

# Englist.me



## Vocabulary Builder Reference from...

*Cedric Habiyaremye: How quinoa can help combat hunger and malnutrition | TED Talk*

[https://www.ted.com/talks/cedric\\_habiyaremye\\_how\\_quinoa\\_can\\_help\\_combat\\_hunger\\_and\\_malnutrition](https://www.ted.com/talks/cedric_habiyaremye_how_quinoa_can_help_combat_hunger_and_malnutrition)

### All Words

#### IMPORTANT

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## Session 1: Word List

### fridge

*n.* a piece of electrical equipment in which food can be stored at low temperatures so that it stays fresh

*synonym*: refrigerator

(1) **fridge** magnet, (2) fill the **fridge**

She left the **fridge** door open inadvertently.

### 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.

### luxury

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

*synonym*: extravagance, indulgence, opulence

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

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

## refugee

*n.* a displaced person who has crossed national borders and who cannot or is unwilling to return home due to political, religious, or economic reasons or because of a war

*synonym* : emigrant, evacuee, exile

(1) global **refugee** crisis, (2) the **refugee** camp

The community warmly welcomed the **refugees**.

## tragedy

*n.* an event or situation causing great loss, misfortune, or destruction; a play or literature that deals with a severe and sad event and often ends with the death of the main character

*synonym* : disaster, adversity, calamity

(1) a **tragedy** during work, (2) the aftermath of this **tragedy**

Macbeth is a famous **tragedy** by Shakespeare.

## genocide

*n.* the intentional killing of a large group of people, especially those of a particular ethnic group or nation

*synonym* : mass murder, extermination, annihilation

(1) **genocide** victims, (2) **genocide** resolution

The international community condemned the **genocide** in the country.

## flee

*v.* to leave by running away, especially out of fear or danger

*synonym* : exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad

It is a basic instinct to **flee** from a dangerous situation.

## survival

*n.* the state of continuing to exist or live, frequently in the face of difficulty or danger

*synonym* : endurance, continuity

(1) **survival** ability, (2) **survival** food

He evaluated his chances for **survival** rather pessimistically.

## disease

*n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal

functioning of organs or systems

*synonym* : illness, ailment, affliction

(1) **disease** prevention, (2) **disease** control

The doctor diagnosed him with a rare **disease** that had no known cure.

## sanitation

*n.* the process of maintaining a clean and hygienic environment, particularly in public health and safety contexts; the practice of disposing of waste products in a safe and appropriate manner

*synonym* : cleanliness, hygiene, sterilization

(1) **sanitation** standards, (2) poor **sanitation**

**Sanitation** workers play a critical role in keeping our cities clean and healthy.

## commodity

*n.* a product or a raw material that can be traded, bought, or sold

*synonym* : merchandise, goods, entity

(1) **commodity** tax, (2) international **commodity**

The government announced a policy to control the rise in **commodity** prices.

## survive

*v.* to live or exist despite a dangerous event or period

*synonym* : endure, persist, stay

(1) **survive** a blizzard, (2) **survive** a plane crash

These birds can only **survive** in temperate climates.

## swamp

*n.* an area of low-lying land that is flooded or saturated with water, often having a growth of natural vegetation

*synonym* : marsh, mire, bog

(1) muddy **swamp**, (2) **swamp** tour

The lowland **swamp** was full of dangerous animals and poisonous plants.

## decide

*v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options

*synonym* :

choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action  
She couldn't **decide** whether to order the pizza or the pasta for dinner.

## struggle

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

*synonym*: toil, strive, compete

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

He could not **struggle** against temptation.

## 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.

## nutritional

*adj.* of or relating to the substance required by the body to maintain health and growth

*synonym*: nourishing, healthy, wholesome

(1) **nutritional** supplement, (2) bit of **nutritional** yeast

The **nutritional** value of the food should be clearly labeled on the packaging.

## diversity

*n.* the quality or fact of many different types of things or people being included in something; a range of different things or people

*synonym*: variety, multiplicity, variousness

(1) the **diversity** policy of the university, (2) lingual **diversity**

He was impressed by the range and **diversity** of the collection.

## balance

*n.* a condition in which everything has the same weight or force; something left after other parts have been taken

away

*synonym*: equilibrium, counterpoise, remainder

(1) the **balance** of power, (2) asset on the company's **balance** sheet

Try to keep a **balance** between work and off.

**diet**

*n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

*synonym*: food, dietary

(1) eat a vegetarian **diet**, (2) **Diet** approval

A balanced **diet** is more important for health than supplements.

**agriculture**

*n.* the practice or science of cultivating the land or raising stock

*synonym*: farming, husbandry, agribusiness

(1) organic **agriculture**, (2) intensive **agriculture**

**Agriculture** is the foundation of our economy.

**sector**

*n.* a distinct part or division of something often used to refer to a segment of an economy or industry; an area or field of work or activity

*synonym*: division, department, branch

(1) industrial **sector**, (2) private **sector**

The technology **sector** is constantly evolving and innovating.

**malnutrition**

*n.* the condition of having an improper or inadequate diet, typically resulting in weakness, illness, and developmental problems; the state of being undernourished or lacking essential nutrients

*synonym*: undernourishment, starvation, hunger

(1) severe **malnutrition**, (2) childhood **malnutrition**

The doctor advised the patient to eat a balanced diet to avoid **malnutrition**.

## stunt

*n.* a feat or action that is often dangerous or difficult, designed to attract attention or admiration; something that blocks or impedes growth or development; (verb) to hinder or impede growth or development, especially in a physical or mental sense

*synonym*: feat, accomplishment, (verb) hinder

(1) skydiving **stunt**, (2) **stunt** brain growth

The daredevil attempted a dangerous **stunt** by jumping off a tall building with a parachute.

## rampant

*adj.* (especially of something bad or unwelcome) flourishing or spreading everywhere in a way that cannot be controlled

*synonym*: prevalent, dense, uncontrolled

(1) **rampant** growth of weeds, (2) **rampant** corruption

In an overly protective industry, violations of the ethics rules tend to be **rampant**.

## insecure

*adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety

*synonym*: uncertain, unsure, unconfident

(1) an **insecure** future, (2) **insecure** attachment

Children in an unstructured environment often feel **insecure**.

