

# Englist.me



## Vocabulary Builder Reference from...

*Jen Gunter: Why healthy bones are about so much more than milk | TED Talk*

[https://www.ted.com/talks/jen\\_gunter\\_why\\_healthy\\_bones\\_are\\_about\\_so\\_much\\_more\\_than\\_milk](https://www.ted.com/talks/jen_gunter_why_healthy_bones_are_about_so_much_more_than_milk)

### All Words

#### IMPORTANT

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## Session 1: Word List

### calcium

*n.* a chemical element with the symbol Ca and atomic number 20, which is an important mineral for the human body

*synonym* : Ca, lime, chalk

(1) **calcium** deficiency, (2) ion of **calcium**

The patient was prescribed a **calcium** supplement to help prevent osteoporosis.

### vitamin

*n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body

*synonym* : nutrient, micronutrient, dietary supplement

(1) rich in **vitamin** D, (2) **vitamin** deficiency

**Vitamin** C is important for immune system function and skin health.

### scientifically

*adv.* in a way that relates to science or is connected with science

(1) investigate **scientifically**, (2) **scientifically** explainable

The hypothesis is not yet **scientifically** proven.

### accurate

*adj.* correct and exact in all details

*synonym* : exact, precise, proper

(1) provide **accurate** information, (2) **accurate** measurements

The official transcript contains **accurate** academic records.

## **skeletal**

*adj.* of, relating to, or forming a skeleton (= frame of bones); very thin or emaciated

*synonym*: bony, emaciated, gaunt

(1) **skeletal** system, (2) **skeletal** muscles

The older man was skinny and **skeletal** and not in good health.

## **structure**

*n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

*synonym*: construction, architecture, establishment

(1) the **structure** of a machine, (2) **structure** and function of the brain

The organizational **structure** of start-ups is often flat and straightforward.

## **cage**

*n.* a structure made of metal bars or wire in which birds or animals can be kept

*synonym*: enclosure, jail, corral

(1) an insect **cage**, (2) a bird in a **cage**

The trapped bear is running amok in its **cage**.

## **mineral**

*n.* a solid inorganic substance occurring in nature having a definite chemical composition

(1) vitamin and **minerals**, (2) **mineral** rights

The robust economy of the country is based on its **mineral** resources.

## **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.

## skeleton

*n.* the structure of bones in a human or animal body, or a framework of bones or other material that supports a plant

*synonym* : bones, frame, structure

(1) the steel **skeleton** of a building, (2) **skeleton** hand  
Scientists studied the ancient **skeleton** to learn more about the creature's anatomy.

## dimension

*n.* a measurable extent of a particular kind, such as width, height, or length

*synonym* : extent, measurement, size

(1) new **dimension**, (2) the crosswise **dimension**  
Overall **dimensions** are approximately 400x200mm.

## periosteum

*n.* a dense layer of connective tissue that covers the external surface of bones, serving to anchor tendons and ligaments and also providing a source of new bone cells during growth and repair

*synonym* : membrane, tissue, shell

(1) **periosteum** layer, (2) **periosteum** inflammation  
Damage to the **periosteum** can delay bone healing and increase the risk of complications like infection

## membrane

*n.* a soft, thin layer that forms animal or vegetable tissue

*synonym* : tissue layer

(1) cell **membranes**, (2) nuclear **membrane**  
Loud noises might harm the fragile ear **membrane**.

## compact

*adj.* closely and firmly united or packed together, using very little space; smaller than is usual

*synonym* : packed, tight, consolidated

(1) a **compact** camera, (2) extremely **compact** device  
Two countries acted together as if by **compact**.

## sponge

*n.* a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning

(1) sea **sponge**, (2) metallic **sponge**

The tiny marine **sponge** has existed for more than 500 million years.

## trabecula

*n.* a small, slender rod or beam, particularly one that forms or supports the structure of a cell or organ or forms part of the framework of a bone

*synonym*: beam, rod, strut

(1) **trabecula** bone, (2) **trabecula** network

The **trabeculae** in the lung tissue help support the air sacs.

## core

*n.* the most essential or fundamental part of something

*synonym*: center, basis, heart

(1) the **core** of an apple, (2) **core** business activity

These gas nebulas are merely newborn galactic **cores**.

## marrow

*n.* a soft, fatty, vascular substance in the cavities of bones, in which blood cells are produced; the choicest or most essential part of some idea or experience

*synonym*: bone marrow, pith, center

(1) the **marrow** of a speech, (2) vegetable **marrow**

The soup was made with bone **marrow**, giving it a rich and savory flavor.

## stem

*n.* the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in

*synonym*: branch, limb, (verb) come from

(1) **stem** from a belief, (2) the **stem** of a matchstick

A rose has thorns on its **stem**.

## 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.

## divide

*v.* to separate or cause to separate into parts or groups  
*synonym*: separate, disconnect, split

(1) **divide** the cake into two pieces, (2) **divide** money equally

Can you **divide** 123321 by eleven?

## adolescent

*n.* a young person who is in the process of developing from a child into an adult

*synonym*: teen, preadult, youth

(1) **adolescent** girl, (2) pre-**adolescent** children

Timely education about birth control might help reduce **adolescent** pregnancies.

## peak

*n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain

*synonym*: summit, vertex, apex

(1) at **peak** hour, (2) the **peak** current in the circuit

This measurement aims to reduce traffic at **peak** periods.

## mass

*n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together

*synonym*: abundance, crowd, mob

(1) a **mass** of molten rock, (2) critical **mass**

The **mass** of people who do not own property is politically impotent.

## replace

*v.* to take the place of something

*synonym*: substitute, supersede, displace

(1) **replace** one word with another, (2) **replace** a phone  
Eventually, the new design will **replace** all older models.

