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Vocabulary Builder Reference from...

Jonathan J. O'Sullivan and Grace E. Cunningham:

Which type of milk is best for you? | TED Talk

https://www.ted.com/talks/jonathan_j_o_sullivan_and_grace_e_cunningham_which_type_of_milk_is_best_for_you

All Words

IMPORTANT

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Session 1: Word List

dizzy

adj. having or causing a whirling sensation and not able to keep balance

synonym: addled, confounded, unsteady

(1) feel **dizzy**, (2) had a **dizzy** spell

Professional skaters can spin fast on the ice without getting **dizzy**.

dairy

n. a room, building, or establishment where milk and milk products are produced and processed; milk and milk products, such as butter and cheese

synonym: creamery, farm

(1) low-fat **dairy**, (2) imported **dairy** product

The **dairy** industry is a significant contributor to the economy.

resemble

v. to look like or be similar to someone or something

synonym: look like, be similar to

(1) **resemble** each other, (2) **resemble** her mother

The brothers **resemble** each other in the hobby.

soaked

adj. completely wet; saturated or drenched with a liquid

synonym: drenched, saturated, wet

(1) **soaked** clothes, (2) **soaked** sponge

The hiker's boots were **soaked** from walking through the stream.

drain

v. to empty or dry something by removing the liquid from it
synonym : draw off, bleed

(1) **drain** water from the swamp, (2) **drain** excess liquid
Push the button and let the water **drain** away.

rinse

v. to wash off soap or remaining dirt with clean water; to gargle your mouth and throat with mouthwash
synonym : wash out, flush, irrigate

(1) **rinse** out your mouth, (2) **rinse** the shampoo
Please **rinse** the soap off of those dishes well.

fort

n. a military structure designed to be defended from attack
synonym : stronghold, bastion, fortress

(1) an isolated **fort**, (2) **fort** gate

The stone **fort** was built to protect the city from invading forces.

vitamin

n. any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body
synonym : nutrient, micronutrient, dietary supplement

(1) rich in **vitamin** D, (2) **vitamin** deficiency

Vitamin C is important for immune system function and skin health.

mineral

n. a solid inorganic substance occurring in nature having a definite chemical composition

(1) vitamin and **minerals**, (2) **mineral** rights

The robust economy of the country is based on its **mineral** resources.

flavor

n. the taste sensation produced by a substance in the mouth

synonym :

taste, savor, essence

(1) a delicate **flavor**, (2) **flavor** enhancer

The **flavor** of the coffee was rich and full-bodied.

dilute

v. to make a substance less concentrated by adding a liquid or another substance to it

synonym: weaken, thin, reduce

(1) **dilute** acid with water, (2) **dilute** a great idea

She **diluted** the concentrated juice with water.

dive

v. to jump into the water with your head and arms going in first, or to move down to a deeper level underwater

synonym: dip, leap, plunge

(1) **dive** into anime communities, (2) **dive** off a cliff

The sperm whale can **dive** to 1,000 meters.

almond

n. a type of nut that comes from the almond tree widely cultivated for its edible seeds, which is enclosed in a hard, ridged outer casing called a shell, that can be eaten raw or roasted and is often used in baking and as an ingredient in various dishes

synonym: nut, kernel, seed

(1) **almond** milk, (2) **almond** butter

I love snacking on **almonds** for a healthy and delicious snack.

soy

n. a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed

(1) **soy** allergy, (2) **soy** milk

Many people use **soy** sauce for sushi, stir-fries, and marinades.

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.

cow

n. a domesticated mammal with characteristic features such as a hump, large udders, and curved horns that is raised for its milk or meat

synonym: bovine, cattle, kine

(1) **cow** herd, (2) dairy **cow**

The farmer milked the **cows** every morning before breakfast.

gram

n. a metric unit of weight equal to one-thousandth of a kilogram

(1) centimeter- **gram-second** system, (2) **gram** amount

How much is it per one hundred **grams**?

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.

carbohydrate

n. (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals

synonym: sugar, starch, cellulose

(1) complex **carbohydrate**, (2) **carbohydrate** metabolism

Foods high in **carbohydrates** include bread, pasta, and rice.

skim

v. to read something quickly to get a general idea of its contents; to remove any unwanted or unnecessary material from the surface of a liquid; to glide smoothly or briefly over a surface

synonym: glance, scan, skitter

(1) **skim** off the top, (2) **skim** the surface of the water

I like to **skim** the newspaper headlines in the morning to catch up on the news.

approximately

adv. close to a specific number or time but not exactly that number or time

synonym : about, around, roughly

(1) **approximately** 3 feet long, (2) **approximately** same

This trail takes **approximately** 2.5 hours.

roughly

adv. approximately but not precisely; with a violent manner

synonym : approximately, more or less, around

(1) **roughly** explain my idea, (2) **roughly** speaking

Five miles is **roughly** similar to eight kilometers.