## crop

*n.* a plant that is cultivated in large amounts, particularly for food

*synonym*: output, produce, product

(1) **crop** field, (2) **crop** herbicide

Sow early for an early **crop**.

## eventually

*adv.* finally, particularly after a long time or a lot of struggle, complications, and so on

*synonym*: finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

## graduate

*n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

*synonym* : alumna, alum, grad

(1) **graduate** degree program, (2) honor **graduate**

Many employers hire **graduate** trainees to train as managers.

## discovery

*n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known

*synonym* : finding, uncovering, detection

(1) a scientific **discovery**, (2) the great **discovery** of the century

Her research team made an important **discovery**.

## quinoa

*n.* a grain-like crop grown in South America, often used as a gluten-free grain substitute in cooking and baking, known for its high nutritional value and versatility

*synonym* : inca rice, Peruvian rice

(1) **quinoa** salad, (2) **quinoa** porridge

She prepared a delicious **quinoa** pilaf with vegetables and herbs.

## indigenous

*adj.* someone or something that is native to or occurring naturally in a particular place

*synonym* : domestic, endemic, primitive

(1) **indigenous** crop, (2) **indigenous** peoples

The **indigenous** plants need to be pollinated by local insects.

## powerhouse

*n.* an electrical generating station; a person, organization, or thing that is extremely successful or influential

*synonym* : center of power, fireball, human dynamo

(1) **powerhouse** actors, (2) **powerhouse** economy

The company has become a **powerhouse** in the tech industry with its innovative products and services.

## **nutrient**

*n.* any substance that is essential for the maintenance and growth of living things

*synonym* : food, vitamin

(1) **nutrient** medicine, (2) a **nutrient** for hair

They used fast-acting **nutrients** on the flowers in the flower beds.

## **essential**

*adj.* indispensable; fundamental

*synonym* : critical, crucial, basic

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

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

## **amino**

*n.* compounds and functional groups that contain a basic nitrogen atom with a lone pair (NH<sub>2</sub>) that combine to make protein

(1) **amino** compound, (2) **amino** acid

This company was granted a patent for its **amino** resin manufacturing process.

## **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.

## **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.

## **unfortunately**

*adv.* by bad luck; unluckily

*synonym* : regrettably, unluckily, alas



(1) **unfortunately** caught in a shower, (2) even more **unfortunately**

The treatments were done but, **unfortunately**, were unsuccessful.

## **cult**

*n.* a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices

*synonym*: sect, faith, religion

(1) **cult** members, (2) **cult's** practices

The **cult** leader promised his followers that they would achieve enlightenment if they followed his teachings.

## **starvation**

*n.* a severe lack of food that leads to malnutrition and, ultimately, death

*synonym*: hunger, malnutrition, emaciation

(1) die of **starvation**, (2) **starvation** wages

The drought led to widespread **starvation** in the region.

## **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.

## **capita**

*n.* a Latin word meaning "head," used to express the amount for each person; any head or headlike expansion on a structure, as on a bone

*synonym*: head, headcount, person

(1) per **capita** sales, (2) the agricultural yield per **capita**  
GDP per **capita** shrunk by almost 10 percent for the third consecutive year.

## **immediate**

*adj.* happening or done without delay or occurring shortly after something else

*synonym*: prompt, quick, instantaneous

(1) take **immediate** effect, (2) the **immediate** past  
Both forts were subject to **immediate** attacks.

## harvest

*n.* yields of plants in a single growing season; the period of the year when gathering occurs on a farm

*synonym*: crop, reaping, yield

(1) a scanty **harvest**, (2) reap a **harvest**

During **harvest**, farmers are incredibly busy.

## cultivate

*v.* to prepare and foster land for growing crops or plants

*synonym*: boost, foster, nurture

(1) **cultivate** a field, (2) **cultivate** relationships

University is a great place to **cultivate** our minds and expertise.

## rotation

*n.* the action or process of moving in a circle around an axis or center

*synonym*: revolution, spin, turning

(1) job **rotation**, (2) a period of **rotation**

The **rotation** of the Earth causes day and night.

## pest

*n.* a destructive insect or other animals that are harmful to crops, animals, or humans; someone or something that is annoying or troublesome

*synonym*: nuisance, problem, annoyance

(1) **pest** control, (2) a **pest** of bean plants

The gardener used natural methods to keep **pests** away from her plants.

## micronutrient

*adj.* vitamins and minerals needed by the body in very small amounts

*synonym*: trace element, mineral, vitamin

(1) **micronutrient** supplements, (2) antioxidant **micronutrient**

A diet rich in **micronutrients** can help prevent deficiencies and maintain good health.

## introduction

*n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market

*synonym*: initiation, preamble, prologue

(1) **introduction** education, (2) self- **introduction**

The **introduction** to the new class was informative and engaging.

## adaptable

*adj.* able or willing to modify or be modified to deal with new situations

*synonym*: flexible, adjustable, elastic

(1) **adaptable** enough for the environment, (2) an **adaptable** person

We seek a candidate who possesses **adaptable** fighting potential.

## ecology

*n.* the study of the relationships between living organisms, including humans, and their physical environment

(1) science of **ecology**, (2) the **ecology** of the island

Many companies are now enthusiastically embracing the knowledge of **ecology** for sustainable development.

## zone

*n.* a specific area, region, or section that is marked off or defined in some way

*synonym*: area, region, territory

(1) time **zone**, (2) **zone** defense

He was reluctant to leave his comfort **zone** and try something new.

## astonishing

*adj.* surprising or shocking; difficult to believe

*synonym*: surprising, shocking, astounding

(1) **astonishing** achievement, (2) make **astonishing** gains

The news of her sudden death was **astonishing** to everyone who knew her.

## climate

*n.* the weather in a particular location averaged over some long period

*synonym* : atmosphere, weather, environment

(1) a cold **climate**, (2) effects of **climate** change

**Climate** and weather have an impact on every part of our lifestyles.

## communal

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

*synonym* : collaborative, combined, collective

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

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

## adopt

*v.* to choose to follow something; to legally take a child from another family and care for them as if they were one's own

*synonym* : accept, assume, take on

(1) **adopt** a child, (2) **adopt** a bill

The national assembly has **adopted** the budget.