## estimate

*v.* to guess or calculate the cost, size, value, etc. of something

*synonym*: calculate, gauge, evaluate

(1) **estimate** a fair value, (2) **estimate** this chicken to weigh three pounds

We **estimated** the season's total trade deficit at \$50 billion.

## removal

*n.* the act of taking something away or off from a particular place

*synonym*: extraction, elimination, eradication

(1) dental tartar **removal**, (2) **removal** truck

The **removal** of the statue caused much controversy in the community.

## outpace

*v.* to move or proceed at a faster rate than someone or something else; to surpass or exceed someone's or something's performance or ability

*synonym*: outdistance, outstrip, overtake

(1) **outpace** market share, (2) **outpace** economic growth

Her running speed allowed her to **outpace** her competitors and win the race.

## replacement

*n.* the act of replacing something with something else, especially that is newer or better; a person or thing that takes or can take the place of another

*synonym*: alternate, substitute, backup

(1) regular **replacement** of tires, (2) **replacement** cost

We demand his **replacement**.

## eventually

*adv.* finally, particularly after a long time or a lot of struggle, complications, and so on

*synonym*: finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

## integrity

*n.* the quality of being honest and having strong moral principles; the state of being whole and undivided

*synonym* : honesty, honor, morality

(1) a person of **integrity**, (2) **integrity** of data

The company's reputation for honesty and **integrity** is highly valued among its customers.

## disease

*n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

*synonym* : illness, ailment, affliction

(1) **disease** prevention, (2) **disease** control

The doctor diagnosed him with a rare **disease** that had no known cure.

## osteoporosis

*n.* a medical condition characterized by a loss of bone density or mass, resulting in fragile and porous bones that are at increased risk for fractures

(1) **osteoporosis** treatment, (2) **osteoporosis** prevention

As we age, we become more at risk for **osteoporosis**, a condition that weakens the bones in our bodies.

## extreme

*adj.* very great in amount or degree

*synonym* : farthestmost, outermost, fierce

(1) **extreme** sports, (2) **extreme** weather events

Solar gravity creates **extreme** pressures and temperatures.

## process

*n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

*synonym* : procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

## combine

*v.* to join or merge to form a single thing or group  
*synonym*: coalesce, cohere, blend

- (1) **combine** chemically with another substance,  
(2) **combine** augmented reality

Hydrogen and oxygen **combine** to form water.

## fragility

*n.* the quality of being easily broken, damaged, or destroyed; the state of being delicate or vulnerable  
*synonym*: delicacy, weakness, frailty

- (1) **fragility** of life, (2) emotional **fragility**

The **fragility** of the glass required careful handling during shipping.

## bump

*v.* to hit or knock against something hard, often with a dull sound; to meet with by accident  
*synonym*: collide, hit, jolt

- (1) **bump** against a wall, (2) **bump** up prices

She accidentally **bumped** into him in the crowded room.

## fracture

*n.* the breaking or cracking of a rigid material or object such as bone  
*synonym*: break, crack, rupture

- (1) **fracture** test, (2) risk of bone **fractures**

X-ray inspection revealed many **fractures**.

## intake

*n.* the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body  
*synonym*: consumption, absorption, inhalation

- (1) a small **intake** of breath, (2) an **intake** pipe

He has been advised to reduce his daily fat **intake**.

## 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.

## contribute

*v.* to give something, especially money or goods, to provide or achieve something together with other people

*synonym*: donate, devote, commit

(1) **contribute** a large sum of money to the fund,

(2) **contribute** to society

Government workers cannot **contribute** to political campaigns.

## dietary

*adj.* relating to or affecting the way that a person eats or the specific foods that they consume

*synonym*: nutritional, alimentary

(1) **dietary** supplement, (2) **dietary** restrictions

The menu at the restaurant includes many **dietary** options for those with food restrictions.

## maintain

*v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

*synonym*: preserve, uphold, sustain

(1) **maintain** order, (2) **maintain** good health

I need to **maintain** my car regularly to prevent any major mechanical issues.

## absorb

*v.* to take in a fluid or other substance gradually

*synonym*: consume, soak, ingest

(1) **absorb** energy, (2) **absorb** a shock

The sponge **absorbs** water well.

## frost

*n.* a thin layer of ice that forms on surfaces when the temperature falls below freezing; weather cold enough to cause freezing

*synonym*: freeze, ice, blight

(1) five degrees of **frost**, (2) **frost** line

The **frost** on the ground made it slippery and difficult to walk.

## humming

*adj.* producing a continuous, low, vibrating sound like that of the bee

*synonym*: buzzing, droning, vibrating

(1) **humming** sound, (2) **humming** bird

The **humming** of the bees filled the air as she walked through the garden.

## creative

*adj.* relating to or involving the use of skill and original and unusual ideas to create something

*synonym*: imaginative, innovative, inventive

(1) **creative** writing, (2) barren of **creative** spirit

All the supervisor has to do is assign tasks that make his subordinates more **creative**.

## omnivore

*n.* a type of animal that eats both plants and animals as part of their diet; a metaphorical term used to describe a person who has wide-ranging interests or can appreciate and enjoy a variety of things

*synonym*: scavenger, carnivore, herbivore

(1) **omnivore** diet, (2) **omnivore** preference

Gorillas are technically considered **omnivores** because they occasionally consume insects and small animals.

## leafy

*adj.* covered with or having many leaves; of or relating to plants that produce many leaves, especially those that are broad and flat

*synonym*: verdant, leaf-covered, foliated

(1) **leafy** canopy, (2) **leafy** suburbs

The neighborhood is known for its **leafy** trees and verdant gardens.

