

# Englist.me



## Vocabulary Builder Reference from...

*Olivia Affuso: 3 ways community creates a healthy life*  
| TED Talk

[https://www.ted.com/talks/olivia\\_affuso\\_3\\_ways\\_community\\_creates\\_a\\_healthy\\_life](https://www.ted.com/talks/olivia_affuso_3_ways_community_creates_a_healthy_life)

### All Words

#### IMPORTANT

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## Session 1: Word List

### 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.

### instance

n. a particular example or single occurrence of something

*synonym*: example, sample, illustration

(1) for **instance**, (2) notable **instance**

These articles cite five **instances** of climate change.

### struggle

v. to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

*synonym*: toil, strive, compete

(1) **struggle** against discrimination, (2) **struggle** to get the job

He could not **struggle** against temptation.

### achieve

v. to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or

accomplish something that one has set out to do

*synonym* : accomplish, attain, reach

(1) **achieve** success, (2) **achieve** milestones

I will work hard to **achieve** my goals and realize my dreams.

## 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.

## 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.

## insulin

*n.* a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes

(1) daily **insulin** dose, (2) development of **insulin** resistance

He had an **insulin** shock after drinking large quantities of fruit juices.

## injection

*n.* the act of introducing a liquid, especially a drug, into the body using a needle and a syringe

*synonym* : shot, infusion, dose

(1) fuel **injection**, (2) **injection** needle

He received an **injection** of antibiotics to treat his infection.

## coronavirus

*n.* a large family of viruses that can cause illness in humans and animals, which name comes from the crown-like spikes on the surface of the virus, which can

be seen under a microscope, and COVID-19 is caused by a specific type of coronavirus known as SARS-CoV-2

*synonym* : covid

(1) **coronavirus** antibody test kit, (2) **coronavirus** bankruptcy

Considering the situation of **coronavirus**, organized stopped this year's beer festival.

## 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.

## 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.

## 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**.

## elderly

*adj.* (a polite word for) old

*synonym* : aged, old, senior

(1) a home for the **elderly**, (2) **elderly** woman

The **elderly** woman is quite energetic.

## overnight

*adj.* lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time

*synonym* :

all-night, sudden, immediate

(1) **overnight** parking, (2) **overnight** success

The **overnight** package delivery arrived at my door this morning.

## incoherent

*adj.* expressed or formulated without clarity or logic; lacking cohesion or connection; disjointed or rambling in speech or writing

*synonym*: inconsistent, rambling, unintelligible

(1) **incoherent** speech, (2) **incoherent** thoughts

The speaker's **incoherent** rambling made it difficult for the audience to understand the message.

## unconscious

*adj.* in the state of lacking awareness and the capacity for sensory perception, especially as the result of a head injury or illness

*synonym*: comatose, paralyzed, senseless

(1) **unconscious** bias, (2) a person who is **unconscious**

I know his **unconscious** habit that he touches his face when he lies.

## inject

*v.* to put a liquid such as a drug or other substance into a person's or an animal's body using a needle and syringe (= small tube)

*synonym*: shoot, infiltrate, insinuate

(1) **inject** under the skin, (2) **inject** a personal opinion into a debate

Let's try to **inject** a bit of enthusiasm into your performance.

## giant

*adj.* enormous; much bigger or more important than similar items usually are

*synonym*: big, gigantic, huge

(1) **giant** trees, (2) **giant** tech company

The **giant** jets gradually dominate the world's airlines.

## needle

*n.* a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood

*synonym*: thorn, spike, pin

(1) **needle** prick, (2) sewing **needle**

The acupuncturist inserted **needles** into specific points on my body to alleviate my pain.

## glucagon

*n.* a hormone produced by the pancreas that helps to regulate blood sugar levels by stimulating the liver to convert stored glycogen into glucose

*synonym*: hormone, stimulator, enhancer

(1) **glucagon** hormone, (2) **glucagon** receptor

The doctor prescribed **glucagon** as a treatment for his patient's hypoglycemia.

## boost

*v.* to improve, raise, or increase something

*synonym*: raise, advance, promote

(1) **boost** the economy, (2) **boost** flexibility

The new service helped **boost** net income by 10%.

## calorie

*n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce

(1) **calorie** calculation, (2) reduce my **calorie** intake

It would be best if you burned off **calories** through vigorous exercise.

## terrify

*v.* to frighten someone very much

*synonym*: unnerve, scare, horrify

(1) **terrify** people, (2) the threats **terrify** him

It would be best not to **terrify** your associates into doing complex tasks.

## emergency

*n.* a sudden unforeseen crisis usually involving danger that requires immediate action

*synonym* : crisis, trouble, difficulty

(1) **emergency** action, (2) acute **emergency**

The president declared a state of **emergency**.

## medical

*adj.* relating to the treatment of illness or injuries; relating to the practice of medicine

*synonym* : health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment

The **medical** team worked quickly to save the patient's life.

## treatment

*n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.

*synonym* : remedy, antidote, medicine

(1) first-aid **treatment**, (2) **treatment** by diet

The primary purpose of the **treatment** is pain relief.

## consume

*v.* to spend something, especially fuel, energy, or time, in a large amount

*synonym* : absorb, ingest, use up

(1) **consume** a large of alcohol, (2) **consume** electricity

A smaller car will **consume** less fuel.

## 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.

## norm

*n.* something that is regarded as usual, typical, or standard

*synonym* : criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

## coordinated

*adj.* effectively arranged or organized so that all the parts work smoothly or systematically together

*synonym* : collective, unified, cooperative

(1) in a **coordinated** manner, (2) **coordinated** robot system  
For greater efficiency, our efforts must be better **coordinated**.

## regimen

*n.* a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health

*synonym* : routine, program, schedule

(1) fitness **regimen**, (2) **regimen** of chemotherapy

My doctor prescribed a strict **regimen** of exercise and healthy eating to help me lose weight.

## distance

*n.* the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance

*synonym* : space, gap, span

(1) driving **distance**, (2) social **distance**

The marathon runner covered a long **distance** in a short amount of time.

## complain

*v.* to say dissatisfaction or annoyance about something or somebody

*synonym* : gripe, claim, denounce

(1) **complain** about a job, (2) call and **complain** frequently

Our users are often **complaining** about the slow application.

## nonetheless

*adv.* in spite of what has just been said or done; nevertheless

*synonym* : nevertheless, regardless, still

(1) we are **nonetheless** confident, (2) love him

**nonetheless**

They each choose **nonetheless** to battle.

## grateful

*adj.* feeling or showing an appreciation of kindness; thankful

*synonym* : thankful, appreciative, indebted

(1) a **grateful** breeze, (2) put a **grateful** expression

She was **grateful** for the help he provided.

- fan** *n.* a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces  
*synonym* : lover, devotee, blade  
(1) a film **fan**, (2) engine cooling **fan**  
I'm a big **fan** of French food.
- streak** *n.* a long, narrow mark or band, typically one of a different color or texture from the surrounding surface; a brief period or run of success, luck, or behavior; a consistent pattern of behavior or a distinguishing characteristic of an individual  
*synonym* : strip, band, dash  
(1) **streak** of luck, (2) gold **streak**  
He had a **streak** of stubbornness that made him difficult to work with.
- motivate** *v.* to make someone want to do something, especially something that requires tremendous work and effort  
*synonym* : boost, encourage, inspire  
(1) **motivate** the students, (2) all ability to **motivate**  
The ability to **motivate** people is a priceless asset.
- lockdown** *n.* an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19  
(1) go on **lockdown**, (2) **lockdown** area  
The country's prime minister has decided to implement a nationwide **lockdown** measure.
- stationary** *adj.* not moving or not capable of being changed  
*synonym* : fixed, immobile, changeless  
(1) remain **stationary**, (2) **stationary** bike  
**Stationary** vehicles in traffic jams produce a tremendous amount of pollution.