## creative

*adj.* relating to or involving the use of skill and original and unusual ideas to create something

*synonym* : imaginative, innovative, inventive

(1) **creative** writing, (2) barren of **creative** spirit

All the supervisor has to do is assign tasks that make his subordinates more **creative**.

## recipe

*n.* a set of instructions for preparing a dish, including the ingredients and the method of cooking

*synonym* : instructions, formula, method

(1) **recipe** book, (2) **recipe** collection

The **recipe** for the cake is passed down from generation to generation in her family.

## remarkable

*adj.* worthy of attention because unusual or special

*synonym*: outstanding, exceptional, extraordinary

(1) **remarkable** achievement, (2) the **remarkable** breadth of knowledge

The election was a **remarkable** success for the Whigs.

## entirely

*adv.* completely

*synonym*: completely, fully, totally

(1) **entirely** satisfied with the meal, (2) he was **entirely** to blame

Later, his claim was found to be **entirely** false.

## supplement

*n.* something that is added to something else to make it better or complete it

*synonym*: complement, addendum, accessory

(1) wage **supplement**, (2) use of dietary **supplements**

Certain **supplements** may promote tumor growth.

## nutrition

*n.* the substances or the process that organisms take into their bodies as food for their growth and health

*synonym*: alimentation, nourishment, sustenance

(1) **nutrition** condition, (2) **nutrition** intake

This food contains all the **nutrition** your dog requires.

## chronic

*adj.* being long-lasting and recurrent or characterized by long suffering; habitual

*synonym*: established, regular, constant

(1) risk of **chronic** disease, (2) **chronic** alcohol consumption

**Chronic** hyperglycemia is a trigger for a variety of serious diseases.

## suffer

*v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

*synonym*: endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

## collaboration

*n.* the act or situation of working together to create or produce something

*synonym*: affiliation, alliance, coalition

(1) **collaboration** between companies, (2) **collaboration** platform

The partnership program requires a mutual **collaboration** between both agencies.

## institute

*n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something

*synonym*: academy, university, college

(1) **institute** a lawsuit, (2) research **institutes**

This region has many **institutes** offering higher education.

## magic

*n.* beliefs and actions employed to influence supernatural beings and forces; any art or performance that invokes supernatural powers

*synonym*: fascination, illusion, wizardry

(1) a **magic** spell, (2) she is **magic**

He performed **magic** tricks with sophisticated moves.

## millet

*n.* a tiny seed of any of several annual cereal types of grass used as food, mainly to manufacture flour and to feed birds and animals

(1) increasing **millet** harvests, (2) cooking **millet**

The primary crop harvested during autumn is **millet**.

## sorghum

*n.* a type of grain grown in tropical countries

(1) **sorghum** grain, (2) seeds of **sorghum**

**Sorghum** is an important food grain in this country.

## fonio

*n.* a type of small, ancient grain that is grown and consumed in West Africa and is known for its nutritional value and ability to grow in harsh environments

(1) **fonio** grain, (2) gluten-free **fonio**

Many people in Africa rely on **fonio** as a staple food source.

## barley

*n.* a type of cereal grain that is used for food, either in the form of whole grains, flour, or malt

*synonym*: wheat, grain, oats

(1) **barley** field, (2) **barley** crop

The fields were ripe with **barley**, ready for harvest.

## oat

*n.* a species of cereal grain that seed is grown for making porridge and other dishes or being fed to animals

*synonym*: cereal, grain

(1) **oat** flour, (2) organic **oat** flake

**Oat** bran is a rich source of soluble dietary fiber.

## gap

*n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.

*synonym*: opening, lacuna, spread

(1) the **gap** between ideal and reality, (2) distance **gap**

Many people are working together to close the gender **gap**.

## malnourished

*adj.* not getting enough of the right type of food to stay healthy and strong

*synonym*: undernourished, underfed

(1) premature **malnourished** infant, (2) **malnourished** population

**Malnourished** children are at risk of developmental delays and chronic health problems.

## biodiversity

*n.* the number and variety of plants and animals that exist in a particular area or the world and make a balanced environment

(1) **biodiversity** conservation, (2) loss of **biodiversity**

The country was instrumental in promoting the **biodiversity** treaty.

### **sovereignty**

*n.* supremacy or authority, especially supreme authority over a country

*synonym*: independence, autonomy, self-rule

(1) democratic **sovereignty**, (2) **sovereignty** issue

The country proclaimed its **sovereignty** over the disputed territory.

### **sustainable**

*adj.* able to continue or be continued for a long time

*synonym*: continuable, enduring, tolerable

(1) **sustainable** alternative fuel, (2) principles of **sustainable** development

The government should do more to support environmentally **sustainable** agriculture.

### **affordable**

*adj.* not expensive and able to pay

*synonym*: cheap, reasonable, inexpensive

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

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



## Session 2: Spelling

- |                          |  |
|--------------------------|--|
| 1. the ba____e of power  | <i>n.</i> a condition in which everything has the same weight or force; something left after other parts have been taken away  |
| 2. fr___e magnet         | <i>n.</i> a piece of electrical equipment in which food can be stored at low temperatures so that it stays fresh   |
| 3. ad__t a child         | <i>v.</i> to choose to follow something; to legally take a child from another family and care for them as if they were one's own   |
| 4. make ast_____ng gains | <i>adj.</i> surprising or shocking; difficult to believe   |
| 5. de___e a question     | <i>v.</i> to make up someone's mind about something; to come to a conclusion or judgment after considering options   |
| 6. re___e collection     | <i>n.</i> a set of instructions for preparing a dish, including the ingredients and the method of cooking  |
| 7. di_____e control      | <i>n.</i> a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems   |
| 8. wage sup_____nt       | <i>n.</i> something that is added to something else to make it better or complete it   |
| 9. severe mal_____ion    | <i>n.</i> the condition of having an improper or inadequate diet, typically resulting in weakness, illness, and developmental problems; the state of being undernourished or lacking essential nutrients |

ANSWERS: 1. balance, 2. fridge, 3. adopt, 4. astonishing, 5. decide, 6. recipe, 7. disease, 8. supplement, 9. malnutrition

