# **Englist.me**

## Vocabulary Builder Reference from...

Laurence Hurst: Is human evolution speeding up or slowing down? | TED Talk https://www.ted.com/talks/laurence\_hurst\_is\_human\_evolution\_speeding\_up\_or\_slowing\_down



## **All Words**

#### **IMPORTANT**

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## **Session 1: Word List**

## plateau

n. an elevated, relatively level expanse of land, typically vast and extending over a large area; a state or period of little or no change following a period of growth, development, or progress

synonym: mesa, tableland, plain

(1) **plateau** region, (2) **plateau** in performance

The hikers finally reached the **plateau** after a long climb up the mountain.

#### oxygen

- n. the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
- (1) the hydrogen binds the oxygen, (2) lack of oxygen The passenger grabbed for the oxygen mask.

## settler

 a person who moved with a group of others to live in a different country or area

synonym: frontiersperson, immigrant, emigrant

(1) new **settlers**, (2) **settlers** on some foreign shore A large proportion of railway workers in **settler** colonies were white.

### 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.

#### altitude

 the height of an object or point in relation to sea level or ground level

synonym: height, elevation, tallness

(1) the meridian **altitude**, (2) low **altitude** 

The plane flew at a high altitude to avoid turbulence.

#### native

 adj. connecting with or describing someone's birth country or place of birth, or someone born in a specific country or place

synonym: endemic, domestic, aboriginal

(1) **native** to Africa, (2) **native** language

The vegetation here is almost wholly native.

## sprint

v. to run at full speed over a short distance or period of time

synonym: dash, bolt, race

(1) **sprint** for a bus, (2) **sprint** towards the finish line Top athletes can **sprint** 100 meters in less than 10 seconds.

#### apparent

adj. able to see or understand easily or clearlysynonym: obvious, clear, conspicuous

(1) heir apparent, (2) apparent contradiction

This star is **apparent** to the naked eye.

#### 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.

#### environment

 the natural world such as air, water, and land in which humans, animals, and plants live

synonym: atmosphere, surroundings, climate

(1) environment affairs, (2) chaotic environment

Every human is responsible for taking care of the Earth's **environment**.

#### genetic

adj. of or relating to genes (= parts of the DNA in cells) or the science of genes

synonym: hereditary, genetical, inborn

(1) have **genetic** testing, (2) a **genetic** disorder

Understanding protein folding is a vital step in deciphering the **genetic** code.

#### estimate

v. to guess or calculate the cost, size, value, etc. of something

synonym: calculate, gauge, evaluate

(1) **estimate** a fair value, (2) **estimate** this chicken to weigh three pounds

We **estimated** the season's total trade deficit at \$50 billion.

#### evolve

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

synonym: develop, mature, grow

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

Eyeless fish **evolved** in dark caves.

## ongoing

*adj.* continuing to exist or develop, or currently happening *synonym*: continuous, current, proceeding

(1) still ongoing, (2) ongoing support

The new prime minister has vowed to take measures against the **ongoing** economic crisis.

## adaptation

 the action or process of changing to suit different conditions

*synonym*: adaption, adjustment, transformation

(1) **adaptation** ability, (2) language **adaptation**The company's **adaptation** approach has been highly effective.

#### evolution

- n. a gradual process of transformation of living thingssynonym: elaboration, expansion, transition
- (1) human **evolution**, (2) **evolution** theory They study the **evolution** of the universe.

## technological

- adj. based on scientific and industrial progresssynonym: specialized, technical
- (1) **technological** advancement, (2) **technological** policy **Technological** advances have disrupted many industries.

#### innovation

 the creation of a new device or process resulting from study and experimentation

*synonym*: invention, initiation, creation

(1) **innovation** leader, (2) cutting-edge **innovation**The vegetarian burger was an **innovation** that quickly spread to the United Kingdom.

#### arctic

adj. of or relating to the region around the North Pole or the Arctic Ocean; very cold

synonym: cold, frozen, polar

(1) arctic ice, (2) high arctic

Cold temperatures and long, dark winters characterize the **arctic** climate.

#### adapt

v. to make fit for or change to suit a new purpose or environment

synonym: adjust, acclimate, accustom

(1) **adapt** fully to the environment, (2) **adapt** as needed I advised him to **adapt** to his new surroundings.

#### extreme

adj. very great in amount or degree synonym: farthermost, outermost, fierce

# (1) **extreme** sports, (2) **extreme** weather events Solar gravity creates **extreme** pressures and temperatures.

## 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.

#### frostbite

a medical condition that occurs when the skin and underlying tissue freeze due to exposure to extremely cold temperatures, resulting in damage or loss of tissue and, in severe cases, amputation

synonym: cryopathy, chilblains, ice burn

(1) frostbite symptoms, (2) frostbite on the hand
The athlete had to quit the race due to severe frostbite on his feet.

#### sub-zero

adj. indicating a temperature that is below freezing point; extremely cold, or frigid

synonym: freezing, frigid, icy

(1) sub-zero climate, (2) sub-zero freezer

The **sub-zero** temperatures during the winter can be dangerous for those not properly dressed.

## temperature

- n. the degree of hotness or coldness of a thing or placesynonym: climate, warmth, degree
- extreme temperatures, (2) the atmospheric temperature

Cities around the world set records for highest **temperatures** this summer.

#### undergo

v. to go through something unpleasant or that involves a change

synonym: experience, suffer, endure

(1) undergo surgery, (2) undergo a decrease

The train has to **undergo** rigorous safety checks.

#### metabolism

- the set of chemical reactions in cells or organisms that are necessary for life-sustaining
- (1) **metabolism** enzyme, (2) hemoglobin **metabolism** Better sleep leads to increased **metabolism**.

#### dive

- v. to jump into the water with your head and arms going in first, or to move down to a deeper level underwatersynonym: dip, leap, plunge
- (1) **dive** into anime communities, (2) **dive** off a cliff The sperm whale can **dive** to 1,000 meters.

#### underwater

adv. below or under the surface of the water synonym: submerged, undersea, submarine

(1) hold my breath **underwater**, (2) seals sleep **underwater** He is good at swimming **underwater**.

#### nomadic

adj. moving from one location to another rather than staying in one place all of the time

synonym: mobile, migratory, wandering

(1) **nomadic** life, (2) **nomadic** herdsmen

This dessert is the territory of **nomadic** tribes.

#### hunt

v. to go after and try to catch wild animals to kill them for food, sport, or profit

synonym: chase, pursuit, quest

(1) hunt a job, (2) hunt after knowledge

Hounds **hunt** their prey by using their keen scent.

## genetically

adv. in a way that relates to or is produced by genes (= the units in the cells of a living thing received by an animal or plant from its parents) or heredity

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synonym: hereditary, inherited, family-related

(1) **genetically** inherited traits, (2) **genetically** manipulated plant

The **genetically** modified crops were resistant to pests and required less water.

#### hardwired

adj. built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics

*synonym*: innate, ingrained, automatic

(1) hardwired behavior, (2) hardwired connection

The instinct to protect one's offspring is **hardwired** into many animal species.

## unusually

adv. in a way that is not typical or expectedsynonym: exceptionally, remarkably, outstandingly

(1) **unusually** cheerful, (2) look **unusually** serious The team's performance has been **unusually** poor this season.

## spleen

 a large, blood-rich organ located in the upper left region of the abdomen, known for its role in the immune system, blood storage, and blood filtration

*synonym*: lien, irascibility, temper

(1) spleen function, (2) enlarged spleen

The doctor explained that the pain in her abdomen was caused by **spleen** inflammation.

seal

v. to close or fasten an envelope, etc. securely; (noun) a large marine mammal that chiefly lives in cold regions and comes on shore to breed

*synonym*: enclose, shut, close

(1) seal a hole, (2) a fur seal

He **sealed** the letter with hot wax.

## pedestrian

a person who is in the street, especially in an area where vehicles go

synonym: walker, footer

(1) **pedestrian** accident, (2) **pedestrian** safety A **pedestrian** is an uncommon sight in this area.

## comparison

n. the consideration or examination of the similarities between two or more people or things

synonym: equivalence, analogy, contrast

(1) ease of **comparison**, (2) **comparison** of foods on a caloric basis

I've included the two designs for a **comparison**.

#### mammal

- any animal of which the female gives birth to live young, not eggs, and feeds her young on milk from her own body
- (1) a primitive **mammal**, (2) a sort of **mammal**Marine **mammal** populations are declining worldwide due to ocean pollution.

#### wean

v. to gradually stop feeding a baby or young animal with its mother's milk and to start or accustom to eating other food

synonym: ablactate

(1) **wean** a person from a bad habit, (2) **wean** my baby from the breast

It's difficult to wean an addict off drugs once they're hooked.

## digest

v. to transform food into absorbable substances; break down

synonym: absorb, condense

(1) digest information, (2) help digest food

Most babies can readily **digest** a wide variety of foods.

#### 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

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

#### sub-Saharan

- adj. of or relating to or situated in the area south of the Sahara Desert
- (1) **sub-Saharan** Africa, (2) **sub-Saharan** countries
  The coffee producers in **sub-Saharan** countries are at the sharp end of fluctuations in price.

#### COW

 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.

#### variant

 something that is slightly different from others of the same type

synonym: variation, modification, variance

(1) **variant** types of pigeon, (2) a **variant** of the same word The first **variant** of the virus appeared in less than a month.

#### calcium

 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.

aid

 things sent to help countries in need, notably food or money; support

synonym: helper, resource, assistance

(1) financial **aid**, (2) country-by-country **aid** programs Pakistan's **aid** budget was still being reviewed.

#### vitamin

 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.

## sunlight

- n. the light emitted by the sun; the rays of the sun synonym: daylight, rays, sunshine
- a glare of sunlight, (2) in direct sunlight
   Radiation from sunlight has a different wavelength.

#### obvious

adj. easy to see, discover or understand synonym: apparent, conspicuous, evident

(1) **obvious** reasons, (2) his conclusion was **obvious** There are **obvious** differences between the two wine-producing regions.

## improve

- v. to make or become bettersynonym: enhance, ameliorate, enrich
- (1) **improve** a process, (2) **improve** the test score We want to **improve** ties between our two countries.

## reproductive

- adj. connected with the process of reproduction; relating to reproducing babies, young animals, or plantssynonym: procreative, generative
- (1) **reproductive** ability, (2) during **reproductive** period This documentary deals with the **reproductive** biology of the buffalo.

## evolutionary

adj. relating to or denoting how living things develop or change from earlier forms

synonym: developmental, mutative, transformative

(1) ecology and **evolutionary** biology, (2) the **evolutionary** process

<b>Evolutionary</b> algorithms can find ways to optimize that
humans do not anticipate.

#### modern

adj. of or belonging to the present time or recent times synonym: contemporary, stylish, current

(1) **modern** poetry, (2) pre- **modern** agricultural society Their headquarters are in a **modern** skyscraper.

#### medicinal

adj. of or relating to the treatment or cure of diseasesynonym: curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**The **medicinal** properties of this herb have been known to help with various ailments.

#### combine

- v. to join or merge to form a single thing or group synonym: coalesce, cohere, blend
- (1) **combine** chemically with another substance,
- (2) **combine** augmented reality

  Hydrogen and oxygen **combine** to form water.

#### infectious

- adj. able to be passed quickly from one person, animal, or plant to another, especially through air or watersynonym: contagious, epidemic, transmittable
- (1) an **infectious** fever, (2) person's smile is **infectious** Leprosy is an indolent **infectious** disease.

#### disease

 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.

#### antibiotic

 a substance or drug that kills or slows down the growth of bacteria

synonym:

antimicrobial, chemotherapeutic, germicide

(1) antibiotic resistance, (2) antibiotic allergy He has been prescribed an **antibiotic** to treat his infection.

a substance that is put into the body and protects them from disease by causing them to produce antibodies (=

proteins that attack harmful bacteria, viruses, etc.)

synonym: vaccinum

(1) development of vaccines, (2) an oral vaccine The mRNA vaccine was approved in less than a year

because it did not contain the fragments of the target virus.

the process of maintaining a clean and hygienic n. 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.

adv. in almost the same way

synonym: also, likewise, ditto

(1) **similarly** situated, (2) have **similarly** great abilities We argue that wages for temporary workers should **similarly** 

rise.

abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

*synonym*: tumor, carcinoma, malignancy

(1) cancer diagnosis, (2) cancer research

Breast **cancer** is the most common type of cancer in women.

medical treatment of injuries or diseases involving an n. incision with instruments and often removing or replacing some parts of the body; the branch of medical

## vaccine

sanitation

similarly

cancer

surgery

science that treats disease or injury by operative procedures

synonym: operation, (medical) procedure

(1) cardiac **surgery**, (2) the professor of **surgery** He had undergone heart **surgery** years before.

#### extract

a short passage taken from a book, piece of music, etc.;
 a substance obtained from something through a specific process; (verb) to obtain from something or to remove something by effort or force

*synonym*: excerpt, quote, distillation

- (1) a brief **extract** from the book, (2) botanical **extract** Anesthetize the gum before **extracting** the teeth.
- v. to cause very strong feelings such as anger or excitement in a person or a group of people

synonym: agitate, arouse, enrage

(1) **inflame** skin, (2) **inflame** his passion Her eyes **inflamed** with crying.

## appendix

inflame

n. a small, tube-shaped organ attached to the large intestine in humans and some animals, which is believed to play a role in the immune system and digestion; supplementary material that is collected and appended at the back of a book

synonym: addendum, adjunct, supplement

(1) appendix cancer, (2) book appendix

The doctor reviewed the patient's medical records to see if they had previously had their **appendix** removed.

#### threaten

 to utter intentions of injury or punishment against someone

*synonym*: endanger, terrorize, intimidate

(1) **threaten** a healthy relationship, (2) **threaten** national security

Various artificially induced causes are **threatening** our ecosystem.

#### pregnant

adj. having a baby or young animal developing in the uterussynonym: expectant

(1) needs of **pregnant** women, (2) a silence **pregnant** with suspense

She vacated the position when she got **pregnant**.

## specific

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

synonym: particular, definite, distinct

(1) **specific** instructions, (2) industry- **specific** regulations The scientist conducted a study that provided **specific** details about the species' behavior.

## aspect

- n. one part or feature of a situation, problem, subject, etc. synonym: characteristic, element, factor
- (1) nontechnical **aspects** of the job, (2) **aspects** of social, political, and economic life

His professional experience includes all **aspects** of media production.

#### variation

 the act or state of changing; a difference or change in the way something is done, made or said

synonym: fluctuation, change, variation

(1) **variation** of temperature, (2) gene **variation**There is a lot of **variation** in the colors of flowers in the garden.

#### drift

v. to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction

synonym: float, wander, freewheel

(1) **drift** down the stream, (2) **drift** away on a raft I **drifted** around for years in Europe before going to university.

#### 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.

#### random

- adj. made, done, or happening without method, conscious decision, or any regular pattern
- synonym: incidental, arbitrary, unanticipated
- (1) a random choice, (2) bombs fell at randomTo find drunk drivers, police conduct random tests.

#### mutation

- the way in which genes of a person, plant, animal, or other organism change and produce permanent differences
- *synonym*: metamorphosis, transformation, alteration
- (1) **mutation** of DNA, (2) hereditary **mutation**Radiation often promotes genetic **mutations** in plants and animals.

#### eliminate

- v. to remove or get rid of someone or something synonym: wipe out, destroy, eradicate
- (1) **eliminate** contestants, (2) **eliminate** sexual barriers We can **eliminate** this possibility from those consumptions.

## necessarily

- adv. in an essential manner; in such a way as could not be otherwise
- synonym: inevitable, certainly, automatically
- (1) not **necessarily** a problem, (2) **necessarily** true

  This accident was something that happened **necessarily**.

#### translate

- v. to convert or change words into another language synonym: convert, transcribe, render
- (1) **translate** a document into English, (2) **translate** the emotion to a movement

Translate the text from Italian into English.

#### observable

adj. that can be noticed or seen

*synonym*: visible, perceptible, detectable

(1) **observable** change, (2) experimentally **observable**Any theorem relies on both **observable** fact and assumption.

## phenotype

n. the observable physical or biochemical characteristics of an individual organism that result from the interaction between its genetic makeup and the environment in which it lives

synonym: trait, characteristic, attribute

(1) phenotype variation, (2) dominant phenotypeOur genetic phenotype determines the color of our eyes.

## investigate

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

synonym: examine, analyze, look into

(1) **investigate** the matter, (2) **investigate** a data leak The committee **investigated** several apparent inconsistencies.

## epigenetic

adj. relating to changes in gene expression that are not caused by alterations in the underlying DNA sequence but rather by modifications to the structure of DNA or proteins that regulate gene activity

synonym: environmental, hereditary, inherited

(1) **epigenetic** inheritance, (2) **epigenetic** markers **Epigenetic** research has opened up new possibilities for the treatment of certain diseases.

#### modification

*n*. the act of changing something, usually to improve it, or something changed

*synonym*: change, amendment, alteration

(1) a **modification** of last year's model, (2) further **modification** 

As a result of this **modification**, we have revised our safety measures.

#### lifetime

- n. the duration of someone's life or something's existence;synonym: lifespan, duration
- (1) **lifetime** benefits, (2) **lifetime** ban from the sport She had lived through two world wars in her **lifetime**.

## offspring

- n. descendant; any immature animal or plantsynonym: children, descendants, heirs
- (1) female offspring, (2) produce offspringHow many offspring does the average lion have?

#### conflict

- a strong disagreement, argument, or a violent clash between two opposing groups or individuals
   synonym: clash, discord, competition
- (1) the **conflict** between good and evil, (2) the longstanding **conflict**

He and I often had **conflicts**, not only in personality but also in ideology.

## persist

- v. to continue to do and refuse to stop something despite difficulties or opposition, even if it appears unreasonable synonym: endure, continue, carry on
- persist over time, (2) persist in success
   Consult your doctor if the symptoms persist.

#### contributor

- a person or thing that adds to the achievement,
   production, or growth of something (such as a project,
   organization, or publication); a donor or benefactor
- synonym: donor, giver, subscriber
- (1) **contributor** of funds, (2) regular **contributor** She is a major **contributor** to the local food bank, volunteering every week.

# **Session 2: Spelling**

1.	industry-spic regulations	adj.	clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
2.	botanical ext	n.	a short passage taken from a book, piece of music, etc.; a substance obtained from something through a specific process; (verb) to obtain from something or to remove something by effort or force
3.	pet over time	v.	to continue to do and refuse to stop something despite difficulties or opposition, even if it appears unreasonable
4.	his conclusion was obs	adj.	easy to see, discover or understand
5.	the professor of suy	n.	medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
6.	drt away on a raft	v.	to move smoothly and slowly in water of air, especially as a result of outside forces, with no control over the direction
7.	trte the emotion to a movement	<i>v</i> .	to convert or change words into anothe language
ANSWERS: 1. specific, 2. extract, 3. persist, 4. obvious, 5. surgery, 6. drift, 7. translate			

ANSWERS: 8. offspring, 9. epigenetic, 10. obvious, 11. medicinal, 12. comparison, 13. vitamin, 14. translate, 15. frostbite, 16. cow

large udders, and curved horns that is

raised for its milk or meat

17.	haed behavior	adj.	built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics
18.	enlarged spn	n.	a large, blood-rich organ located in the upper left region of the abdomen, known for its role in the immune system, blood storage, and blood filtration
19.	a brief ext from the book	n.	a short passage taken from a book, piece of music, etc.; a substance obtained from something through a specific process; (verb) to obtain from something or to remove something by effort or force
20.	sue a blizzard	<i>v</i> .	to live or exist despite a dangerous event or period
21.	h_t after knowledge	<i>v</i> .	to go after and try to catch wild animals to kill them for food, sport, or profit
22.	envnt affairs	n.	the natural world such as air, water, and land in which humans, animals, and plants live
23.	the coct between good and evil	n.	a strong disagreement, argument, or a violent clash between two opposing groups or individuals
24.	antic allergy	n.	a substance or drug that kills or slows down the growth of bacteria
25.	then national security	<i>v</i> .	to utter intentions of injury or punishment against someone

ANSWERS: 17. hardwired, 18. spleen, 19. extract, 20. survive, 21. hunt, 22. environment, 23. conflict, 24. antibiotic, 25. threaten

26.	coe augmented reality	ν.	to join or merge to form a single thing or group
27.	regular conor	n.	a person or thing that adds to the achievement, production, or growth of something (such as a project, organization, or publication); a donor or benefactor
28.	elte contestants	v.	to remove or get rid of someone or something
29.	muon of DNA	n.	the way in which genes of a person, plant, animal, or other organism change and produce permanent differences
30.	genly inherited traits	adv.	in a way that relates to or is produced by genes (= the units in the cells of a living thing received by an animal or plant from its parents) or heredity
31.	a vat of the same word	n.	something that is slightly different from others of the same type
32.	suro climate	adj.	indicating a temperature that is below freezing point; extremely cold, or frigid
33.	vy according to the age	v.	to become different in terms of size, shape, etc.
34.	ong support	adj.	continuing to exist or develop, or currently happening
35.	noc herdsmen	adj.	moving from one location to another rather than staying in one place all of the time
36.	uno surgery	ν.	to go through something unpleasant or that involves a change

ANSWERS: 26. combine, 27. contributor, 28. eliminate, 29. mutation, 30. genetically, 31. variant, 32. sub-zero, 33. vary, 34. ongoing, 35. nomadic, 36. undergo

37.	financial a_d	n.	things sent to help countries in need, notably food or money; support
38.	ion of cam	n.	a chemical element with the symbol Ca and atomic number 20, which is an important mineral for the human body
39.	pre-mon agricultural society	adj.	of or belonging to the present time or recent times
40.	noc life	adj.	moving from one location to another rather than staying in one place all of the time
41.	coe chemically with another substance	ν.	to join or merge to form a single thing or group
42.	frte on the hand	n.	a medical condition that occurs when the skin and underlying tissue freeze due to exposure to extremely cold temperatures, resulting in damage or loss of tissue and, in severe cases, amputation
43.	look unly serious	adv.	in a way that is not typical or expected
44.	meal chemistry	adj.	of or relating to the treatment or cure of disease
45.	suban countries	adj.	of or relating to or situated in the area south of the Sahara Desert
46.	the atmospheric temre	n.	the degree of hotness or coldness of a thing or place
47.	car research	n.	abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

ANSWERS: 37. aid, 38. calcium, 39. modern, 40. nomadic, 41. combine, 42. frostbite, 43. unusually, 44. medicinal, 45. sub-Saharan, 46. temperature, 47. cancer

49. dr\_t down the stream
 v. to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction
 50. heir ap\_\_\_nt
 adj. able to see or understand easily or

adj. able to see or understand easily or clearly

 a substance that is put into the body and protects them from disease by causing them to produce antibodies (= proteins that attack harmful bacteria, viruses, etc.)

 the creation of a new device or process resulting from study and experimentation

adj. relating to or denoting how living things develop or change from earlier forms

v. to run at full speed over a short distance or period of time

n. the observable physical or biochemical characteristics of an individual organism that result from the interaction between its genetic makeup and the environment in which it lives

n. an elevated, relatively level expanse of land, typically vast and extending over a large area; a state or period of little or no change following a period of growth, development, or progress

51. development of va es

52. cutting-edge inn\_\_\_\_on

53. ecology and evo\_\_\_\_ary biology

54. sp\_\_t for a bus

55. ph\_\_\_\_pe variation

56. pl\_\_\_u region

ANSWERS: 48. sub-Saharan, 49. drift, 50. apparent, 51. vaccine, 52. innovation, 53. evolutionary, 54. sprint, 55. phenotype, 56. plateau

thing or place

64. ca\_\_\_\_m deficiency a chemical element with the symbol Ca n. and atomic number 20, which is an important mineral for the human body

ANSWERS: 57. epigenetic, 58. struggle, 59. appendix, 60. altitude, 61. arctic, 62. vaccine, 63. temperature, 64. calcium

ANSWERS: 65. threaten, 66. cancer, 67. appendix, 68. estimate, 69. lifetime, 70. communal, 71. comparison, 72. persist, 73. technological, 74. sunlight

75.	ime a process	v.	to make or become better
76.	invte the matter	<i>v</i> .	to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth
77.	hereditary muon	n.	the way in which genes of a person, plant, animal, or other organism change and produce permanent differences
78.	during repive period	adj.	connected with the process of reproduction; relating to reproducing babies, young animals, or plants
79.	dominant phpe	n.	the observable physical or biochemical characteristics of an individual organism that result from the interaction between its genetic makeup and the environment in which it lives
80.	hold my breath under	adv.	below or under the surface of the water
81.	sily situated	adv.	in almost the same way
82.	genly manipulated plant	adv.	in a way that relates to or is produced by genes (= the units in the cells of a living thing received by an animal or plant from its parents) or heredity
83.	cardiac suy	n.	medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

ANSWERS: 75. improve, 76. investigate, 77. mutation, 78. reproductive, 79. phenotype, 80. underwater, 81. similarly, 82. genetically, 83. surgery

84.	country-by-country a_d programs	n.	things sent to help countries in need, notably food or money; support
85.	help dit food	<i>v</i> .	to transform food into absorbable substances; break down
86.	sanon standards	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
87.	exe weather events	adj.	very great in amount or degree
88.	person's smile is infus	adj.	able to be passed quickly from one person, animal, or plant to another, especially through air or water
89.	eve over the past decade	<i>v</i> .	to develop gradually, or to cause the development of something or someone gradually
90.	a gec disorder	adj.	of or relating to genes (= parts of the DNA in cells) or the science of genes
91.	pedan accident	n.	a person who is in the street, especially in an area where vehicles go
92.	ine his passion	<i>v</i> .	to cause very strong feelings such as anger or excitement in a person or a group of people
93.	este a fair value	<i>v</i> .	to guess or calculate the cost, size, value, etc. of something
94.	elte sexual barriers	<i>v</i> .	to remove or get rid of someone or something
95.	needs of prnt women	adj.	having a baby or young animal developing in the uterus

ANSWERS: 84. aid, 85. digest, 86. sanitation, 87. extreme, 88. infectious, 89. evolve, 90. genetic, 91. pedestrian, 92. inflame, 93. estimate, 94. eliminate, 95. pregnant

96. plu in performance	n.	an elevated, relatively level expanse of land, typically vast and extending over a large area; a state or period of little or no change following a period of growth, development, or progress
97. mon poetry	adj.	of or belonging to the present time or recent times
98. have sily great abilities	adv.	in almost the same way
99. spt towards the finish line	v.	to run at full speed over a short distance or period of time
100. repive ability	adj.	connected with the process of reproduction; relating to reproducing babies, young animals, or plants
101. poor sanon	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
102. a glare of suht	n.	the light emitted by the sun; the rays of the sun
103. not necly a problem	adv.	in an essential manner; in such a way as could not be otherwise
104. metsm enzyme	n.	the set of chemical reactions in cells or organisms that are necessary for life-sustaining
105. lack of oxn	n.	the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

ANSWERS: 96. plateau, 97. modern, 98. similarly, 99. sprint, 100. reproductive, 101. sanitation, 102. sunlight, 103. necessarily, 104. metabolism, 105. oxygen

106. vaon of temperature	n.	the act or state of changing; a difference or change in the way something is done, made or said
107. haed connection	adj.	built-in or innate, often referring to behavior or traits that are instinctive or automatic, as if pre-programmed in the brain or genetics
108. apnt contradiction	adj.	able to see or understand easily or clearly
109. ht a job	<i>v</i> .	to go after and try to catch wild animals to kill them for food, sport, or profit
110. antic resistance	n.	a substance or drug that kills or slows down the growth of bacteria
111. suro freezer	adj.	indicating a temperature that is below freezing point; extremely cold, or frigid
112. vat types of pigeon	n.	something that is slightly different from others of the same type
113. wn a person from a bad habit	<i>v</i> .	to gradually stop feeding a baby or young animal with its mother's milk and to start or accustom to eating other food
114. pedan safety	<i>n</i> .	a person who is in the street, especially in an area where vehicles go
115. eve	<i>v</i> .	to develop gradually, or to cause the development of something or someone gradually
116. the longstanding coct	n.	a strong disagreement, argument, or a violent clash between two opposing groups or individuals
117. chaotic envnt	n.	the natural world such as air, water, and land in which humans, animals, and plants live

ANSWERS: 106. variation, 107. hardwired, 108. apparent, 109. hunt, 110. antibiotic, 111. sub-zero, 112. variant, 113. wean, 114. pedestrian, 115. evolve, 116. conflict, 117. environment

118. exe sports	adj.	very great in amount or degree
119. new sers	n.	a person who moved with a group of others to live in a different country or area
120. asts of social, pol economic life	itical, and n.	one part or feature of a situation, problem, subject, etc.
121. de 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
122. conor of funds	S n.	a person or thing that adds to the achievement, production, or growth of something (such as a project, organization, or publication); a donor or benefactor
123. stle to get the jo	b 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
124. de into anime com	munities v.	to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
125. adt as needed	v.	to make fit for or change to suit a new purpose or environment
126. dep a strategy	v.	to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater

ANSWERS: 118. extreme, 119. settler, 120. aspect, 121. dive, 122. contributor, 123. struggle, 124. dive, 125. adapt, 126. develop

sophistication or complexity; to

elaborate or add detail to something that is in the process of being created

127. lime benefits	n.	the duration of someone's life or something's existence;
128. necly true	adv.	in an essential manner; in such a way as could not be otherwise
129. a ram choice	adj.	made, done, or happening without method, conscious decision, or any regular pattern
130. gene vaon	n.	the act or state of changing; a difference or change in the way something is done, made or said
131. invte a data leak	ν.	to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth
132. the hydrogen binds the oxn	n.	the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
133. a fur sI	ν.	to close or fasten an envelope, etc. securely; (noun) a large marine mammal that chiefly lives in cold regions and comes on shore to breed
134. language adaon	n.	the action or process of changing to suit different conditions
135. spn function	n.	a large, blood-rich organ located in the upper left region of the abdomen, known for its role in the immune system, blood storage, and blood filtration

ANSWERS: 127. lifetime, 128. necessarily, 129. random, 130. variation, 131. investigate, 132. oxygen, 133. seal, 134. adaptation, 135. spleen

136. nontechnical asts of the job	n.	one part or feature of a situation, problem, subject, etc.
137. obsle change	adj.	that can be noticed or seen
138. nae language	adj.	connecting with or describing someone's birth country or place of birth, or someone born in a specific country or place
139. rich in vin 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
140. bombs fell at ram	adj.	made, done, or happening without method, conscious decision, or any regular pattern
141. dep a skill	ν.	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
142. sl a hole	ν.	to close or fasten an envelope, etc. securely; (noun) a large marine mammal that chiefly lives in cold regions and comes on shore to breed
143. produce ofng	n.	descendant; any immature animal or plant
144. dit information	<i>v</i> .	to transform food into absorbable substances; break down

ANSWERS: 136. aspect, 137. observable, 138. native, 139. vitamin, 140. random, 141. develop, 142. seal, 143. offspring, 144. digest

145. vy directly with the price	<i>v</i> .	to become different in terms of size, shape, etc.
146. coal combination of funds	adj.	belonging to or used by a group rather than individuals; for common use
147. a modion of last year's model	n.	the act of changing something, usually to improve it, or something changed
148. adaon ability	n.	the action or process of changing to suit different conditions
149. teccal policy	adj.	based on scientific and industrial progress
150. sers on some foreign shore	n.	a person who moved with a group of others to live in a different country or area
151. the evoary process	adj.	relating to or denoting how living things develop or change from earlier forms
152. have gec testing	adj.	of or relating to genes (= parts of the DNA in cells) or the science of genes
153. adt fully to the environment	<i>v</i> .	to make fit for or change to suit a new purpose or environment
154. hemoglobin metsm	n.	the set of chemical reactions in cells or organisms that are necessary for life-sustaining
155. a sort of maI	n.	any animal of which the female gives birth to live young, not eggs, and feeds her young on milk from her own body
156. arc ice	adj.	of or relating to the region around the North Pole or the Arctic Ocean; very cold

ANSWERS: 145. vary, 146. communal, 147. modification, 148. adaptation, 149. technological, 150. settler, 151. evolutionary, 152. genetic, 153. adapt, 154. metabolism, 155. mammal, 156. arctic

157. still ong	adj.	continuing to exist or develop, or currently happening	
158. evon theory	n.	a gradual process of transformation of living things	
159. wn my baby from the breast	<i>v</i> .	to gradually stop feeding a baby or young animal with its mother's milk and to start or accustom to eating other food	
160. experimentally obsle	adj.	that can be noticed or seen	
161. seals sleep under	adv.	below or under the surface of the water	
162. an infus fever	adj.	able to be passed quickly from one person, animal, or plant to another, especially through air or water	
163. a silence prnt with suspense	adj.	having a baby or young animal developing in the uterus	
164. innon leader	n.	the creation of a new device or process resulting from study and experimentation	
165. spic instructions	adj.	clearly defined or particular to a certain thing or situation; distinct, explicit, and precise	
166. nae to Africa	adj.	connecting with or describing someone's birth country or place of birth, or someone born in a specific country or place	
167. sue a plane crash	<i>v</i> .	to live or exist despite a dangerous event or period	
168. ine skin	v.	to cause very strong feelings such as anger or excitement in a person or a group of people	

ANSWERS: 157. ongoing, 158. evolution, 159. wean, 160. observable, 161. underwater, 162. infectious, 163. pregnant, 164. innovation, 165. specific, 166. native, 167. survive, 168. inflame

169. human evon	n.	a gradual process of transformation of living things	
170. a primitive maI	n.	any animal of which the female gives birth to live young, not eggs, and feeds her young on milk from her own body	
171. ime the test score	<i>v</i> .	to make or become better	
172. 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	
173. unly cheerful	adv.	in a way that is not typical or expected	
174. die prevention	n.	a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems	
175. low alde	n.	the height of an object or point in relation to sea level or ground level	
176. die control	n.	a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems	
177. uno a decrease	v.	to go through something unpleasant or that involves a change	
178. further modion	n.	the act of changing something, usually to improve it, or something changed	

ANSWERS: 169. evolution, 170. mammal, 171. improve, 172. cow, 173. unusually, 174. disease, 175. altitude, 176. disease, 177. undergo, 178. modification

# **Session 3: Fill in the Blanks**

n.	ve included the two designs for a  the consideration or examination of the similarities between two or more people or things
	e is good at swimming below or under the surface of the water
3. To	op athletes can 100 meters in less than 10 seconds.
v.	to run at full speed over a short distance or period of time
	he team's performance has been poor this season. in a way that is not typical or expected
	he plane flew at a high to avoid turbulence. the height of an object or point in relation to sea level or ground level
6. I_	around for years in Europe before going to university.
	to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction
7	C is important for immune system function and skin health.
1	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
8	workers play a critical role in keeping our cities clean and healthy.
1	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
	VERS: 1. comparison, 2. underwater, 3. sprint, 4. unusually, 5. altitude, 6.

ANSWERS: 9. persist, 10. settler, 11. variant, 12. nomadic, 13. extreme, 14. adaptation, 15. vary, 16. aspects, 17. dive

to a deeper level underwater

26. The doctor explained that the pain in her abdomen was caused by inflammation.
<ul> <li>a large, blood-rich organ located in the upper left region of the abdomen, known for its role in the immune system, blood storage, and blood filtration</li> </ul>
27. To find drunk drivers, police conduct tests.
adj. made, done, or happening without method, conscious decision, or any regular pattern
28. The farmer milked the every morning before breakfast.
<ul> <li>a domesticated mammal with characteristic features such as a hump, large udders, and curved horns that is raised for its milk or meat</li> </ul>
29. 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
30. The vegetarian burger was an that quickly spread to the United Kingdom.
<ul> <li>the creation of a new device or process resulting from study and experimentation</li> </ul>
31. The vegetation here is almost wholly
adj. connecting with or describing someone's birth country or place of birth, or someone born in a specific country or place
32. Pakistan's budget was still being reviewed.
n. things sent to help countries in need, notably food or money; support
33. Their headquarters are in a skyscraper.
adj. of or belonging to the present time or recent times
ANSWERS: 26. spleen, 27. random, 28. cows, 29. struggle, 30. innovation, 31. native, 32. aid, 33. modern

Vocab-Builder Rei ITOTTI	Laurence Hurst. Is numan evolut	ion speeding up or slowing di	OWIT!   TED TAIK (69 WOIUS)
ANSWERS:			
, a to traine.			