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Nancy N. Chen: The inaccurate link between body ideals and health | TED Talk

https://www.ted.com/talks/nancy_n_chen_the_inaccurate_link_between_body_ideals_and_health

Advanced Words Only

IMPORTANT

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Session 1: Word List

depict

v. to illustrate someone or something in a photograph

synonym: illustrate, describe, express

(1) **depict** a scene, (2) **depict** a feeling of isolation

His son had accurately **depicted** the bloom.

anthropology

n. the scientific study of humanity, concerned with human behavior, human biology, cultures, societies, and linguistics in both the present and past, including past human species

(1) social **anthropology**, (2) **anthropology** of religion

The areas of **anthropology** and psychology are significantly related to one another.

limestone

n. a sedimentary rock that is composed mainly of calcium carbonate, which is the mineral calcite

synonym: calcareous rock, chalk

(1) sheer **limestone** cliffs, (2) **limestone** pavement

The Great Pyramid of Giza was built using blocks of **limestone**.

figurine

n. a small ornamental figure, typically made of clay, porcelain, or plastic and often depicting a person or animal

synonym : statue, ornament, sculpture

(1) **figurine** collection, (2) anime **figurine**

My friend gifted me a miniature **figurine** of my favorite comic book character.

voluptuous

adj. having shapely and attractive curves, especially in a woman's figure; characterized by luxury, indulgence, or sensual pleasure; appealing to the senses in a sumptuous or hedonistic way

synonym : curvaceous, shapely, buxom

(1) **voluptuous** curves, (2) **voluptuous** beauty

The actress had a **voluptuous** figure that was admired by many.

agrarian

adj. relating to the cultivation of land or the raising of crops and animals; characterized by a society that relies on agriculture as its primary means of sustenance

synonym : agricultural, farming, rural

(1) **agrarian** society, (2) **agrarian** reform

Most of the people in the **agrarian** community work in agriculture.

hourglass

n. a device used for measuring time consisting of two glass bulbs, connected by a narrow waist, that contains sand or other granular material which takes a set amount of time to pass from one bulb to the other

synonym : sand clock, time glass, egg timer

(1) **hourglass** figure, (2) **hourglass** economy

The **hourglass** on the table was used to time the cooking of the cookies.

childbearing

n. the act of giving birth to or bearing a child (or children), often in the context of medical or demographic research or public policy

synonym : accouchement, childbirth, maternity

(1) **childbearing** capacity, (2) **childbearing** at a later age

Many women delay **childbearing** until their careers are

established.

twig

n. a small, thin, flexible branch or shoot of a tree or shrub;
a slender, fragile, or delicate object or individual

synonym: branchlet, sprig, osier

(1) **twig** branch, (2) **twig** basket

The bird perched on a **twig** and sang a beautiful melody.

portrayal

n. a representation or depiction of someone or something,
especially in art, literature, or drama

synonym: depiction, representation, characterization

(1) **portrayal** representation, (2) accurate **portrayal**

Critics praised her **portrayal** of the character.

prestige

n. respect and admiration felt or shown for someone or
something based on a perception of their achievements
or quality

synonym: honor, distinction, reputation

(1) national **prestige**, (2) **prestige** company

The university has great **prestige** in the academic
community.

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.

circulate

v. to move continuously or freely around a place or closed
system

synonym: flow, disperse, rotate

(1) **circulate** a rumor, (2) **circulate** an agenda before the
meeting

The fan **circulates** the air in the room quickly.

dysmorphia

n. abnormal development or malformations of anatomical
structures in plants, animals, or humans; a mental health

condition characterized by obsessive concern with one's appearance and a preoccupation with perceived flaws or defects that are not noticeable or are only slight and which often leads to anxiety, depression, and avoidance behaviors

(1) gender **dysmorphia**, (2) muscle **dysmorphia**

Body **dysmorphia** can be a severe mental health condition that requires professional help.

orthorexia

n. an obsession with eating only healthy or "pure" foods, often rooted in a desire to improve overall health or avoid certain ingredients, but which can lead to social isolation, malnutrition, and other negative health consequences;

synonym: fixation on healthy eating, clean eating obsession, food neurosis

(1) **orthorexia** symptoms, (2) **orthorexia** nervosa

People with **orthorexia** may avoid a wide range of foods, including those considered healthy by most people.