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|----------------------------------|--|
| 10. antioxidant mic_____ent      | <i>adj.</i> vitamins and minerals needed by the body in very small amounts   |
| 11. a cold cl_____e              | <i>n.</i> the weather in a particular location averaged over some long period  |
| 12. f__e their homes             | <i>v.</i> to leave by running away, especially out of fear or danger   |
| 13. premature mal_____hed infant | <i>adj.</i> not getting enough of the right type of food to stay healthy and strong  |
| 14. a scanty ha_____t            | <i>n.</i> yields of plants in a single growing season; the period of the year when gathering occurs on a farm  |
| 15. use of dietary sup_____nts   | <i>n.</i> something that is added to something else to make it better or complete it   |
| 16. in_____te a lawsuit          | <i>n.</i> an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something             |
| 17. even more unf_____ely        | <i>adv.</i> by bad luck; unluckily   |
| 18. di_____e prevention          | <i>n.</i> a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems   |
| 19. san_____on standards         | <i>n.</i> the process of maintaining a clean and hygienic environment, particularly in public health and safety contexts; the practice of disposing of waste products in a safe and appropriate manner |
| 20. ra_____t corruption          | <i>adj.</i> (especially of something bad or unwelcome) flourishing or spreading everywhere in a way that cannot be controlled  |

ANSWERS: 10. micronutrient, 11. climate, 12. flee, 13. malnourished, 14. harvest, 15. supplement, 16. institute, 17. unfortunately, 18. disease, 19. sanitation, 20. rampant

21. re\_\_\_\_le access *adj.* worthy of being relied on; trustworthy
22. eat a vegetarian d\_\_t *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
23. cu\_\_\_\_\_te relationships *v.* to prepare and foster land for growing crops or plants
24. sw\_\_p tour *n.* an area of low-lying land that is flooded or saturated with water, often having a growth of natural vegetation
25. science of ec\_\_\_\_y *n.* the study of the relationships between living organisms, including humans, and their physical environment
26. ch\_\_\_\_c alcohol consumption *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
27. principles of sus\_\_\_\_\_le development *adj.* able to continue or be continued for a long time
28. loss of bio\_\_\_\_\_ity *n.* the number and variety of plants and animals that exist in a particular area or the world and make a balanced environment
29. su\_\_\_\_\_e a blizzard *v.* to live or exist despite a dangerous event or period
30. ge\_\_\_\_\_de victims *n.* the intentional killing of a large group of people, especially those of a particular ethnic group or nation
31. mal\_\_\_\_\_hed population *adj.* not getting enough of the right type of food to stay healthy and strong

ANSWERS: 21. reliable, 22. diet, 23. cultivate, 24. swamp, 25. ecology, 26. chronic, 27. sustainable, 28. biodiversity, 29. survive, 30. genocide, 31. malnourished

32. a nu\_\_\_\_\_nt for hair *n.* any substance that is essential for the maintenance and growth of living things
33. fo\_\_o grain *n.* a type of small, ancient grain that is grown and consumed in West Africa and is known for its nutritional value and ability to grow in harsh environments
34. cr\_\_\_\_\_ve writing *adj.* relating to or involving the use of skill and original and unusual ideas to create something
35. ad\_\_t a bill *v.* to choose to follow something; to legally take a child from another family and care for them as if they were one's own
36. en\_\_\_\_\_ly satisfied with the meal *adv.* completely
37. skydiving st\_\_t *n.* a feat or action that is often dangerous or difficult, designed to attract attention or admiration; something that blocks or impedes growth or development; (verb) to hinder or impede growth or development, especially in a physical or mental sense
38. rem\_\_\_\_\_le achievement *adj.* worthy of attention because unusual or special
39. a p\_\_t of bean plants *n.* a destructive insect or other animals that are harmful to crops, animals, or humans; someone or something that is annoying or troublesome
40. take im\_\_\_\_\_te effect *adj.* happening or done without delay or occurring shortly after something else
41. ast\_\_\_\_\_ng achievement *adj.* surprising or shocking; difficult to believe

ANSWERS: 32. nutrient, 33. fonio, 34. creative, 35. adopt, 36. entirely, 37. stunt, 38. remarkable, 39. pest, 40. immediate, 41. astonishing

42. seeds of so\_\_\_\_m                    *n.* a type of grain grown in tropical countries
43. p\_\_t control                        *n.* a destructive insect or other animals that are harmful to crops, animals, or humans; someone or something that is annoying or troublesome
44. aff\_\_\_\_\_le housing               *adj.* not expensive and able to pay
45. re\_\_\_e book                         *n.* a set of instructions for preparing a dish, including the ingredients and the method of cooking
46. self-int\_\_\_\_\_ion                 *n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
47. 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
48. effects of cl\_\_\_\_\_e change       *n.* the weather in a particular location averaged over some long period
49. per ca\_\_\_a sales                    *n.* a Latin word meaning "head," used to express the amount for each person; any head or headlike expansion on a structure, as on a bone
50. die of sta\_\_\_\_\_on                 *n.* a severe lack of food that leads to malnutrition and, ultimately, death

ANSWERS: 42. sorghum, 43. pest, 44. affordable, 45. recipe, 46. introduction, 47. develop, 48. climate, 49. capita, 50. starvation

51. poor san\_\_\_\_\_on *n.* the process of maintaining a clean and hygienic environment, particularly in public health and safety contexts; the practice of disposing of waste products in a safe and appropriate manner
52. c\_\_p herbicide *n.* a plant that is cultivated in large amounts, particularly for food
53. the ec\_\_\_\_\_y of the island *n.* the study of the relationships between living organisms, including humans, and their physical environment
54. cu\_\_\_\_\_te a field *v.* to prepare and foster land for growing crops or plants
55. get into the lu\_\_\_\_y car market *n.* a state of great comfort or sophistication, mainly provided by expensive and beautiful things
56. the g\_p between ideal and reality *n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.
57. global re\_\_\_\_\_e crisis *n.* a displaced person who has crossed national borders and who cannot or is unwilling to return home due to political, religious, or economic reasons or because of a war
58. bio\_\_\_\_\_ity conservation *n.* the number and variety of plants and animals that exist in a particular area or the world and make a balanced environment
59. eve\_\_\_\_\_ly become obsolete *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on