## spinach

*n.* a leafy green vegetable with a slightly bitter taste and high nutritional value, often used in salads or cooked dishes, and also famously associated with the cartoon character Popeye, who claimed eating spinach made

him stronger

(1) **spinach** salad, (2) frozen **spinach**

Fresh **spinach** is a good source of vitamins and minerals.

## kale

*n.* a type of leafy green vegetable that belongs to the cabbage family, often eaten raw in salads or cooked as a side dish

*synonym*: collard greens, cabbage, broccoli

(1) **kale** salad, (2) baked **kale** chips

I like to add chopped **kale** to my smoothies for an extra boost of nutrition.

## crucify

*v.* to execute someone by nailing or binding them to a cross, leaving them there to die

*synonym*: execute, martyr, nail to cross

(1) **crucify** a criminal, (2) **crucify** him for their actions

The religious leaders wanted to **crucify** the heretic for his teachings.

## broccoli

*n.* a green vegetable with a bunch of small, tight florets on a thick stem that belongs to the cabbage family

(1) frozen **broccoli**, (2) **broccoli** sprout

He didn't like **broccoli** floret and avoided eating it.

## cab

*n.* a taxi or other vehicle that can be hired for transportation; the compartment from which a vehicle, such as a train or truck, is driven

*synonym*: taxi, hack, cabriolet

(1) taxi **cab**, (2) yellow **cab**

I hailed a **cab** to take me to the airport.

## protein

*n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

(1) stress **protein**, (2) **protein** synthesis

The body needs a certain amount of **protein** to build and

repair tissues.

**tofu** *n.* a soft, custard-like food made from mashed soybeans that have been soaked, ground, and cooked; also known as bean curd and commonly used in vegetarian and vegan cuisine as a protein source or meat substitute  
*synonym*: bean curd

(1) **tofu** burger, (2) silken **tofu**

The health benefits of **tofu** include low cholesterol and high calcium content.

**cereal** *n.* a type of grain used for food, such as wheat, oats, or corn that is typically ground into flour, cooked into porridge, or used to make breakfast cereals  
*synonym*: grain, oatmeal, breakfast food

(1) **cereal** grain, (2) cold **cereal**

I always start my morning with a bowl of **cereal**.

**chia** *n.* a plant (*Salvia hispanica*) grown for its seeds, which are high in protein, fiber, and omega-3 fatty acids and often used in health foods and beverages  
*synonym*: *salvia hispanica*, salba

(1) **chia** smoothie, (2) **chia** pudding

I added **chia** seeds to my oatmeal for some extra fiber and protein.

**fatty** *adj.* containing a lot of fat  
*synonym*: greasy, oily

(1) less **fatty** meat, (2) **fatty** acid

You should keep away from **fatty** foods.

**supplement** *n.* something that is added to something else to make it better or complete it  
*synonym*: complement, addendum, accessory

(1) wage **supplement**, (2) use of dietary **supplements**

Certain **supplements** may promote tumor growth.

## mechanical

*adj.* operated by a machine, relating to or concerned with machinery or tools

*synonym*: machinelike, automated, automatic

(1) a **mechanical** style of writing, (2) the influence of **mechanical** action

A **mechanical** engineer is still in demand in many companies.

## stimulate

*v.* to encourage something to develop or become more active; to stir the feelings or emotions

*synonym*: excite, provoke, arouse

(1) **stimulate** the economy, (2) **stimulate** the nervous system

The book **stimulated** my imagination.

## jog

*v.* to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose

*synonym*: run, sprint, trot

(1) **jog** in place, (2) **jog** my memory

She decided to **jog** around the park to clear her head.

## racket

*n.* a loud and unpleasant noise that is often repeated or sustained over a period of time; a tool or implement used in various leisure activities or sports, such as tennis or badminton

*synonym*: dissonance, noise, paddle

(1) make a **racket**, (2) badminton **racket**

The sound of shelves crashing to the floor created a terrible **racket** in the grocery store.

## strength

*n.* the quality or state of being physically, or sometimes mentally, strong

*synonym*: resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength**

Health and **strength** are, above all, gold.

## deposit

*n.* a sum of money or materials placed or kept in a bank, safety deposit box, or other secure places for safekeeping; a layer of rock, sand, or other material left behind by a flowing liquid or eroding force

*synonym*: bank, installment, sedimentation

(1) **deposit** money, (2) **deposit** accumulation

I made a **deposit** at the bank to add money to my account.

## addition

*n.* the act or process of adding something to something else; the process of adding numbers

*synonym*: accumulation, expansion, addendum

(1) chemical **addition**, (2) **addition** of vectors

In **addition**, private corporations provide healthcare services.

## balance

*n.* a condition in which everything has the same weight or force; something left after other parts have been taken away

*synonym*: equilibrium, counterpoise, remainder

(1) the **balance** of power, (2) asset on the company's **balance** sheet

Try to keep a **balance** between work and off.