obsessive

adj. relating to or characterized by an obsession or excessive interest in a particular thing or activity; tending to dwell on or repeat certain thoughts or behaviors

synonym: compulsive, fixated, besetting

(1) **obsessive-compulsive** disorder, (2) **obsessive** thoughts

Her **obsessive** behavior towards perfectionism often led to burnout.

pandemic

n. an outbreak of a disease that affects many people over a very wide area

synonym: outbreak

(1) flu **pandemic**, (2) global **pandemic**

They fear a **pandemic** of a new type of virus.

moreover

adv. indicating that what follows is an additional or supplementary point; furthermore; in addition to what

has been said before

synonym: furthermore, besides, in addition

(1) **moreover**, she decided to go, (2) but **moreover**, they work well together

The company is environmentally conscious, and **moreover**, it uses sustainable materials in its products.

lovable

adj. deserving or inspiring love and affection

synonym: adorable, charming, dear

(1) **lovable** personality, (2) a **lovable** creature

The little puppy was **lovable** and had a playful personality.

antisocial

adj. not wanting to be around or spend time with other people; unwilling or unable to conform to accepted social norms or standards

synonym: unsociable, withdrawn, reclusive

(1) **antisocial** tendencies, (2) **antisocial** personality disorder

The suspect's **antisocial** behavior and lack of remorse made the judge question their sanity.

ethnography

n. the study of social groups and cultures, often conducted through observation, interviews, and analysis of primary sources; a written account of such a study

synonym: anthropology, cultural analysis

(1) **ethnography** research, (2) **ethnography** methods

The book is a rich and detailed **ethnography** of the cultural practices of a group of people.

stigma

n. a mark of shame or disgrace associated with a particular circumstance, quality, or person

synonym: mark, blemish, disgrace

(1) social **stigma**, (2) **stigma** against obesity

The mental health **stigma** often prevents people from seeking treatment.

phobia

n. an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder

synonym: fear, dread, terror

(1) **phobia** treatment, (2) social **phobia**

She has a **phobia** of spiders and always avoids them.

backfire

v. to have an opposite and undesirable effect to what was intended; to make a sudden noise like an explosion

synonym: recoil, boomerang, misfire

(1) **backfire** big time, (2) **backfire** spectacularly

The company's decision to lay off a large number of employees **backfired** as it led to a decrease in productivity.

conflate

v. to blend or fuse two or more things, often with the result of creating confusion or a loss of distinction between them; to mistakenly treat two separate entities as one

synonym: fuse, blend, merge

(1) **conflate** ideas, (2) **conflate** data

It's important not to **conflate** two issues when analyzing a complex situation.

unhealthy

adj. not conducive to good health; detrimental to physical or mental well-being

synonym: unwholesome, detrimental, insalubrious

(1) **unhealthy** diet, (2) **unhealthy** habit

Sitting for long hours in front of the computer is considered **unhealthy**.

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**.

queer

adj. strange or odd, typically in an interesting or attractive way

synonym: strange, odd, unusual

(1) **queer** money, (2) **queer** fashion

The behavior of the clown at the party was quite **queer**.

hairstyle

n. the way in which a person's hair is cut, styled, or arranged on their head

synonym: hairdo, coiffure, haircut

(1) modern **hairstyle**, (2) bob **hairstyle**

My sister got a new **hairstyle** for her job interview.

entail

v. to involve or require something as necessary, particularly as a consequence of a particular situation or action; to impose a burden or restriction on something

synonym: involve, necessitate, require

(1) **entail** legal consequences, (2) **entail** risks

The job offer **entails** a lot of responsibility and hard work.

divergence

n. the act or process of separating and moving in different directions; a difference or variance between two or more things or ideas; a deviation from a common or shared path or goal

synonym: divergency, deviation, discrepancy

(1) **divergence** angle, (2) ideological **divergence**

The **divergence** in opinions among the team members led to a delay in completing the project.

externality

n. a cost or benefit that affects a third party who did not choose to incur that cost or benefit

synonym: impact, consequence, effect

(1) **externality** costs, (2) network **externality**

The negative **externality** of pollution affects not just the polluter but also people living in the surrounding area.

medicinal

adj. of or relating to the treatment or cure of disease

synonym: curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**

The **medicinal** properties of this herb have been known to

help with various ailments.

dosha

n. a concept in Ayurvedic medicine that refers to a type of bodily humor or energy, believed to determine one's physical and mental characteristics, as well as susceptibility to disease