## arrangement

*n.* a plan or preparation for the future event; the action or process of placing things in a particular order

*synonym*: placement, configuration, account

(1) **arrangement** of the furniture, (2) **arrangement** committee

As a first **arrangement**, we agreed to meet the following Friday.

## environment

*n.* the natural world such as air, water, and land in which humans, animals, and plants live

*synonym*: atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

## individual

*n.* a single person or thing, as distinct from a group

*synonym*: person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

## extent

*n.* the point or degree or area to which something extends

*synonym*: amount, degree, intensity

(1) certain **extent**, (2) the **extent** of the damage

I was amazed at the **extent** of her generosity.

## engage

*v.* to attract and keep someone's attention and interest; to participate in or obtain services of something

*synonym*: confront, employ, amuse

(1) **engage** in environmental protection activities,

(2) **engage** a new employee

Many multinational companies are **engaged** in the reconstruction of that country.

## obesogen

*n.* a chemical or substance that is believed to contribute to the development of obesity by disrupting or altering the

body's normal metabolic functions

*synonym* : fat-producing substance, obesifier

(1) **obesogen** chemical, (2) **obesogen** exposure

The presence of **obesogens** in the environment has been linked to the rising rates of obesity and other health issues.

## perpetual

*adj.* continuing for an extended period in the same way without stopping or being interrupted

*synonym* : enduring, unchanging, incessant

(1) **perpetual** motion machine, (2) **perpetual** struggle

The company employs a **perpetual** inventory system.

## gear

*n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose

*synonym* : equipment, tools, apparatus

(1) sports **gear**, (2) a **gear** change lever

She checked her **gear** before embarking on the hike.

## obesity

*n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.

*synonym* : overweight, corpulence, fattiness

(1) **obesity-related** diseases, (2) suffer from **obesity**

The prevalence of **obesity** has increased significantly in recent years.

## responsible

*adj.* answerable or accountable for something within one's power, control, or management

*synonym* : accountable, answerable, liable

(1) **responsible** action, (2) **responsible** for a customer service

She's a **responsible** pet owner who ensures her dog gets enough exercise and a healthy diet.

## blame

*v.* to think or say that someone or something did something wrong or is responsible for something bad

*synonym* : condemn, rebuke, find fault with

(1) **blame** circumstances for the failure, (2) **blame** the lack of knowledge

We **blamed** our impeded progress on lack of money.

## overweight

*adj.* weighing more than is considered normal, desirable, or healthy for a particular height and build

*synonym* : heavy, obese, fat

(1) dangerously **overweight**, (2) an **overweight** patient

The doctor advised him to lose weight and maintain a healthy diet to avoid becoming **overweight**.

## grocery

*n.* a shop that sells food and other household items

*synonym* : foodstuff, market

(1) the **grocery** business, (2) run a **grocery**

I will go to the **grocery** store to buy food for dinner.

## afford

*v.* to have enough money or time to be able to buy or do something

(1) **afford** to buy a new car, (2) **afford** a high travel cost

He cannot **afford** a holiday.

## abundance

*n.* a significant amount of something; the situation in which there is too much of something

*synonym* : plenty, affluence, plentitude

(1) an age of **abundance**, (2) an **abundance** of examples

A healthy farm provides an **abundance** of food.

## 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.

## yell

*v.* to shout in a sudden and loud way

*synonym*: shout, scream, cry

(1) **yell** for help, (2) **yell** as loud as we can

When I asked my father for more money, he became furious and **yelled** at me.

## genetic

*adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes

*synonym*: hereditary, genetical, inborn

(1) have **genetic** testing, (2) a **genetic** disorder

Understanding protein folding is a vital step in deciphering the **genetic** code.

## propensity

*n.* a natural inclination, preference, or tendency toward a particular activity, behavior, or opinion

*synonym*: tendency, inclination, disposition

(1) **propensity** for violence, (2) **propensity** to procrastinate

His **propensity** for lying caused him to lose many friends.

## excessive

*adj.* greater than what seems necessary, normal, or desirable

*synonym*: unreasonable, exorbitant, inflated

(1) an **excessive** force, (2) take **excessive** care

It would be best if you did not demand such an **excessive** charge.

## maintenance

*n.* the act or process of keeping something, either artificial materials or living things, in good condition; the money needed for a person's or family's living expenses

*synonym*: care, perpetuation, support

(1) the **maintenance** of the car, (2) **maintenance** work

We have decided to extend our **maintenance** contract until next year.

## attain

v. to achieve or reach a goal or level of success

*synonym*: accomplish, achieve, reach

(1) **attain** success, (2) **attain** a complete victory

She is determined to **attain** her degree in computer science.

## outcome

n. the result or effect of an action, event, etc.

*synonym*: result, consequence, effect

(1) improved student **outcomes**, (2) a desirable **outcome**

They awaited news of the **outcome** of the election.

## context

n. the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning

*synonym*: background, setting, environment

(1) historical **context**, (2) legal **context**

It's important to understand the **context** of a situation before making a decision.

## optimize

v. to make the best or most effective use of something

*synonym*: advance, amend, improve

(1) **optimize** a process, (2) **optimize** control for cooling

The essence of economics is to **optimize** the allocation of limited resources.

## policy

n. a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective

*synonym*: strategy, plan, guideline

(1) health **policy**, (2) foreign **policy**

The company's new **policy** on remote work has made it a more inclusive workplace.

## mention

v. to speak or write about something or someone briefly

*synonym*: reference, allude, cite

(1) **mention** name, (2) **mention** in a report

I **mentioned** to him that I had seen his sister at the grocery store earlier that day.

## schedule

*n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

*synonym* : agenda, program, itinerary

(1) a heavy **schedule**, (2) arrange my **schedule**

So far, the meeting is going according to **schedule**.

## wage

*n.* a particular amount of money that somebody earns, usually every week or every month, for work or services

*synonym* : payment, compensation, salary

(1) unpaid **wages**, (2) increase in the minimum **wage**

His **wages** continued to rise as his skills improved.

## avail

*v.* to help or benefit; to use or take advantage of

*synonym* : help, benefit, serve

(1) **avail** you little, (2) **avail** ourselves of this opportunity

Their financing options are reasonable and easy to **avail**.

## affordable

*adj.* not expensive and able to pay

*synonym* : cheap, reasonable, inexpensive

(1) **affordable** housing, (2) **affordable** solution

The automaker has been providing **affordable** car financing options since last year.

## communal

*adj.* belonging to or used by a group rather than individuals; for common use

*synonym* : collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

**Communal** elections were held in several European countries.

## hike

*n.* a long walk or journey, especially for pleasure or exercise; an increase in cost

*synonym* : walk, trek, excursion

(1) go on a **hike**, (2) a **hike** in prices

The family decided to **hike** in the mountains to enjoy the beautiful scenery.

## inviting

*adj.* having an attractive or tempting quality that draws people in; encouraging or alluring in a way that makes people want to take part or participate

*synonym* : attractive, tempting, alluring

(1) **inviting** scent, (2) **inviting** atmosphere

The **inviting** aroma of freshly baked bread drew me into the bakery.

## luxury

*n.* a state of great comfort or sophistication, mainly provided by expensive and beautiful things

*synonym* : extravagance, indulgence, opulence

(1) get into the **luxury** car market, (2) **luxury** hotel

His anti- **luxury** practices were quite strict.

## essential

*adj.* indispensable; fundamental

*synonym* : critical, crucial, basic

(1) **essential** amino acid, (2) **essential** commodities of life

Trial and error is an **essential** part of education.

## meantime

*n.* the interval or period of time between two events; the interim or temporary time period between two actions or stages of something else

*synonym* : interim, meanwhile, lag

(1) **meantime** report, (2) for the **meantime**

In the **meantime**, while we wait for the results, let's start working on the next project.

## nation

*n.* a large organized community of people living in a particular country or region and having a particular culture

*synonym*: country, state, sovereign entity

(1) **nation-state**, (2) a seafaring **nation**

The **nation** of Japan is known for its unique culture and advanced technology.

