

# Englist.me



## Vocabulary Builder Reference from...

Thomas L. Dawson: What causes dandruff, and how do you get rid of it? | TED Talk

[https://www.ted.com/talks/thomas\\_l\\_dawson\\_what\\_causes\\_dandruff\\_and\\_how\\_do\\_you\\_get\\_rid\\_of\\_it](https://www.ted.com/talks/thomas_l_dawson_what_causes_dandruff_and_how_do_you_get_rid_of_it)

### All Words

#### IMPORTANT

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## Session 1: Word List

### abundant

*adj.* present in great quantity

*synonym*: ample, plentiful, generative

(1) live an **abundant** life, (2) an **abundant** supply of water

The country has **abundant** oil and natural gas resources.

### equip

*v.* to provide a person or a place with the things that are needed for a particular purpose or activity

*synonym*: prepare, furnish, provide

(1) **equip** an army, (2) **equip** our children with some special skills

The construction company **equipped** the building with an earthquake-resistant device.

### feast

*n.* a large meal, typically one served on a special occasion

*synonym*: banquet, celebration, dinner

(1) a **feast** for the eyes, (2) a nightly **feast**

The royal **feast** celebrated the harvest, and the community enjoyed it.

### constantly

*adv.* all the time

*synonym*: continuously, always, frequently

(1) a **constantly** innovative enterprise, (2) a **constantly**

varying mind

The mobile application industry is **constantly** changing.

## paradise

*n.* a place or state of perfect happiness; a heaven on earth

*synonym*: heaven, Eden, utopia

(1) **paradise** island, (2) **paradise** for criminals

Hawaii is often referred to as an everlasting summer

**paradise**.

## yeast

*n.* a type of fungus that is used in making alcoholic drinks such as beer and wine or to make bread rise

*synonym*: leaven, fungus

(1) **yeast** cell, (2) **yeast-leavened** bread

They carefully nurture a **yeast** fungus used to produce sake.

## din

*n.* a loud, confused noise; a loud, persistent racket

*synonym*: noise, racket, clamor

(1) **din** of traffic, (2) mighty **din**

The **din** of the city was overwhelming.

## scalp

*n.* the skin that covers the top of a person's head, together with the hair growing on it; also, the part of the body that is most vulnerable to an attack

*synonym*: hair cover, pelt, epidermis

(1) **scalp** massage, (2) **scalp** condition

I have an itchy **scalp** and need to switch to a different shampoo.

## dandruff

*n.* small pieces of dead skin that flake off from the scalp and collect in the hair or on clothing, associated with dryness or other scalp conditions

*synonym*: flakes, scalp irritation

(1) itchy **dandruff**, (2) **dandruff** flakes

The anti- **dandruff** shampoo cleared up my itchy scalp.

## 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.

## colony

*n.* a country or an area that is governed by a more powerful country that is often far away

*synonym*: settlement, territory, plantation

(1) plant a **colony**, (2) a **colony** of bacteria

The **colony** declared its independence and became a republic.

## microbe

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

*synonym*: germ, microorganism, bacterium

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

**Microbes** thrive on the surface of the human skin.

## cavity

*n.* an empty space or hollowness within a solid object, especially within the body, such as a tooth or bone; a hole or depression in a surface or the ground

*synonym*: hollows, holes, indenture

(1) tooth **cavity**, (2) **cavity** filling

I have a **cavity** in one of my molars and must schedule a dentist appointment.

## quarter

*n.* one of four equal parts; a fourth part or portion

*synonym*: fourth, one-fourth

(1) a **quarter** mile, (2) end of the first **quarter**

The unemployment rate in the first **quarter** was 2.3 percentage points higher than in the previous.

## fond

*adj.* having affection or liking for someone, particularly someone you've known for a long time

*synonym*: liking, enjoying, affectionate

(1) very **fond** of, (2) **fond** memories of the birthday

He is excessively **fond** of alcohol.

## hide-out

*n.* a secret or remote place where a person can take refuge or hide, particularly from the authorities; a place used by criminals to hide from law enforcement

*synonym*: hideaway, den, sanctuary

(1) **hide-out** location, (2) criminal **hide-out**

He used to have a secret **hide-out** in the woods where he went to escape from the world.

## gland

*n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream

*synonym*: secretor

(1) the function of the thyroid **gland**, (2) a mammary **gland**

The adrenal **glands** produce steroids.

## sebaceous

*adj.* relating to or secreting a fatty or oily substance, particularly in the skin or hair follicles, often associated with the formation of acne or other skin conditions

*synonym*: oily, greasy, fatty

(1) **sebaceous** glands, (2) **sebaceous** cyst

Acne is often caused by **sebaceous** oils clogging the pores on the skin.

## lubricate

*v.* to apply a substance, such as oil or grease, to reduce friction or wear on a surface

*synonym*: grease, oil, make slippery

(1) **lubricate** the economy, (2) **lubricate** the hinges with oil

The mechanic **lubricated** the gears to prevent them from grinding.

## 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.

## evolve

*v.* to develop gradually, or to cause the development of something or someone gradually

*synonym*: develop, mature, grow

(1) **evolve**, (2) **evolve** over the past decade

Eyeless fish **evolved** in dark caves.

## 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.

## protein

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

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

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

## follicle

*n.* a small sac or cavity in the body, especially in the skin or scalp, that contains and nourishes a hair or feather; a small gland or sac that produces and releases a bodily secretion

(1) **follicle** cell, (2) damaged **follicle**

The pigments in your hair **follicles** determine the color of your hair.

## consequently

*adv.* as a result or outcome of something

*synonym*: hence, accordingly, thus

(1) **consequently** unable to start her studies,

(2) **consequently** affect the organs

**Consequently**, the company had to lay off some of its employees.

## fungus

*n.* a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive

*synonym*: mold, mildew, yeast

(1) **fungus** infection, (2) symbiotic **fungus**

Certain types of **fungus** can be toxic to humans, causing severe illness if ingested.

## compose

*v.* to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it

*synonym*: compile, constitute, build

(1) **compose** an essay, (2) **compose** my thoughts

The structure is **composed** of three main components.

## saturated

*adj.* (of chemistry) describing a compound or substance that contains the maximum amount of a particular atom or group of atoms and has no further capacity to bond; (of nutrition) describing a food that is high in saturated fats, which are linked to an increased risk of heart disease

*synonym*: soaked, drenched, soaked through

(1) **saturated** fat, (2) **saturated** colors

The company decided not to enter the smartphone market because it was already **saturated** with numerous established players.

## fatty

*adj.* containing a lot of fat

*synonym*: greasy, oily

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

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

## acid

*n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials

*synonym*: sour

(1) an **acid** reaction, (2) good source of essential amino **acids**

During pregnancy, the stomach generates less **acid** than usual.

## neat

*adj.* clean or tidy, with everything in its place

*synonym*: tidy, uncluttered, refined

(1) a **neat** piece of work, (2) **neat** idea

She has **neat** habits.

## bond

*n.* a close emotional connection between two or more people; a certificate of debt that a government or corporation issues to raise money

*synonym*: bind, adhesion, attachment

(1) **bond** as a family, (2) global **bond** market

They had formed a friendship **bond**.

## irregular

*adj.* not having an even or balanced shape or arrangement; contrary to the usual rule, accepted order, or what is expected

*synonym*: periodic, rare, inconsistent

(1) **irregular** verbs, (2) **irregular** periods

Driving was difficult on the **irregular** cobblestoned surface.

## kink

*n.* a tight curl, twist or bend in an object, particularly in a piece of wire, hose, or tubing; a peculiar or eccentric liking or habit

*synonym*: bend, twist, curl

(1) **kink** in the neck, (2) sexual **kink**

The **kink** in the hose was preventing water from flowing correctly.

## structure

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

*synonym*: construction, architecture, establishment

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

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

straightforward.

## enzyme

*n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction

*synonym*: catalyst, activator, accelerator

(1) **enzyme** reaction, (2) lack of digestive **enzymes**

A deficiency in the **enzyme** can lead to a medical condition.