(1) patient's **dosha** type, (2) Ayurvedic **dosha**

Regular yoga practice and meditation can help to balance the **doshas** and promote physical and emotional wellness.

harmonize

v. to bring into agreement or concord; to make compatible
synonym: reconcile, balance, match

(1) **harmonize** with others, (2) **harmonize** two different opinions

The musicians attempted to **harmonize** their voices for the chorus.

microbiome

n. the community of microorganisms (= living things too small to be seen) that can usually be found living together in any given environment or the human body
synonym: flora

(1) skin **microbiome**, (2) have a diverse **microbiome**

The gut **microbiome** is a major producer of serotonin, which is necessary for human mental stability.

microbe

n. a tiny living thing that can only be seen with a microscope and that may cause disease

synonym: germ, microorganism, bacterium

(1) pathogenic **microbe**, (2) **microbes** sterilizer

Microbes thrive on the surface of the human skin.

pathogen

n. a bacterium, virus, or other microorganism that causes disease

synonym: germ, microbe, bacterium

(1) plant **pathogen**, (2) the **pathogen** in the air

mRNA vaccines are approved faster because they do not

contain inactivated **pathogens**.

opportune

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

synonym: suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

reframe

v. to reinterpret, rephrase, or redefine an issue, situation, or question in a different way

synonym: redefine, restructure, reposition

(1) **reframe** resource allocation, (2) **reframe** problem

The therapist tried to **reframe** his negative thoughts.

vitality

n. the state of being strong and active; energy

synonym: energy, life, vigor

(1) **vitality** of youth, (2) the **vitality** of the company

The new gym membership has improved his **vitality** and overall health.

Session 2: Spelling

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|--|--|
| 1. social ph___a | <i>n.</i> an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder |
| 2. national pr____ge | <i>n.</i> respect and admiration felt or shown for someone or something based on a perception of their achievements or quality |
| 3. lo____e personality | <i>adj.</i> deserving or inspiring love and affection |
| 4. de___t a scene | <i>v.</i> to illustrate someone or something in a photograph |
| 5. t__g basket | <i>n.</i> a small, thin, flexible branch or shoot of a tree or shrub; a slender, fragile, or delicate object or individual |
| 6. a sense of wel_____ng | <i>n.</i> the state of being happy and healthy and prosperous |
| 7. vol_____us beauty | <i>adj.</i> having shapely and attractive curves, especially in a woman's figure; characterized by luxury, indulgence, or sensual pleasure; appealing to the senses in a sumptuous or hedonistic way |
| 8. the wel_____ng of a nation | <i>n.</i> the state of being happy and healthy and prosperous |
| 9. a lo____e creature | <i>adj.</i> deserving or inspiring love and affection |
| 10. ci_____te an agenda before the meeting | <i>v.</i> to move continuously or freely around a place or closed system |

ANSWERS: 1. phobia, 2. prestige, 3. lovable, 4. depict, 5. twig, 6. well-being, 7. voluptuous, 8. well-being, 9. lovable, 10. circulate

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|--------------------------------|---|
| 11. ort_____ia nervosa | <i>n.</i> an obsession with eating only healthy or "pure" foods, often rooted in a desire to improve overall health or avoid certain ingredients, but which can lead to social isolation, malnutrition, and other negative health consequences; |
| 12. div_____ce angle | <i>n.</i> the act or process of separating and moving in different directions; a difference or variance between two or more things or ideas; a deviation from a common or shared path or goal |
| 13. flu pa_____ic | <i>n.</i> an outbreak of a disease that affects many people over a very wide area |
| 14. turn out to be all s__m | <i>n.</i> 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 |
| 15. have a diverse mic_____me | <i>n.</i> the community of microorganisms (= living things too small to be seen) that can usually be found living together in any given environment or the human body |
| 16. global pa_____ic | <i>n.</i> an outbreak of a disease that affects many people over a very wide area |
| 17. pathogenic mi_____e | <i>n.</i> a tiny living thing that can only be seen with a microscope and that may cause disease |
| 18. chi_____ing at a later age | <i>n.</i> the act of giving birth to or bearing a child (or children), often in the context of medical or demographic research or public policy |

ANSWERS: 11. orthorexia, 12. divergence, 13. pandemic, 14. sham, 15. microbiome, 16. pandemic, 17. microbe, 18. childbearing

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| 19. the pa____en in the air | <i>n.</i> a bacterium, virus, or other microorganism that causes disease |
| 20. op_____ne occasion | <i>adj.</i> suitable or happening at a time that is suitable or convenient for a particular purpose |
| 21. pr_____ge company | <i>n.</i> respect and admiration felt or shown for someone or something based on a perception of their achievements or quality |
| 22. ci_____te a rumor | <i>v.</i> to move continuously or freely around a place or closed system |
| 23. en____l risks | <i>v.</i> to involve or require something as necessary, particularly as a consequence of a particular situation or action; to impose a burden or restriction on something |
| 24. un_____hy diet | <i>adj.</i> not conducive to good health; detrimental to physical or mental well-being |
| 25. patient's do__a type | <i>n.</i> a concept in Ayurvedic medicine that refers to a type of bodily humor or energy, believed to determine one's physical and mental characteristics, as well as susceptibility to disease |
| 26. social ant_____ogy | <i>n.</i> the scientific study of humanity, concerned with human behavior, human biology, cultures, societies, and linguistics in both the present and past, including past human species |
| 27. eth_____hy research | <i>n.</i> the study of social groups and cultures, often conducted through observation, interviews, and analysis of primary sources; a written account of such a study |

ANSWERS: 19. pathogen, 20. opportune, 21. prestige, 22. circulate, 23. entail, 24. unhealthy, 25. dosha, 26. anthropology, 27. ethnography

28. vol_____us curves *adj.* having shapely and attractive curves, especially in a woman's figure; characterized by luxury, indulgence, or sensual pleasure; appealing to the senses in a sumptuous or hedonistic way
29. but mo_____er, they work well together *adv.* indicating that what follows is an additional or supplementary point; furthermore; in addition to what has been said before
30. eth_____hy methods *n.* the study of social groups and cultures, often conducted through observation, interviews, and analysis of primary sources; a written account of such a study
31. co_____te data *v.* to blend or fuse two or more things, often with the result of creating confusion or a loss of distinction between them; to mistakenly treat two separate entities as one
32. co_____te ideas *v.* to blend or fuse two or more things, often with the result of creating confusion or a loss of distinction between them; to mistakenly treat two separate entities as one
33. mi_____es sterilizer *n.* a tiny living thing that can only be seen with a microscope and that may cause disease
34. anime fi_____ne *n.* a small ornamental figure, typically made of clay, porcelain, or plastic and often depicting a person or animal

ANSWERS: 28. voluptuous, 29. moreover, 30. ethnography, 31. conflate, 32. conflate, 33. microbe, 34. figurine

35. ho_____ss figure *n.* a device used for measuring time consisting of two glass bulbs, connected by a narrow waist, that contains sand or other granular material which takes a set amount of time to pass from one bulb to the other
36. plant pa_____en *n.* a bacterium, virus, or other microorganism that causes disease
37. de___t a feeling of isolation *v.* to illustrate someone or something in a photograph
38. ob_____ve thoughts *adj.* relating to or characterized by an obsession or excessive interest in a particular thing or activity; tending to dwell on or repeat certain thoughts or behaviors
39. ho_____ss economy *n.* a device used for measuring time consisting of two glass bulbs, connected by a narrow waist, that contains sand or other granular material which takes a set amount of time to pass from one bulb to the other
40. ideological div_____ce *n.* the act or process of separating and moving in different directions; a difference or variance between two or more things or ideas; a deviation from a common or shared path or goal
41. en___l legal consequences *v.* to involve or require something as necessary, particularly as a consequence of a particular situation or action; to impose a burden or restriction on something

ANSWERS: 35. hourglass, 36. pathogen, 37. depict, 38. obsessive, 39. hourglass, 40. divergence, 41. entail

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|--------------------------------------|---|
| 42. chi_____ing capacity | <i>n.</i> the act of giving birth to or bearing a child (or children), often in the context of medical or demographic research or public policy |
| 43. modern ha_____le | <i>n.</i> the way in which a person's hair is cut, styled, or arranged on their head |
| 44. ext_____ty costs | <i>n.</i> a cost or benefit that affects a third party who did not choose to incur that cost or benefit |
| 45. ant_____al tendencies | <i>adj.</i> not wanting to be around or spend time with other people; unwilling or unable to conform to accepted social norms or standards |
| 46. ha_____ze two different opinions | <i>v.</i> to bring into agreement or concord; to make compatible |
| 47. muscle dys_____ia | <i>n.</i> abnormal development or malformations of anatomical structures in plants, animals, or humans; a mental health condition characterized by obsessive concern with one's appearance and a preoccupation with perceived flaws or defects that are not noticeable or are only slight and which often leads to anxiety, depression, and avoidance behaviors |
| 48. ob_____ve-compulsive disorder | <i>adj.</i> relating to or characterized by an obsession or excessive interest in a particular thing or activity; tending to dwell on or repeat certain thoughts or behaviors |

ANSWERS: 42. childbearing, 43. hairstyle, 44. externality, 45. antisocial, 46. harmonize, 47. dysmorphia, 48. obsessive

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|-------------------------------------|---|
| 49. network ext_____ty | <i>n.</i> a cost or benefit that affects a third party who did not choose to incur that cost or benefit |
| 50. gender dys_____ia | <i>n.</i> abnormal development or malformations of anatomical structures in plants, animals, or humans; a mental health condition characterized by obsessive concern with one's appearance and a preoccupation with perceived flaws or defects that are not noticeable or are only slight and which often leads to anxiety, depression, and avoidance behaviors |
| 51. ant_____al personality disorder | <i>adj.</i> not wanting to be around or spend time with other people; unwilling or unable to conform to accepted social norms or standards |
| 52. sheer li_____ne cliffs | <i>n.</i> a sedimentary rock that is composed mainly of calcium carbonate, which is the mineral calcite |
| 53. ort_____ia symptoms | <i>n.</i> an obsession with eating only healthy or "pure" foods, often rooted in a desire to improve overall health or avoid certain ingredients, but which can lead to social isolation, malnutrition, and other negative health consequences; |
| 54. ba_____re spectacularly | <i>v.</i> to have an opposite and undesirable effect to what was intended; to make a sudden noise like an explosion |
| 55. ba_____re big time | <i>v.</i> to have an opposite and undesirable effect to what was intended; to make a sudden noise like an explosion |

ANSWERS: 49. externality, 50. dysmorphia, 51. antisocial, 52. limestone, 53. orthorexia, 54. backfire, 55. backfire

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|---------------------------------|--|
| 56. fi____ne collection | <i>n.</i> a small ornamental figure, typically made of clay, porcelain, or plastic and often depicting a person or animal |
| 57. re____e resource allocation | <i>v.</i> to reinterpret, rephrase, or redefine an issue, situation, or question in a different way |
| 58. qu__r fashion | <i>adj.</i> strange or odd, typically in an interesting or attractive way |
| 59. Ayurvedic do__a | <i>n.</i> a concept in Ayurvedic medicine that refers to a type of bodily humor or energy, believed to determine one's physical and mental characteristics, as well as susceptibility to disease |
| 60. a s__m battle | <i>n.</i> 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 |
| 61. an op____ne remark | <i>adj.</i> suitable or happening at a time that is suitable or convenient for a particular purpose |
| 62. the vi____ty of the company | <i>n.</i> the state of being strong and active; energy |
| 63. qu__r money | <i>adj.</i> strange or odd, typically in an interesting or attractive way |
| 64. vi____ty of youth | <i>n.</i> the state of being strong and active; energy |
| 65. li____ne pavement | <i>n.</i> a sedimentary rock that is composed mainly of calcium carbonate, which is the mineral calcite |

ANSWERS: 56. figurine, 57. reframe, 58. queer, 59. dosha, 60. sham, 61. opportune, 62. vitality, 63. queer, 64. vitality, 65. limestone

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|----------------------------------|---|
| 66. ha_____ze with others | <i>v.</i> to bring into agreement or concord; to make compatible |
| 67. ag_____an society | <i>adj.</i> relating to the cultivation of land or the raising of crops and animals; characterized by a society that relies on agriculture as its primary means of sustenance |
| 68. skin mic_____me | <i>n.</i> the community of microorganisms (= living things too small to be seen) that can usually be found living together in any given environment or the human body |
| 69. un_____hy habit | <i>adj.</i> not conducive to good health; detrimental to physical or mental well-being |
| 70. mo_____er, she decided to go | <i>adv.</i> indicating that what follows is an additional or supplementary point; furthermore; in addition to what has been said before |
| 71. accurate po_____al | <i>n.</i> a representation or depiction of someone or something, especially in art, literature, or drama |
| 72. ag_____an reform | <i>adj.</i> relating to the cultivation of land or the raising of crops and animals; characterized by a society that relies on agriculture as its primary means of sustenance |
| 73. ant_____ogy of religion | <i>n.</i> the scientific study of humanity, concerned with human behavior, human biology, cultures, societies, and linguistics in both the present and past, including past human species |