ANSWERS: 51. sanitation, 52. crop, 53. ecology, 54. cultivate, 55. luxury, 56. gap, 57. refugee, 58. biodiversity, 59. eventually

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|--|--|
| 60. es_____al amino acid               | <i>adj.</i> indispensable; fundamental   |
| 61. su_____al food                     | <i>n.</i> the state of continuing to exist or live, frequently in the face of difficulty or danger   |
| 62. increasing mi_____t harvests       | <i>n.</i> a tiny seed of any of several annual cereal types of grass used as food, mainly to manufacture flour and to feed birds and animals                                     |
| 63. the re_____e camp                  | <i>n.</i> a displaced person who has crossed national borders and who cannot or is unwilling to return home due to political, religious, or economic reasons or because of a war |
| 64. guarantee re_____le delivery       | <i>adj.</i> worthy of being relied on; trustworthy   |
| 65. distance g_p                       | <i>n.</i> a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.  |
| 66. mic_____ent supplements            | <i>adj.</i> vitamins and minerals needed by the body in very small amounts   |
| 67. organic agr_____re                 | <i>n.</i> the practice or science of cultivating the land or raising stock   |
| 68. the great di_____ry of the century | <i>n.</i> the act or process of finding information, a place, or an object, or learning about something that was previously not known  |
| 69. sov_____ty issue                   | <i>n.</i> supremacy or authority, especially supreme authority over a country  |
| 70. co_____e electricity               | <i>v.</i> to spend something, especially fuel, energy, or time, in a large amount  |

ANSWERS: 60. essential, 61. survival, 62. millet, 63. refugee, 64. reliable, 65. gap, 66. micronutrient, 67. agriculture, 68. discovery, 69. sovereignty, 70. consume

71. su\_\_\_\_e a plane crash      *v.* to live or exist despite a dangerous event or period
72. ba\_\_\_\_y crop      *n.* a type of cereal grain that is used for food, either in the form of whole grains, flour, or malt
73. gluten-free fo\_\_o      *n.* a type of small, ancient grain that is grown and consumed in West Africa and is known for its nutritional value and ability to grow in harsh environments
74. int\_\_\_\_ion education      *n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
75. bit of nut\_\_\_\_al yeast      *adj.* of or relating to the substance required by the body to maintain health and growth
76. su\_\_\_\_r bad grades      *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
77. ind\_\_\_\_us crop      *adj.* someone or something that is native to or occurring naturally in a particular place
78. qu\_\_\_\_a salad      *n.* a grain-like crop grown in South America, often used as a gluten-free grain substitute in cooking and baking, known for its high nutritional value and versatility
79. nu\_\_\_\_on condition      *n.* the substances or the process that organisms take into their bodies as food for their growth and health

ANSWERS: 71. survive, 72. barley, 73. fonio, 74. introduction, 75. nutritional, 76. suffer, 77. indigenous, 78. quinoa, 79. nutrition



80. an in\_\_\_\_\_re future      *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
81. democratic sov\_\_\_\_\_ty      *n.* supremacy or authority, especially supreme authority over a country
82. barren of cr\_\_\_\_\_ve spirit      *adj.* relating to or involving the use of skill and original and unusual ideas to create something
83. de\_\_\_e on a course of action      *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
84. organic o\_t flake      *n.* a species of cereal grain that seed is grown for making porridge and other dishes or being fed to animals
85. nu\_\_\_\_\_nt medicine      *n.* any substance that is essential for the maintenance and growth of living things
86. eve\_\_\_\_\_ly succeed      *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
87. a period of ro\_\_\_\_\_on      *n.* the action or process of moving in a circle around an axis or center
88. 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
89. st\_\_t brain growth      *n.* a feat or action that is often dangerous or difficult, designed to attract attention or admiration; something that blocks or impedes growth or development; (verb) to hinder or impede growth or development, especially in a physical or mental sense

ANSWERS: 80. insecure, 81. sovereignty, 82. creative, 83. decide, 84. oat, 85. nutrient, 86. eventually, 87. rotation, 88. protein, 89. stunt

90. es\_\_\_\_\_al commodities of life      *adj.* indispensable; fundamental
91. research in\_\_\_\_\_tes      *n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something
92. sta\_\_\_\_\_on wages      *n.* a severe lack of food that leads to malnutrition and, ultimately, death
93. ge\_\_\_\_\_de resolution      *n.* the intentional killing of a large group of people, especially those of a particular ethnic group or nation
94. co\_\_\_\_\_e a large of alcohol      *v.* to spend something, especially fuel, energy, or time, in a large amount
95. 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
96. am\_\_o compound      *n.* compounds and functional groups that contain a basic nitrogen atom with a lone pair (NH<sub>2</sub>) that combine to make protein
97. c\_\_p field      *n.* a plant that is cultivated in large amounts, particularly for food
98. honor gr\_\_\_\_\_te      *n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
99. col\_\_\_\_\_ion between companies      *n.* the act or situation of working together to create or produce something

ANSWERS: 90. essential, 91. institute, 92. starvation, 93. genocide, 94. consume, 95. protein, 96. amino, 97. crop, 98. graduate, 99. collaboration

100. ra\_\_\_\_t growth of weeds *adj.* (especially of something bad or unwelcome) flourishing or spreading everywhere in a way that cannot be controlled
101. 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
102. c\_\_t's practices *n.* a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices
103. nu\_\_\_\_\_on intake *n.* the substances or the process that organisms take into their bodies as food for their growth and health
104. D\_\_t approval *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
105. aff\_\_\_\_\_le solution *adj.* not expensive and able to pay
106. a ma\_\_c spell *n.* beliefs and actions employed to influence supernatural beings and forces; any art or performance that invokes supernatural powers
107. ba\_\_\_y field *n.* a type of cereal grain that is used for food, either in the form of whole grains, flour, or malt

ANSWERS: 100. rampant, 101. acid, 102. cult, 103. nutrition, 104. diet, 105. affordable, 106. magic, 107. barley