## release

*v.* to set free or allow to escape from confinement

*synonym*: free, let go, discharge

(1) **release** a prisoner, (2) **release** CO<sub>2</sub> into the air

The animal rights group worked to **release** the dolphins back into the wild.

## irregularly

*adv.* in a manner that deviates from the normal or expected pattern, often marked by inconsistency or unpredictability

*synonym*: sporadically, unexpectedly, intermittently

(1) **irregularly** shaped, (2) breathe **irregularly**

He **irregularly** attends school, which reflects his poor grades.

## leftover

*adj.* not consumed or used at the end of something

*synonym*: extra, residual, unused

(1) **leftover** from a party, (2) **leftover** goods

The chef will make soup with the **leftover** ham bone.

## soak

*v.* to allow liquid to be absorbed, typically by immersing in it; to leave as a guarantee in return for money

*synonym*: saturate, steep, douse

(1) **soak** in a hot spring, (2) **soak** away stress

I **soaked** the shirt in the sink before washing it.

## pry

*v.* to force open or to try to get information from someone by asking too many questions

*synonym*: probe, investigate, inquire

(1) **pry** a secret out of a person, (2) **pry** into the affairs



He used a crowbar to **pry** open the locked door.

## barrier

*n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective

*synonym* : border, barricade, fence

(1) cost **barrier**, (2) information **barrier**

The police placed a **barrier** across the street to halt traffic.

## detect

*v.* to find or recognize something, especially something difficult to see, hear, etc.

*synonym* : catch, observe, notice

(1) **detect** a bad event, (2) **detect** smuggling across borders

The security camera has **detected** four intruders.

## breach

*n.* a break or opening, often in a wall or barrier, which enables passage or entry; a violation or infraction of a law, agreement, or duty, often resulting in legal action or punishment

*synonym* : violation, infraction, trespass

(1) security **breach**, (2) **breach** of privacy

The company's data **breach** compromised thousands of customers' personal information.

## defensive

*adj.* used or intended to protect someone or something against attack or aggression

*synonym* : protective, watchful, opposing

(1) assume the **defensive**, (2) **defensive** weapons

Boxing fans often criticize his **defensive** stance.

## inflammation

*n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury

*synonym* : rash, hives, irritation

(1) reduce **inflammation** and pain, (2) **inflammation** of the lungs

The medicine soothes the pain of chronic **inflammation**.

- itch** v. to have an uncomfortable feeling on the skin that makes you want to scratch it  
*synonym*: scratch, tingle, irritate  
(1) **itch** constantly, (2) **itch** to speak  
I can't stop **itching** my arm because of the mosquito bite.
- proliferate** v. to grow or increase rapidly in number; to reproduce or spread rapidly, especially in an uncontrolled manner  
*synonym*: multiply, spread, propagate  
(1) **proliferate** cells, (2) **proliferate** weeds  
The number of COVID cases continued to **proliferate** in many countries worldwide.
- dam** n. a wall constructed over a river to block the flow of water, mainly used to generate energy  
*synonym*: barricade, barrier, embankment  
(1) **dam-building** program, (2) **dam** collapsing  
The break in the **dam** threatened the valley.
- epidermis** n. the outermost layer of skin, composed of flat, scale-like cells that provide a protective barrier against external substances and help regulate body temperature  
*synonym*: skin, cuticle, derma  
(1) **epidermis** layer, (2) **epidermis** cells  
Excessive exposure to UV radiation harms the **epidermis** and increases the risk of skin cancer.
- renew** v. to begin or resume something again after an interruption  
*synonym*: renovate, restore, revitalize  
(1) **renew** a contract, (2) **renew** its corporate image  
I have to **renew** my passport by the middle of September.
- divide** v. to separate or cause to separate into parts or groups  
*synonym*: separate, disconnect, split  
(1) **divide** the cake into two pieces, (2) **divide** money equally

Can you **divide** 123321 by eleven?

## outward

*adj.* relating to the external appearance or surface of something; visible

*synonym*: external, surface, exterior

(1) an **outward** journey, (2) **outward** cheerfulness

The **outward** appearance of the building was impressive, but the inside was in dire need of repairs.

## gradual

*adj.* happening slowly over a long period of time or distance; not steep or abrupt

*synonym*: incremental, gradational, piecemeal

(1) a **gradual** process, (2) a **gradual** change

The country experienced a **gradual** increase in population.

## shed

*v.* to get rid of something as superfluous or unwanted; to cast off hair, skin, horn, or feathers; (noun) an outbuilding with a single story, mainly used for shelter or storage

*synonym*: discard, drop, cast off

(1) **shed** an old skin, (2) a cow **shed**

He **shed** a secret tear when he heard the news of his friend's death.

## churn

*v.* to stir or agitate a liquid, substance, or mixture vigorously to produce foam or because of violent movement; to cause a large number of people to move or leave; to produce something, such as money, through continuous activity or turnover

*synonym*: stir, agitate, whirl

(1) **churn** out manufactured goods, (2) **churn** in my stomach

The cream needs to be **churned** for several minutes before it becomes butter.

## differentiate

*v.* to recognize or establish as being distinct; to distinguish between things that are compared; to calculate a

### derivative

*synonym*: discern, distinguish, separate

(1) **differentiate** between fact and fiction, (2) **differentiate** a function

The teacher asked the students to **differentiate** between the two similar species of birds.

### prop

*n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something

*synonym*: support, buttress, column

(1) emotional **prop**, (2) **prop** stick

We have finally lost our last **prop**.

### grease

*n.* a thick, oily substance used to lubricate machines, surfaces, or moving parts; fat or oil used in cooking

*synonym*: oil, lubricant, fat

(1) cooking **grease**, (2) mechanical **grease**

The engine wouldn't turn over until we applied **grease** to the starter.

### clump

*n.* a small group of bushes, trees, flowers, people, etc.

*synonym*: cluster, bunch, bundle

(1) **clump** of bacteria, (2) a **clump** of trees

I heard the **clump** of his boots in the hallway.

### visible

*adj.* capable of being seen; or open to easy view

*synonym*: clear, observable, seeable

(1) **visible** stars, (2) **visible** by X-ray

My home is easily **visible** from the shore.

### flake

*n.* a small, thin piece or layer of something, often with a flat or irregular shape; a person who is unreliable or inconsistent

*synonym*: chip, bit, shred

(1) **flakes** of snow, (2) **flake** graphite

She found a paint **flake** on the wall and realized it was time to repaint the room.

## voracious

*adj.* having a very strong appetite or desire for something, especially for food or activity; extremely eager or enthusiastic for something

*synonym*: ravenous, insatiable, greedy

(1) **voracious** thirst, (2) **voracious** reader

The **voracious** appetite of the teenager was legendary.

## appetite

*n.* a natural desire or craving for food or drink; a strong desire or liking for something

*synonym*: hunger, appetite, craving

(1) **appetite** suppression, (2) loss of **appetite**

After a long hike, I had a huge **appetite** and devoured my meal in minutes.

## reaction

*n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others

*synonym*: response, reply, answer

(1) chemical **reaction**, (2) trigger a **reaction**

There was a chemical **reaction** of the lime with the groundwater.

## byproduct

*n.* a secondary or incidental product produced in the manufacture or synthesis of something else

*synonym*: side effect, spinoff, outgrowth

(1) toxic **byproducts**, (2) **byproduct** of technology

The **byproduct** of the energy production process is a large amount of carbon dioxide emissions.

## rid

*v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person

*synonym*: do away with, free, clear

(1) get **rid** of the rats, (2) **rid** the body of waste products

We must **rid** ourselves of pollution.

## vary

*v.* to become different in terms of size, shape, etc.

*synonym*: alter, contrast, differ

(1) **vary** according to the age, (2) **vary** directly with the price  
Maximum heart rates **vary** a lot for each individual.

## lifetime

*n.* the duration of someone's life or something's existence;

*synonym*: lifespan, duration

(1) **lifetime** benefits, (2) **lifetime** ban from the sport  
She had lived through two world wars in her **lifetime**.

## 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.

## colonize

*v.* to establish a colony in or on a specific place; to settle or occupy in large numbers

*synonym*: settle, occupy, inhabit

(1) **colonize** planets, (2) **colonize** for cultivation

European powers **colonized** much of the Americas in the 16th and 17th centuries.