ANSWERS: 66. harmonize, 67. agrarian, 68. microbiome, 69. unhealthy, 70. moreover, 71. portrayal, 72. agrarian, 73. anthropology

74. social st___a	<i>n.</i> a mark of shame or disgrace associated with a particular circumstance, quality, or person
75. me_____al chemistry	<i>adj.</i> of or relating to the treatment or cure of disease
76. po_____al representation	<i>n.</i> a representation or depiction of someone or something, especially in art, literature, or drama
77. ph___a treatment	<i>n.</i> an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder
78. traditional me_____al	<i>adj.</i> of or relating to the treatment or cure of disease
79. st___a against obesity	<i>n.</i> a mark of shame or disgrace associated with a particular circumstance, quality, or person
80. bob ha_____le	<i>n.</i> the way in which a person's hair is cut, styled, or arranged on their head
81. re_____e problem	<i>v.</i> to reinterpret, rephrase, or redefine an issue, situation, or question in a different way
82. t__g branch	<i>n.</i> a small, thin, flexible branch or shoot of a tree or shrub; a slender, fragile, or delicate object or individual

ANSWERS: 74. stigma, 75. medicinal, 76. portrayal, 77. phobia, 78. medicinal, 79. stigma, 80. hairstyle, 81. reframe, 82. twig

Session 3: Fill in the Blanks

1. 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
2. The Great Pyramid of Giza was built using blocks of _____.
n. a sedimentary rock that is composed mainly of calcium carbonate, which is the mineral calcite
3. The new gym membership has improved his _____ and overall health.
n. the state of being strong and active; energy
4. Regular yoga practice and meditation can help to balance the _____ and promote physical and emotional wellness.
n. a concept in Ayurvedic medicine that refers to a type of bodily humor or energy, believed to determine one's physical and mental characteristics, as well as susceptibility to disease
5. The suspect's _____ behavior and lack of remorse made the judge question their sanity.
adj. not wanting to be around or spend time with other people; unwilling or unable to conform to accepted social norms or standards
6. The job offer _____ a lot of responsibility and hard work.
v. to involve or require something as necessary, particularly as a consequence of a particular situation or action; to impose a burden or restriction on something
7. mRNA vaccines are approved faster because they do not contain inactivated _____.
n. a bacterium, virus, or other microorganism that causes disease

ANSWERS: 1. sham, 2. limestone, 3. vitality, 4. doshas, 5. antisocial, 6. entails, 7. pathogens

8. Body _____ can be a severe mental health condition that requires professional help.
- n.* abnormal development or malformations of anatomical structures in plants, animals, or humans; a mental health condition characterized by obsessive concern with one's appearance and a preoccupation with perceived flaws or defects that are not noticeable or are only slight and which often leads to anxiety, depression, and avoidance behaviors
9. The company is environmentally conscious, and _____ it uses sustainable materials in its products.
- adv.* indicating that what follows is an additional or supplementary point; furthermore; in addition to what has been said before
10. She has a _____ of spiders and always avoids them.
- n.* an extreme or irrational fear of a particular object, person, situation, or activity; a type of anxiety disorder
11. It's important not to _____ two issues when analyzing a complex situation.
- v.* to blend or fuse two or more things, often with the result of creating confusion or a loss of distinction between them; to mistakenly treat two separate entities as one
12. The behavior of the clown at the party was quite _____.
- adj.* strange or odd, typically in an interesting or attractive way
13. His son had accurately _____ the bloom.
- v.* to illustrate someone or something in a photograph
14. The mental health _____ often prevents people from seeking treatment.
- n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person

ANSWERS: 8. dysmorphia, 9. moreover, 10. phobia, 11. conflate, 12. queer, 13. depicted, 14. stigma

15. The actress had a _____ figure that was admired by many.

adj. having shapely and attractive curves, especially in a woman's figure; characterized by luxury, indulgence, or sensual pleasure; appealing to the senses in a sumptuous or hedonistic way