## government

*n.* the group of people with authority to control a country or state

*synonym*: administration, regime, state

(1) **government** bureaucracy, (2) **government** funding

The federal **government** is planning to increase taxes for the next fiscal year.

## facilitate

*v.* to make something easier or more likely to happen

*synonym*: aid, assist, help

(1) **facilitate** a smooth transition, (2) **facilitate** the process

The company implemented a new software system to **facilitate** employee communication and collaboration.

## associate

*v.* to mentally connect someone or something with someone or something else

*synonym*: tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

## buffer

*n.* a device, material, or person that reduces the impact or effect of an external force or provides protection against harm or damage

*synonym*: cushion, shield, insulation

(1) a **buffer** between the quarreling parents, (2) use a **buffer** to reduce noise

Using a password manager can act as a **buffer** against hackers who try to steal your personal information.

## negative

*adj.* having the quality of something bad or harmful; expressing refusal

*synonym*:



minus, adverse, pessimistic

(1) have a **negative** effect, (2) a **negative** number

The movie has received almost universally **negative** criticism.

## cohesive

*adj.* causing cohesion; bringing people or things together

*synonym*: sticky, close-knit, well-integrated

(1) **cohesive** ability, (2) highly **cohesive** group

He skillfully combines these fragments into a **cohesive** whole.

## isolate

*v.* to physically or socially separate someone or something from other people or things

*synonym*: separate, sequester, insulate

(1) **isolate** a compound, (2) **isolate** a patient

You should not **isolate** them from the community.

## relate

*v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

*synonym*: connect, link, associate

(1) **relate** a story, (2) **relate** a message

He tried to **relate** his experience to the group, but they couldn't understand.

## promote

*v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank

*synonym*: boost, raise, advertise

(1) **promote** a better relationship, (2) **promote** bad behavior

The government should do more to **promote** sustainable agribusiness.

## 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.

## systemic

*adj.* affecting or related to the whole of something, especially the human body or a society

(1) the **systemic** arteries, (2) **systemic** reforms of the organization

This vaccine causes mild **systemic** side effects.

## observe

*v.* to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion

*synonym*: watch, monitor, scrutinize

(1) **observe** a tradition, (2) **observe** wildlife

It is important to **observe** safety procedures in the workplace to prevent accidents.

## strategy

*n.* a detailed plan of action designed to achieve a long-term or overall goal.

*synonym*: approach, procedure, scenario

(1) military **strategy**, (2) develop a **strategy**

Our plan includes a comprehensive marketing **strategy**.

## navigate

*v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map

*synonym*: guide, helm, voyage

(1) **navigate** the Pacific, (2) **navigate** through a document

Our knowledge helps **navigate** our clients successfully.

## align

*v.* to put or arrange two or more things in a straight line or to form a straight line

*synonym*: coordinate, regulate, adjust

(1) **align** the economic interest of each other, (2) **align** with a historical trend

Both parties are now entirely ideologically **aligned**.

## examine

*v.* to study or consider a person or object attentively and thoroughly to learn something about them

*synonym*: study, probe, analyze

(1) **examine** the data studiously, (2) **examine** the issue  
Initially, we must **examine** all project-related expenses.

## prevalence

*n.* the state or condition of being widespread or common; the extent or frequency of occurrence of a disease or condition in a given population at a specific time

*synonym*: preponderance, currency, frequency

(1) **prevalence** rate, (2) high **prevalence** of a diabetes  
The **prevalence** of allergies has increased in recent years.

## disproportionately

*adv.* in a way that is not reasonably or appropriately balanced, equal, or distributed; in a manner that is unequal or excessive about something else

*synonym*: excessively, unequally

(1) **disproportionately** affected, (2) **disproportionately** high

The rich can often **disproportionately** benefit from tax breaks and other advantages.

## statistics

*n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

(1) **statistics** for cancer, (2) official **statistics**

The **statistics** demonstrate that poverty and unemployment are genuine problems.

## aspect

*n.* one part or feature of a situation, problem, subject, etc.

*synonym*: characteristic, element, factor

(1) nontechnical **aspects** of the job, (2) **aspects** of social, political, and economic life

His professional experience includes all **aspects** of media production.

## companion

*n.* a person or an animal with whom you spend a lot of time, or you travel

*synonym*: affiliate, fellow, mate

(1) a working **companion**, (2) drinking **companions**

Her dog is her excellent **companion**.

## motivation

*n.* the reason or enthusiasm for acting or behaving in a particular way

*synonym*: inspiration, incentive, reason

(1) understand his **motivation**, (2) **motivation** for a change

A significant amount of **motivation** is required to be a teacher.

## participate

*v.* to take part in something

*synonym*: take part, partake, enter

(1) **participate** fully in conversation, (2) **participate** in the program

The majority of students actively **participated** in the college's intramural sports program.

## bug

*n.* any tiny insect; a fault or defect in a computer program, system, or machine

*synonym*: insect, bacterium, microbe

(1) **bug** bites, (2) number of **bug** fixes

I found a stink **bug** crawling across the ceiling.

## encourage

*v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

*synonym*: facilitate, persuade, stimulate

(1) **encourage** a sense of affinity, (2) **encourage** antisocial behavior

They **encouraged** customers with a premium for loyal patronage.

## involve

v. to include or affect someone or something as a necessary part of something else

*synonym*: implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

## like-minded

*adj.* having the same ideas or interests

*synonym*: simpatico, kindred-spirited, compatible

(1) find a **like-minded** friend, (2) **like-minded** group

They formed a group of **like-minded** individuals who shared a common goal.

## conduct

v. to organize and carry out a particular activity

*synonym*: behave, lead, carry on

(1) **conduct** a background check, (2) **conduct** research

Police will **conduct** random breath testing for drunk driving.

## strengthen

v. to become stronger or more effective; to make someone or something stronger or more effective

*synonym*: reinforce, harden, boost

(1) **strengthen** the immune system, (2) **strengthen** a border patrol

Difficulties **strengthen** the mind, as labor does the body.

## sustain

v. to supply enough of what somebody or something needs to survive or exist; to accept as valid

*synonym*: maintain, nurture, support

(1) **sustain** a good relationship with him, (2) **sustain** a wellness lifestyle

She struggled to **sustain** the children's reading habits.

## tribe

n. a social group made up of members who live together, sharing the same language, culture, religion, etc., especially those who do not live in towns or cities

*synonym*: family, clan, kinsfolk

(1) aboriginal **tribe**, (2) mountain **tribe**

The **tribe** had distinctly defined gender roles.

### **realistic**

*adj.* having or showing a sensible and practical idea that is possible to achieve

*synonym* : practical, pragmatic, down-to-earth

(1) a **realistic** goal, (2) a **realistic** goal

That story was so **realistic**, and it was scary.

### **celebrate**

*v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity

*synonym* : praise, glorify, honor

(1) **celebrate** his election, (2) **celebrate** Christmas

He **celebrated** the 10th anniversary of his tenure.

### **uplift**

*n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits

*synonym* : upthrust, upheaval, (verb) raise

(1) **uplift** mountains, (2) **uplift** my spirit

The **uplift** in the stock market has been a relief to investors.

### **progression**

*n.* the act or process of changing to the next stage or phase or moving forward

*synonym* : advancement, development, evolution

(1) **progression** of civilization, (2) **progression** of disease

The company has made great strides in its **progression** toward sustainability.

## Session 2: Spelling

1. co\_\_\_\_\_e a large of alcohol  
*v.* to spend something, especially fuel, energy, or time, in a large amount
2. gov\_\_\_\_\_nt funding  
*n.* the group of people with authority to control a country or state
3. military st\_\_\_\_\_gy  
*n.* a detailed plan of action designed to achieve a long-term or overall goal.
4. an age of ab\_\_\_\_\_ce  
*n.* a significant amount of something; the situation in which there is too much of something
5. ob\_\_\_\_\_e a tradition  
*v.* to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion
6. inc\_\_\_\_\_nt speech  
*adj.* expressed or formulated without clarity or logic; lacking cohesion or connection; disjointed or rambling in speech or writing
7. mo\_\_\_\_\_te the students  
*v.* to make someone want to do something, especially something that requires tremendous work and effort
8. call and co\_\_\_\_\_in frequently  
*v.* to say dissatisfaction or annoyance about something or somebody
9. a h\_\_e in prices  
*n.* a long walk or journey, especially for pleasure or exercise; an increase in cost

ANSWERS: 1. consume, 2. government, 3. strategy, 4. abundance, 5. observe, 6. incoherent, 7. motivate, 8. complain, 9. hike

- |                                   |   |
|-----------------------------------|---|
| 10. develop a st____gy            | <i>n.</i> a detailed plan of action designed to achieve a long-term or overall goal.  |
| 11. a g__r change lever           | <i>n.</i> a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose   |
| 12. pro____ty for violence        | <i>n.</i> a natural inclination, preference, or tendency toward a particular activity, behavior, or opinion   |
| 13. en____ge a sense of affinity  | <i>v.</i> to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do   |
| 14. cor____us bankruptcy          | <i>n.</i> a large family of viruses that can cause illness in humans and animals, which name comes from the crown-like spikes on the surface of the virus, which can be seen under a microscope, and COVID-19 is caused by a specific type of coronavirus known as SARS-CoV-2 |
| 15. official sta____cs            | <i>n.</i> the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data   |
| 16. in____e a high degree of risk | <i>v.</i> to include or affect someone or something as a necessary part of something else   |
| 17. na____te through a document   | <i>v.</i> to plan and direct the way that a ship, plane, etc. will travel, often by using a map   |

ANSWERS: 10. strategy, 11. gear, 12. propensity, 13. encourage, 14. coronavirus, 15. statistics, 16. involve, 17. navigate



18. for in\_\_\_\_ce *n.* a particular example or single occurrence of something
19. 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
20. take ex\_\_\_\_ve care *adj.* greater than what seems necessary, normal, or desirable
21. st\_\_\_k of luck *n.* a long, narrow mark or band, typically one of a different color or texture from the surrounding surface; a brief period or run of success, luck, or behavior; a consistent pattern of behavior or a distinguishing characteristic of an individual
22. sy\_\_\_\_ic reforms of the organization *adj.* affecting or related to the whole of something, especially the human body or a society
23. highly co\_\_\_\_ve group *adj.* causing cohesion; bringing people or things together
24. bl\_\_e circumstances for the failure *v.* to think or say that someone or something did something wrong or is responsible for something bad
25. gl\_\_\_\_on hormone *n.* a hormone produced by the pancreas that helps to regulate blood sugar levels by stimulating the liver to convert stored glycogen into glucose
26. love him non\_\_\_\_ss *adv.* in spite of what has just been said or done; nevertheless
27. al\_\_n the economic interest of each other *v.* to put or arrange two or more things in a straight line or to form a straight line

ANSWERS: 18. instance, 19. maintain, 20. excessive, 21. streak, 22. systemic, 23. cohesive, 24. blame, 25. glucagon, 26. nonetheless, 27. align

28. pro\_\_\_\_\_ty to procrastinate *n.* a natural inclination, preference, or tendency toward a particular activity, behavior, or opinion
29. for the me\_\_\_\_\_me *n.* the interval or period of time between two events; the interim or temporary time period between two actions or stages of something else
30. me\_\_\_\_\_n in a report *v.* to speak or write about something or someone briefly
31. arrange my sc\_\_\_\_\_le *n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done
32. put a gr\_\_\_\_\_ul expression *adj.* feeling or showing an appreciation of kindness; thankful
33. fac\_\_\_\_\_te the process *v.* to make something easier or more likely to happen
34. notable in\_\_\_\_\_ce *n.* a particular example or single occurrence of something
35. mot\_\_\_\_\_on for a change *n.* the reason or enthusiasm for acting or behaving in a particular way
36. in a coo\_\_\_\_\_ed manner *adj.* effectively arranged or organized so that all the parts work smoothly or systematically together
37. a person who is unc\_\_\_\_\_us *adj.* in the state of lacking awareness and the capacity for sensory perception, especially as the result of a head injury or illness
38. ind\_\_\_\_\_al freedom *n.* a single person or thing, as distinct from a group

ANSWERS: 28. propensity, 29. meantime, 30. mention, 31. schedule, 32. grateful, 33. facilitate, 34. instance, 35. motivation, 36. coordinated, 37. unconscious, 38. individual



48. b\_g bites *n.* any tiny insect; a fault or defect in a computer program, system, or machine
49. str\_\_\_\_\_en a border patrol *v.* to become stronger or more effective; to make someone or something stronger or more effective
50. gi\_\_t trees *adj.* enormous; much bigger or more important than similar items usually are
51. dis\_\_\_\_\_ely affected *adv.* in a way that is not reasonably or appropriately balanced, equal, or distributed; in a manner that is unequal or excessive about something else
52. pe\_\_\_\_\_al motion machine *adj.* continuing for an extended period in the same way without stopping or being interrupted
53. ex\_\_\_\_\_e the data studiously *v.* to study or consider a person or object attentively and thoroughly to learn something about them
54. is\_\_\_\_\_e a compound *v.* to physically or socially separate someone or something from other people or things
55. ob\_\_\_\_\_y-related diseases *n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
56. 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
57. driving di\_\_\_\_\_ce *n.* the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance

ANSWERS: 48. bug, 49. strengthen, 50. giant, 51. disproportionately, 52. perpetual, 53. examine, 54. isolate, 55. obesity, 56. diet, 57. distance

58. re\_\_\_\_\_n of chemotherapy *n.* a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health
59. ce\_\_\_\_\_te his election *v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
60. find a lik\_\_\_\_\_ed friend *adj.* having the same ideas or interests
61. 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
62. a sense of wel\_\_\_\_\_ng *n.* the state of being happy and healthy and prosperous
63. mountain tr\_\_e *n.* a social group made up of members who live together, sharing the same language, culture, religion, etc., especially those who do not live in towns or cities
64. st\_\_\_\_\_le to get the job *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
65. up\_\_\_t my spirit *n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits
66. co\_\_\_\_\_ve ability *adj.* causing cohesion; bringing people or things together
67. gold st\_\_\_k *n.* a long, narrow mark or band, typically one of a different color or texture from the surrounding surface; a brief period or run of success, luck, or behavior; a consistent pattern of behavior or a distinguishing characteristic of an individual

ANSWERS: 58. regimen, 59. celebrate, 60. like-minded, 61. maintain, 62. well-being, 63. tribe, 64. struggle, 65. uplift, 66. cohesive, 67. streak

68. co\_\_\_\_al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
69. cor\_\_\_\_us antibody test kit *n.* a large family of viruses that can cause illness in humans and animals, which name comes from the crown-like spikes on the surface of the virus, which can be seen under a microscope, and COVID-19 is caused by a specific type of coronavirus known as SARS-CoV-2
70. ce\_\_\_\_te Christmas *v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
71. we are non\_\_\_\_ss confident *adv.* in spite of what has just been said or done; nevertheless
72. nontechnical as\_\_\_\_ts of the job *n.* one part or feature of a situation, problem, subject, etc.
73. 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
74. ca\_\_\_\_e calculation *n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
75. ov\_\_\_\_ht parking *adj.* lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time

ANSWERS: 68. communal, 69. coronavirus, 70. celebrate, 71. nonetheless, 72. aspect, 73. hormone, 74. calorie, 75. overnight

76. as\_\_\_ts of social, political, and economic life *n.* one part or feature of a situation, problem, subject, etc.
77. pe\_\_\_\_\_al struggle *adj.* continuing for an extended period in the same way without stopping or being interrupted
78. co\_\_\_\_\_t a background check *v.* to organize and carry out a particular activity
79. certain ex\_\_\_t *n.* the point or degree or area to which something extends
80. as\_\_\_\_\_te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
81. sports g\_\_r *n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose
82. na\_\_\_\_\_te the Pacific *v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map
83. fuel in\_\_\_\_\_on *n.* the act of introducing a liquid, especially a drug, into the body using a needle and a syringe
84. co\_\_\_\_\_al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
85. op\_\_\_\_\_ze control for cooling *v.* to make the best or most effective use of something
86. ob\_\_\_\_\_e wildlife *v.* to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion

ANSWERS: 76. aspect, 77. perpetual, 78. conduct, 79. extent, 80. associate, 81. gear, 82. navigate, 83. injection, 84. communal, 85. optimize, 86. observe

87. a ne\_\_\_\_ve number *adj.* having the quality of something bad or harmful; expressing refusal
88. a bu\_\_\_\_r between the quarreling parents *n.* a device, material, or person that reduces the impact or effect of an external force or provides protection against harm or damage
89. en\_\_\_\_e a new employee *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
90. gov\_\_\_\_nt bureaucracy *n.* the group of people with authority to control a country or state
91. suffer from ob\_\_\_\_y *n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
92. the sy\_\_\_\_ic arteries *adj.* affecting or related to the whole of something, especially the human body or a society
93. te\_\_\_\_y people *v.* to frighten someone very much
94. dis\_\_\_\_\_ely high *adv.* in a way that is not reasonably or appropriately balanced, equal, or distributed; in a manner that is unequal or excessive about something else
95. as\_\_\_\_te with people widely *v.* to mentally connect someone or something with someone or something else
96. in\_\_\_\_t a personal opinion into a debate *v.* to put a liquid such as a drug or other substance into a person's or an animal's body using a needle and syringe (= small tube)

ANSWERS: 87. negative, 88. buffer, 89. engage, 90. government, 91. obesity, 92. systemic, 93. terrify, 94. disproportionately, 95. associate, 96. inject



97. inc\_\_\_\_\_nt thoughts *adj.* expressed or formulated without clarity or logic; lacking cohesion or connection; disjointed or rambling in speech or writing
98. historical co\_\_\_\_\_t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
99. sta\_\_\_\_\_ry bike *adj.* not moving or not capable of being changed
100. the wel\_\_\_\_\_ng of a nation *n.* the state of being happy and healthy and prosperous
101. en\_\_\_\_\_ge antisocial behavior *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
102. engine cooling f\_n *n.* a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces
103. have a ne\_\_\_\_\_ve effect *adj.* having the quality of something bad or harmful; expressing refusal
104. a desirable ou\_\_\_\_\_e *n.* the result or effect of an action, event, etc.
105. y\_\_l as loud as we can *v.* to shout in a sudden and loud way
106. a gr\_\_\_\_\_ul breeze *adj.* feeling or showing an appreciation of kindness; thankful
107. run a gr\_\_\_\_\_y *n.* a shop that sells food and other household items

ANSWERS: 97. incoherent, 98. context, 99. stationary, 100. well-being, 101. encourage, 102. fan, 103. negative, 104. outcome, 105. yell, 106. grateful, 107. grocery

108. di\_\_\_\_y supplement *adj.* relating to or affecting the way that a person eats or the specific foods that they consume
109. gi\_\_t tech company *adj.* enormous; much bigger or more important than similar items usually are
110. af\_\_\_\_d to buy a new car *v.* to have enough money or time to be able to buy or do something
111. ob\_\_\_\_en exposure *n.* a chemical or substance that is believed to contribute to the development of obesity by disrupting or altering the body's normal metabolic functions
112. na\_\_\_\_n-state *n.* a large organized community of people living in a particular country or region and having a particular culture
113. improved student ou\_\_\_\_es *n.* the result or effect of an action, event, etc.
114. av\_\_l you little *v.* to help or benefit; to use or take advantage of
115. ob\_\_\_\_en chemical *n.* a chemical or substance that is believed to contribute to the development of obesity by disrupting or altering the body's normal metabolic functions
116. 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
117. pr\_\_\_\_e bad behavior *v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank

ANSWERS: 108. dietary, 109. giant, 110. afford, 111. obesogen, 112. nation, 113. outcome, 114. avail, 115. obesogen, 116. intake, 117. promote

118. res\_\_\_\_\_le action *adj.* answerable or accountable for something within one's power, control, or management
119. up\_\_\_t mountains *n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits
120. bl\_\_e the lack of knowledge *v.* to think or say that someone or something did something wrong or is responsible for something bad
121. acute em\_\_\_\_\_cy *n.* a sudden unforeseen crisis usually involving danger that requires immediate action
122. development of in\_\_\_\_\_n resistance *n.* a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes
123. at\_\_\_n a complete victory *v.* to achieve or reach a goal or level of success
124. in\_\_\_\_\_ng atmosphere *adj.* having an attractive or tempting quality that draws people in; encouraging or alluring in a way that makes people want to take part or participate
125. in\_\_\_\_\_on needle *n.* the act of introducing a liquid, especially a drug, into the body using a needle and a syringe
126. increase in the minimum w\_\_\_e *n.* a particular amount of money that somebody earns, usually every week or every month, for work or services
127. pre\_\_\_\_\_ce rate *n.* the state or condition of being widespread or common; the extent or frequency of occurrence of a disease or condition in a given population at a specific time

ANSWERS: 118. responsible, 119. uplift, 120. blame, 121. emergency, 122. insulin, 123. attain, 124. inviting, 125. injection, 126. wage, 127. prevalence

128. op\_\_\_\_\_ze a process      *v.* to make the best or most effective use of something
129. unc\_\_\_\_\_us bias      *adj.* in the state of lacking awareness and the capacity for sensory perception, especially as the result of a head injury or illness
130. flu pa\_\_\_\_\_ic      *n.* an outbreak of a disease that affects many people over a very wide area
131. daily in\_\_\_\_\_n dose      *n.* a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes
132. n\_\_m of action      *n.* something that is regarded as usual, typical, or standard
133. the mai\_\_\_\_\_ce of the car      *n.* the act or process of keeping something, either artificial materials or living things, in good condition; the money needed for a person's or family's living expenses
134. an ex\_\_\_\_\_ve force      *adj.* greater than what seems necessary, normal, or desirable
135. lo\_\_\_\_\_wn area      *n.* an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19
136. an ab\_\_\_\_\_ce of examples      *n.* a significant amount of something; the situation in which there is too much of something
137. sta\_\_\_\_\_cs for cancer      *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

ANSWERS: 128. optimize, 129. unconscious, 130. pandemic, 131. insulin, 132. norm, 133. maintenance, 134. excessive, 135. lockdown, 136. abundance, 137. statistics

138. a heavy sc\_\_\_\_\_le *n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done
139. a ge\_\_\_\_\_c disorder *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
140. global pa\_\_\_\_\_ic *n.* an outbreak of a disease that affects many people over a very wide area
141. es\_\_\_\_\_al commodities of life *adj.* indispensable; fundamental
142. str\_\_\_\_\_en the immune system *v.* to become stronger or more effective; to make someone or something stronger or more effective
143. me\_\_\_\_\_me report *n.* the interval or period of time between two events; the interim or temporary time period between two actions or stages of something else
144. in\_\_\_\_\_e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
145. af\_\_\_\_d a high travel cost *v.* to have enough money or time to be able to buy or do something
146. remain sta\_\_\_\_\_ry *adj.* not moving or not capable of being changed
147. get into the lu\_\_\_\_y car market *n.* a state of great comfort or sophistication, mainly provided by expensive and beautiful things
148. tr\_\_\_\_\_nt by diet *n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.