## 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.

## susceptible

*adj.* easily influenced, harmed, or affected by something

*synonym*: exposed, liable, gullible

(1) a **susceptible** young woman, (2) **susceptible** of proof

Well-stretched muscles are less **susceptible** to injury.

## unclear

*adj.* poorly stated or described and therefore not easy to understand; not easy to perceive

*synonym*: ambiguous, fuzzy, obscure

(1) an **unclear** match, (2) in no **unclear** terms

It is important not to undertake tasks with **unclear** objectives to improve productivity.

## 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.

## predisposition

*n.* a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors

*synonym*: tendency, inclination, disposition

(1) **predisposition** to anxiety, (2) genetic **predisposition**

Smoking can increase a person's **predisposition** to lung cancer.

## permeable

*adj.* capable of being penetrated, passed through, or absorbed; allowing liquids, gases, or other substances to pass through a surface or material, often with ease

*synonym*: porous, absorbent, permeative

(1) **permeable** membrane, (2) air- **permeable** fabric

The soil needs to be **permeable** so water can easily drain through it.

## investigate

*v.* to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth

*synonym*: examine, analyze, look into

(1) **investigate** the matter, (2) **investigate** a data leak

The committee **investigated** several apparent inconsistencies.

## communicate

*v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals

*synonym* : convey, share, transmit

(1) **communicate** his anxieties to the psychiatrist,

(2) **communicate** well with my advisor

Dolphins use sound to **communicate** with each other.

## immune

*adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

*synonym* : resistant, unsusceptible, unaffected

(1) **immune** from criminal prosecution, (2) the cell of the **immune** system

The vaccination does not necessarily make you completely **immune**.

## molecule

*n.* a group of two or more atoms held together by attractive forces known as chemical bonds

*synonym* : particle, element, atom

(1) small **molecules**, (2) **molecule** behavior

The shape of the DNA **molecule** is a double helix.

## oxylipin

*n.* a type of molecule derived from the oxidation of fatty acids, with a variety of functions in inflammation, immune response, and other physiological processes

*synonym* : eicosanoid, oxygenated fatty acid, lipid mediator

(1) **oxylipin** metabolism, (2) **oxylipin** signaling

Fish oil is rich in **oxylipins** that have anti-inflammatory effects.

## regulate

*v.* to control something, especially by means of rules or laws

*synonym* : control, restrain, handle

(1) **regulate** blood sugar levels, (2) **regulate** our conduct

We must manage to **regulate** our expenditure.



## inhibit

v. to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal

*synonym*: deter, hinder, impede

(1) **inhibit** desires, (2) **inhibit** tumor growth

Excessive parental interference may **inhibit** children's eagerness to learn.

## inflame

v. to cause very strong feelings such as anger or excitement in a person or a group of people

*synonym*: agitate, arouse, enrage

(1) **inflame** skin, (2) **inflame** his passion

Her eyes **inflamed** with crying.

## 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%.

## develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

*synonym*: evolve, progress, advance

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

We must **develop** a new system to streamline our workflow and increase efficiency.

## relation

n. the way two persons or groups of people feel and act toward one another

*synonym*: association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

## hypothesize

*v.* to form or present a theory or explanation without sufficient evidence; to speculate

*synonym*: speculate, theorize, conjecture

(1) **hypothesize** as to outcomes, (2) **hypothesize** what could have happened

Scientists **hypothesize** that the new fish species evolved to survive in deep-sea environments.

## uncomfortable

*adj.* providing or feeling physical discomfort or slight pain

*synonym*: comfortless, discomforting, painful

(1) an **uncomfortable** silence, (2) with an **uncomfortable** face

His abusive words made me **uncomfortable**.

## embarrass

*v.* to cause someone to feel awkward, worried, or ashamed

*synonym*: disconcert, unsettle, agitate

(1) **embarrass** political enemy, (2) **embarrass** my project

He looked for an opportunity to **embarrass** that actor in public.

## reliable

*adj.* worthy of being relied on; trustworthy

*synonym*: dependable, trustworthy, dedicated

(1) **reliable** access, (2) guarantee **reliable** delivery

Trains are **reliable**, inexpensive, and ideal for long-distance travel.

## contagious

*adj.* able to be passed on to others through contact or proximity, especially by infection or disease

*synonym*: infectious, transmissible, communicable

(1) **contagious** enthusiasm, (2) **contagious** virus

The disease is highly **contagious** and spreads quickly.

## threat

*n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

*synonym*: menace, danger, hazard

(1) economic **threat**, (2) environmental **threat**

The **threat** of severe weather prompted the city to issue an evacuation warning.

## excel

v. to be extremely good at or proficient in doing something  
*synonym*: outdo, shine, surpass

(1) **excel** in description, (2) **excel** at communication

The company **excels** in customer service.

## defend

v. to protect someone or something from attack, criticism, danger, etc.

*synonym*: protect, guard, support

(1) **defend** my country, (2) **defend** against a threat

International law allows each nation to **defend** itself when its rights and interests are illegally violated.

## territory

n. an area under the control of a ruler or state

*synonym*: domain, region, realm

(1) acquire **territory**, (2) **territory** in charge

They incorporated the conquered **territory** into their nation.

## staphylococcus

n. (also staph) a type of bacteria that can cause various types of infections in humans, including skin infections, pneumonia, and food poisoning

*synonym*: bacteria, microbe, germ

(1) **staphylococcus aureus**, (2) **staphylococcus** bacteria

The patient was diagnosed with a **staphylococcus** infection.

## aureus

n. a type of bacteria, particularly the species *Staphylococcus aureus*, that can cause a range of infections in humans and animals, often resistant to antibiotics and can be difficult to treat; (adjective, "golden" or "of gold" in Latin) relating to something that is gold-colored or has properties similar to gold

*synonym*: (adjective) golden

(1) **aureus** color, (2) **aureus** infection

*Staphylococcus aureus* is a type of bacteria that can cause

skin infections.

## mystery

*n.* something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle

*synonym* : enigma, puzzle, secret

(1) **mystery** novel, (2) unsolved **mystery**

The **mystery** surrounding the disappearance of the traveler has yet to be solved by authorities.

## surrounding

*adj.* that is near or around, or closely encircling something

*synonym* : circumferent, encircling, neighboring

(1) **surrounding** areas, (2) a fence **surrounding** a castle

The **surrounding** mountains make the city difficult to be invaded.

## scratch

*v.* to cut or damage the surface of something or the skin with a sharp or pointed object

*synonym* : claw, rub, scrape

(1) **scratch** off a name, (2) **scratch** my signature

Don't **scratch** your mosquito bites.

## Session 2: Spelling

1. em\_\_\_\_\_ss political enemy *v.* to cause someone to feel awkward, worried, or ashamed
2. li\_\_\_\_\_me benefits *n.* the duration of someone's life or something's existence;
3. sur\_\_\_\_\_ng areas *adj.* that is near or around, or closely encircling something
4. global b\_\_d market *n.* a close emotional connection between two or more people; a certificate of debt that a government or corporation issues to raise money
5. a nightly fe\_\_t *n.* a large meal, typically one served on a special occasion
6. ev\_\_\_e over the past decade *v.* to develop gradually, or to cause the development of something or someone gradually
7. itchy da\_\_\_\_\_ff *n.* small pieces of dead skin that flake off from the scalp and collect in the hair or on clothing, associated with dryness or other scalp conditions
8. n\_\_t idea *adj.* clean or tidy, with everything in its place
9. assume the de\_\_\_\_\_ve *adj.* used or intended to protect someone or something against attack or aggression
10. se\_\_\_\_\_us glands *adj.* relating to or secreting a fatty or oily substance, particularly in the skin or hair follicles, often associated with the formation of acne or other skin conditions

ANSWERS: 1. embarrass, 2. lifetime, 3. surrounding, 4. bond, 5. feast, 6. evolve, 7. dandruff, 8. neat, 9. defensive, 10. sebaceous

11. hi\_\_\_\_\_ut location *n.* a secret or remote place where a person can take refuge or hide, particularly from the authorities; a place used by criminals to hide from law enforcement
12. re\_\_\_\_\_te blood sugar levels *v.* to control something, especially by means of rules or laws
13. re\_\_\_\_\_le access *adj.* worthy of being relied on; trustworthy
14. pathogenic mi\_\_\_\_\_e *n.* a tiny living thing that can only be seen with a microscope and that may cause disease
15. mechanical gr\_\_\_\_\_e *n.* a thick, oily substance used to lubricate machines, surfaces, or moving parts; fat or oil used in cooking
16. ir\_\_\_\_\_ar verbs *adj.* not having an even or balanced shape or arrangement; contrary to the usual rule, accepted order, or what is expected
17. economic th\_\_\_\_\_t *n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
18. hyp\_\_\_\_\_ze what could have happened *v.* to form or present a theory or explanation without sufficient evidence; to speculate
19. dif\_\_\_\_\_ate a function *v.* to recognize or establish as being distinct; to distinguish between things that are compared; to calculate a derivative

ANSWERS: 11. hide-out, 12. regulate, 13. reliable, 14. microbe, 15. grease, 16. irregular, 17. threat, 18. hypothesize, 19. differentiate

20. de\_\_\_t smuggling across borders      *v.* to find or recognize something, especially something difficult to see, hear, etc.
21. my\_\_\_\_y novel      *n.* something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle
22. an unc\_\_\_\_\_ble silence      *adj.* providing or feeling physical discomfort or slight pain
23. the st\_\_\_\_\_re of a machine      *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
24. pre\_\_\_\_\_ion to anxiety      *n.* a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors
25. unsolved my\_\_\_\_y      *n.* something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle
26. com\_\_\_\_\_te his anxieties to the psychiatrist      *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
27. the ex\_\_\_t of the damage      *n.* the point or degree or area to which something extends
28. fl\_\_es of snow      *n.* a small, thin piece or layer of something, often with a flat or irregular shape; a person who is unreliable or inconsistent

ANSWERS: 20. detect, 21. mystery, 22. uncomfortable, 23. structure, 24. predisposition, 25. mystery, 26. communicate, 27. extent, 28. flake

29. de\_\_\_\_\_ve weapons *adj.* used or intended to protect someone or something against attack or aggression
30. con\_\_\_\_\_tly unable to start her studies *adv.* as a result or outcome of something
31. d\_m-building program *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
32. ch\_\_n in my stomach *v.* to stir or agitate a liquid, substance, or mixture vigorously to produce foam or because of violent movement; to cause a large number of people to move or leave; to produce something, such as money, through continuous activity or turnover
33. d\_m collapsing *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
34. co\_\_\_\_\_e my thoughts *v.* to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it
35. pa\_\_\_\_\_se for criminals *n.* a place or state of perfect happiness; a heaven on earth
36. a gr\_\_\_\_\_l process *adj.* happening slowly over a long period of time or distance; not steep or abrupt
37. lack of digestive en\_\_\_es *n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction
38. mi\_\_\_\_\_es sterilizer *n.* a tiny living thing that can only be seen with a microscope and that may cause disease

ANSWERS: 29. defensive, 30. consequently, 31. dam, 32. churn, 33. dam, 34. compose, 35. paradise, 36. gradual, 37. enzyme, 38. microbe



39. de\_\_\_d against a threat      *v.* to protect someone or something from attack, criticism, danger, etc.
40. sa\_\_\_\_\_ed fat      *adj.* (of chemistry) describing a compound or substance that contains the maximum amount of a particular atom or group of atoms and has no further capacity to bond; (of nutrition) describing a food that is high in saturated fats, which are linked to an increased risk of heart disease
41. a con\_\_\_\_\_ly varying mind      *adv.* all the time
42. com\_\_\_\_\_te well with my advisor      *v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals
43. s\_\_k away stress      *v.* to allow liquid to be absorbed, typically by immersing in it; to leave as a guarantee in return for money
44. air-pe\_\_\_\_\_le fabric      *adj.* capable of being penetrated, passed through, or absorbed; allowing liquids, gases, or other substances to pass through a surface or material, often with ease
45. irr\_\_\_\_\_ly shaped      *adv.* in a manner that deviates from the normal or expected pattern, often marked by inconsistency or unpredictability
46. co\_\_\_\_\_e a large of alcohol      *v.* to spend something, especially fuel, energy, or time, in a large amount
47. ox\_\_\_\_\_in signaling      *n.* a type of molecule derived from the oxidation of fatty acids, with a variety of functions in inflammation, immune response, and other physiological processes

ANSWERS: 39. defend, 40. saturated, 41. constantly, 42. communicate, 43. soak, 44. permeable, 45. irregularly, 46. consume, 47. oxylipin

48. eq\_\_p an army      *v.* to provide a person or a place with the things that are needed for a particular purpose or activity
49. sc\_\_\_\_\_h my signature      *v.* to cut or damage the surface of something or the skin with a sharp or pointed object
50. ex\_\_l in description      *v.* to be extremely good at or proficient in doing something
51. bo\_\_t the economy      *v.* to improve, raise, or increase something
52. inf\_\_\_\_\_ion of the lungs      *n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
53. chemical re\_\_\_\_\_on      *n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
54. re\_\_\_\_\_on between cause and effect      *n.* the way two persons or groups of people feel and act toward one another
55. au\_\_\_s color      *n.* a type of bacteria, particularly the species *Staphylococcus aureus*, that can cause a range of infections in humans and animals, often resistant to antibiotics and can be difficult to treat; (adjective, "golden" or "of gold" in Latin) relating to something that is gold-colored or has properties similar to gold
56. dif\_\_\_\_\_ate between fact and fiction      *v.* to recognize or establish as being distinct; to distinguish between things that are compared; to calculate a derivative

ANSWERS: 48. equip, 49. scratch, 50. excel, 51. boost, 52. inflammation, 53. reaction, 54. relation, 55. aureus, 56. differentiate

57. fo\_\_\_\_le cell *n.* a small sac or cavity in the body, especially in the skin or scalp, that contains and nourishes a hair or feather; a small gland or sac that produces and releases a bodily secretion
58. re\_\_w a contract *v.* to begin or resume something again after an interruption
59. in\_\_\_\_t tumor growth *v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
60. re\_\_\_\_e a prisoner *v.* to set free or allow to escape from confinement
61. pa\_\_\_\_se island *n.* a place or state of perfect happiness; a heaven on earth
62. toxic by\_\_\_\_cts *n.* a secondary or incidental product produced in the manufacture or synthesis of something else
63. cost ba\_\_\_\_r *n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
64. a private ind\_\_\_\_al *n.* a single person or thing, as distinct from a group
65. ex\_\_l at communication *v.* to be extremely good at or proficient in doing something
66. end of the first qu\_\_\_\_r *n.* one of four equal parts; a fourth part or portion

ANSWERS: 57. follicle, 58. renew, 59. inhibit, 60. release, 61. paradise, 62. byproduct, 63. barrier, 64. individual, 65. excel, 66. quarter

67. vi\_\_\_\_e stars *adj.* capable of being seen; or open to easy view
68. ou\_\_\_\_d cheerfulness *adj.* relating to the external appearance or surface of something; visible
69. cl\_\_p of bacteria *n.* a small group of bushes, trees, flowers, people, etc.
70. sexual k\_\_k *n.* a tight curl, twist or bend in an object, particularly in a piece of wire, hose, or tubing; a peculiar or eccentric liking or habit
71. trigger a re\_\_\_\_on *n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
72. s\_\_d an old skin *v.* to get rid of something as superfluous or unwanted; to cast off hair, skin, horn, or feathers; (noun) an outbuilding with a single story, mainly used for shelter or storage
73. co\_\_\_\_e electricity *v.* to spend something, especially fuel, energy, or time, in a large amount
74. sus\_\_\_\_le of proof *adj.* easily influenced, harmed, or affected by something
75. v\_\_y directly with the price *v.* to become different in terms of size, shape, etc.
76. sa\_\_\_\_ed colors *adj.* (of chemistry) describing a compound or substance that contains the maximum amount of a particular atom or group of atoms and has no further capacity to bond; (of nutrition) describing a food that is high in saturated fats, which are linked to an increased risk of heart disease

ANSWERS: 67. visible, 68. outward, 69. clump, 70. kink, 71. reaction, 72. shed, 73. consume, 74. susceptible, 75. vary, 76. saturated

77. le\_\_\_\_er goods *adj.* not consumed or used at the end of something
78. a fe\_\_t for the eyes *n.* a large meal, typically one served on a special occasion
79. pe\_\_\_\_\_le membrane *adj.* capable of being penetrated, passed through, or absorbed; allowing liquids, gases, or other substances to pass through a surface or material, often with ease
80. genetic pre\_\_\_\_\_ion *n.* a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors
81. hyp\_\_\_\_\_ze as to outcomes *v.* to form or present a theory or explanation without sufficient evidence; to speculate
82. loss of ap\_\_\_\_\_te *n.* a natural desire or craving for food or drink; a strong desire or liking for something
83. di\_\_\_e money equally *v.* to separate or cause to separate into parts or groups
84. re\_\_\_\_\_e CO2 into the air *v.* to set free or allow to escape from confinement
85. r\_d the body of waste products *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
86. ev\_\_\_e *v.* to develop gradually, or to cause the development of something or someone gradually
87. di\_\_\_e the cake into two pieces *v.* to separate or cause to separate into parts or groups

ANSWERS: 77. leftover, 78. feast, 79. permeable, 80. predisposition, 81. hypothesize, 82. appetite, 83. divide, 84. release, 85. rid, 86. evolve, 87. divide

88. i\_\_h to speak *v.* to have an uncomfortable feeling on the skin that makes you want to scratch it
89. a co\_\_\_y of bacteria *n.* a country or an area that is governed by a more powerful country that is often far away
90. em\_\_\_\_\_ss my project *v.* to cause someone to feel awkward, worried, or ashamed
91. con\_\_\_\_\_us enthusiasm *adj.* able to be passed on to others through contact or proximity, especially by infection or disease
92. pr\_\_\_\_\_n synthesis *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
93. good source of essential amino a\_\_ds *n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
94. de\_\_\_t a bad event *v.* to find or recognize something, especially something difficult to see, hear, etc.
95. b\_\_d as a family *n.* a close emotional connection between two or more people; a certificate of debt that a government or corporation issues to raise money
96. an a\_\_d reaction *n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials

ANSWERS: 88. itch, 89. colony, 90. embarrass, 91. contagious, 92. protein, 93. acid, 94. detect, 95. bond, 96. acid

97. k\_\_k in the neck *n.* a tight curl, twist or bend in an object, particularly in a piece of wire, hose, or tubing; a peculiar or eccentric liking or habit
98. a sus\_\_\_\_\_le young woman *adj.* easily influenced, harmed, or affected by something
99. in\_\_\_\_\_t desires *v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
100. im\_\_\_e from criminal prosecution *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
101. eq\_\_p our children with some special skills *v.* to provide a person or a place with the things that are needed for a particular purpose or activity
102. with an unc\_\_\_\_\_ble face *adj.* providing or feeling physical discomfort or slight pain
103. en\_\_\_e reaction *n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction
104. co\_\_\_\_\_ze planets *v.* to establish a colony in or on a specific place; to settle or occupy in large numbers
105. in no un\_\_\_\_\_r terms *adj.* poorly stated or described and therefore not easy to understand; not easy to perceive
106. certain ex\_\_\_t *n.* the point or degree or area to which something extends

ANSWERS: 97. kink, 98. susceptible, 99. inhibit, 100. immune, 101. equip, 102. uncomfortable, 103. enzyme, 104. colonize, 105. unclear, 106. extent

107. inv\_\_\_\_\_te a data leak      *v.* to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth
108. bo\_\_t flexibility      *v.* to improve, raise, or increase something
109. ep\_\_\_\_\_is cells      *n.* the outermost layer of skin, composed of flat, scale-like cells that provide a protective barrier against external substances and help regulate body temperature
110. pro\_\_\_\_\_te cells      *v.* to grow or increase rapidly in number; to reproduce or spread rapidly, especially in an uncontrolled manner
111. de\_\_\_\_\_p a skill      *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
112. ye\_\_t-leavened bread      *n.* a type of fungus that is used in making alcoholic drinks such as beer and wine or to make bread rise
113. re\_\_\_\_\_te our conduct      *v.* to control something, especially by means of rules or laws
114. te\_\_\_\_\_ry in charge      *n.* an area under the control of a ruler or state
115. guarantee re\_\_\_\_\_le delivery      *adj.* worthy of being relied on; trustworthy
116. co\_\_\_\_\_ze for cultivation      *v.* to establish a colony in or on a specific place; to settle or occupy in large numbers

ANSWERS: 107. investigate, 108. boost, 109. epidermis, 110. proliferate, 111. develop, 112. yeast, 113. regulate, 114. territory, 115. reliable, 116. colonize



117. female ho\_\_\_\_e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
118. ir\_\_\_\_\_ar periods *adj.* not having an even or balanced shape or arrangement; contrary to the usual rule, accepted order, or what is expected
119. fa\_\_y acid *adj.* containing a lot of fat
120. ch\_\_n out manufactured goods *v.* to stir or agitate a liquid, substance, or mixture vigorously to produce foam or because of violent movement; to cause a large number of people to move or leave; to produce something, such as money, through continuous activity or turnover
121. da\_\_\_\_\_ff flakes *n.* small pieces of dead skin that flake off from the scalp and collect in the hair or on clothing, associated with dryness or other scalp conditions
122. emotional p\_\_p *n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something
123. in\_\_\_\_\_e skin *v.* to cause very strong feelings such as anger or excitement in a person or a group of people

ANSWERS: 117. hormone, 118. irregular, 119. fatty, 120. churn, 121. dandruff, 122. prop, 123. inflame

124. lu\_\_\_\_\_te the economy      *v.* to apply a substance, such as oil or grease, to reduce friction or wear on a surface
125. a mammary gl\_\_d      *n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
126. breathe irr\_\_\_\_\_ly      *adv.* in a manner that deviates from the normal or expected pattern, often marked by inconsistency or unpredictability
127. in\_\_\_\_\_e his passion      *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
128. the cell of the im\_\_\_e system      *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
129. a n\_\_t piece of work      *adj.* clean or tidy, with everything in its place
130. str\_\_\_\_\_en the immune system      *v.* to become stronger or more effective; to make someone or something stronger or more effective
131. vo\_\_\_\_\_us reader      *adj.* having a very strong appetite or desire for something, especially for food or activity; extremely eager or enthusiastic for something
132. pro\_\_\_\_\_te weeds      *v.* to grow or increase rapidly in number; to reproduce or spread rapidly, especially in an uncontrolled manner

ANSWERS: 124. lubricate, 125. gland, 126. irregularly, 127. inflame, 128. immune, 129. neat, 130. strengthen, 131. voracious, 132. proliferate

133. lu\_\_\_\_\_te the hinges with oil      *v.* to apply a substance, such as oil or grease, to reduce friction or wear on a surface
134. get r\_d of the rats      *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
135. the function of the thyroid gl\_\_d      *n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
136. p\_y into the affairs      *v.* to force open or to try to get information from someone by asking too many questions
137. d\_n of traffic      *n.* a loud, confused noise; a loud, persistent racket
138. st\_\_\_\_\_re and function of the brain      *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
139. sta\_\_\_\_\_cus bacteria      *n.* (also staph) a type of bacteria that can cause various types of infections in humans, including skin infections, pneumonia, and food poisoning
140. fu\_\_\_s infection      *n.* a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive
141. i\_\_h constantly      *v.* to have an uncomfortable feeling on the skin that makes you want to scratch it

ANSWERS: 133. lubricate, 134. rid, 135. gland, 136. pry, 137. din, 138. structure, 139. staphylococcus, 140. fungus, 141. itch

