsible for the care and **well-being** of all our employees.

## reap

*v.* to harvest a grain crop from a field; to obtain something beneficial as a consequence of something that you have done

*synonym*: collect, harvest, derive

(1) **reap** the benefits, (2) **reap** crops

He **reaped** a significant profit from the listing of his company's stock.

## confer

*v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something

*synonym*: consult, meet, discuss

(1) **confer** degree, (2) **confer** honor

The leaders of the two countries met to **confer** on the issue.

## **affluence**

*n.* an abundance of wealth, resources, or property;  
prosperity

*synonym*: wealth, prosperity, richness

(1) postwar **affluence**, (2) material **affluence**

She lived a life of **affluence**, with all the money and possessions she could ever want.

## **enact**

*v.* to make a law; to put something into practice

*synonym*: legislate, pass, decree

(1) **enact** new legislation, (2) **enact** the smoking ban

The government **enacted** this law in 1925.

## **gist**

*n.* the essence or main point of a text, speech, or situation

*synonym*: essence, core, summary

(1) the **gist** of a claim, (2) get the **gist**

The **gist** of the article was that technology is rapidly changing our world.

## Session 2: Spelling

1. ca\_\_\_\_\_l program *n.* a group of people who regularly travel together in one vehicle, typically to commute to work or school
2. chronic sleep dep\_\_\_\_\_on *n.* a state of not having something, such as food or money, that you need for a pleasant life
3. co\_\_\_\_\_nt dispenser *n.* a substance or mixture of substances, such as spices, sauce, salt, or other seasonings, used to enhance the flavor of food
4. a sense of wel\_\_\_\_\_ng *n.* the state of being happy and healthy and prosperous
5. dep\_\_\_\_\_on of liberty *n.* a state of not having something, such as food or money, that you need for a pleasant life
6. in\_\_\_\_\_ed prejudice *adj.* deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time
7. en\_\_t the smoking ban *v.* to make a law; to put something into practice
8. dr\_\_\_\_\_ul accident *adj.* very bad, unpleasant, or causing fear
9. em\_\_\_y a spirit of charity *v.* to represent or exemplify something; to give tangible form to an abstract idea
10. e\_\_t a gamma ray *v.* to give off or send out something such as light, heat, sound, gas, etc.
11. phy\_\_\_\_\_cal compounds *n.* a biologically active compound that occurs naturally in plants, capable of exhibiting therapeutic effects or health benefits in humans and animals

ANSWERS: 1. carpool, 2. deprivation, 3. condiment, 4. well-being, 5. deprivation, 6. ingrained, 7. enact, 8. dreadful, 9. embody, 10. emit, 11. phytochemical

12. ve\_\_n lifestyle *n.* a person who does not eat or use any animal products, typically for ethical or environmental reasons
13. wh\_\_\_\_\_nd of events *n.* a very strong wind that moves rapidly in circles and causes a lot of damage
14. in\_\_\_\_\_te a discussion *v.* to initiate, start or incite something, often to cause trouble, conflict, or violence; to urge or stir someone to take a particular action or behavior
15. sa\_\_r the taste *v.* to enjoy or appreciate something fully; to relish or delight in something delicious or enjoyable; to preserve or season with a savory flavor
16. spicy co\_\_\_\_\_nts *n.* a substance or mixture of substances, such as spices, sauce, salt, or other seasonings, used to enhance the flavor of food
17. co\_\_\_r honor *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
18. raw food ve\_\_n *n.* a person who does not eat or use any animal products, typically for ethical or environmental reasons
19. eu\_\_\_\_\_ia-inducing drug *n.* a feeling of intense happiness, excitement, or delight; a state of extreme joy or pleasure
20. di\_\_\_\_\_ge the clutch *v.* to withdraw or separate oneself from a situation or relationship
21. a ri\_\_\_e of laughter *n.* a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind

ANSWERS: 12. vegan, 13. whirlwind, 14. instigate, 15. savor, 16. condiment, 17. confer, 18. vegan, 19. euphoria, 20. disengage, 21. ripple