ANSWERS: 138. schedule, 139. genetic, 140. pandemic, 141. essential, 142. strengthen, 143. meantime, 144. involve, 145. afford, 146. stationary, 147. luxury, 148. treatment

149. use a bu\_\_\_r to reduce noise      *n.* a device, material, or person that reduces the impact or effect of an external force or provides protection against harm or damage
150. go on a h\_\_\_e      *n.* a long walk or journey, especially for pleasure or exercise; an increase in cost
151. bo\_\_\_t the economy      *v.* to improve, raise, or increase something
152. at\_\_\_n success      *v.* to achieve or reach a goal or level of success
153. co\_\_\_\_\_e electricity      *v.* to spend something, especially fuel, energy, or time, in a large amount
154. es\_\_\_\_\_al amino acid      *adj.* indispensable; fundamental
155. co\_\_\_\_\_t research      *v.* to organize and carry out a particular activity
156. first-aid tr\_\_\_\_\_nt      *n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
157. unpaid w\_\_\_es      *n.* a particular amount of money that somebody earns, usually every week or every month, for work or services
158. drinking co\_\_\_\_\_ons      *n.* a person or an animal with whom you spend a lot of time, or you travel
159. sewing ne\_\_\_e      *n.* a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood

ANSWERS: 149. buffer, 150. hike, 151. boost, 152. attain, 153. consume, 154. essential, 155. conduct, 156. treatment, 157. wage, 158. companion, 159. needle

160. a private ind\_\_\_\_\_al *n.* a single person or thing, as distinct from a group
161. el\_\_\_\_\_y woman *adj.* (a polite word for) old
162. ac\_\_\_\_\_e success *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
163. ac\_\_\_\_\_e milestones *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
164. par\_\_\_\_\_te fully in conversation *v.* to take part in something
165. legal co\_\_\_\_\_t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
166. a film f\_n *n.* a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces
167. re\_\_\_\_\_e a story *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
168. a seafaring na\_\_\_\_\_n *n.* a large organized community of people living in a particular country or region and having a particular culture
169. ov\_\_\_\_\_ht success *adj.* lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time

ANSWERS: 160. individual, 161. elderly, 162. achieve, 163. achieve, 164. participate, 165. context, 166. fan, 167. relate, 168. nation, 169. overnight

170. number of b\_g fixes *n.* any tiny insect; a fault or defect in a computer program, system, or machine
171. mai\_\_\_\_\_ce work *n.* the act or process of keeping something, either artificial materials or living things, in good condition; the money needed for a person's or family's living expenses
172. arr\_\_\_\_\_nt committee *n.* a plan or preparation for the future event; the action or process of placing things in a particular order
173. a re\_\_\_\_\_ic goal *adj.* having or showing a sensible and practical idea that is possible to achieve
174. a working co\_\_\_\_\_on *n.* a person or an animal with whom you spend a lot of time, or you travel
175. co\_\_\_\_\_in about a job *v.* to say dissatisfaction or annoyance about something or somebody
176. gl\_\_\_\_\_on receptor *n.* a hormone produced by the pancreas that helps to regulate blood sugar levels by stimulating the liver to convert stored glycogen into glucose
177. su\_\_\_\_\_n a good relationship with him *v.* to supply enough of what somebody or something needs to survive or exist; to accept as valid
178. bo\_\_t flexibility *v.* to improve, raise, or increase something
179. health po\_\_\_\_y *n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective

ANSWERS: 170. bug, 171. maintenance, 172. arrangement, 173. realistic, 174. companion, 175. complain, 176. glucagon, 177. sustain, 178. boost, 179. policy



180. env\_\_\_\_\_nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
181. par\_\_\_\_\_te in the program *v.* to take part in something
182. a me\_\_\_\_\_l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
183. coo\_\_\_\_\_ed robot system *adj.* effectively arranged or organized so that all the parts work smoothly or systematically together
184. en\_\_\_e in environmental protection activities *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
185. understand his mot\_\_\_\_\_on *n.* the reason or enthusiasm for acting or behaving in a particular way
186. the threats te\_\_\_\_\_y him *v.* to frighten someone very much
187. arr\_\_\_\_\_nt of the furniture *n.* a plan or preparation for the future event; the action or process of placing things in a particular order
188. in\_\_\_\_\_ng scent *adj.* having an attractive or tempting quality that draws people in; encouraging or alluring in a way that makes people want to take part or participate
189. al\_\_n with a historical trend *v.* to put or arrange two or more things in a straight line or to form a straight line
190. pro\_\_\_\_\_on of civilization *n.* the act or process of changing to the next stage or phase or moving forward
191. high pre\_\_\_\_\_ce of a diabetes *n.* the state or condition of being widespread or common; the extent or frequency of occurrence of a disease or condition in a given population at a specific time

ANSWERS: 180. environment, 181. participate, 182. medical, 183. coordinated, 184. engage, 185. motivation, 186. terrify, 187. arrangement, 188. inviting, 189. align, 190. progression, 191. prevalence

192. aff\_\_\_\_\_le housing *adj.* not expensive and able to pay
193. su\_\_\_\_\_n a wellness lifestyle *v.* to supply enough of what somebody or something needs to survive or exist; to accept as valid
194. reduce my ca\_\_\_\_\_e intake *n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
195. fitness re\_\_\_\_\_n *n.* a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health
196. the gr\_\_\_\_\_y business *n.* a shop that sells food and other household items
197. chaotic env\_\_\_\_\_nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
198. lu\_\_\_\_y hotel *n.* a state of great comfort or sophistication, mainly provided by expensive and beautiful things
199. is\_\_\_\_\_e a patient *v.* to physically or socially separate someone or something from other people or things
200. dangerously ove\_\_\_\_\_ht *adj.* weighing more than is considered normal, desirable, or healthy for a particular height and build
201. in\_\_\_\_t under the skin *v.* to put a liquid such as a drug or other substance into a person's or an animal's body using a needle and syringe (= small tube)

ANSWERS: 192. affordable, 193. sustain, 194. calorie, 195. regimen, 196. grocery, 197. environment, 198. luxury, 199. isolate, 200. overweight, 201. inject

202. foreign po\_\_\_y
203. re\_\_\_e a message
204. lik\_\_\_\_\_ed group
205. aboriginal tr\_\_e
206. ex\_\_\_\_\_e the issue
207. a home for the el\_\_\_\_\_y
208. have ge\_\_\_\_\_c testing
209. pr\_\_\_\_\_e a better relationship
210. female ho\_\_\_\_\_e
- n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective
- v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
- adj.* having the same ideas or interests
- n.* a social group made up of members who live together, sharing the same language, culture, religion, etc., especially those who do not live in towns or cities
- v.* to study or consider a person or object attentively and thoroughly to learn something about them
- adj.* (a polite word for) old
- adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
- v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
- 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

ANSWERS: 202. policy, 203. relate, 204. like-minded, 205. tribe, 206. examine, 207. elderly, 208. genetic, 209. promote, 210. hormone

211. 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
212. temporary me\_\_\_\_l treatment      *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
213. me\_\_\_\_n name      *v.* to speak or write about something or someone briefly
214. fac\_\_\_\_\_te a smooth transition      *v.* to make something easier or more likely to happen
215. res\_\_\_\_\_le for a customer service      *adj.* answerable or accountable for something within one's power, control, or management
216. aff\_\_\_\_\_le solution      *adj.* not expensive and able to pay
217. ne\_\_\_e prick      *n.* a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood
218. social di\_\_\_\_ce      *n.* the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance
219. cultural n\_\_m      *n.* something that is regarded as usual, typical, or standard
220. di\_\_\_\_y restrictions      *adj.* relating to or affecting the way that a person eats or the specific foods that they consume

ANSWERS: 211. balance, 212. medical, 213. mention, 214. facilitate, 215. responsible, 216. affordable, 217. needle, 218. distance, 219. norm, 220. dietary

221. an ove\_\_\_\_\_ht patient      *adj.* weighing more than is considered normal, desirable, or healthy for a particular height and build
222. 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
223. 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
224. go on lo\_\_\_\_\_wn      *n.* an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19
225. 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: 221. overweight, 222. diet, 223. balance, 224. lockdown, 225. process