108. in\_\_\_\_\_re attachment *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
109. 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
110. ad\_\_\_\_\_le enough for the environment *adj.* able or willing to modify or be modified to deal with new situations
111. nut\_\_\_\_\_al supplement *adj.* of or relating to the substance required by the body to maintain health and growth
112. asset on the company's ba\_\_\_\_\_e sheet *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
113. col\_\_\_\_\_ion platform *n.* the act or situation of working together to create or produce something
114. sus\_\_\_\_\_le alternative fuel *adj.* able to continue or be continued for a long time
115. ind\_\_\_\_\_us peoples *adj.* someone or something that is native to or occurring naturally in a particular place
116. the aftermath of this tr\_\_\_\_\_y *n.* an event or situation causing great loss, misfortune, or destruction; a play or literature that deals with a severe and sad event and often ends with the death of the main character
117. job ro\_\_\_\_\_on *n.* the action or process of moving in a circle around an axis or center

ANSWERS: 108. insecure, 109. develop, 110. adaptable, 111. nutritional, 112. balance, 113. collaboration, 114. sustainable, 115. indigenous, 116. tragedy, 117. rotation

118. co\_\_\_\_\_al combination of funds      *adj.* belonging to or used by a group rather than individuals; for common use
119. the di\_\_\_\_\_ty policy of the university      *n.* the quality or fact of many different types of things or people being included in something; a range of different things or people
120. cooking mi\_\_\_\_t      *n.* a tiny seed of any of several annual cereal types of grass used as food, mainly to manufacture flour and to feed birds and animals
121. intensive agr\_\_\_\_\_re      *n.* the practice or science of cultivating the land or raising stock
122. reap a ha\_\_\_\_t      *n.* yields of plants in a single growing season; the period of the year when gathering occurs on a farm
123. f\_\_e abroad      *v.* to leave by running away, especially out of fear or danger
124. su\_\_\_\_r a setback      *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
125. an ad\_\_\_\_\_le person      *adj.* able or willing to modify or be modified to deal with new situations
126. pow\_\_\_\_\_se economy      *n.* an electrical generating station; a person, organization, or thing that is extremely successful or influential
127. st\_\_\_\_le against discrimination      *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction

ANSWERS: 118. communal, 119. diversity, 120. millet, 121. agriculture, 122. harvest, 123. flee, 124. suffer, 125. adaptable, 126. powerhouse, 127. struggle

128. childhood mal\_\_\_\_\_ion      *n.* the condition of having an improper or inadequate diet, typically resulting in weakness, illness, and developmental problems; the state of being undernourished or lacking essential nutrients
129. a tr\_\_\_\_\_y during work      *n.* an event or situation causing great loss, misfortune, or destruction; a play or literature that deals with a severe and sad event and often ends with the death of the main character
130. unf\_\_\_\_\_ely caught in a shower      *adv.* by bad luck; unluckily
131. the rem\_\_\_\_\_le breadth of knowledge      *adj.* worthy of attention because unusual or special
132. he was en\_\_\_\_\_ly to blame      *adv.* completely
133. 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
134. private se\_\_\_\_r      *n.* a distinct part or division of something often used to refer to a segment of an economy or industry; an area or field of work or activity
135. time z\_\_e      *n.* a specific area, region, or section that is marked off or defined in some way
136. the agricultural yield per ca\_\_\_\_a      *n.* a Latin word meaning "head," used to express the amount for each person; any head or headlike expansion on a structure, as on a bone

ANSWERS: 128. malnutrition, 129. tragedy, 130. unfortunately, 131. remarkable, 132. entirely, 133. acid, 134. sector, 135. zone, 136. capita

137. o\_t flour *n.* a species of cereal grain that seed is grown for making porridge and other dishes or being fed to animals
138. lingual di\_\_\_\_\_ty *n.* the quality or fact of many different types of things or people being included in something; a range of different things or people
139. co\_\_\_\_\_ty tax *n.* a product or a raw material that can be traded, bought, or sold
140. international co\_\_\_\_\_ty *n.* a product or a raw material that can be traded, bought, or sold
141. am\_\_o acid *n.* compounds and functional groups that contain a basic nitrogen atom with a lone pair (NH<sub>2</sub>) that combine to make protein
142. lu\_\_\_y hotel *n.* a state of great comfort or sophistication, mainly provided by expensive and beautiful things
143. z\_\_e defense *n.* a specific area, region, or section that is marked off or defined in some way
144. co\_\_\_\_\_al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
145. so\_\_\_\_\_m grain *n.* a type of grain grown in tropical countries
146. fill the fr\_\_\_e *n.* a piece of electrical equipment in which food can be stored at low temperatures so that it stays fresh
147. the im\_\_\_\_\_te past *adj.* happening or done without delay or occurring shortly after something else

ANSWERS: 137. oat, 138. diversity, 139. commodity, 140. commodity, 141. amino, 142. luxury, 143. zone, 144. communal, 145. sorghum, 146. fridge, 147. immediate

148. muddy sw\_\_p *n.* an area of low-lying land that is flooded or saturated with water, often having a growth of natural vegetation
149. pow\_\_\_\_\_se actors *n.* an electrical generating station; a person, organization, or thing that is extremely successful or influential
150. st\_\_\_\_\_le to get the job *v.* to make a great effort to do something when it is difficult, or there are a lot of problems; to use force or violence to break away from restraint or constriction
151. su\_\_\_\_\_al ability *n.* the state of continuing to exist or live, frequently in the face of difficulty or danger
152. risk of ch\_\_\_\_\_c disease *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
153. qu\_\_\_a porridge *n.* a grain-like crop grown in South America, often used as a gluten-free grain substitute in cooking and baking, known for its high nutritional value and versatility
154. c\_\_t members *n.* a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices
155. gr\_\_\_\_\_te degree program *n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
156. a scientific di\_\_\_\_\_ry *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known

ANSWERS: 148. swamp, 149. powerhouse, 150. struggle, 151. survival, 152. chronic, 153. quinoa, 154. cult, 155. graduate, 156. discovery



157. she is ma\_\_c

*n.* beliefs and actions employed to influence supernatural beings and forces; any art or performance that invokes supernatural powers

158. industrial se\_\_\_r

*n.* a distinct part or division of something often used to refer to a segment of an economy or industry; an area or field of work or activity