142. a fence sur\_\_\_\_\_ng a castle *adj.* that is near or around, or closely encircling something
143. s\_\_k in a hot spring *v.* to allow liquid to be absorbed, typically by immersing in it; to leave as a guarantee in return for money
144. damaged fo\_\_\_\_\_le *n.* a small sac or cavity in the body, especially in the skin or scalp, that contains and nourishes a hair or feather; a small gland or sac that produces and releases a bodily secretion
145. cooking gr\_\_\_e *n.* a thick, oily substance used to lubricate machines, surfaces, or moving parts; fat or oil used in cooking
146. have ge\_\_\_\_\_c testing *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
147. symbiotic fu\_\_\_s *n.* a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive
148. a cl\_\_p of trees *n.* a small group of bushes, trees, flowers, people, etc.
149. con\_\_\_\_\_us virus *adj.* able to be passed on to others through contact or proximity, especially by infection or disease
150. an ou\_\_\_\_\_d journey *adj.* relating to the external appearance or surface of something; visible
151. stress pr\_\_\_\_\_n *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

ANSWERS: 142. surrounding, 143. soak, 144. follicle, 145. grease, 146. genetic, 147. fungus, 148. clump, 149. contagious, 150. outward, 151. protein

152. mo\_\_\_\_le behavior *n.* a group of two or more atoms held together by attractive forces known as chemical bonds
153. sta\_\_\_\_\_cus aureus *n.* (also staph) a type of bacteria that can cause various types of infections in humans, including skin infections, pneumonia, and food poisoning
154. p\_y a secret out of a person *v.* to force open or to try to get information from someone by asking too many questions
155. plant a co\_\_\_\_y *n.* a country or an area that is governed by a more powerful country that is often far away
156. li\_\_\_\_me ban from the sport *n.* the duration of someone's life or something's existence;
157. by\_\_\_\_\_ct of technology *n.* a secondary or incidental product produced in the manufacture or synthesis of something else
158. reduce inf\_\_\_\_\_ion and pain *n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
159. vi\_\_\_\_e by X-ray *adj.* capable of being seen; or open to easy view
160. sc\_\_p massage *n.* the skin that covers the top of a person's head, together with the hair growing on it; also, the part of the body that is most vulnerable to an attack
161. 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

ANSWERS: 152. molecule, 153. staphylococcus, 154. pry, 155. colony, 156. lifetime, 157. byproduct, 158. inflammation, 159. visible, 160. scalp, 161. hormone

162. a gr\_\_\_\_l change *adj.* happening slowly over a long period of time or distance; not steep or abrupt
163. a cow s\_\_d *v.* to get rid of something as superfluous or unwanted; to cast off hair, skin, horn, or feathers; (noun) an outbuilding with a single story, mainly used for shelter or storage
164. an ab\_\_\_\_nt supply of water *adj.* present in great quantity
165. mighty d\_n *n.* a loud, confused noise; a loud, persistent racket
166. very f\_\_d of *adj.* having affection or liking for someone, particularly someone you've known for a long time
167. ca\_\_\_y filling *n.* an empty space or hollowness within a solid object, especially within the body, such as a tooth or bone; a hole or depression in a surface or the ground
168. con\_\_\_\_\_tly affect the organs *adv.* as a result or outcome of something
169. re\_\_w its corporate image *v.* to begin or resume something again after an interruption
170. criminal hi\_\_\_\_\_ut *n.* a secret or remote place where a person can take refuge or hide, particularly from the authorities; a place used by criminals to hide from law enforcement
171. environmental th\_\_\_t *n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation

ANSWERS: 162. gradual, 163. shed, 164. abundant, 165. din, 166. fond, 167. cavity, 168. consequently, 169. renew, 170. hide-out, 171. threat

172. re\_\_\_\_on of inclusion *n.* the way two persons or groups of people feel and act toward one another
173. small mo\_\_\_\_les *n.* a group of two or more atoms held together by attractive forces known as chemical bonds
174. ep\_\_\_\_\_is layer *n.* the outermost layer of skin, composed of flat, scale-like cells that provide a protective barrier against external substances and help regulate body temperature
175. p\_\_p stick *n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something
176. tooth ca\_\_\_\_y *n.* an empty space or hollowness within a solid object, especially within the body, such as a tooth or bone; a hole or depression in a surface or the ground
177. less fa\_\_y meat *adj.* containing a lot of fat
178. v\_\_y according to the age *v.* to become different in terms of size, shape, etc.
179. au\_\_\_\_s infection *n.* a type of bacteria, particularly the species *Staphylococcus aureus*, that can cause a range of infections in humans and animals, often resistant to antibiotics and can be difficult to treat; (adjective, "golden" or "of gold" in Latin) relating to something that is gold-colored or has properties similar to gold

ANSWERS: 172. relation, 173. molecule, 174. epidermis, 175. prop, 176. cavity, 177. fatty, 178. vary, 179. aureus

180. ye\_\_t cell *n.* a type of fungus that is used in making alcoholic drinks such as beer and wine or to make bread rise
181. acquire te\_\_\_\_\_ry *n.* an area under the control of a ruler or state
182. ap\_\_\_\_\_te suppression *n.* a natural desire or craving for food or drink; a strong desire or liking for something
183. sc\_\_\_\_\_h off a name *v.* to cut or damage the surface of something or the skin with a sharp or pointed object
184. str\_\_\_\_\_en a border patrol *v.* to become stronger or more effective; to make someone or something stronger or more effective
185. de\_\_\_d my country *v.* to protect someone or something from attack, criticism, danger, etc.
186. de\_\_\_\_\_p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
187. le\_\_\_\_\_er from a party *adj.* not consumed or used at the end of something
188. an un\_\_\_\_\_r match *adj.* poorly stated or described and therefore not easy to understand; not easy to perceive
189. a qu\_\_\_\_\_r mile *n.* one of four equal parts; a fourth part or portion

ANSWERS: 180. yeast, 181. territory, 182. appetite, 183. scratch, 184. strengthen, 185. defend, 186. develop, 187. leftover, 188. unclear, 189. quarter



190. inv\_\_\_\_\_te the matter      *v.* to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth
191. co\_\_\_\_\_e an essay      *v.* to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it
192. se\_\_\_\_\_us cyst      *adj.* relating to or secreting a fatty or oily substance, particularly in the skin or hair follicles, often associated with the formation of acne or other skin conditions
193. live an ab\_\_\_\_\_nt life      *adj.* present in great quantity
194. fl\_\_e graphite      *n.* a small, thin piece or layer of something, often with a flat or irregular shape; a person who is unreliable or inconsistent
195. a con\_\_\_\_\_ly innovative enterprise      *adv.* all the time
196. ox\_\_\_\_\_in metabolism      *n.* a type of molecule derived from the oxidation of fatty acids, with a variety of functions in inflammation, immune response, and other physiological processes
197. security br\_\_\_h      *n.* a break or opening, often in a wall or barrier, which enables passage or entry; a violation or infraction of a law, agreement, or duty, often resulting in legal action or punishment
198. information ba\_\_\_\_\_r      *n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective

ANSWERS: 190. investigate, 191. compose, 192. sebaceous, 193. abundant, 194. flake, 195. constantly, 196. oxylipin, 197. breach, 198. barrier

199. f\_\_d memories of the birthday      *adj.* having affection or liking for someone, particularly someone you've known for a long time
200. ind\_\_\_\_\_al freedom      *n.* a single person or thing, as distinct from a group
201. br\_\_\_h of privacy      *n.* a break or opening, often in a wall or barrier, which enables passage or entry; a violation or infraction of a law, agreement, or duty, often resulting in legal action or punishment
202. vo\_\_\_\_\_us thirst      *adj.* having a very strong appetite or desire for something, especially for food or activity; extremely eager or enthusiastic for something
203. sc\_\_p condition      *n.* the skin that covers the top of a person's head, together with the hair growing on it; also, the part of the body that is most vulnerable to an attack
204. a ge\_\_\_\_\_c disorder      *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes

ANSWERS: 199. fond, 200. individual, 201. breach, 202. voracious, 203. scalp, 204. genetic

