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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](https://www.ted.com/talks/jonathan_j_o_sullivan_and_grace_e_cunningham_which_type_of_milk_is_best_for_you)

### Advanced Words Only

#### 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**.

### 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.

### 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.

### 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.

## 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.

## 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.

## 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.

## 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.

## 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**.

## 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.

## **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.

## **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.

## **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.

## **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.

## **methane**

*n.* a chemical compound with the chemical formula CH<sub>4</sub> 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.

## Session 2: Spelling

1. ri\_\_e out your mouth      *v.* to wash off soap or remaining dirt with clean water; to gargle your mouth and throat with mouthwash
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. mi\_\_c a human voice      *v.* to imitate someone's speech, movement, or behavior, especially to make others laugh
4. 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
5. di\_\_\_e acid with water      *v.* to make a substance less concentrated by adding a liquid or another substance to it
6. so\_\_\_d sponge      *adj.* completely wet; saturated or drenched with a liquid
7. 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

ANSWERS: 1. rinse, 2. glucan, 3. mimic, 4. soybean, 5. dilute, 6. soaked, 7. soybean

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|------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8. atmospheric me_____e            | <i>n.</i> a chemical compound with the chemical formula CH <sub>4</sub> with no smell or color, often used as a fuel                                                                                            |
| 9. an int_____nt person            | <i>adj.</i> 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                                                |
| 10. complex car_____ate            | <i>n.</i> (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                                               |
| 11. car_____ate metabolism         | <i>n.</i> (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                                               |
| 12. symptoms of hormonal im_____ce | <i>n.</i> a situation in which two or more things are not equal or equally treated                                                                                                                              |
| 13. 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                                                                                                    |
| 14. gl____n synthesis              | <i>n.</i> 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 |
| 15. reduce me_____e emissions      | <i>n.</i> a chemical compound with the chemical formula CH <sub>4</sub> with no smell or color, often used as a fuel                                                                                            |
| 16. feel di__y                     | <i>adj.</i> having or causing a whirling sensation and not able to keep balance                                                                                                                                 |

ANSWERS: 8. methane, 9. intolerant, 10. carbohydrate, 11. carbohydrate, 12. imbalance, 13. lactose, 14. glucan, 15. methane, 16. dizzy

17. 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
18. 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
19. 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
20. so\_\_\_d clothes *adj.* completely wet; saturated or drenched with a liquid
21. di\_\_\_e a great idea *v.* to make a substance less concentrated by adding a liquid or another substance to it
22. de\_\_\_\_\_st millions of acres *v.* to clear an area of forest or trees
23. 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
24. 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

ANSWERS: 17. fallow, 18. almond, 19. isoflavone, 20. soaked, 21. dilute, 22. deforest, 23. skim, 24. intolerant



25. 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
26. al\_\_\_d milk
- 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
27. la\_\_\_\_\_e intolerance
- n. a sugar that is present in milk and milk products and is the primary source of energy for newborns
28. de\_\_\_\_\_st a mountain
- v. to clear an area of forest or trees
29. 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
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

ANSWERS: 25. burp, 26. almond, 27. lactose, 28. deforest, 29. burp, 30. oat

31. had a di\_\_y spell *adj.* having or causing a whirling sensation and not able to keep balance
32. 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
33. s\_\_m off the top *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
34. mi\_\_c numerous instruments *v.* to imitate someone's speech, movement, or behavior, especially to make others laugh
35. trade im\_\_\_\_\_ce *n.* a situation in which two or more things are not equal or equally treated
36. o\_t flour *n.* a species of cereal grain that seed is grown for making porridge and other dishes or being fed to animals
37. 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
38. ri\_\_e the shampoo *v.* to wash off soap or remaining dirt with clean water; to gargle your mouth and throat with mouthwash

ANSWERS: 31. dizzy, 32. fallow, 33. skim, 34. mimic, 35. imbalance, 36. oat, 37. isoflavone, 38. rinse

## Session 3: Fill in the Blanks

1. \_\_\_\_\_ metabolism differs between individuals.
  - n.* a sugar that is present in milk and milk products and is the primary source of energy for newborns
  
2. 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
  
3. 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
  
4. 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
  
5. \_\_\_\_\_ 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
  
6. 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

ANSWERS: 1. Lactose, 2. soybean, 3. burp, 4. carbohydrates, 5. Oat, 6. isoflavones

7. 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
8. The ignition of \_\_\_\_\_ gas in the plant killed five employees.  
*n.* a chemical compound with the chemical formula CH<sub>4</sub> with no smell or color, often used as a fuel
9. 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
10. An \_\_\_\_\_ in certain substances causes problems with brain function.  
*n.* a situation in which two or more things are not equal or equally treated
11. 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
12. 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
13. The hiker's boots were \_\_\_\_\_ from walking through the stream.  
*adj.* completely wet; saturated or drenched with a liquid
14. 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: 7. fallow, 8. methane, 9. intolerant, 10. imbalance, 11. mimic, 12. rinse, 13. soaked, 14. deforest

15. She \_\_\_\_\_ the concentrated juice with water.

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

16. Professional skaters can spin fast on the ice without getting \_\_\_\_\_.

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

17. 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

18. 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

19. 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

ANSWERS: 15. diluted, 16. dizzy, 17. skim, 18. almonds, 19. glucans