## Session 3: Fill in the Blanks

1. Our plan includes a comprehensive marketing \_\_\_\_\_.  
*n.* a detailed plan of action designed to achieve a long-term or overall goal.
2. He tried to \_\_\_\_\_ his experience to the group, but they couldn't understand.  
*v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
3. The investigation \_\_\_\_\_ several government agencies and is expected to take several months.  
*v.* to include or affect someone or something as a necessary part of something else
4. He received an \_\_\_\_\_ of antibiotics to treat his infection.  
*n.* the act of introducing a liquid, especially a drug, into the body using a needle and a syringe
5. The \_\_\_\_\_ demonstrate that poverty and unemployment are genuine problems.  
*n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
6. The \_\_\_\_\_ jets gradually dominate the world's airlines.  
*adj.* enormous; much bigger or more important than similar items usually are
7. So far, the meeting is going according to \_\_\_\_\_.  
*n.* a list of planned activities, tasks, or things that must be completed showing when they are intended to happen or be done

ANSWERS: 1. strategy, 2. relate, 3. involves, 4. injection, 5. statistics, 6. giant, 7. schedule

8. The \_\_\_\_\_ of Japan is known for its unique culture and advanced technology.
- n.* a large organized community of people living in a particular country or region and having a particular culture
9. The speaker's \_\_\_\_\_ rambling made it difficult for the audience to understand the message.
- adj.* expressed or formulated without clarity or logic; lacking cohesion or connection; disjointed or rambling in speech or writing
10. We have decided to extend our \_\_\_\_\_ contract until next year.
- n.* the act or process of keeping something, either artificial materials or living things, in good condition; the money needed for a person's or family's living expenses
11. The acupuncturist inserted \_\_\_\_\_ into specific points on my body to alleviate my pain.
- n.* a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood
12. Let's try to \_\_\_\_\_ a bit of enthusiasm into your performance.
- v.* to put a liquid such as a drug or other substance into a person's or an animal's body using a needle and syringe (= small tube)
13. Her dog is her excellent \_\_\_\_\_.
- n.* a person or an animal with whom you spend a lot of time, or you travel
14. She is determined to \_\_\_\_\_ her degree in computer science.
- v.* to achieve or reach a goal or level of success
15. The presence of \_\_\_\_\_ in the environment has been linked to the rising rates of obesity and other health issues.
- n.* a chemical or substance that is believed to contribute to the development of obesity by disrupting or altering the body's normal metabolic functions

ANSWERS: 8. nation, 9. incoherent, 10. maintenance, 11. needles, 12. inject, 13. companion, 14. attain, 15. obesogens

16. Our users are often \_\_\_\_\_ about the slow application.
- v.* to say dissatisfaction or annoyance about something or somebody
17. Every human is responsible for taking care of the Earth's \_\_\_\_\_.
- n.* the natural world such as air, water, and land in which humans, animals, and plants live
18. In the \_\_\_\_\_ while we wait for the results, let's start working on the next project.
- n.* the interval or period of time between two events; the interim or temporary time period between two actions or stages of something else
19. The \_\_\_\_\_ of allergies has increased in recent years.
- n.* the state or condition of being widespread or common; the extent or frequency of occurrence of a disease or condition in a given population at a specific time
20. The \_\_\_\_\_ had distinctly defined gender roles.
- n.* a social group made up of members who live together, sharing the same language, culture, religion, etc., especially those who do not live in towns or cities
21. The doctor prescribed \_\_\_\_\_ as a treatment for his patient's hypoglycemia.
- n.* a hormone produced by the pancreas that helps to regulate blood sugar levels by stimulating the liver to convert stored glycogen into glucose
22. Using a password manager can act as a \_\_\_\_\_ against hackers who try to steal your personal information.
- n.* a device, material, or person that reduces the impact or effect of an external force or provides protection against harm or damage

ANSWERS: 16. complaining, 17. environment, 18. meantime, 19. prevalence, 20. tribe, 21. glucagon, 22. buffer



23. Police will \_\_\_\_\_ random breath testing for drunk driving.  
*v.* to organize and carry out a particular activity
24. It would be best if you burned off \_\_\_\_\_ through vigorous exercise.  
*n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
25. She checked her \_\_\_\_\_ before embarking on the hike.  
*n.* a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose
26. He could not \_\_\_\_\_ against temptation.  
*v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
27. Trial and error is an \_\_\_\_\_ part of education.  
*adj.* indispensable; fundamental
28. Their financing options are reasonable and easy to \_\_\_\_\_.  
*v.* to help or benefit; to use or take advantage of
29. We \_\_\_\_\_ our impeded progress on lack of money.  
*v.* to think or say that someone or something did something wrong or is responsible for something bad
30. The essence of economics is to \_\_\_\_\_ the allocation of limited resources.  
*v.* to make the best or most effective use of something

ANSWERS: 23. conduct, 24. calories, 25. gear, 26. struggle, 27. essential, 28. avail, 29. blamed, 30. optimize

31. I \_\_\_\_\_ to him that I had seen his sister at the grocery store earlier that day.  
*v.* to speak or write about something or someone briefly
32. He \_\_\_\_\_ the 10th anniversary of his tenure.  
*v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
33. The federal \_\_\_\_\_ is planning to increase taxes for the next fiscal year.  
*n.* the group of people with authority to control a country or state
34. The \_\_\_\_\_ woman is quite energetic.  
*adj.* (a polite word for) old
35. The systems we have developed has accepted as industry \_\_\_\_\_.  
*n.* something that is regarded as usual, typical, or standard
36. As a first \_\_\_\_\_ we agreed to meet the following Friday.  
*n.* a plan or preparation for the future event; the action or process of placing things in a particular order
37. They each choose \_\_\_\_\_ to battle.  
*adv.* in spite of what has just been said or done; nevertheless
38. I found a stink \_\_\_\_ crawling across the ceiling.  
*n.* any tiny insect; a fault or defect in a computer program, system, or machine
39. The rich can often \_\_\_\_\_ benefit from tax breaks and other advantages.  
*adv.* in a way that is not reasonably or appropriately balanced, equal, or distributed; in a manner that is unequal or excessive about something else

ANSWERS: 31. mentioned, 32. celebrated, 33. government, 34. elderly, 35. norms, 36. arrangement, 37. nonetheless, 38. bug, 39. disproportionately

40. Considering the situation of \_\_\_\_\_ organized stopped this year's beer festival.
- n.* a large family of viruses that can cause illness in humans and animals, which name comes from the crown-like spikes on the surface of the virus, which can be seen under a microscope, and COVID-19 is caused by a specific type of coronavirus known as SARS-CoV-2
41. The prevalence of \_\_\_\_\_ has increased significantly in recent years.
- n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
42. She struggled to \_\_\_\_\_ the children's reading habits.
- v.* to supply enough of what somebody or something needs to survive or exist; to accept as valid
43. They \_\_\_\_\_ customers with a premium for loyal patronage.
- v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
44. The \_\_\_\_\_ aroma of freshly baked bread drew me into the bakery.
- adj.* having an attractive or tempting quality that draws people in; encouraging or alluring in a way that makes people want to take part or participate
45. The government should do more to \_\_\_\_\_ sustainable agribusiness.
- v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
46. His \_\_\_\_\_ for lying caused him to lose many friends.
- n.* a natural inclination, preference, or tendency toward a particular activity, behavior, or opinion

ANSWERS: 40. coronavirus, 41. obesity, 42. sustain, 43. encouraged, 44. inviting, 45. promote, 46. propensity

47. You should not \_\_\_\_\_ them from the community.
- v.* to physically or socially separate someone or something from other people or things
48. The \_\_\_\_\_ package delivery arrived at my door this morning.
- adj.* lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time
49. The company has made great strides in its \_\_\_\_\_ toward sustainability.
- n.* the act or process of changing to the next stage or phase or moving forward
50. They awaited news of the \_\_\_\_\_ of the election.
- n.* the result or effect of an action, event, etc.
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. He had a \_\_\_\_\_ of stubbornness that made him difficult to work with.
- n.* a long, narrow mark or band, typically one of a different color or texture from the surrounding surface; a brief period or run of success, luck, or behavior; a consistent pattern of behavior or a distinguishing characteristic of an individual
53. The new service helped \_\_\_\_\_ net income by 10%.
- v.* to improve, raise, or increase something
54. Initially, we must \_\_\_\_\_ all project-related expenses.
- v.* to study or consider a person or object attentively and thoroughly to learn something about them