22. flexible mi\_\_\_\_t *n.* the established set of attitudes or fixed ideas held by someone
23. sa\_\_r the moment *v.* to enjoy or appreciate something fully; to relish or delight in something delicious or enjoyable; to preserve or season with a savory flavor
24. turn out to be all s\_\_m *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
25. material af\_\_\_\_\_ce *n.* an abundance of wealth, resources, or property; prosperity
26. high levels of ant\_\_\_\_\_nts *n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products
27. ca\_\_\_\_\_l lane *n.* a group of people who regularly travel together in one vehicle, typically to commute to work or school
28. em\_\_\_y my goal *v.* to represent or exemplify something; to give tangible form to an abstract idea
29. postwar af\_\_\_\_\_ce *n.* an abundance of wealth, resources, or property; prosperity
30. a j\_\_n skirt *n.* a sturdy cotton twill fabric, typically blue, used for jeans and other clothing
31. dr\_\_\_\_\_ul news *adj.* very bad, unpleasant, or causing fear
32. di\_\_\_\_\_ge socially *v.* to withdraw or separate oneself from a situation or relationship
33. phy\_\_\_\_\_cal analysis *n.* a biologically active compound that occurs naturally in plants, capable of exhibiting therapeutic effects or health benefits in humans and animals

ANSWERS: 22. mindset, 23. savor, 24. sham, 25. affluence, 26. antioxidant, 27. carpool, 28. embody, 29. affluence, 30. jean, 31. dreadful, 32. disengage, 33. phytochemical

34. co\_\_\_r degree *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
35. co\_\_\_\_\_ve to growth *adj.* tending to make something likely or possible
36. the wel\_\_\_\_\_ng of a nation *n.* the state of being happy and healthy and prosperous
37. can\_\_\_\_\_id extracts *n.* a class of chemical compounds found in cannabis plants that interact with the human body's endocannabinoid system, producing a range of biological effects, including pain relief, anti-inflammatory action, and mood alteration
38. begin to r\_t *v.* to decay, or cause something to decay, naturally and gradually
39. the g\_\_t of a claim *n.* the essence or main point of a text, speech, or situation
40. the mi\_\_\_\_\_t in an education system *n.* the established set of attitudes or fixed ideas held by someone
41. in\_\_\_\_\_ed habit *adj.* deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time
42. e\_\_t air pollution *v.* to give off or send out something such as light, heat, sound, gas, etc.
43. a s\_\_m battle *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
44. can\_\_\_\_\_id receptor *n.* a class of chemical compounds found in cannabis plants that interact with the human body's endocannabinoid system, producing a range of biological effects, including pain relief, anti-inflammatory action, and mood alteration

ANSWERS: 34. confer, 35. conducive, 36. well-being, 37. cannabinoid, 38. rot, 39. gist, 40. mindset, 41. ingrained, 42. emit, 43. sham, 44. cannabinoid

45. in\_\_\_\_\_te a conflict      *v.* to initiate, start or incite something, often to cause trouble, conflict, or violence; to urge or stir someone to take a particular action or behavior
46. j\_\_n denim      *n.* a sturdy cotton twill fabric, typically blue, used for jeans and other clothing
47. get the g\_\_t      *n.* the essence or main point of a text, speech, or situation
48. ri\_\_\_e in the water      *n.* a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind
49. co\_\_\_\_\_ve question      *adj.* tending to make something likely or possible
50. r\_t with age      *v.* to decay, or cause something to decay, naturally and gradually
51. experience eu\_\_\_\_\_ia      *n.* a feeling of intense happiness, excitement, or delight; a state of extreme joy or pleasure
52. economic wh\_\_\_\_\_nd      *n.* a very strong wind that moves rapidly in circles and causes a lot of damage
53. r\_\_p the benefits      *v.* to harvest a grain crop from a field; to obtain something beneficial as a consequence of something that you have done
54. en\_\_t new legislation      *v.* to make a law; to put something into practice
55. ant\_\_\_\_\_nt behavior      *n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products

ANSWERS: 45. instigate, 46. jean, 47. gist, 48. ripple, 49. conducive, 50. rot, 51. euphoria, 52. whirlwind, 53. reap, 54. enact, 55. antioxidant

56. r\_\_p crops

v. to harvest a grain crop from a field; to obtain something beneficial as a consequence of something that you have done