ANSWERS: 157. magic, 158. sector

## Session 3: Fill in the Blanks

1. They used fast-acting \_\_\_\_\_ on the flowers in the flower beds.  
*n.* any substance that is essential for the maintenance and growth of living things
2. The country was instrumental in promoting the \_\_\_\_\_ treaty.  
*n.* the number and variety of plants and animals that exist in a particular area or the world and make a balanced environment
3. The lowland \_\_\_\_\_ was full of dangerous animals and poisonous plants.  
*n.* an area of low-lying land that is flooded or saturated with water, often having a growth of natural vegetation
4. The partnership program requires a mutual \_\_\_\_\_ between both agencies.  
*n.* the act or situation of working together to create or produce something
5. It is a basic instinct to \_\_\_\_\_ from a dangerous situation.  
*v.* to leave by running away, especially out of fear or danger
6. GDP per \_\_\_\_\_ shrunk by almost 10 percent for the third consecutive year.  
*n.* a Latin word meaning "head," used to express the amount for each person; any head or headlike expansion on a structure, as on a bone
7. His anti-\_\_\_\_\_ practices were quite strict.  
*n.* a state of great comfort or sophistication, mainly provided by expensive and beautiful things
8. All the supervisor has to do is assign tasks that make his subordinates more \_\_\_\_\_.  
*adj.* relating to or involving the use of skill and original and unusual ideas to create something

ANSWERS: 1. nutrients, 2. biodiversity, 3. swamp, 4. collaboration, 5. flee, 6. capita, 7. luxury, 8. creative

9. The drought led to widespread \_\_\_\_\_ in the region.  
*n.* a severe lack of food that leads to malnutrition and, ultimately, death
10. The \_\_\_\_\_ to the new class was informative and engaging.  
*n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
11. The \_\_\_\_\_ for the cake is passed down from generation to generation in her family.  
*n.* a set of instructions for preparing a dish, including the ingredients and the method of cooking
12. The doctor advised the patient to eat a balanced diet to avoid \_\_\_\_\_.  
*n.* the condition of having an improper or inadequate diet, typically resulting in weakness, illness, and developmental problems; the state of being undernourished or lacking essential nutrients
13. The \_\_\_\_\_ value of the food should be clearly labeled on the packaging.  
*adj.* of or relating to the substance required by the body to maintain health and growth
14. The gardener used natural methods to keep \_\_\_\_\_ away from her plants.  
*n.* a destructive insect or other animals that are harmful to crops, animals, or humans; someone or something that is annoying or troublesome
15. 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

ANSWERS: 9. starvation, 10. introduction, 11. recipe, 12. malnutrition, 13. nutritional, 14. pests, 15. acid

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

*adj.* not expensive and able to pay

17. He evaluated his chances for \_\_\_\_\_ rather pessimistically.

*n.* the state of continuing to exist or live, frequently in the face of difficulty or danger

18. \_\_\_\_\_ is an important food grain in this country.

*n.* a type of grain grown in tropical countries

19. The national assembly has \_\_\_\_\_ the budget.

*v.* to choose to follow something; to legally take a child from another family and care for them as if they were one's own

20. The daredevil attempted a dangerous \_\_\_\_\_ by jumping off a tall building with a parachute.

*n.* a feat or action that is often dangerous or difficult, designed to attract attention or admiration; something that blocks or impedes growth or development; (verb) to hinder or impede growth or development, especially in a physical or mental sense

21. The primary crop harvested during autumn is \_\_\_\_\_.

*n.* a tiny seed of any of several annual cereal types of grass used as food, mainly to manufacture flour and to feed birds and animals

22. He was impressed by the range and \_\_\_\_\_ of the collection.

*n.* the quality or fact of many different types of things or people being included in something; a range of different things or people

ANSWERS: 16. affordable, 17. survival, 18. Sorghum, 19. adopted, 20. stunt, 21. millet, 22. diversity

23. The news of her sudden death was \_\_\_\_\_ to everyone who knew her.  
*adj.* surprising or shocking; difficult to believe
24. Macbeth is a famous \_\_\_\_\_ by Shakespeare.  
*n.* an event or situation causing great loss, misfortune, or destruction; a play or literature that deals with a severe and sad event and often ends with the death of the main character
25. A diet rich in \_\_\_\_\_ can help prevent deficiencies and maintain good health.  
*adj.* vitamins and minerals needed by the body in very small amounts
26. Try to keep a \_\_\_\_\_ between work and off.  
*n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
27. \_\_\_\_\_ and weather have an impact on every part of our lifestyles.  
*n.* the weather in a particular location averaged over some long period
28. The \_\_\_\_\_ plants need to be pollinated by local insects.  
*adj.* someone or something that is native to or occurring naturally in a particular place
29. The community warmly welcomed the \_\_\_\_\_.  
*n.* a displaced person who has crossed national borders and who cannot or is unwilling to return home due to political, religious, or economic reasons or because of a war
30. Trial and error is an \_\_\_\_\_ part of education.  
*adj.* indispensable; fundamental

ANSWERS: 23. astonishing, 24. tragedy, 25. micronutrients, 26. balance, 27. Climate, 28. indigenous, 29. refugees, 30. essential

31. The \_\_\_\_\_ of the Earth causes day and night.

*n.* the action or process of moving in a circle around an axis or center

32. He could not \_\_\_\_\_ against temptation.

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

33. Both forts were subject to \_\_\_\_\_ attacks.

*adj.* happening or done without delay or occurring shortly after something else

34. Many people are working together to close the gender \_\_\_\_\_.

*n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.