ANSWERS: 47. isolate, 48. overnight, 49. progression, 50. outcome, 51. dietary, 52. streak, 53. boost, 54. examine

55. The majority of students actively \_\_\_\_\_ in the college's intramural sports program.

*v.* to take part in something

56. It is important to \_\_\_\_\_ safety procedures in the workplace to prevent accidents.

*v.* to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion

57. He skillfully combines these fragments into a \_\_\_\_\_ whole.

*adj.* causing cohesion; bringing people or things together

58. It would be best not to \_\_\_\_\_ your associates into doing complex tasks.

*v.* to frighten someone very much

59. The automaker has been providing \_\_\_\_\_ car financing options since last year.

*adj.* not expensive and able to pay

60. I will work hard to \_\_\_\_\_ my goals and realize my dreams.

*v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

61. His \_\_\_\_\_ continued to rise as his skills improved.

*n.* a particular amount of money that somebody earns, usually every week or every month, for work or services

62. The company employs a \_\_\_\_\_ inventory system.

*adj.* continuing for an extended period in the same way without stopping or being interrupted

ANSWERS: 55. participated, 56. observe, 57. cohesive, 58. terrify, 59. affordable, 60. achieve, 61. wages, 62. perpetual

63. \_\_\_\_\_ vehicles in traffic jams produce a tremendous amount of pollution.  
*adj.* not moving or not capable of being changed
64. 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
65. 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
66. He cannot \_\_\_\_\_ a holiday.  
*v.* to have enough money or time to be able to buy or do something
67. When I asked my father for more money, he became furious and \_\_\_\_\_ at me.  
*v.* to shout in a sudden and loud way
68. A smaller car will \_\_\_\_\_ less fuel.  
*v.* to spend something, especially fuel, energy, or time, in a large amount
69. Many multinational companies are \_\_\_\_\_ in the reconstruction of that country.  
*v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
70. They formed a group of \_\_\_\_\_ individuals who shared a common goal.  
*adj.* having the same ideas or interests
71. A significant amount of \_\_\_\_\_ is required to be a teacher.  
*n.* the reason or enthusiasm for acting or behaving in a particular way

ANSWERS: 63. Stationary, 64. balance, 65. intake, 66. afford, 67. yelled, 68. consume, 69. engaged, 70. like-minded, 71. motivation

72. Understanding protein folding is a vital step in deciphering the \_\_\_\_\_ code.  
*adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
73. For greater efficiency, our efforts must be better \_\_\_\_\_.  
*adj.* effectively arranged or organized so that all the parts work smoothly or systematically together
74. Difficulties \_\_\_\_\_ the mind, as labor does the body.  
*v.* to become stronger or more effective; to make someone or something stronger or more effective
75. She was \_\_\_\_\_ for the help he provided.  
*adj.* feeling or showing an appreciation of kindness; thankful
76. They fear a \_\_\_\_\_ of a new type of virus.  
*n.* an outbreak of a disease that affects many people over a very wide area
77. I know his \_\_\_\_\_ habit that he touches his face when he lies.  
*adj.* in the state of lacking awareness and the capacity for sensory perception, especially as the result of a head injury or illness
78. The country's prime minister has decided to implement a nationwide \_\_\_\_\_ measure.  
*n.* an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19
79. The majority of consumers \_\_\_\_\_ this brand with quality.  
*v.* to mentally connect someone or something with someone or something else

ANSWERS: 72. genetic, 73. coordinated, 74. strengthen, 75. grateful, 76. pandemic, 77. unconscious, 78. lockdown, 79. associate

80. The ability to \_\_\_\_\_ people is a priceless asset.
- v.* to make someone want to do something, especially something that requires tremendous work and effort
81. She's a \_\_\_\_\_ pet owner who ensures her dog gets enough exercise and a healthy diet.
- adj.* answerable or accountable for something within one's power, control, or management
82. It's important to understand the \_\_\_\_\_ of a situation before making a decision.
- n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
83. The company's new \_\_\_\_\_ on remote work has made it a more inclusive workplace.
- n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective
84. 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
85. That story was so \_\_\_\_\_ and it was scary.
- adj.* having or showing a sensible and practical idea that is possible to achieve
86. The marathon runner covered a long \_\_\_\_\_ in a short amount of time.
- n.* the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance

ANSWERS: 80. motivate, 81. responsible, 82. context, 83. policy, 84. hormone, 85. realistic, 86. distance



87. I'm a big \_\_\_\_ of French food.

*n.* a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces

88. \_\_\_\_\_ elections were held in several European countries.

*adj.* belonging to or used by a group rather than individuals; for common use

89. It would be best if you did not demand such an \_\_\_\_\_ charge.

*adj.* greater than what seems necessary, normal, or desirable

90. 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

91. This vaccine causes mild \_\_\_\_\_ side effects.

*adj.* affecting or related to the whole of something, especially the human body or a society

92. The family decided to \_\_\_\_ in the mountains to enjoy the beautiful scenery.

*n.* a long walk or journey, especially for pleasure or exercise; an increase in cost

93. The doctor advised him to lose weight and maintain a healthy diet to avoid becoming \_\_\_\_\_.

*adj.* weighing more than is considered normal, desirable, or healthy for a particular height and build

94. A healthy farm provides an \_\_\_\_\_ of food.

*n.* a significant amount of something; the situation in which there is too much of something

ANSWERS: 87. fan, 88. Communal, 89. excessive, 90. process, 91. systemic, 92. hike, 93. overweight, 94. abundance

95. His professional experience includes all \_\_\_\_\_ of media production.  
*n.* one part or feature of a situation, problem, subject, etc.
96. My doctor prescribed a strict \_\_\_\_\_ of exercise and healthy eating to help me lose weight.  
*n.* a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health
97. The \_\_\_\_\_ team worked quickly to save the patient's life.  
*adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
98. 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
99. The movie has received almost universally \_\_\_\_\_ criticism.  
*adj.* having the quality of something bad or harmful; expressing refusal
100. He had an \_\_\_\_\_ shock after drinking large quantities of fruit juices.  
*n.* a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes
101. The \_\_\_\_\_ in the stock market has been a relief to investors.  
*n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits
102. I will go to the \_\_\_\_\_ store to buy food for dinner.  
*n.* a shop that sells food and other household items

ANSWERS: 95. aspects, 96. regimen, 97. medical, 98. maintain, 99. negative, 100. insulin, 101. uplift, 102. grocery

103. His anti-\_\_\_\_\_ practices were quite strict.

- n.* a state of great comfort or sophistication, mainly provided by expensive and beautiful things

104. I was amazed at the \_\_\_\_\_ of her generosity.

- n.* the point or degree or area to which something extends

105. As an \_\_\_\_\_ he had the right to make his own decisions and live his life as he saw fit.

- n.* a single person or thing, as distinct from a group

106. These articles cite five \_\_\_\_\_ of climate change.

- n.* a particular example or single occurrence of something

107. We are responsible for the care and \_\_\_\_\_ of all our employees.

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

108. The primary purpose of the \_\_\_\_\_ is pain relief.

- n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.

109. The president declared a state of \_\_\_\_\_.

- n.* a sudden unforeseen crisis usually involving danger that requires immediate action

110. Our knowledge helps \_\_\_\_\_ our clients successfully.

- v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map

ANSWERS: 103. luxury, 104. extent, 105. individual, 106. instances, 107. well-being, 108. treatment, 109. emergency, 110. navigate

111. The company implemented a new software system to \_\_\_\_\_ employee communication and collaboration.

*v.* to make something easier or more likely to happen

112. Both parties are now entirely ideologically \_\_\_\_\_.

*v.* to put or arrange two or more things in a straight line or to form a straight line

113. 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

ANSWERS: 111. facilitate, 112. aligned, 113. diet