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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

Advanced Words Only

IMPORTANT

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Session 1: Word List

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.

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.

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

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.

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.

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.

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.

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.

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.

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.

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.

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.

Session 2: Spelling

1. fr_____ty of life
n. the quality of being easily broken, damaged, or destroyed; the state of being delicate or vulnerable
2. investigate sci_____lly
adv. in a way that relates to science or is connected with science
3. 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
4. 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
5. frozen br_____li
n. a green vegetable with a bunch of small, tight florets on a thick stem that belongs to the cabbage family
6. sk_____al muscles
adj. of, relating to, or forming a skeleton (= frame of bones); very thin or emaciated
7. 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
8. 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

ANSWERS: 1. fragility, 2. scientifically, 3. spinach, 4. leafy, 5. broccoli, 6. skeletal, 7. jog, 8. racket

9. 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
10. 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
11. 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
12. 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
13. 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
14. 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
15. emotional fr_____ty *n.* the quality of being easily broken, damaged, or destroyed; the state of being delicate or vulnerable
16. 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

ANSWERS: 9. omnivore, 10. frost, 11. kale, 12. outpace, 13. chia, 14. outpace, 15. fragility, 16. omnivore

17. 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
18. 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
19. cr_____y him for their actions *v.* to execute someone by nailing or binding them to a cross, leaving them there to die
20. 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
21. 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
22. 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
23. 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

ANSWERS: 17. leafy, 18. kale, 19. crucify, 20. osteoporosis, 21. spinach, 22. periosteum, 23. chia

33. 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
34. 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
35. five degrees of fr__t *n.* a thin layer of ice that forms on surfaces when the temperature falls below freezing; weather cold enough to cause freezing
36. cr_____y a criminal *v.* to execute someone by nailing or binding them to a cross, leaving them there to die
37. sci_____lly explainable *adv.* in a way that relates to science or is connected with science
38. 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
39. 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
40. 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

ANSWERS: 33. jog, 34. periosteum, 35. frost, 36. crucify, 37. scientifically, 38. osteoporosis, 39. tofu, 40. trabecula

ANSWERS:

Session 3: Fill in the Blanks

1. 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

2. 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

3. 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

4. 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

5. 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

6. 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

ANSWERS: 1. omnivores, 2. racket, 3. tofu, 4. jog, 5. spinach, 6. humming

7. 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
8. 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
9. 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
10. 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
11. 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
12. 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
13. 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

ANSWERS: 7. broccoli, 8. fragility, 9. outpace, 10. sponge, 11. leafy, 12. frost, 13. periosteum

14. 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

15. 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

16. 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

17. 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

18. 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

19. The hypothesis is not yet _____ proven.

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

20. 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

ANSWERS: 14. skeletal, 15. crucify, 16. trabeculae, 17. osteoporosis, 18. chia, 19. scientifically, 20. kale