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.

calcium

n. a chemical element with the symbol Ca and atomic number 20, which is an important mineral for the human body

synonym : Ca, lime, chalk

(1) **calcium** deficiency, (2) ion of **calcium**

The patient was prescribed a **calcium** supplement to help prevent osteoporosis.

naturally

adv. as might be expected; by natural manners

synonym : by nature, inherently, intrinsically

(1) **naturally** arising, (2) **naturally** regenerated forest

He was **naturally** gifted.

glucan

n. a type of complex carbohydrate found in the cell walls of plants, fungi, and bacteria, believed to have various health benefits, such as boosting the immune system and regulating blood sugar levels

synonym : polysaccharide, fiber

(1) **glucan** synthesis, (2) insoluble **glucan**

Beta- **glucans** are known for their immune-boosting properties.

fiber

n. thread or filament used to make a vegetable tissue, mineral material, or textile

synonym: yarn, thread, wool

(1) carbon **fiber**, (2) synthetic **fiber**

We must consume dietary **fiber** to maintain good health.

potassium

n. a chemical element with the symbol K, atomic number 19, that is essential for the functioning of living organisms

synonym: K, potash, potassa

(1) **potassium** rich, (2) **potassium** excretion

The patient's **potassium** levels were low, so they were advised to eat foods high in potassium, such as bananas and sweet potatoes.

soybean

n. a legume crop widely cultivated for its nutritious seeds, often ground into meal or pressed into oil for food products, with other uses including animal feed, fuel, and industrial applications

synonym: soya, edamame

(1) **soybean** oil, (2) **soybean** production

The farmer harvested his **soybean** crop and took it to market.

isoflavone

n. a type of phytoestrogen (= an estrogen-like compound found naturally in plants), typically found in soybeans and other legumes, believed to have various health benefits such as reducing the risk of heart disease and some types of cancer

synonym: phytoestrogen, plant hormone

(1) **isoflavone** supplement, (2) **isoflavone** content

Soybeans and chickpeas are both good sources of **isoflavones**.

trigger

v. to make something happen suddenly; to cause something such as a device, machine, etc. to function

synonym: activate, spark, drive

(1) **trigger** a biochemical response, (2) **trigger** inflation

The incident **triggered** a political controversy.

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.

imbalance

n. a situation in which two or more things are not equal or equally treated

synonym: inequality, asymmetry, instability

(1) trade **imbalance**, (2) symptoms of hormonal **imbalance**

An **imbalance** in certain substances causes problems with brain function.

mimic

v. to imitate someone's speech, movement, or behavior, especially to make others laugh

synonym: mirror, imitate, ape

(1) **mimic** a human voice, (2) **mimic** numerous instruments

He is very popular at school because he can **mimic** all the teachers' accents.

function

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

synonym: purpose, mapping, job

(1) **function** properly, (2) immune **function**

The brain is an incredibly complex organ that controls the body's **function**.

estrogen

n. a category of female steroid sex hormone responsible for the development and regulation of the female reproductive system and secondary sex characteristics

(1) **estrogen** receptor, (2) **estrogen-responsive** breast cancer

The older woman also suffers bone loss caused by **estrogen** deficiency.

ultimate

adj. furthest or highest in degree or order

synonym: highest, maximum, foremost

(1) the **ultimate** goal in life, (2) the **ultimate** luxury

Management must take **ultimate** responsibility for the accident.

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.

circumstance

n. the specific conditions or events that surround a particular situation or occurrence

synonym: condition, context, environment

(1) **circumstance** of birth, (2) **circumstance** of injury

She explained the **circumstances** surrounding the accident.

lactose

n. a sugar that is present in milk and milk products and is the primary source of energy for newborns

synonym: galactose, milk sugar, monohydrate

(1) **lactose** intolerance, (2) **lactose** degradation

Lactose metabolism differs between individuals.

intolerant

adj. the inability or refusal to accept or respect views, beliefs, or behavior that differ from someone's own; unable to eat food without adverse effects

synonym: failure, impotence, shortcoming

(1) an **intolerant** person, (2) **intolerant** of criticism

His **intolerant** attitude towards other cultures made it difficult for him to get along with others.

allergic

adj. having or caused by an allergy

synonym : hypersensitive, supersensitive, susceptible

(1) **allergic** children, (2) **allergic** to pollen

The infection triggered a high fever and **allergic** reactions.

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.

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.

efficient

adj. performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials

synonym : productive, effective, competent

(1) **efficient** operation, (2) energy- **efficient** appliances

The new washing machine is much more **efficient** than the old one.

balanced

adj. taking all sides or opinions into account equally; being in a state of proper equilibrium

synonym : equitable, congruous, flat

(1) a **balanced** diet, (2) a well- **balanced** mind

We conducted a **balanced** assessment of intellectual and cultural history.

planet

n. any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

synonym : earth, world, globe

(1) **planet** like the Earth, (2) save the **planet**

Mercury is the closest **planet** to the sun.

pollution

n. the introduction of harmful substances or waste into the natural environment that causes adverse change

synonym : corrosion, deterioration, corruption

(1) environmental **pollution**, (2) high levels of air **pollution**

The **pollution** is endangering the local plants and animals.

deforest

v. to clear an area of forest or trees

synonym : clear-cut, strip, denude

(1) **deforest** a mountain, (2) **deforest** millions of acres

The company planned to **deforest** a large rainforest area to make way for a new plantation.

destruction

n. the act of causing so much damage to something

synonym : devastation, annihilation, ruin

(1) path of **destruction**, (2) cyclonic **destruction**

The extinction of several subspecies has been linked to climate change and habitat **destruction**.

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.

emerge

v. to move out of or away from something and become visible

synonym : arise, occur, appear

(1) **emerge** as a butterfly, (2) **emerge** from poverty

During colonial eras, new migratory patterns **emerged**.

consistent

adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.

synonym : coherent, constant, compatible

(1) do on a **consistent** basis, (2) get **consistent** results

You are not **consistent** in your behavior.

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**.

fallow

adj. describing land that is unplanted or uncultivated; describing a period of rest or inactivity, particularly about land being left to rest

synonym : uncultivated, dormant, idle

(1) **fallow** period, (2) **fallow** ground

The **fallow** field was left unplanted to allow the soil to regain nutrients.

greenhouse

n. a building with walls and roof made chiefly of transparent material, such as glass, for growing plants in

synonym : conservatory

(1) exotic plants in a **greenhouse**, (2) emissions of **greenhouse** gases

The **greenhouse** effect is a phenomenon that happens naturally.

emission

n. the act of production or sending out gas, heat, light, etc.

synonym : emanation, radiation, discharge

(1) global **emissions** of greenhouse gases, (2) the **emission** of light

There are five distinct **emissions** at five unique wavelengths.

burp

v. to expel air from the stomach through the mouth in a noisy manner, often after eating or drinking too quickly; to emit a sudden and brief sound or movement, such as

a mechanical device or engine; (noun) a sound or the release of air from the stomach through the mouth, often accompanied by a characteristic sound

synonym: belch, eruct, hiccup

(1) **burp** the baby, (2) accidental **burp**

He couldn't help but **burp** loudly after drinking the fizzy soda.

quantity

n. the amount or number of something; magnitude

synonym: abundance, portion, amount

(1) half **quantity**, (2) residual **quantity**

In southward, the average annual water **quantity** increases.

methane

n. a chemical compound with the chemical formula CH₄ with no smell or color, often used as a fuel

(1) atmospheric **methane**, (2) reduce **methane** emissions

The ignition of **methane** gas in the plant killed five employees.

contribute

v. to give something, especially money or goods, to provide or achieve something together with other people

synonym: donate, devote, commit

(1) **contribute** a large sum of money to the fund,

(2) **contribute** to society

Government workers cannot **contribute** to political campaigns.

dietary

adj. relating to or affecting the way that a person eats or the specific foods that they consume

synonym: nutritional, alimentary

(1) **dietary** supplement, (2) **dietary** restrictions

The menu at the restaurant includes many **dietary** options for those with food restrictions.

Session 2: Spelling

1. mi__c a human voice
v. to imitate someone's speech, movement, or behavior, especially to make others laugh
2. insoluble gl___n
n. a type of complex carbohydrate found in the cell walls of plants, fungi, and bacteria, believed to have various health benefits, such as boosting the immune system and regulating blood sugar levels
3. po_____um rich
n. a chemical element with the symbol K, atomic number 19, that is essential for the functioning of living organisms
4. energy-ef_____nt appliances
adj. performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials
5. the em_____on of light
n. the act of production or sending out gas, heat, light, etc.
6. ca_____m deficiency
n. a chemical element with the symbol Ca and atomic number 20, which is an important mineral for the human body
7. save the pl___t
n. any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
8. 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: 1. mimic, 2. glucan, 3. potassium, 4. efficient, 5. emission, 6. calcium, 7. planet, 8. hormone

9. es____en receptor *n.* a category of female steroid sex hormone responsible for the development and regulation of the female reproductive system and secondary sex characteristics
10. de____st a mountain *v.* to clear an area of forest or trees
11. fl____r enhancer *n.* the taste sensation produced by a substance in the mouth
12. app____ely 3 feet long *adv.* close to a specific number or time but not exactly that number or time
13. fa____w period *adj.* describing land that is unplanted or uncultivated; describing a period of rest or inactivity, particularly about land being left to rest
14. 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
15. high levels of air po____on *n.* the introduction of harmful substances or waste into the natural environment that causes adverse change
16. feel di__y *adj.* having or causing a whirling sensation and not able to keep balance
17. s_y milk *n.* a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed
18. immune fu____on *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

ANSWERS: 9. estrogen, 10. deforest, 11. flavor, 12. approximately, 13. fallow, 14.

diet, 15. pollution, 16. dizzy, 17. soy, 18. function

- | | |
|---|--|
| 19. global em_____ons of greenhouse gases | <i>n.</i> the act of production or sending out gas, heat, light, etc. |
| 20. mi__c numerous instruments | <i>v.</i> to imitate someone's speech, movement, or behavior, especially to make others laugh |
| 21. cir_____nce of birth | <i>n.</i> the specific conditions or events that surround a particular situation or occurrence |
| 22. s__m off the top | <i>v.</i> to read something quickly to get a general idea of its contents; to remove any unwanted or unnecessary material from the surface of a liquid; to glide smoothly or briefly over a surface |
| 23. la_____e degradation | <i>n.</i> a sugar that is present in milk and milk products and is the primary source of energy for newborns |
| 24. vitamin and mi_____ls | <i>n.</i> a solid inorganic substance occurring in nature having a definite chemical composition |
| 25. con_____te a large sum of money to the fund | <i>v.</i> to give something, especially money or goods, to provide or achieve something together with other people |
| 26. em___e as a butterfly | <i>v.</i> to move out of or away from something and become visible |
| 27. a delicate fl___r | <i>n.</i> the taste sensation produced by a substance in the mouth |
| 28. v__y directly with the price | <i>v.</i> to become different in terms of size, shape, etc. |
| 29. al___d milk | <i>n.</i> a type of nut that comes from the almond tree widely cultivated for its edible seeds, which is enclosed in a hard, ridged outer casing called a shell, that can be eaten raw or roasted and is often used in baking and as an ingredient in various dishes |

ANSWERS: 19. emission, 20. mimic, 21. circumstance, 22. skim, 23. lactose, 24.

mineral, 25. contribute, 26. emerge, 27. flavor, 28. vary, 29. almond

30. c__p field *n.* a plant that is cultivated in large amounts, particularly for food
31. cyclonic des_____on *n.* the act of causing so much damage to something
32. symptoms of hormonal im_____ce *n.* a situation in which two or more things are not equal or equally treated
33. tr_____r inflation *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
34. o_t flour *n.* a species of cereal grain that seed is grown for making porridge and other dishes or being fed to animals
35. accidental b__p *v.* to expel air from the stomach through the mouth in a noisy manner, often after eating or drinking too quickly; to emit a sudden and brief sound or movement, such as a mechanical device or engine; (noun) a sound or the release of air from the stomach through the mouth, often accompanied by a characteristic sound
36. 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
37. s__m the surface of the water *v.* to read something quickly to get a general idea of its contents; to remove any unwanted or unnecessary material from the surface of a liquid; to glide smoothly or briefly over a surface

ANSWERS: 30. crop, 31. destruction, 32. imbalance, 33. trigger, 34. oat, 35. burp, 36. hormone, 37. skim