## Session 2: Spelling

- |   |  |
|---|--|
| 1. the steel sk_____on of a building          | <i>n.</i> the structure of bones in a human or animal body, or a framework of bones or other material that supports a plant  |
| 2. st_____te the nervous system               | <i>v.</i> to encourage something to develop or become more active; to stir the feelings or emotions  |
| 3. co_____e chemically with another substance | <i>v.</i> to join or merge to form a single thing or group   |
| 4. five degrees of fr__t                      | <i>n.</i> a thin layer of ice that forms on surfaces when the temperature falls below freezing; weather cold enough to cause freezing  |
| 5. s__m from a belief                         | <i>n.</i> the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in |
| 6. re_____e a phone                           | <i>v.</i> to take the place of something   |
| 7. frozen br_____li                           | <i>n.</i> a green vegetable with a bunch of small, tight florets on a thick stem that belongs to the cabbage family  |
| 8. st_____te the economy                      | <i>v.</i> to encourage something to develop or become more active; to stir the feelings or emotions  |
| 9. taxi c_b                                   | <i>n.</i> a taxi or other vehicle that can be hired for transportation; the compartment from which a vehicle, such as a train or truck, is driven  |

ANSWERS: 1. skeleton, 2. stimulate, 3. combine, 4. frost, 5. stem, 6. replace, 7. broccoli, 8. stimulate, 9. cab

10. emotional fr\_\_\_\_\_ty                      *n.* the quality of being easily broken, damaged, or destroyed; the state of being delicate or vulnerable
11. de\_\_\_\_\_t accumulation                      *n.* a sum of money or materials placed or kept in a bank, safety deposit box, or other secure places for safekeeping; a layer of rock, sand, or other material left behind by a flowing liquid or eroding force
12. vegetable ma\_\_\_\_w                      *n.* a soft, fatty, vascular substance in the cavities of bones, in which blood cells are produced; the choicest or most essential part of some idea or experience
13. ex\_\_\_\_\_e sports                      *adj.* very great in amount or degree
14. a co\_\_\_\_\_t camera                      *adj.* closely and firmly united or packed together, using very little space; smaller than is usual
15. le\_\_y canopy                      *adj.* covered with or having many leaves; of or relating to plants that produce many leaves, especially those that are broad and flat
16. ab\_\_\_\_b energy                      *v.* to take in a fluid or other substance gradually
17. fa\_\_y acid                      *adj.* containing a lot of fat
18. chemical ad\_\_\_\_\_on                      *n.* the act or process of adding something to something else; the process of adding numbers
19. metallic sp\_\_\_\_e                      *n.* a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning

ANSWERS: 10. fragility, 11. deposit, 12. marrow, 13. extreme, 14. compact, 15. leafy, 16. absorb, 17. fatty, 18. addition, 19. sponge



20. k\_\_e salad *n.* a type of leafy green vegetable that belongs to the cabbage family, often eaten raw in salads or cooked as a side dish
21. ou\_\_\_\_e economic growth *v.* to move or proceed at a faster rate than someone or something else; to surpass or exceed someone's or something's performance or ability
22. ado\_\_\_\_\_nt girl *n.* a young person who is in the process of developing from a child into an adult
23. ad\_\_\_\_\_on of vectors *n.* the act or process of adding something to something else; the process of adding numbers
24. a con\_\_\_\_\_ly varying mind *adv.* all the time
25. an in\_\_\_e pipe *n.* the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body
26. ab\_\_\_b a shock *v.* to take in a fluid or other substance gradually
27. badminton ra\_\_\_t *n.* a loud and unpleasant noise that is often repeated or sustained over a period of time; a tool or implement used in various leisure activities or sports, such as tennis or badminton
28. es\_\_\_\_\_te a fair value *v.* to guess or calculate the cost, size, value, etc. of something
29. ce\_\_\_l grain *n.* a type of grain used for food, such as wheat, oats, or corn that is typically ground into flour, cooked into porridge, or used to make breakfast cereals

ANSWERS: 20. kale, 21. outpace, 22. adolescent, 23. addition, 24. constantly, 25. intake, 26. absorb, 27. racket, 28. estimate, 29. cereal

30. the s\_\_m of a matchstick *n.* the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in
31. es\_\_\_\_te this chicken to weigh three pounds *v.* to guess or calculate the cost, size, value, etc. of something
32. barren of cr\_\_\_\_ve spirit *adj.* relating to or involving the use of skill and original and unusual ideas to create something
33. the influence of mec\_\_\_\_al action *adj.* operated by a machine, relating to or concerned with machinery or tools
34. cr\_\_\_\_y a criminal *v.* to execute someone by nailing or binding them to a cross, leaving them there to die
35. the c\_\_e of an apple *n.* the most essential or fundamental part of something
36. br\_\_\_\_li sprout *n.* a green vegetable with a bunch of small, tight florets on a thick stem that belongs to the cabbage family
37. baked k\_\_e chips *n.* a type of leafy green vegetable that belongs to the cabbage family, often eaten raw in salads or cooked as a side dish
38. new di\_\_\_\_on *n.* a measurable extent of a particular kind, such as width, height, or length
39. hu\_\_\_\_g sound *adj.* producing a continuous, low, vibrating sound like that of the bee
40. nuclear me\_\_\_\_ne *n.* a soft, thin layer that forms animal or vegetable tissue

ANSWERS: 30. stem, 31. estimate, 32. creative, 33. mechanical, 34. crucify, 35. core, 36. broccoli, 37. kale, 38. dimension, 39. humming, 40. membrane

41. fr\_\_\_\_re test *n.* the breaking or cracking of a rigid material or object such as bone
42. ca\_\_\_\_m deficiency *n.* a chemical element with the symbol Ca and atomic number 20, which is an important mineral for the human body
43. cr\_\_\_\_y him for their actions *v.* to execute someone by nailing or binding them to a cross, leaving them there to die
44. 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
45. di\_\_\_\_e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
46. sk\_\_\_\_al muscles *adj.* of, relating to, or forming a skeleton (= frame of bones); very thin or emaciated
47. 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
48. silken t\_\_u *n.* a soft, custard-like food made from mashed soybeans that have been soaked, ground, and cooked; also known as bean curd and commonly used in vegetarian and vegan cuisine as a protein source or meat substitute
49. di\_\_\_e money equally *v.* to separate or cause to separate into parts or groups

ANSWERS: 41. fracture, 42. calcium, 43. crucify, 44. diet, 45. disease, 46. skeletal, 47. hormone, 48. tofu, 49. divide