## Session 3: Fill in the Blanks

1. Trains are \_\_\_\_\_ inexpensive, and ideal for long-distance travel.  
*adj.* worthy of being relied on; trustworthy
2. Fish oil is rich in \_\_\_\_\_ that have anti-inflammatory effects.  
*n.* a type of molecule derived from the oxidation of fatty acids, with a variety of functions in inflammation, immune response, and other physiological processes
3. Scientists \_\_\_\_\_ that the new fish species evolved to survive in deep-sea environments.  
*v.* to form or present a theory or explanation without sufficient evidence; to speculate
4. Hawaii is often referred to as an everlasting summer \_\_\_\_\_.  
*n.* a place or state of perfect happiness; a heaven on earth
5. The \_\_\_\_\_ appearance of the building was impressive, but the inside was in dire need of repairs.  
*adj.* relating to the external appearance or surface of something; visible
6. After a long hike, I had a huge \_\_\_\_\_ and devoured my meal in minutes.  
*n.* a natural desire or craving for food or drink; a strong desire or liking for something
7. The shape of the DNA \_\_\_\_\_ is a double helix.  
*n.* a group of two or more atoms held together by attractive forces known as chemical bonds

ANSWERS: 1. reliable, 2. oxylipins, 3. hypothesize, 4. paradise, 5. outward, 6. appetite, 7. molecule

8. The security camera has \_\_\_\_\_ four intruders.  
*v.* to find or recognize something, especially something difficult to see, hear, etc.
9. She had lived through two world wars in her \_\_\_\_\_.  
*n.* the duration of someone's life or something's existence;
10. The \_\_\_\_\_ of severe weather prompted the city to issue an evacuation warning.  
*n.* a strong indication or likelihood of harm, danger, or adverse consequences; an expression of intent to inflict harm or injury on someone or something, often made as a means of coercion or intimidation
11. The police placed a \_\_\_\_\_ across the street to halt traffic.  
*n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
12. The \_\_\_\_ of the city was overwhelming.  
*n.* a loud, confused noise; a loud, persistent racket
13. Driving was difficult on the \_\_\_\_\_ cobblestoned surface.  
*adj.* not having an even or balanced shape or arrangement; contrary to the usual rule, accepted order, or what is expected
14. The new service helped \_\_\_\_\_ net income by 10%.  
*v.* to improve, raise, or increase something
15. The animal rights group worked to \_\_\_\_\_ the dolphins back into the wild.  
*v.* to set free or allow to escape from confinement
16. Excessive exposure to UV radiation harms the \_\_\_\_\_ and increases the risk of skin cancer.  
*n.* the outermost layer of skin, composed of flat, scale-like cells that provide a protective barrier against external substances and help regulate body temperature

ANSWERS: 8. detected, 9. lifetime, 10. threat, 11. barrier, 12. din, 13. irregular, 14. boost, 15. release, 16. epidermis

17. The adrenal \_\_\_\_\_ produce steroids.

*n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream

18. The committee \_\_\_\_\_ several apparent inconsistencies.

*v.* to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth

19. The organizational \_\_\_\_\_ of start-ups is often flat and straightforward.

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

20. 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

21. He used a crowbar to \_\_\_\_ open the locked door.

*v.* to force open or to try to get information from someone by asking too many questions

22. Her eyes \_\_\_\_\_ with crying.

*v.* to cause very strong feelings such as anger or excitement in a person or a group of people

23. She has \_\_\_\_ habits.

*adj.* clean or tidy, with everything in its place

24. Smoking can increase a person's \_\_\_\_\_ to lung cancer.

*n.* a tendency or inclination to a particular behavior or condition, often due to genetic or environmental factors

ANSWERS: 17. glands, 18. investigated, 19. structure, 20. genetic, 21. pry, 22. inflamed, 23. neat, 24. predisposition

25. He \_\_\_\_\_ attends school, which reflects his poor grades.

*adv.* in a manner that deviates from the normal or expected pattern, often marked by inconsistency or unpredictability

26. The cream needs to be \_\_\_\_\_ for several minutes before it becomes butter.

*v.* to stir or agitate a liquid, substance, or mixture vigorously to produce foam or because of violent movement; to cause a large number of people to move or leave; to produce something, such as money, through continuous activity or turnover

27. The vaccination does not necessarily make you completely \_\_\_\_\_.

*adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

28. International law allows each nation to \_\_\_\_\_ itself when its rights and interests are illegally violated.

*v.* to protect someone or something from attack, criticism, danger, etc.

29. I have a \_\_\_\_\_ in one of my molars and must schedule a dentist appointment.

*n.* an empty space or hollowness within a solid object, especially within the body, such as a tooth or bone; a hole or depression in a surface or the ground

30. His abusive words made me \_\_\_\_\_.

*adj.* providing or feeling physical discomfort or slight pain

31. European powers \_\_\_\_\_ much of the Americas in the 16th and 17th centuries.

*v.* to establish a colony in or on a specific place; to settle or occupy in large numbers

ANSWERS: 25. irregularly, 26. churned, 27. immune, 28. defend, 29. cavity, 30. uncomfortable, 31. colonized

32. The chef will make soup with the \_\_\_\_\_ ham bone.

*adj.* not consumed or used at the end of something

33. The royal \_\_\_\_\_ celebrated the harvest, and the community enjoyed it.

*n.* a large meal, typically one served on a special occasion

34. He \_\_\_\_\_ a secret tear when he heard the news of his friend's death.

*v.* to get rid of something as superfluous or unwanted; to cast off hair, skin, horn, or feathers; (noun) an outbuilding with a single story, mainly used for shelter or storage

35. \_\_\_\_\_ thrive on the surface of the human skin.

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

36. Maximum heart rates \_\_\_\_\_ a lot for each individual.

*v.* to become different in terms of size, shape, etc.

37. The pigments in your hair \_\_\_\_\_ determine the color of your hair.

*n.* a small sac or cavity in the body, especially in the skin or scalp, that contains and nourishes a hair or feather; a small gland or sac that produces and releases a bodily secretion

38. We must \_\_\_\_\_ ourselves of pollution.

*v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person

39. The construction company \_\_\_\_\_ the building with an earthquake-resistant device.

*v.* to provide a person or a place with the things that are needed for a particular purpose or activity

ANSWERS: 32. leftover, 33. feast, 34. shed, 35. Microbes, 36. vary, 37. follicles, 38. rid, 39. equipped

40. Eyeless fish \_\_\_\_\_ in dark caves.

- v.* to develop gradually, or to cause the development of something or someone gradually

41. The body needs a certain amount of \_\_\_\_\_ to build and repair tissues.

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

42. The engine wouldn't turn over until we applied \_\_\_\_\_ to the starter.

- n.* a thick, oily substance used to lubricate machines, surfaces, or moving parts; fat or oil used in cooking

43. The company \_\_\_\_\_ in customer service.

- v.* to be extremely good at or proficient in doing something

44. A smaller car will \_\_\_\_\_ less fuel.

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

45. The break in the \_\_\_\_ threatened the valley.

- n.* a wall constructed over a river to block the flow of water, mainly used to generate energy

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

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

47. The country has \_\_\_\_\_ oil and natural gas resources.

- adj.* present in great quantity

48. I have an itchy \_\_\_\_\_ and need to switch to a different shampoo.

- n.* the skin that covers the top of a person's head, together with the hair growing on it; also, the part of the body that is most vulnerable to an attack

ANSWERS: 40. evolved, 41. protein, 42. grease, 43. excels, 44. consume, 45. dam, 46. extent, 47. abundant, 48. scalp



49. The anti-\_\_\_\_\_ shampoo cleared up my itchy scalp.

- n.* small pieces of dead skin that flake off from the scalp and collect in the hair or on clothing, associated with dryness or other scalp conditions

50. He is excessively \_\_\_\_\_ of alcohol.

- adj.* having affection or liking for someone, particularly someone you've known for a long time

51. The patient was diagnosed with a \_\_\_\_\_ infection.

- n.* (also staph) a type of bacteria that can cause various types of infections in humans, including skin infections, pneumonia, and food poisoning

52. The \_\_\_\_\_ in the hose was preventing water from flowing correctly.

- n.* a tight curl, twist or bend in an object, particularly in a piece of wire, hose, or tubing; a peculiar or eccentric liking or habit

