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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

Advanced Words Only

IMPORTANT

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Session 1: Word List

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

Session 2: Spelling

1. y__l for help *v.* to shout in a sudden and loud way
2. 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)
3. cor_____us bankruptcy *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
4. 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
5. fitness re_____n *n.* a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health
6. 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
7. pe_____al motion machine *adj.* continuing for an extended period in the same way without stopping or being interrupted

ANSWERS: 1. yell, 2. inject, 3. coronavirus, 4. coronavirus, 5. regimen, 6. obesogen, 7. perpetual

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| 8. a sense of wel_____ng | <i>n.</i> the state of being happy and healthy and prosperous |
| 9. highly co_____ve group | <i>adj.</i> causing cohesion; bringing people or things together |
| 10. ob_____en exposure | <i>n.</i> a chemical or substance that is believed to contribute to the development of obesity by disrupting or altering the body's normal metabolic functions |
| 11. inc_____nt thoughts | <i>adj.</i> expressed or formulated without clarity or logic; lacking cohesion or connection; disjointed or rambling in speech or writing |
| 12. pro_____ty to procrastinate | <i>n.</i> a natural inclination, preference, or tendency toward a particular activity, behavior, or opinion |
| 13. go on lo_____wn | <i>n.</i> an emergency policy for people, communities, or a country to stay where they are, usually due to specific risks, such as COVID-19 |
| 14. the wel_____ng of a nation | <i>n.</i> the state of being happy and healthy and prosperous |
| 15. in____t a personal opinion into a debate | <i>v.</i> 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) |
| 16. find a lik_____ed friend | <i>adj.</i> having the same ideas or interests |
| 17. up____t mountains | <i>n.</i> the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits |

ANSWERS: 8. well-being, 9. cohesive, 10. obesogen, 11. incoherent, 12. propensity, 13. lockdown, 14. well-being, 15. inject, 16. like-minded, 17. uplift

18. pe_____al struggle *adj.* continuing for an extended period in the same way without stopping or being interrupted
19. flu pa_____ic *n.* an outbreak of a disease that affects many people over a very wide area
20. inc_____nt speech *adj.* expressed or formulated without clarity or logic; lacking cohesion or connection; disjointed or rambling in speech or writing
21. 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
22. the threats te_____y him *v.* to frighten someone very much
23. global pa_____ic *n.* an outbreak of a disease that affects many people over a very wide area
24. re_____n of chemotherapy *n.* a prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health
25. 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
26. pro_____ty for violence *n.* a natural inclination, preference, or tendency toward a particular activity, behavior, or opinion
27. y__l as loud as we can *v.* to shout in a sudden and loud way
28. te_____y people *v.* to frighten someone very much

ANSWERS: 18. perpetual, 19. pandemic, 20. incoherent, 21. lockdown, 22. terrify, 23. pandemic, 24. regimen, 25. disproportionately, 26. propensity, 27. yell, 28. terrify

29. 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
30. co____ve ability *adj.* causing cohesion; bringing people or things together
31. 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
32. 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
33. 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
34. lik_____ed group *adj.* having the same ideas or interests

ANSWERS: 29. disproportionately, 30. cohesive, 31. glucagon, 32. uplift, 33. glucagon, 34. like-minded

Session 3: Fill in the Blanks

1. 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
2. His _____ for lying caused him to lose many friends.
n. a natural inclination, preference, or tendency toward a particular activity, behavior, or opinion
3. 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
4. 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
5. We are responsible for the care and _____ of all our employees.
n. the state of being happy and healthy and prosperous
6. He skillfully combines these fragments into a _____ whole.
adj. causing cohesion; bringing people or things together
7. The company employs a _____ inventory system.
adj. continuing for an extended period in the same way without stopping or being interrupted

ANSWERS: 1. uplift, 2. propensity, 3. disproportionately, 4. incoherent, 5. well-being, 6. cohesive, 7. perpetual

8. They fear a _____ of a new type of virus.
n. an outbreak of a disease that affects many people over a very wide area
9. 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
10. 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
11. They formed a group of _____ individuals who shared a common goal.
adj. having the same ideas or interests
12. 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
13. 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
14. 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

ANSWERS: 8. pandemic, 9. regimen, 10. lockdown, 11. like-minded, 12. glucagon, 13. obesogens, 14. coronavirus,

15. It would be best not to _____ your associates into doing complex tasks.
v. to frighten someone very much
16. When I asked my father for more money, he became furious and _____ at me.
v. to shout in a sudden and loud way
17. 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)

ANSWERS: 15. terrify, 16. yelled, 17. inject