50. use of dietary sup\_\_\_\_\_nts *n.* something that is added to something else to make it better or complete it
51. risk of bone fr\_\_\_\_\_res *n.* the breaking or cracking of a rigid material or object such as bone
52. sea sp\_\_\_\_e *n.* a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning
53. sp\_\_\_\_\_h salad *n.* a leafy green vegetable with a slightly bitter taste and high nutritional value, often used in salads or cooked dishes, and also famously associated with the cartoon character Popeye, who claimed eating spinach made him stronger
54. ion of ca\_\_\_\_\_m *n.* a chemical element with the symbol Ca and atomic number 20, which is an important mineral for the human body
55. di\_\_\_\_\_y restrictions *adj.* relating to or affecting the way that a person eats or the specific foods that they consume
56. in\_\_\_\_\_ty of data *n.* the quality of being honest and having strong moral principles; the state of being whole and undivided
57. investigate sci\_\_\_\_\_lly *adv.* in a way that relates to science or is connected with science
58. ac\_\_\_\_\_te measurements *adj.* correct and exact in all details
59. sci\_\_\_\_\_lly explainable *adv.* in a way that relates to science or is connected with science
60. a m\_\_s of molten rock *n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together

ANSWERS: 50. supplement, 51. fracture, 52. sponge, 53. spinach, 54. calcium, 55. dietary, 56. integrity, 57. scientifically, 58. accurate, 59. scientifically, 60. mass

61. cold ce\_\_\_l *n.* a type of grain used for food, such as wheat, oats, or corn that is typically ground into flour, cooked into porridge, or used to make breakfast cereals
62. critical m\_\_\_s *n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
63. co\_\_\_\_\_e augmented reality *v.* to join or merge to form a single thing or group
64. extremely co\_\_\_\_\_t device *adj.* closely and firmly united or packed together, using very little space; smaller than is usual
65. tr\_\_\_\_\_la network *n.* a small, slender rod or beam, particularly one that forms or supports the structure of a cell or organ or forms part of the framework of a bone
66. muscular st\_\_\_\_\_th *n.* the quality or state of being physically, or sometimes mentally, strong
67. the ma\_\_\_w of a speech *n.* a soft, fatty, vascular substance in the cavities of bones, in which blood cells are produced; the choicest or most essential part of some idea or experience
68. decision-making pr\_\_\_\_\_s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 61. cereal, 62. mass, 63. combine, 64. compact, 65. trabecula, 66. strength, 67. marrow, 68. process

69. st\_\_\_\_\_re and function of the brain     *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
70. less fa\_\_y meat     *adj.* containing a lot of fat
71. per\_\_\_\_\_um layer     *n.* a dense layer of connective tissue that covers the external surface of bones, serving to anchor tendons and ligaments and also providing a source of new bone cells during growth and repair
72. regular rep\_\_\_\_\_nt of tires     *n.* the act of replacing something with something else, especially that is newer or better; a person or thing that takes or can take the place of another
73. the st\_\_\_\_\_re of a machine     *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
74. di\_\_\_\_\_e control     *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
75. vi\_\_\_\_\_n deficiency     *n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body
76. cr\_\_\_\_\_ve writing     *adj.* relating to or involving the use of skill and original and unusual ideas to create something

ANSWERS: 69. structure, 70. fatty, 71. periosteum, 72. replacement, 73. structure, 74. disease, 75. vitamin, 76. creative

77. ost\_\_\_\_\_sis prevention *n.* a medical condition characterized by a loss of bone density or mass, resulting in fragile and porous bones that are at increased risk for fractures
78. vitamin and mi\_\_\_\_\_ls *n.* a solid inorganic substance occurring in nature having a definite chemical composition
79. frozen sp\_\_\_\_\_h *n.* a leafy green vegetable with a slightly bitter taste and high nutritional value, often used in salads or cooked dishes, and also famously associated with the cartoon character Popeye, who claimed eating spinach made him stronger
80. 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
81. hu\_\_\_\_\_g bird *adj.* producing a continuous, low, vibrating sound like that of the bee
82. ex\_\_\_\_\_e weather events *adj.* very great in amount or degree
83. con\_\_\_\_\_te to society *v.* to give something, especially money or goods, to provide or achieve something together with other people
84. an insect c\_\_e *n.* a structure made of metal bars or wire in which birds or animals can be kept
85. di\_\_\_e the cake into two pieces *v.* to separate or cause to separate into parts or groups
86. ost\_\_\_\_\_sis treatment *n.* a medical condition characterized by a loss of bone density or mass, resulting in fragile and porous bones that are at increased risk for fractures

ANSWERS: 77. osteoporosis, 78. mineral, 79. spinach, 80. diet, 81. humming, 82. extreme, 83. contribute, 84. cage, 85. divide, 86. osteoporosis

87. le\_\_y suburbs *adj.* covered with or having many leaves; of or relating to plants that produce many leaves, especially those that are broad and flat
88. per\_\_\_\_\_um inflammation *n.* a dense layer of connective tissue that covers the external surface of bones, serving to anchor tendons and ligaments and also providing a source of new bone cells during growth and repair
89. dental tartar re\_\_\_\_\_l *n.* the act of taking something away or off from a particular place
90. at p\_\_k hour *n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
91. eve\_\_\_\_\_ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
92. pre-ado\_\_\_\_\_nt children *n.* a young person who is in the process of developing from a child into an adult
93. make a ra\_\_\_t *n.* a loud and unpleasant noise that is often repeated or sustained over a period of time; a tool or implement used in various leisure activities or sports, such as tennis or badminton
94. ma\_\_\_\_\_in good health *v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
95. wage sup\_\_\_\_\_nt *n.* something that is added to something else to make it better or complete it

ANSWERS: 87. leafy, 88. periosteum, 89. removal, 90. peak, 91. eventually, 92. adolescent, 93. racket, 94. maintain, 95. supplement



96. c\_\_a pudding *n.* a plant (*Salvia hispanica*) grown for its seeds, which are high in protein, fiber, and omega-3 fatty acids and often used in health foods and beverages
97. st\_\_\_\_th of the economy *n.* the quality or state of being physically, or sometimes mentally, strong
98. rep\_\_\_\_nt cost *n.* the act of replacing something with something else, especially that is newer or better; a person or thing that takes or can take the place of another
99. di\_\_\_\_y supplement *adj.* relating to or affecting the way that a person eats or the specific foods that they consume
100. cell me\_\_\_\_nes *n.* a soft, thin layer that forms animal or vegetable tissue
101. a person of in\_\_\_\_ty *n.* the quality of being honest and having strong moral principles; the state of being whole and undivided
102. om\_\_\_\_re preference *n.* a type of animal that eats both plants and animals as part of their diet; a metaphorical term used to describe a person who has wide-ranging interests or can appreciate and enjoy a variety of things
103. j\_g in place *v.* to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose
104. a small in\_\_\_\_e of breath *n.* the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body

ANSWERS: 96. chia, 97. strength, 98. replacement, 99. dietary, 100. membrane, 101. integrity, 102. omnivore, 103. jog, 104. intake

105. sk\_\_\_\_al system *adj.* of, relating to, or forming a skeleton (= frame of bones); very thin or emaciated
106. om\_\_\_\_re diet *n.* a type of animal that eats both plants and animals as part of their diet; a metaphorical term used to describe a person who has wide-ranging interests or can appreciate and enjoy a variety of things
107. ma\_\_\_\_in order *v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
108. j\_g my memory *v.* to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose
109. 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
110. c\_\_a smoothie *n.* a plant (*Salvia hispanica*) grown for its seeds, which are high in protein, fiber, and omega-3 fatty acids and often used in health foods and beverages
111. pr\_\_\_\_n synthesis *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
112. tr\_\_\_\_la bone *n.* a small, slender rod or beam, particularly one that forms or supports the structure of a cell or organ or forms part of the framework of a bone

ANSWERS: 105. skeletal, 106. omnivore, 107. maintain, 108. jog, 109. hormone, 110. chia, 111. protein, 112. trabecula

113. re\_\_\_\_l truck *n.* the act of taking something away or off from a particular place
114. b\_\_p up prices *v.* to hit or knock against something hard, often with a dull sound; to meet with by accident
115. a mec\_\_\_\_\_al style of writing *adj.* operated by a machine, relating to or concerned with machinery or tools
116. sk\_\_\_\_\_on hand *n.* the structure of bones in a human or animal body, or a framework of bones or other material that supports a plant
117. a con\_\_\_\_\_ly innovative enterprise *adv.* all the time
118. the crosswise di\_\_\_\_\_on *n.* a measurable extent of a particular kind, such as width, height, or length
119. a bird in a c\_\_e *n.* a structure made of metal bars or wire in which birds or animals can be kept
120. fr\_\_t line *n.* a thin layer of ice that forms on surfaces when the temperature falls below freezing; weather cold enough to cause freezing
121. provide ac\_\_\_\_\_te information *adj.* correct and exact in all details
122. fr\_\_\_\_\_ty of life *n.* the quality of being easily broken, damaged, or destroyed; the state of being delicate or vulnerable
123. ou\_\_\_\_\_e market share *v.* to move or proceed at a faster rate than someone or something else; to surpass or exceed someone's or something's performance or ability
124. c\_\_e business activity *n.* the most essential or fundamental part of something

ANSWERS: 113. removal, 114. bump, 115. mechanical, 116. skeleton, 117. constantly, 118. dimension, 119. cage, 120. frost, 121. accurate, 122. fragility, 123. outpace, 124. core

125. the p\_\_k current in the circuit      *n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
126. b\_\_p against a wall      *v.* to hit or knock against something hard, often with a dull sound; to meet with by accident
127. con\_\_\_\_\_te a large sum of money to the fund      *v.* to give something, especially money or goods, to provide or achieve something together with other people
128. t\_\_u burger      *n.* a soft, custard-like food made from mashed soybeans that have been soaked, ground, and cooked; also known as bean curd and commonly used in vegetarian and vegan cuisine as a protein source or meat substitute
129. rich in vi\_\_\_\_\_n D      *n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body
130. mi\_\_\_\_\_l rights      *n.* a solid inorganic substance occurring in nature having a definite chemical composition
131. asset on the company's ba\_\_\_\_\_e sheet      *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
132. yellow c\_b      *n.* a taxi or other vehicle that can be hired for transportation; the compartment from which a vehicle, such as a train or truck, is driven

ANSWERS: 125. peak, 126. bump, 127. contribute, 128. tofu, 129. vitamin, 130. mineral, 131. balance, 132. cab

133. the ba\_\_\_\_e of power *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
134. eve\_\_\_\_\_ly become obsolete *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
135. stress pr\_\_\_\_\_n *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
136. pr\_\_\_\_\_s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
137. re\_\_\_\_\_e one word with another *v.* to take the place of something
138. de\_\_\_\_\_t money *n.* a sum of money or materials placed or kept in a bank, safety deposit box, or other secure places for safekeeping; a layer of rock, sand, or other material left behind by a flowing liquid or eroding force

ANSWERS: 133. balance, 134. eventually, 135. protein, 136. process, 137. replace, 138. deposit