35. He performed \_\_\_\_\_ tricks with sophisticated moves.

*n.* beliefs and actions employed to influence supernatural beings and forces; any art or performance that invokes supernatural powers

36. The treatments were done but, \_\_\_\_\_ were unsuccessful.

*adv.* by bad luck; unluckily

37. The fields were ripe with \_\_\_\_\_ ready for harvest.

*n.* a type of cereal grain that is used for food, either in the form of whole grains, flour, or malt

38. Sow early for an early \_\_\_\_\_.

*n.* a plant that is cultivated in large amounts, particularly for food

39. The government should do more to support environmentally \_\_\_\_\_ agriculture.

*adj.* able to continue or be continued for a long time

ANSWERS: 31. rotation, 32. struggle, 33. immediate, 34. gap, 35. magic, 36. unfortunately, 37. barley, 38. crop, 39. sustainable

40. The international community condemned the \_\_\_\_\_ in the country.
- n.* the intentional killing of a large group of people, especially those of a particular ethnic group or nation
41. \_\_\_\_\_ is the foundation of our economy.
- n.* the practice or science of cultivating the land or raising stock
42. Many employers hire \_\_\_\_\_ trainees to train as managers.
- n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
43. \_\_\_\_ bran is a rich source of soluble dietary fiber.
- n.* a species of cereal grain that seed is grown for making porridge and other dishes or being fed to animals
44. This company was granted a patent for its \_\_\_\_\_ resin manufacturing process.
- n.* compounds and functional groups that contain a basic nitrogen atom with a lone pair (NH<sub>2</sub>) that combine to make protein
45. 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
46. The company has become a \_\_\_\_\_ in the tech industry with its innovative products and services.
- n.* an electrical generating station; a person, organization, or thing that is extremely successful or influential

ANSWERS: 40. genocide, 41. Agriculture, 42. graduate, 43. Oat, 44. amino, 45. develop, 46. powerhouse

47. \_\_\_\_\_ workers play a critical role in keeping our cities clean and healthy.  
*n.* the process of maintaining a clean and hygienic environment, particularly in public health and safety contexts; the practice of disposing of waste products in a safe and appropriate manner
48. In an overly protective industry, violations of the ethics rules tend to be \_\_\_\_\_.  
*adj.* (especially of something bad or unwelcome) flourishing or spreading everywhere in a way that cannot be controlled
49. Certain \_\_\_\_\_ may promote tumor growth.  
*n.* something that is added to something else to make it better or complete it
50. She left the \_\_\_\_\_ door open inadvertently.  
*n.* a piece of electrical equipment in which food can be stored at low temperatures so that it stays fresh
51. \_\_\_\_\_ hyperglycemia is a trigger for a variety of serious diseases.  
*adj.* being long-lasting and recurrent or characterized by long suffering; habitual
52. This food contains all the \_\_\_\_\_ your dog requires.  
*n.* the substances or the process that organisms take into their bodies as food for their growth and health
53. University is a great place to \_\_\_\_\_ our minds and expertise.  
*v.* to prepare and foster land for growing crops or plants
54. Trains are \_\_\_\_\_ inexpensive, and ideal for long-distance travel.  
*adj.* worthy of being relied on; trustworthy

ANSWERS: 47. Sanitation, 48. rampant, 49. supplements, 50. fridge, 51. Chronic, 52. nutrition, 53. cultivate, 54. reliable,



55. She prepared a delicious \_\_\_\_\_ pilaf with vegetables and herbs.

*n.* a grain-like crop grown in South America, often used as a gluten-free grain substitute in cooking and baking, known for its high nutritional value and versatility

56. Later, his claim was found to be \_\_\_\_\_ false.

*adv.* completely

57. We seek a candidate who possesses \_\_\_\_\_ fighting potential.

*adj.* able or willing to modify or be modified to deal with new situations

58. During \_\_\_\_\_ farmers are incredibly busy.

*n.* yields of plants in a single growing season; the period of the year when gathering occurs on a farm

59. A balanced \_\_\_\_\_ is more important for health than supplements.

*n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

60. These birds can only \_\_\_\_\_ in temperate climates.

*v.* to live or exist despite a dangerous event or period

61. The election was a \_\_\_\_\_ success for the Whigs.

*adj.* worthy of attention because unusual or special

62. The doctor diagnosed him with a rare \_\_\_\_\_ that had no known cure.

*n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

ANSWERS: 55. quinoa, 56. entirely, 57. adaptable, 58. harvest, 59. diet, 60. survive, 61. remarkable, 62. disease

63. The technology \_\_\_\_\_ is constantly evolving and innovating.
- n.* a distinct part or division of something often used to refer to a segment of an economy or industry; an area or field of work or activity
64. She couldn't \_\_\_\_\_ whether to order the pizza or the pasta for dinner.
- v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
65. \_\_\_\_\_ children are at risk of developmental delays and chronic health problems.
- adj.* not getting enough of the right type of food to stay healthy and strong
66. The older man \_\_\_\_\_ from arthritis and finds it difficult to move around.
- v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
67. This region has many \_\_\_\_\_ offering higher education.
- n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something
68. Her research team made an important \_\_\_\_\_.
- n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
69. Many companies are now enthusiastically embracing the knowledge of \_\_\_\_\_ for sustainable development.
- n.* the study of the relationships between living organisms, including humans, and their physical environment

ANSWERS: 63. sector, 64. decide, 65. Malnourished, 66. suffers, 67. institutes, 68. discovery, 69. ecology

70. The \_\_\_\_ leader promised his followers that they would achieve enlightenment if they followed his teachings.
- n.* a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices
71. 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
72. A smaller car will \_\_\_\_\_ less fuel.
- v.* to spend something, especially fuel, energy, or time, in a large amount
73. The government announced a policy to control the rise in \_\_\_\_\_ prices.
- n.* a product or a raw material that can be traded, bought, or sold
74. Children in an unstructured environment often feel \_\_\_\_\_.
- adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
75. The country proclaimed its \_\_\_\_\_ over the disputed territory.
- n.* supremacy or authority, especially supreme authority over a country
76. Many people in Africa rely on \_\_\_\_\_ as a staple food source.
- n.* a type of small, ancient grain that is grown and consumed in West Africa and is known for its nutritional value and ability to grow in harsh environments
77. \_\_\_\_\_ elections were held in several European countries.
- adj.* belonging to or used by a group rather than individuals; for common use

ANSWERS: 70. cult, 71. protein, 72. consume, 73. commodity, 74. insecure, 75. sovereignty, 76. fonio, 77. Communal

78. The corporation \_\_\_\_\_ dominated the entire tobacco business.

*adv.* finally, particularly after a long time or a lot of struggle, complications, and so on

79. He was reluctant to leave his comfort \_\_\_\_\_ and try something new.

*n.* a specific area, region, or section that is marked off or defined in some way

ANSWERS: 78. eventually, 79. zone