16. Most of the people in the _____ community work in agriculture.

adj. relating to the cultivation of land or the raising of crops and animals; characterized by a society that relies on agriculture as its primary means of sustenance

17. The book is a rich and detailed _____ of the cultural practices of a group of people.

n. the study of social groups and cultures, often conducted through observation, interviews, and analysis of primary sources; a written account of such a study

18. The company's decision to lay off a large number of employees _____ as it led to a decrease in productivity.

v. to have an opposite and undesirable effect to what was intended; to make a sudden noise like an explosion

19. _____ thrive on the surface of the human skin.

n. a tiny living thing that can only be seen with a microscope and that may cause disease

20. My sister got a new _____ for her job interview.

n. the way in which a person's hair is cut, styled, or arranged on their head

21. The areas of _____ and psychology are significantly related to one another.

n. the scientific study of humanity, concerned with human behavior, human biology, cultures, societies, and linguistics in both the present and past, including past human species

ANSWERS: 15. voluptuous, 16. agrarian, 17. ethnography, 18. backfired, 19. Microbes, 20. hairstyle, 21. anthropology

22. Her _____ behavior towards perfectionism often led to burnout.

adj. relating to or characterized by an obsession or excessive interest in a particular thing or activity; tending to dwell on or repeat certain thoughts or behaviors

23. The negative _____ of pollution affects not just the polluter but also people living in the surrounding area.

n. a cost or benefit that affects a third party who did not choose to incur that cost or benefit

24. Critics praised her _____ of the character.

n. a representation or depiction of someone or something, especially in art, literature, or drama

25. We are responsible for the care and _____ of all our employees.

n. the state of being happy and healthy and prosperous

26. The phone rang at the most _____ time.

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

27. Sitting for long hours in front of the computer is considered _____.

adj. not conducive to good health; detrimental to physical or mental well-being

28. The bird perched on a _____ and sang a beautiful melody.

n. a small, thin, flexible branch or shoot of a tree or shrub; a slender, fragile, or delicate object or individual

29. The university has great _____ in the academic community.

n. respect and admiration felt or shown for someone or something based on a perception of their achievements or quality

ANSWERS: 22. obsessive, 23. externality, 24. portrayal, 25. well-being, 26. opportune, 27. unhealthy, 28. twig, 29. prestige

30. The therapist tried to _____ his negative thoughts.

- v.* to reinterpret, rephrase, or redefine an issue, situation, or question in a different way

31. The fan _____ the air in the room quickly.

- v.* to move continuously or freely around a place or closed system

32. The _____ in opinions among the team members led to a delay in completing the project.

- n.* the act or process of separating and moving in different directions; a difference or variance between two or more things or ideas; a deviation from a common or shared path or goal

33. The little puppy was _____ and had a playful personality.

- adj.* deserving or inspiring love and affection

34. My friend gifted me a miniature _____ of my favorite comic book character.

- n.* a small ornamental figure, typically made of clay, porcelain, or plastic and often depicting a person or animal

35. The gut _____ is a major producer of serotonin, which is necessary for human mental stability.

- n.* the community of microorganisms (= living things too small to be seen) that can usually be found living together in any given environment or the human body

36. They fear a _____ of a new type of virus.

- n.* an outbreak of a disease that affects many people over a very wide area

37. The musicians attempted to _____ their voices for the chorus.

- v.* to bring into agreement or concord; to make compatible

ANSWERS: 30. reframe, 31. circulates, 32. divergence, 33. lovable, 34. figurine, 35. microbiome, 36. pandemic, 37. harmonize

38. Many women delay _____ until their careers are established.
- n.* the act of giving birth to or bearing a child (or children), often in the context of medical or demographic research or public policy
39. The _____ properties of this herb have been known to help with various ailments.
- adj.* of or relating to the treatment or cure of disease
40. People with _____ may avoid a wide range of foods, including those considered healthy by most people.
- n.* an obsession with eating only healthy or "pure" foods, often rooted in a desire to improve overall health or avoid certain ingredients, but which can lead to social isolation, malnutrition, and other negative health consequences;
41. The _____ on the table was used to time the cooking of the cookies.
- n.* a device used for measuring time consisting of two glass bulbs, connected by a narrow waist, that contains sand or other granular material which takes a set amount of time to pass from one bulb to the other

ANSWERS: 38. childbearing, 39. medicinal, 40. orthorexia, 41. hourglass