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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

Advanced Words Only

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Session 1: Word List

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.

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**.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

Session 2: Spelling

1. 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
2. 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
3. mic_____ent supplements
adj. vitamins and minerals needed by the body in very small amounts
4. ba___y field
n. a type of cereal grain that is used for food, either in the form of whole grains, flour, or malt
5. 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
6. an ad_____le person
adj. able or willing to modify or be modified to deal with new situations
7. ba___y crop
n. a type of cereal grain that is used for food, either in the form of whole grains, flour, or malt

ANSWERS: 1. malnutrition, 2. stunt, 3. micronutrient, 4. barley, 5. millet, 6. adaptable, 7. barley

8. an in____re future *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
9. 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
10. 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
11. 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
12. muddy sw__p *n.* an area of low-lying land that is flooded or saturated with water, often having a growth of natural vegetation
13. ad____le enough for the environment *adj.* able or willing to modify or be modified to deal with new situations
14. 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
15. seeds of so____m *n.* a type of grain grown in tropical countries
16. pow____se actors *n.* an electrical generating station; a person, organization, or thing that is extremely successful or influential

ANSWERS: 8. insecure, 9. quinoa, 10. fonio, 11. capita, 12. swamp, 13. adaptable, 14. capita, 15. sorghum, 16. powerhouse

17. ra____t corruption *adj.* (especially of something bad or unwelcome) flourishing or spreading everywhere in a way that cannot be controlled
18. cu_____te relationships *v.* to prepare and foster land for growing crops or plants
19. sta_____on wages *n.* a severe lack of food that leads to malnutrition and, ultimately, death
20. make ast_____ng gains *adj.* surprising or shocking; difficult to believe
21. 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
22. in_____re attachment *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
23. die of sta_____on *n.* a severe lack of food that leads to malnutrition and, ultimately, death
24. pow_____se economy *n.* an electrical generating station; a person, organization, or thing that is extremely successful or influential
25. ast_____ng achievement *adj.* surprising or shocking; difficult to believe
26. cu_____te a field *v.* to prepare and foster land for growing crops or plants
27. sw__p tour *n.* an area of low-lying land that is flooded or saturated with water, often having a growth of natural vegetation

ANSWERS: 17. rampant, 18. cultivate, 19. starvation, 20. astonishing, 21. quinoa, 22. insecure, 23. starvation, 24. powerhouse, 25. astonishing, 26. cultivate, 27. swamp

28. so____m grain *n.* a type of grain grown in tropical countries
29. o_t flour *n.* a species of cereal grain that seed is grown for making porridge and other dishes or being fed to animals
30. 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
31. mal_____hed population *adj.* not getting enough of the right type of food to stay healthy and strong
32. ra____t growth of weeds *adj.* (especially of something bad or unwelcome) flourishing or spreading everywhere in a way that cannot be controlled
33. increasing mi____t harvests *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
34. severe 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
35. antioxidant mic_____ent *adj.* vitamins and minerals needed by the body in very small amounts
36. 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

ANSWERS: 28. sorghum, 29. oat, 30. oat, 31. malnourished, 32. rampant, 33. millet, 34. malnutrition, 35. micronutrient, 36. fonio

37. 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

38. premature mal_____hed infant

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

ANSWERS: 37. stunt, 38. malnourished

Session 3: Fill in the Blanks

1. 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
2. A diet rich in _____ can help prevent deficiencies and maintain good health.
adj. vitamins and minerals needed by the body in very small amounts
3. 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
4. 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
5. University is a great place to _____ our minds and expertise.
v. to prepare and foster land for growing crops or plants
6. _____ 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
7. We seek a candidate who possesses _____ fighting potential.
adj. able or willing to modify or be modified to deal with new situations

ANSWERS: 1. quinoa, 2. micronutrients, 3. stunt, 4. capita, 5. cultivate, 6. Malnourished, 7. adaptable

8. 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
9. 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
10. 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
11. 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
12. The news of her sudden death was _____ to everyone who knew her.
- adj.* surprising or shocking; difficult to believe
13. _____ is an important food grain in this country.
- n.* a type of grain grown in tropical countries
14. Children in an unstructured environment often feel _____.
- adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
15. 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

ANSWERS: 8. powerhouse, 9. fonio, 10. millet, 11. swamp, 12. astonishing, 13. Sorghum, 14. insecure, 15. rampant

16. 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
17. The drought led to widespread _____ in the region.
- n.* a severe lack of food that leads to malnutrition and, ultimately, death
18. ____ 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
19. 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

ANSWERS: 16. malnutrition, 17. starvation, 18. Oat, 19. barley,