## Session 3: Fill in the Blanks

1. Solar gravity creates \_\_\_\_\_ pressures and temperatures.  
*adj.* very great in amount or degree
2. Overall \_\_\_\_\_ are approximately 400x200mm.  
*n.* a measurable extent of a particular kind, such as width, height, or length
3. I like to add chopped \_\_\_\_\_ to my smoothies for an extra boost of nutrition.  
*n.* a type of leafy green vegetable that belongs to the cabbage family, often eaten raw in salads or cooked as a side dish
4. Gorillas are technically considered \_\_\_\_\_ because they occasionally consume insects and small animals.  
*n.* a type of animal that eats both plants and animals as part of their diet; a metaphorical term used to describe a person who has wide-ranging interests or can appreciate and enjoy a variety of things
5. We \_\_\_\_\_ the season's total trade deficit at \$50 billion.  
*v.* to guess or calculate the cost, size, value, etc. of something
6. The company's reputation for honesty and \_\_\_\_\_ is highly valued among its customers.  
*n.* the quality of being honest and having strong moral principles; the state of being whole and undivided
7. The trapped bear is running amok in its \_\_\_\_\_.  
*n.* a structure made of metal bars or wire in which birds or animals can be kept

ANSWERS: 1. extreme, 2. dimensions, 3. kale, 4. omnivores, 5. estimated, 6. integrity, 7. cage

8. The book \_\_\_\_\_ my imagination.  
*v.* to encourage something to develop or become more active; to stir the feelings or emotions
9. Certain \_\_\_\_\_ may promote tumor growth.  
*n.* something that is added to something else to make it better or complete it
10. I need to \_\_\_\_\_ my car regularly to prevent any major mechanical issues.  
*v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
11. The religious leaders wanted to \_\_\_\_\_ the heretic for his teachings.  
*v.* to execute someone by nailing or binding them to a cross, leaving them there to die
12. She accidentally \_\_\_\_\_ into him in the crowded room.  
*v.* to hit or knock against something hard, often with a dull sound; to meet with by accident
13. The \_\_\_\_\_ of the bees filled the air as she walked through the garden.  
*adj.* producing a continuous, low, vibrating sound like that of the bee
14. The robust economy of the country is based on its \_\_\_\_\_ resources.  
*n.* a solid inorganic substance occurring in nature having a definite chemical composition
15. The organizational \_\_\_\_\_ of start-ups is often flat and straightforward.  
*n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

ANSWERS: 8. stimulated, 9. supplements, 10. maintain, 11. crucify, 12. bumped, 13. humming, 14. mineral, 15. structure

16. The body needs a certain amount of \_\_\_\_\_ to build and repair tissues.  
*n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
17. These gas nebulas are merely newborn galactic \_\_\_\_\_.  
*n.* the most essential or fundamental part of something
18. He didn't like \_\_\_\_\_ floret and avoided eating it.  
*n.* a green vegetable with a bunch of small, tight florets on a thick stem that belongs to the cabbage family
19. A \_\_\_\_\_ engineer is still in demand in many companies.  
*adj.* operated by a machine, relating to or concerned with machinery or tools
20. The official transcript contains \_\_\_\_\_ academic records.  
*adj.* correct and exact in all details
21. Hydrogen and oxygen \_\_\_\_\_ to form water.  
*v.* to join or merge to form a single thing or group
22. Scientists studied the ancient \_\_\_\_\_ to learn more about the creature's anatomy.  
*n.* the structure of bones in a human or animal body, or a framework of bones or other material that supports a plant
23. He has been advised to reduce his daily fat \_\_\_\_\_.  
*n.* the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body

ANSWERS: 16. protein, 17. cores, 18. broccoli, 19. mechanical, 20. accurate, 21. combine, 22. skeleton, 23. intake



24. As we age, we become more at risk for \_\_\_\_\_ a condition that weakens the bones in our bodies.
- n.* a medical condition characterized by a loss of bone density or mass, resulting in fragile and porous bones that are at increased risk for fractures
25. The hypothesis is not yet \_\_\_\_\_ proven.
- adv.* in a way that relates to science or is connected with science
26. All the supervisor has to do is assign tasks that make his subordinates more \_\_\_\_\_.
- adj.* relating to or involving the use of skill and original and unusual ideas to create something
27. 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
28. The older man was skinny and \_\_\_\_\_ and not in good health.
- adj.* of, relating to, or forming a skeleton (= frame of bones); very thin or emaciated
29. The sponge \_\_\_\_\_ water well.
- v.* to take in a fluid or other substance gradually
30. 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
31. \_\_\_\_\_ C is important for immune system function and skin health.
- n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body

ANSWERS: 24. osteoporosis, 25. scientifically, 26. creative, 27. diet, 28. skeletal, 29. absorbs, 30. hormone, 31. Vitamin

32. The \_\_\_\_\_ of the glass required careful handling during shipping.
- n.* the quality of being easily broken, damaged, or destroyed; the state of being delicate or vulnerable
33. The \_\_\_\_\_ of people who do not own property is politically impotent.
- n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
34. Two countries acted together as if by \_\_\_\_\_.
- adj.* closely and firmly united or packed together, using very little space; smaller than is usual
35. The health benefits of \_\_\_\_\_ include low cholesterol and high calcium content.
- n.* a soft, custard-like food made from mashed soybeans that have been soaked, ground, and cooked; also known as bean curd and commonly used in vegetarian and vegan cuisine as a protein source or meat substitute
36. Try to keep a \_\_\_\_\_ between work and off.
- n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
37. I always start my morning with a bowl of \_\_\_\_\_.
- n.* a type of grain used for food, such as wheat, oats, or corn that is typically ground into flour, cooked into porridge, or used to make breakfast cereals
38. The patient was prescribed a \_\_\_\_\_ supplement to help prevent osteoporosis.
- n.* a chemical element with the symbol Ca and atomic number 20, which is an important mineral for the human body
39. I made a \_\_\_\_\_ at the bank to add money to my account.
- n.* a sum of money or materials placed or kept in a bank, safety deposit box, or other secure places for safekeeping; a layer of rock, sand, or other material left behind by a flowing liquid or eroding force