ANSWERS: 56. reap

## Session 3: Fill in the Blanks

1. Countries whose goal is economic development often focus on fostering an entrepreneurial \_\_\_\_\_ in each individual.  
*n.* the established set of attitudes or fixed ideas held by someone
2. Eating a diet rich in \_\_\_\_\_ may help to improve digestion and reduce the risk of digestive disorders.  
*n.* a biologically active compound that occurs naturally in plants, capable of exhibiting therapeutic effects or health benefits in humans and animals
3. The conditions of the prison were \_\_\_\_\_ and inhumane.  
*adj.* very bad, unpleasant, or causing fear
4. Winning the lottery brought a feeling of \_\_\_\_\_ to the lucky winner.  
*n.* a feeling of intense happiness, excitement, or delight; a state of extreme joy or pleasure
5. We are responsible for the care and \_\_\_\_\_ of all our employees.  
*n.* the state of being happy and healthy and prosperous
6. Many businesses felt the \_\_\_\_\_ effect of the economy's decline.  
*n.* a small wave on the surface of a liquid, typically caused by an object falling into it or a slight wind
7. The data he prepared was completely \_\_\_\_\_.  
*n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

ANSWERS: 1. mindset, 2. phytochemicals, 3. dreadful, 4. euphoria, 5. well-being, 6. ripple, 7. sham

8. Fruits and vegetables are good sources of \_\_\_\_\_.
- n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products
9. The protesters tried to \_\_\_\_\_ change and promote equality in their community.
- v.* to initiate, start or incite something, often to cause trouble, conflict, or violence; to urge or stir someone to take a particular action or behavior
10. Her fear of dogs was \_\_\_\_\_ after a traumatic experience in childhood.
- adj.* deeply rooted in someone's mind or behavior; difficult to change due to being established for a long time
11. Some researchers believe manipulating \_\_\_\_\_ levels in the body could offer therapeutic benefits.
- n.* a class of chemical compounds found in cannabis plants that interact with the human body's endocannabinoid system, producing a range of biological effects, including pain relief, anti-inflammatory action, and mood alteration
12. He \_\_\_\_\_ from the conversation and walked away.
- v.* to withdraw or separate oneself from a situation or relationship
13. Please refrigerate the meat, or it will \_\_\_\_.
- v.* to decay, or cause something to decay, naturally and gradually
14. We went on a \_\_\_\_\_ visit to the sightseeing spot.
- n.* a very strong wind that moves rapidly in circles and causes a lot of damage
15. The \_\_\_\_ of the article was that technology is rapidly changing our world.
- n.* the essence or main point of a text, speech, or situation

ANSWERS: 8. antioxidants, 9. instigate, 10. ingrained, 11. cannabinoid, 12. disengaged, 13. rot, 14. whirlwind, 15. gist

16. The \_\_\_\_\_ diet is based on plant-based foods.
- n.* a person who does not eat or use any animal products, typically for ethical or environmental reasons
17. He \_\_\_\_\_ a significant profit from the listing of his company's stock.
- v.* to harvest a grain crop from a field; to obtain something beneficial as a consequence of something that you have done
18. I'm looking for a \_\_\_\_\_ buddy to share the drive to the conference.
- n.* a group of people who regularly travel together in one vehicle, typically to commute to work or school
19. The company's new products \_\_\_\_\_ the values of innovation and sustainability.
- v.* to represent or exemplify something; to give tangible form to an abstract idea
20. The leaders of the two countries met to \_\_\_\_\_ on the issue.
- v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
21. The quiet and peaceful environment was \_\_\_\_\_ to concentration and productivity.
- adj.* tending to make something likely or possible
22. I always like to \_\_\_\_\_ a good cup of coffee in the morning.
- v.* to enjoy or appreciate something fully; to relish or delight in something delicious or enjoyable; to preserve or season with a savory flavor
23. Ketchup, mustard, and mayo are common \_\_\_\_\_ for burgers and sandwiches.
- n.* a substance or mixture of substances, such as spices, sauce, salt, or other seasonings, used to enhance the flavor of food

ANSWERS: 16. vegan, 17. reaped, 18. carpool, 19. embody, 20. confer, 21. conducive, 22. savor, 23. condiments

24. She lived a life of \_\_\_\_\_ with all the money and possessions she could ever want.  
*n.* an abundance of wealth, resources, or property; prosperity
25. During the unloading, the container box \_\_\_\_\_ a clicking sound.  
*v.* to give off or send out something such as light, heat, sound, gas, etc.
26. The government \_\_\_\_\_ this law in 1925.  
*v.* to make a law; to put something into practice
27. She wore her favorite pair of \_\_\_\_\_ to the party.  
*n.* a sturdy cotton twill fabric, typically blue, used for jeans and other clothing
28. Losing him is great \_\_\_\_\_ to our team.  
*n.* a state of not having something, such as food or money, that you need for a pleasant life

ANSWERS: 24. affluence, 25. emits, 26. enacted, 27. jeans, 28. deprivation