38. rich in vi_____n D *n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body
39. ef_____nt operation *adj.* performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials
40. con_____te to society *v.* to give something, especially money or goods, to provide or achieve something together with other people
41. so_____n oil *n.* a legume crop widely cultivated for its nutritious seeds, often ground into meal or pressed into oil for food products, with other uses including animal feed, fuel, and industrial applications
42. re_____le each other *v.* to look like or be similar to someone or something
43. f__t gate *n.* a military structure designed to be defended from attack
44. dairy c_w *n.* a domesticated mammal with characteristic features such as a hump, large udders, and curved horns that is raised for its milk or meat
45. so_____n production *n.* a legume crop widely cultivated for its nutritious seeds, often ground into meal or pressed into oil for food products, with other uses including animal feed, fuel, and industrial applications

ANSWERS: 38. vitamin, 39. efficient, 40. contribute, 41. soybean, 42. resemble, 43. fort, 44. cow, 45. soybean

46. la____e intolerance *n.* a sugar that is present in milk and milk products and is the primary source of energy for newborns
47. c_w herd *n.* a domesticated mammal with characteristic features such as a hump, large udders, and curved horns that is raised for its milk or meat
48. had a di__y spell *adj.* having or causing a whirling sensation and not able to keep balance
49. a ba____ed diet *adj.* taking all sides or opinions into account equally; being in a state of proper equilibrium
50. d__e into anime communities *v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
51. d__e off a cliff *v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
52. residual qu____ty *n.* the amount or number of something; magnitude
53. 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
54. c__p herbicide *n.* a plant that is cultivated in large amounts, particularly for food
55. low-fat da__y *n.* a room, building, or establishment where milk and milk products are produced and processed; milk and milk products, such as butter and cheese

ANSWERS: 46. lactose, 47. cow, 48. dizzy, 49. balanced, 50. dive, 51. dive, 52. quantity, 53. oat, 54. crop, 55. dairy

56. complex car_____ate *n.* (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals
57. re_____le her mother *v.* to look like or be similar to someone or something
58. int_____nt of criticism *adj.* the inability or refusal to accept or respect views, beliefs, or behavior that differ from someone's own; unable to eat food without adverse effects
59. tr_____r a biochemical response *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
60. synthetic fi__r *n.* thread or filament used to make a vegetable tissue, mineral material, or textile
61. ro_____y explain my idea *adv.* approximately but not precisely; with a violent manner
62. atmospheric me_____e *n.* a chemical compound with the chemical formula CH₄ with no smell or color, often used as a fuel
63. a qu_____r mile *n.* one of four equal parts; a fourth part or portion
64. ri__e the shampoo *v.* to wash off soap or remaining dirt with clean water; to gargle your mouth and throat with mouthwash
65. s_y allergy *n.* a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed

ANSWERS: 56. carbohydrate, 57. resemble, 58. intolerant, 59. trigger, 60. fiber, 61. roughly, 62. methane, 63. quarter, 64. rinse, 65. soy

66. dr__n excess liquid *v.* to empty or dry something by removing the liquid from it
67. get con_____nt results *adj.* always behaving or happening in the same way, or having the same thoughts, standards, etc.
68. po_____um excretion *n.* a chemical element with the symbol K, atomic number 19, that is essential for the functioning of living organisms
69. de_____st millions of acres *v.* to clear an area of forest or trees
70. ion of ca_____m *n.* a chemical element with the symbol Ca and atomic number 20, which is an important mineral for the human body
71. app_____ely same *adv.* close to a specific number or time but not exactly that number or time
72. fu_____on properly *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
73. exotic plants in a gre_____se *n.* a building with walls and roof made chiefly of transparent material, such as glass, for growing plants in
74. 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

ANSWERS: 66. drain, 67. consistent, 68. potassium, 69. deforest, 70. calcium, 71. approximately, 72. function, 73. greenhouse, 74. protein

75. gl___n synthesis *n.* a type of complex carbohydrate found in the cell walls of plants, fungi, and bacteria, believed to have various health benefits, such as boosting the immune system and regulating blood sugar levels
76. fa___w ground *adj.* describing land that is unplanted or uncultivated; describing a period of rest or inactivity, particularly about land being left to rest
77. 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
78. iso_____ne supplement *n.* a type of phytoestrogen (= an estrogen-like compound found naturally in plants), typically found in soybeans and other legumes, believed to have various health benefits such as reducing the risk of heart disease and some types of cancer
79. half qu_____ty *n.* the amount or number of something; magnitude
80. so___d sponge *adj.* completely wet; saturated or drenched with a liquid
81. nu_____nt medicine *n.* any substance that is essential for the maintenance and growth of living things
82. emissions of gre_____se gases *n.* a building with walls and roof made chiefly of transparent material, such as glass, for growing plants in

ANSWERS: 75. glucan, 76. fallow, 77. diet, 78. isoflavone, 79. quantity, 80. soaked, 81. nutrient, 82. greenhouse

83. 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
84. reduce me____e emissions *n.* a chemical compound with the chemical formula CH₄ with no smell or color, often used as a fuel
85. centimeter-g__m-second system *n.* a metric unit of weight equal to one-thousandth of a kilogram
86. dr__n water from the swamp *v.* to empty or dry something by removing the liquid from it
87. em____e from poverty *v.* to move out of or away from something and become visible
88. ri__e out your mouth *v.* to wash off soap or remaining dirt with clean water; to gargle your mouth and throat with mouthwash
89. mi____l rights *n.* a solid inorganic substance occurring in nature having a definite chemical composition
90. di____y restrictions *adj.* relating to or affecting the way that a person eats or the specific foods that they consume
91. g__m amount *n.* a metric unit of weight equal to one-thousandth of a kilogram
92. al____d butter *n.* a type of nut that comes from the almond tree widely cultivated for its edible seeds, which is enclosed in a hard, ridged outer casing called a shell, that can be eaten raw or roasted and is often used in baking and as an ingredient in various dishes

ANSWERS: 83. protein, 84. methane, 85. gram, 86. drain, 87. emerge, 88. rinse, 89. mineral, 90. dietary, 91. gram, 92. almond

93. es_____en-responsive breast cancer *n.* a category of female steroid sex hormone responsible for the development and regulation of the female reproductive system and secondary sex characteristics
94. na_____ly arising *adv.* as might be expected; by natural manners
95. na_____ly regenerated forest *adv.* as might be expected; by natural manners
96. do on a con_____nt basis *adj.* always behaving or happening in the same way, or having the same thoughts, standards, etc.
97. the ul_____te goal in life *adj.* furthest or highest in degree or order
98. car_____ate metabolism *n.* (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals
99. di___e a great idea *v.* to make a substance less concentrated by adding a liquid or another substance to it
100. a nu_____nt for hair *n.* any substance that is essential for the maintenance and growth of living things
101. ind_____al freedom *n.* a single person or thing, as distinct from a group
102. al_____ic children *adj.* having or caused by an allergy
103. vi_____n deficiency *n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body

ANSWERS: 93. estrogen, 94. naturally, 95. naturally, 96. consistent, 97. ultimate, 98. carbohydrate, 99. dilute, 100. nutrient, 101. individual, 102. allergic, 103. vitamin

104. a well-ba____ed mind *adj.* taking all sides or opinions into account equally; being in a state of proper equilibrium
105. ro____y speaking *adv.* approximately but not precisely; with a violent manner
106. the ul____te luxury *adj.* furthest or highest in degree or order
107. so____d clothes *adj.* completely wet; saturated or drenched with a liquid
108. iso____ne content *n.* a type of phytoestrogen (= an estrogen-like compound found naturally in plants), typically found in soybeans and other legumes, believed to have various health benefits such as reducing the risk of heart disease and some types of cancer
109. al____ic to pollen *adj.* having or caused by an allergy
110. v__y according to the age *v.* to become different in terms of size, shape, etc.
111. carbon fi__r *n.* thread or filament used to make a vegetable tissue, mineral material, or textile
112. path of des____on *n.* the act of causing so much damage to something
113. environmental po____on *n.* the introduction of harmful substances or waste into the natural environment that causes adverse change
114. an isolated f__t *n.* a military structure designed to be defended from attack

ANSWERS: 104. balanced, 105. roughly, 106. ultimate, 107. soaked, 108. isoflavone, 109. allergic, 110. vary, 111. fiber, 112. destruction, 113. pollution, 114. fort

115. di___e acid with water *v.* to make a substance less concentrated by adding a liquid or another substance to it
116. di_____y supplement *adj.* relating to or affecting the way that a person eats or the specific foods that they consume
117. imported da__y product *n.* a room, building, or establishment where milk and milk products are produced and processed; milk and milk products, such as butter and cheese
118. cir_____nce of injury *n.* the specific conditions or events that surround a particular situation or occurrence
119. a private ind_____al *n.* a single person or thing, as distinct from a group
120. b__p the baby *v.* to expel air from the stomach through the mouth in a noisy manner, often after eating or drinking too quickly; to emit a sudden and brief sound or movement, such as a mechanical device or engine; (noun) a sound or the release of air from the stomach through the mouth, often accompanied by a characteristic sound
121. end of the first qu_____r *n.* one of four equal parts; a fourth part or portion
122. an int_____nt person *adj.* the inability or refusal to accept or respect views, beliefs, or behavior that differ from someone's own; unable to eat food without adverse effects

ANSWERS: 115. dilute, 116. dietary, 117. dairy, 118. circumstance, 119. individual, 120. burp, 121. quarter, 122. intolerant

123. pl___t like the Earth

n. any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

124. trade im_____ce

n. a situation in which two or more things are not equal or equally treated

ANSWERS: 123. planet, 124. imbalance

Session 3: Fill in the Blanks

1. Management must take _____ responsibility for the accident.
adj. furthest or highest in degree or order
2. She explained the _____ surrounding the accident.
n. the specific conditions or events that surround a particular situation or occurrence
3. During colonial eras, new migratory patterns _____.
v. to move out of or away from something and become visible
4. 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
5. Professional skaters can spin fast on the ice without getting _____.
adj. having or causing a whirling sensation and not able to keep balance
6. The robust economy of the country is based on its _____ resources.
n. a solid inorganic substance occurring in nature having a definite chemical composition
7. This trail takes _____ 2.5 hours.
adv. close to a specific number or time but not exactly that number or time
8. Push the button and let the water _____ away.
v. to empty or dry something by removing the liquid from it

ANSWERS: 1. ultimate, 2. circumstances, 3. emerged, 4. diet, 5. dizzy, 6. mineral, 7. approximately, 8. drain

9. The menu at the restaurant includes many _____ options for those with food restrictions.
adj. relating to or affecting the way that a person eats or the specific foods that they consume
10. He is very popular at school because he can _____ all the teachers' accents.
v. to imitate someone's speech, movement, or behavior, especially to make others laugh
11. The sperm whale can _____ to 1,000 meters.
v. to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
12. In southward, the average annual water _____ increases.
n. the amount or number of something; magnitude
13. We must consume dietary _____ to maintain good health.
n. thread or filament used to make a vegetable tissue, mineral material, or textile
14. The _____ field was left unplanted to allow the soil to regain nutrients.
adj. describing land that is unplanted or uncultivated; describing a period of rest or inactivity, particularly about land being left to rest
15. He was _____ gifted.
adv. as might be expected; by natural manners
16. The company planned to _____ a large rainforest area to make way for a new plantation.
v. to clear an area of forest or trees

ANSWERS: 9. dietary, 10. mimic, 11. dive, 12. quantity, 13. fiber, 14. fallow, 15. naturally, 16. deforest

17. You are not _____ in your behavior.

adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.

18. Maximum heart rates _____ a lot for each individual.

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

19. 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

20. The _____ effect is a phenomenon that happens naturally.

n. a building with walls and roof made chiefly of transparent material, such as glass, for growing plants in

21. The brain is an incredibly complex organ that controls the body's _____.

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

22. She _____ the concentrated juice with water.

v. to make a substance less concentrated by adding a liquid or another substance to it

23. The incident _____ a political controversy.

v. to make something happen suddenly; to cause something such as a device, machine, etc. to function

ANSWERS: 17. consistent, 18. vary, 19. individual, 20. greenhouse, 21. function, 22. diluted, 23. triggered

24. The patient's _____ levels were low, so they were advised to eat foods high in potassium, such as bananas and sweet potatoes.
- n.* a chemical element with the symbol K, atomic number 19, that is essential for the functioning of living organisms
25. Foods high in _____ include bread, pasta, and rice.
- n.* (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals
26. ___ 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
27. 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
28. The _____ industry is a significant contributor to the economy.
- n.* a room, building, or establishment where milk and milk products are produced and processed; milk and milk products, such as butter and cheese
29. Please _____ the soap off of those dishes well.
- v.* to wash off soap or remaining dirt with clean water; to gargle your mouth and throat with mouthwash
30. The new washing machine is much more _____ than the old one.
- adj.* performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials

ANSWERS: 24. potassium, 25. carbohydrates, 26. Oat, 27. protein, 28. dairy, 29. rinse, 30. efficient

31. We conducted a _____ assessment of intellectual and cultural history.

adj. taking all sides or opinions into account equally; being in a state of proper equilibrium

32. The _____ is endangering the local plants and animals.

n. the introduction of harmful substances or waste into the natural environment that causes adverse change

33. The ignition of _____ gas in the plant killed five employees.

n. a chemical compound with the chemical formula CH₄ with no smell or color, often used as a fuel

34. There are five distinct _____ at five unique wavelengths.

n. the act of production or sending out gas, heat, light, etc.

35. He couldn't help but _____ loudly after drinking the fizzy soda.

v. to expel air from the stomach through the mouth in a noisy manner, often after eating or drinking too quickly; to emit a sudden and brief sound or movement, such as a mechanical device or engine; (noun) a sound or the release of air from the stomach through the mouth, often accompanied by a characteristic sound

36. Mercury is the closest _____ to the sun.

n. any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

37. Government workers cannot _____ to political campaigns.

v. to give something, especially money or goods, to provide or achieve something together with other people

ANSWERS: 31. balanced, 32. pollution, 33. methane, 34. emissions, 35. burp, 36. planet, 37. contribute

38. The hiker's boots were _____ from walking through the stream.

adj. completely wet; saturated or drenched with a liquid

39. The brothers _____ each other in the hobby.

v. to look like or be similar to someone or something

40. _____ C is important for immune system function and skin health.

n. any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body

41. His _____ attitude towards other cultures made it difficult for him to get along with others.

adj. the inability or refusal to accept or respect views, beliefs, or behavior that differ from someone's own; unable to eat food without adverse effects

42. _____ metabolism differs between individuals.

n. a sugar that is present in milk and milk products and is the primary source of energy for newborns

43. Soybeans and chickpeas are both good sources of _____.

n. a type of phytoestrogen (= an estrogen-like compound found naturally in plants), typically found in soybeans and other legumes, believed to have various health benefits such as reducing the risk of heart disease and some types of cancer

44. 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: 38. soaked, 39. resemble, 40. Vitamin, 41. intolerant, 42. Lactose, 43. isoflavones, 44. hormone

45. 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
46. An _____ in certain substances causes problems with brain function.
n. a situation in which two or more things are not equal or equally treated
47. 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
48. Many people use ____ sauce for sushi, stir-fries, and marinades.
n. a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed
49. The extinction of several subspecies has been linked to climate change and habitat _____.
n. the act of causing so much damage to something
50. The stone _____ was built to protect the city from invading forces.
n. a military structure designed to be defended from attack
51. How much is it per one hundred _____
n. a metric unit of weight equal to one-thousandth of a kilogram
52. Five miles is _____ similar to eight kilometers.
adv. approximately but not precisely; with a violent manner
53. The farmer harvested his _____ crop and took it to market.
n. a legume crop widely cultivated for its nutritious seeds, often ground into meal or pressed into oil for food products, with other uses including animal feed, fuel, and industrial applications

ANSWERS: 45. nutrients, 46. imbalance, 47. quarter, 48. soy, 49. destruction, 50. fort, 51. grams?, 52. roughly, 53. soybean

54. Sow early for an early _____.

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

55. The _____ of the coffee was rich and full-bodied.

n. the taste sensation produced by a substance in the mouth

56. The older woman also suffers bone loss caused by _____ deficiency.

n. a category of female steroid sex hormone responsible for the development and regulation of the female reproductive system and secondary sex characteristics

57. The farmer milked the _____ every morning before breakfast.

n. a domesticated mammal with characteristic features such as a hump, large udders, and curved horns that is raised for its milk or meat

58. I love snacking on _____ for a healthy and delicious snack.

n. a type of nut that comes from the almond tree widely cultivated for its edible seeds, which is enclosed in a hard, ridged outer casing called a shell, that can be eaten raw or roasted and is often used in baking and as an ingredient in various dishes

59. The infection triggered a high fever and _____ reactions.

adj. having or caused by an allergy

60. Beta-_____ are known for their immune-boosting properties.

n. a type of complex carbohydrate found in the cell walls of plants, fungi, and bacteria, believed to have various health benefits, such as boosting the immune system and regulating blood sugar levels

61. I like to _____ the newspaper headlines in the morning to catch up on the news.

v. to read something quickly to get a general idea of its contents; to remove any unwanted or unnecessary material from the surface of a liquid; to glide smoothly or briefly over a surface

ANSWERS: 54. crop, 55. flavor, 56. estrogen, 57. cows, 58. almonds, 59. allergic, 60. glucans, 61. skim

62. The patient was prescribed a _____ supplement to help prevent osteoporosis.
- n.* a chemical element with the symbol Ca and atomic number 20, which is an important mineral for the human body

ANSWERS: 62. calcium