ANSWERS: 32. fragility, 33. mass, 34. compact, 35. tofu, 36. balance, 37. cereal, 38. calcium, 39. deposit

40. Government workers cannot \_\_\_\_\_ to political campaigns.  
*v.* to give something, especially money or goods, to provide or achieve something together with other people
41. The corporation \_\_\_\_\_ dominated the entire tobacco business.  
*adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
42. The \_\_\_\_\_ of the statue caused much controversy in the community.  
*n.* the act of taking something away or off from a particular place
43. She decided to \_\_\_ around the park to clear her head.  
*v.* to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose
44. Can you \_\_\_\_\_ 123321 by eleven?  
*v.* to separate or cause to separate into parts or groups
45. The tiny marine \_\_\_\_\_ has existed for more than 500 million years.  
*n.* a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning
46. The \_\_\_\_\_ for applying for a visa can be lengthy and complicated.  
*n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
47. The sound of shelves crashing to the floor created a terrible \_\_\_\_\_ in the grocery store.  
*n.* a loud and unpleasant noise that is often repeated or sustained over a period of time; a tool or implement used in various leisure activities or sports, such as tennis or badminton

ANSWERS: 40. contribute, 41. eventually, 42. removal, 43. jog, 44. divide, 45. sponge, 46. process, 47. racket

48. In \_\_\_\_\_ private corporations provide healthcare services.

*n.* the act or process of adding something to something else; the process of adding numbers

49. Eventually, the new design will \_\_\_\_\_ all older models.

*v.* to take the place of something

50. The neighborhood is known for its \_\_\_\_\_ trees and verdant gardens.

*adj.* covered with or having many leaves; of or relating to plants that produce many leaves, especially those that are broad and flat

51. The menu at the restaurant includes many \_\_\_\_\_ options for those with food restrictions.

*adj.* relating to or affecting the way that a person eats or the specific foods that they consume

52. Health and \_\_\_\_\_ are, above all, gold.

*n.* the quality or state of being physically, or sometimes mentally, strong

53. You should keep away from \_\_\_\_\_ foods.

*adj.* containing a lot of fat

54. The mobile application industry is \_\_\_\_\_ changing.

*adv.* all the time

55. The soup was made with bone \_\_\_\_\_ giving it a rich and savory flavor.

*n.* a soft, fatty, vascular substance in the cavities of bones, in which blood cells are produced; the choicest or most essential part of some idea or experience

ANSWERS: 48. addition, 49. replace, 50. leafy, 51. dietary, 52. strength, 53. fatty, 54. constantly, 55. marrow,

56. Her running speed allowed her to \_\_\_\_\_ her competitors and win the race.
- v.* to move or proceed at a faster rate than someone or something else; to surpass or exceed someone's or something's performance or ability
57. Damage to the \_\_\_\_\_ can delay bone healing and increase the risk of complications like infection
- n.* a dense layer of connective tissue that covers the external surface of bones, serving to anchor tendons and ligaments and also providing a source of new bone cells during growth and repair
58. Fresh \_\_\_\_\_ is a good source of vitamins and minerals.
- n.* a leafy green vegetable with a slightly bitter taste and high nutritional value, often used in salads or cooked dishes, and also famously associated with the cartoon character Popeye, who claimed eating spinach made him stronger
59. I added \_\_\_\_\_ seeds to my oatmeal for some extra fiber and protein.
- n.* a plant (*Salvia hispanica*) grown for its seeds, which are high in protein, fiber, and omega-3 fatty acids and often used in health foods and beverages
60. The \_\_\_\_\_ on the ground made it slippery and difficult to walk.
- n.* a thin layer of ice that forms on surfaces when the temperature falls below freezing; weather cold enough to cause freezing
61. Loud noises might harm the fragile ear \_\_\_\_\_.
- n.* a soft, thin layer that forms animal or vegetable tissue
62. This measurement aims to reduce traffic at \_\_\_\_\_ periods.
- n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain

ANSWERS: 56. outpace, 57. periosteum, 58. spinach, 59. chia, 60. frost, 61. membrane, 62. peak

63. Timely education about birth control might help reduce \_\_\_\_\_ pregnancies.
- n.* a young person who is in the process of developing from a child into an adult
64. We demand his \_\_\_\_\_.
- n.* the act of replacing something with something else, especially that is newer or better; a person or thing that takes or can take the place of another
65. X-ray inspection revealed many \_\_\_\_\_.
- n.* the breaking or cracking of a rigid material or object such as bone
66. A rose has thorns on its \_\_\_\_\_.
- n.* the central part of something from which other parts can develop or grow; the part of a word common to all its inflected variants; (verb) to grow out of, have roots in, or originate in
67. The doctor diagnosed him with a rare \_\_\_\_\_ that had no known cure.
- n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
68. I hailed a \_\_\_\_\_ to take me to the airport.
- n.* a taxi or other vehicle that can be hired for transportation; the compartment from which a vehicle, such as a train or truck, is driven
69. The \_\_\_\_\_ in the lung tissue help support the air sacs.
- n.* a small, slender rod or beam, particularly one that forms or supports the structure of a cell or organ or forms part of the framework of a bone

ANSWERS: 63. adolescent, 64. replacement, 65. fractures, 66. stem, 67. disease, 68. cab, 69. trabeculae