53. The country experienced a \_\_\_\_\_ increase in population.

- adj.* happening slowly over a long period of time or distance; not steep or abrupt

54. I \_\_\_\_\_ the shirt in the sink before washing it.

- v.* to allow liquid to be absorbed, typically by immersing in it; to leave as a guarantee in return for money

55. The structure is \_\_\_\_\_ of three main components.

- v.* to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it

56. A deficiency in the \_\_\_\_\_ can lead to a medical condition.

- n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction

ANSWERS: 49. dandruff, 50. fond, 51. staphylococcus, 52. kink, 53. gradual, 54. soaked, 55. composed, 56. enzyme

57. Boxing fans often criticize his \_\_\_\_\_ stance.

*adj.* used or intended to protect someone or something against attack or aggression

58. Certain types of \_\_\_\_\_ can be toxic to humans, causing severe illness if ingested.

*n.* a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive

59. Staphylococcus \_\_\_\_\_ is a type of bacteria that can cause skin infections.

*n.* a type of bacteria, particularly the species *Staphylococcus aureus*, that can cause a range of infections in humans and animals, often resistant to antibiotics and can be difficult to treat; (adjective, "golden" or "of gold" in Latin) relating to something that is gold-colored or has properties similar to gold

60. I heard the \_\_\_\_\_ of his boots in the hallway.

*n.* a small group of bushes, trees, flowers, people, etc.

61. The disease is highly \_\_\_\_\_ and spreads quickly.

*adj.* able to be passed on to others through contact or proximity, especially by infection or disease

62. Well-stretched muscles are less \_\_\_\_\_ to injury.

*adj.* easily influenced, harmed, or affected by something

63. The \_\_\_\_\_ mountains make the city difficult to be invaded.

*adj.* that is near or around, or closely encircling something

64. The soil needs to be \_\_\_\_\_ so water can easily drain through it.

*adj.* capable of being penetrated, passed through, or absorbed; allowing liquids, gases, or other substances to pass through a surface or material, often with ease

ANSWERS: 57. defensive, 58. fungus, 59. aureus, 60. clump, 61. contagious, 62. susceptible, 63. surrounding, 64. permeable

65. Don't \_\_\_\_\_ your mosquito bites.

*v.* to cut or damage the surface of something or the skin with a sharp or pointed object

66. The unemployment rate in the first \_\_\_\_\_ was 2.3 percentage points higher than in the previous.

*n.* one of four equal parts; a fourth part or portion

67. The \_\_\_\_\_ appetite of the teenager was legendary.

*adj.* having a very strong appetite or desire for something, especially for food or activity; extremely eager or enthusiastic for something

68. The number of COVID cases continued to \_\_\_\_\_ in many countries worldwide.

*v.* to grow or increase rapidly in number; to reproduce or spread rapidly, especially in an uncontrolled manner

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

*adv.* all the time

70. Can you \_\_\_\_\_ 123321 by eleven?

*v.* to separate or cause to separate into parts or groups

71. The \_\_\_\_\_ surrounding the disappearance of the traveler has yet to be solved by authorities.

*n.* something difficult to understand or explain; a secret or enigmatic quality that adds to the fascination or interest of something; a genre of fiction that involves the solution of a crime or a puzzle

72. Acne is often caused by \_\_\_\_\_ oils clogging the pores on the skin.

*adj.* relating to or secreting a fatty or oily substance, particularly in the skin or hair follicles, often associated with the formation of acne or other skin conditions

ANSWERS: 65. scratch, 66. quarter, 67. voracious, 68. proliferate, 69. constantly, 70. divide, 71. mystery, 72. sebaceous

73. Dolphins use sound to \_\_\_\_\_ with each other.

- v.* to share or exchange information with others by speaking, writing, moving your body, or using other signals

74. The company decided not to enter the smartphone market because it was already \_\_\_\_\_ with numerous established players.

- adj.* (of chemistry) describing a compound or substance that contains the maximum amount of a particular atom or group of atoms and has no further capacity to bond; (of nutrition) describing a food that is high in saturated fats, which are linked to an increased risk of heart disease

75. They incorporated the conquered \_\_\_\_\_ into their nation.

- n.* an area under the control of a ruler or state

76. It is important not to undertake tasks with \_\_\_\_\_ objectives to improve productivity.

- adj.* poorly stated or described and therefore not easy to understand; not easy to perceive

77. The mechanic \_\_\_\_\_ the gears to prevent them from grinding.

- v.* to apply a substance, such as oil or grease, to reduce friction or wear on a surface

78. Excessive parental interference may \_\_\_\_\_ children's eagerness to learn.

- v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal

79. The company's data \_\_\_\_\_ compromised thousands of customers' personal information.

- n.* a break or opening, often in a wall or barrier, which enables passage or entry; a violation or infraction of a law, agreement, or duty, often resulting in legal action or punishment

ANSWERS: 73. communicate, 74. saturated, 75. territory, 76. unclear, 77. lubricated, 78. inhibit, 79. breach

80. Difficulties \_\_\_\_\_ the mind, as labor does the body.  
*v.* to become stronger or more effective; to make someone or something stronger or more effective
81. \_\_\_\_\_ the company had to lay off some of its employees.  
*adv.* as a result or outcome of something
82. The \_\_\_\_\_ declared its independence and became a republic.  
*n.* a country or an area that is governed by a more powerful country that is often far away
83. 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
84. You should keep away from \_\_\_\_\_ foods.  
*adj.* containing a lot of fat
85. She found a paint \_\_\_\_\_ on the wall and realized it was time to repaint the room.  
*n.* a small, thin piece or layer of something, often with a flat or irregular shape; a person who is unreliable or inconsistent
86. The teacher asked the students to \_\_\_\_\_ between the two similar species of birds.  
*v.* to recognize or establish as being distinct; to distinguish between things that are compared; to calculate a derivative
87. We have finally lost our last \_\_\_\_\_.  
*n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something

ANSWERS: 80. strengthen, 81. Consequently, 82. colony, 83. individual, 84. fatty, 85. flake, 86. differentiate, 87. prop

88. They carefully nurture a \_\_\_\_\_ fungus used to produce sake.  
*n.* a type of fungus that is used in making alcoholic drinks such as beer and wine or to make bread rise
89. The industrial \_\_\_\_\_ laws were passed with little to no alteration.  
*n.* the way two persons or groups of people feel and act toward one another
90. There was a chemical \_\_\_\_\_ of the lime with the groundwater.  
*n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
91. The medicine soothes the pain of chronic \_\_\_\_\_.  
*n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
92. My home is easily \_\_\_\_\_ from the shore.  
*adj.* capable of being seen; or open to easy view
93. He looked for an opportunity to \_\_\_\_\_ that actor in public.  
*v.* to cause someone to feel awkward, worried, or ashamed
94. We must \_\_\_\_\_ a new system to streamline our workflow and increase efficiency.  
*v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
95. I can't stop \_\_\_\_\_ my arm because of the mosquito bite.  
*v.* to have an uncomfortable feeling on the skin that makes you want to scratch it

ANSWERS: 88. yeast, 89. relations, 90. reaction, 91. inflammation, 92. visible, 93. embarrass, 94. develop, 95. itching

96. I have to \_\_\_\_\_ my passport by the middle of September.
- v.* to begin or resume something again after an interruption
97. He used to have a secret \_\_\_\_\_ in the woods where he went to escape from the world.
- n.* a secret or remote place where a person can take refuge or hide, particularly from the authorities; a place used by criminals to hide from law enforcement
98. The \_\_\_\_\_ of the energy production process is a large amount of carbon dioxide emissions.
- n.* a secondary or incidental product produced in the manufacture or synthesis of something else
99. They had formed a friendship \_\_\_\_\_.
- n.* a close emotional connection between two or more people; a certificate of debt that a government or corporation issues to raise money
100. We must manage to \_\_\_\_\_ our expenditure.
- v.* to control something, especially by means of rules or laws
101. During pregnancy, the stomach generates less \_\_\_\_\_ than usual.
- n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
102. 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

ANSWERS: 96. renew, 97. hide-out, 98. byproduct, 99. bond, 100. regulate, 101. acid, 102. hormone

ANSWERS: