

# Englist.me



## Vocabulary Builder Reference from...

*Matt Walker: How sleep can improve your immunity | TED Talk*

[https://www.ted.com/talks/matt\\_walker\\_how\\_sleep\\_can\\_improve\\_your\\_immunity](https://www.ted.com/talks/matt_walker_how_sleep_can_improve_your_immunity)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### infect

*v.* to affect a person, an animal, or a plant with a disease-causing organism

*synonym*: pollute, contaminate, affect

(1) **infect** other animal species, (2) **infect** a computer with a virus

Children often **infect** parents with this head cold.

### rhinovirus

*n.* the most common viral infectious agent in humans and is the predominant cause of the common cold

(1) **rhinovirus** cold, (2) a **rhinovirus** in a host

About half of all asthma attacks are thought to be caused by **rhinovirus** infection.

### pneumonia

*n.* an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganisms

*synonym*: lung infection, bronchitis

(1) bacterial **pneumonia**, (2) viral **pneumonia**

She was hospitalized with a severe case of **pneumonia**.

### immunization

*n.* the process of making a person or animal immune to a specific disease by administering a vaccine or other preventative measure

*synonym*: vaccination, shot, inoculation

(1) **immunization** program, (2) childhood **immunization**  
Due to the success of **immunization** programs, certain diseases, such as smallpox, have been eradicated.

## vaccinate

*v.* to treat with a vaccine, usually by injection, to produce immunity against a disease

*synonym*: immunize, inject, inoculate

(1) **vaccinate** against scarlet fever, (2) **vaccinate** every year

The nurse **vaccinated** the children in the school.

## weaponry

*n.* a collection of weapons (e.g., guns, knives, bombs, missiles, etc.) used or owned by a particular individual, group, military, or country

*synonym*: arms, munition, artillery

(1) **weaponry** development, (2) advanced **weaponry**

The army used various **weaponry** to defend the country from attack.

## arsenal

*n.* a collection of weapons or military equipment stored in preparation for war or conflict; a collection of resources or tools available for use in a particular field or endeavor

*synonym*: storage, stockpile, armory

(1) **arsenal** of knowledge, (2) political **arsenal**

The police found a hidden **arsenal** of weapons in the suspect's house.

## Session 2: Spelling

1. we \_\_\_\_ry development *n.* a collection of weapons (e.g., guns, knives, bombs, missiles, etc.) used or owned by a particular individual, group, military, or country
2. a rhi \_\_\_\_\_us in a host *n.* the most common viral infectious agent in humans and is the predominant cause of the common cold
3. childhood imm \_\_\_\_\_ion *n.* the process of making a person or animal immune to a specific disease by administering a vaccine or other preventative measure
4. viral pn \_\_\_\_\_ia *n.* an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganisms
5. va \_\_\_\_\_te every year *v.* to treat with a vaccine, usually by injection, to produce immunity against a disease
6. va \_\_\_\_\_te against scarlet fever *v.* to treat with a vaccine, usually by injection, to produce immunity against a disease
7. advanced we \_\_\_\_ry *n.* a collection of weapons (e.g., guns, knives, bombs, missiles, etc.) used or owned by a particular individual, group, military, or country
8. in \_\_\_t other animal species *v.* to affect a person, an animal, or a plant with a disease-causing organism
9. ar \_\_\_\_\_l of knowledge *n.* a collection of weapons or military equipment stored in preparation for war or conflict; a collection of resources or tools available for use in a particular field or endeavor

ANSWERS: 1. weaponry, 2. rhinovirus, 3. immunization, 4. pneumonia, 5. vaccinate, 6. vaccinate, 7. weaponry, 8. infect, 9. arsenal

10. political ar\_\_\_\_\_l
- n.* a collection of weapons or military equipment stored in preparation for war or conflict; a collection of resources or tools available for use in a particular field or endeavor
11. rhi\_\_\_\_\_us cold
- n.* the most common viral infectious agent in humans and is the predominant cause of the common cold
12. bacterial pn\_\_\_\_\_ia
- n.* an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganisms
13. in\_\_\_\_t a computer with a virus
- v.* to affect a person, an animal, or a plant with a disease-causing organism
14. imm\_\_\_\_\_ion program
- n.* the process of making a person or animal immune to a specific disease by administering a vaccine or other preventative measure

ANSWERS: 10. arsenal, 11. rhinovirus, 12. pneumonia, 13. infect, 14. immunization

## Session 3: Fill in the Blanks

1. She was hospitalized with a severe case of \_\_\_\_\_.  
*n.* an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganisms
  
2. The nurse \_\_\_\_\_ the children in the school.  
*v.* to treat with a vaccine, usually by injection, to produce immunity against a disease
  
3. The army used various \_\_\_\_\_ to defend the country from attack.  
*n.* a collection of weapons (e.g., guns, knives, bombs, missiles, etc.) used or owned by a particular individual, group, military, or country
  
4. Due to the success of \_\_\_\_\_ programs, certain diseases, such as smallpox, have been eradicated.  
*n.* the process of making a person or animal immune to a specific disease by administering a vaccine or other preventative measure
  
5. About half of all asthma attacks are thought to be caused by \_\_\_\_\_ infection.  
*n.* the most common viral infectious agent in humans and is the predominant cause of the common cold
  
6. Children often \_\_\_\_\_ parents with this head cold.  
*v.* to affect a person, an animal, or a plant with a disease-causing organism
  
7. The police found a hidden \_\_\_\_\_ of weapons in the suspect's house.  
*n.* a collection of weapons or military equipment stored in preparation for war or conflict; a collection of resources or tools available for use in a particular field or endeavor

ANSWERS: 1. pneumonia, 2. vaccinated, 3. weaponry, 4. immunization, 5. rhinovirus, 6. infect, 7. arsenal

ANSWERS: