

# Englist.me



## Vocabulary Builder Reference from...

María Neira: This is your brain on air pollution | TED Talk

[https://www.ted.com/talks/maria\\_neira\\_this\\_is\\_your\\_brain\\_on\\_air\\_pollution](https://www.ted.com/talks/maria_neira_this_is_your_brain_on_air_pollution)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### inhale

*v.* to breathe in air or a different substance, such as smoke  
*synonym*: breathe in, take in, draw in

(1) **inhale** the smoke, (2) **inhale** the aroma

He **inhaled** deeply, trying to calm down.

### pollutant

*n.* a substance or agent that pollutes or contaminates the environment, typically through release into the air, water, or soil

*synonym*: contaminant, toxic substance

(1) noxious **pollutant**, (2) water **pollutant**

The factory's use of chemicals has made it a significant **pollutant** in the area.

### droplet

*n.* a small drop of liquid

*synonym*: bead, drip, dewdrop

(1) **droplet** size, (2) **droplet** formation

A single **droplet** of water can reflect the entire world upside down.

### industrious

*adj.* hardworking, diligent, and persistent in effort

*synonym*: diligent, hardworking, assiduous

(1) **industrious** worker, (2) **industrious** student

He was known to be very **industrious** and would often work late into the night.

## outdo

*v.* to do better than someone; to surpass

*synonym*: excel, surpass, outshine

(1) **outdo** him in trickery, (2) **outdo** the competition

He tried to **outdo** his rival by breaking the world record.

## toxin

*n.* a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living organism

*synonym*: poison, venom, contaminant

(1) **toxin** exposure, (2) **toxin** production

Mold exposure can release dangerous **toxins** into the air.

## particulate

*adj.* consisting of small particles, especially those that are suspended in a fluid or air

*synonym*: granular, dusty

(1) **particulate** size, (2) **particulate** pollution

Smoke from forest fires is causing an increase in **particulate** matter in the air.

## smog

*n.* a type of air pollution that forms a mixture of smoke and fog resulting from the combustion of fossil fuels, industrial activity, and motor vehicle emissions in urban areas

*synonym*: smog, haze, pollution

(1) **smog** alert, (2) toxic **smog**

The heavy **smog** in the city was causing health issues for the residents.

## nit

*n.* the egg of a louse (= that is a tiny insect that lives in human hair) or some other insect; a foolish person

(1) **nit** in the dog's fur, (2) she is a little **nit**

Careful brushing can remove **nit**.

## pollute

*v.* to make an area or substance, such as land, air, water, etc., dirty or harmful to living things by adding waste matter or harmful chemicals

*synonym* : contaminate, corrupt, degrade

(1) **pollute** the air, (2) **pollute** the thread

We should do our best not to **pollute** the environment.

## bloodstream

*n.* the blood flowing through the body

(1) **bloodstream** in an artery, (2) **bloodstream** to the brain

Cancer cells are often carried throughout the body by the **bloodstream**.

## placenta

*n.* a temporary organ that feeds a fetus (= unborn and developing baby) inside its mother's womb

(1) **placenta** blood, (2) fetal **placenta**

The **placenta** produces various hormones that help maintain the pregnancy.

## fetus

*n.* an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal

(1) development of the **fetus**, (2) an aborted **fetus**

The female vagina is elastic enough to allow the passage of a **fetus**.

## prenatal

*adj.* of, relating to, or occurring in the period before birth

*synonym* : antecedent, preconception, prebirth

(1) **prenatal** checkup, (2) **prenatal** development

**Prenatal** care is essential for ensuring the health of both mother and baby.

## hyperactive

*adj.* excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD)

*synonym* : hyperkinetic, overactive, restless

(1) **hyperactive** child, (2) **hyperactive** imagination

The **hyperactive** dog was running around the house,

knocking things over.

## Alzheimer

*n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

*synonym*: dementia, memory loss, cognitive decline

(1) **Alzheimer's** brain, (2) **Alzheimer's** risk factors

My grandmother has **Alzheimer's** disease requires special care and attention from her caregivers.

## ironic

*adj.* using words to express something different from and often opposite to their literal or usual meaning, often for humorous or rhetorical effect

*synonym*: sarcastic, wry, sardonic

(1) **ironic** result, (2) an **ironic** turn of events

It was **ironic** that the heavy rain started just as they set up for an outdoor picnic.

## dementia

*n.* a severe decline in cognitive function, especially memory, as a result of disease or injury

*synonym*: cognitive decline, memory loss, Alzheimer's disease

(1) **dementia** patients, (2) probably have **dementia**

The study found that regular exercise can help to prevent the onset of **dementia** in older age.

## dedicate

*v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

*synonym*: consecrate, devote, commit

(1) **dedicate** a few hours, (2) **dedicate** a chapter to the subject

He **dedicated** his life to helping others.

## polluted

*adj.* contaminated with harmful or poisonous substances

*synonym*: contaminated, poisoned, unclean

(1) **polluted** air, (2) cadmium- **polluted** area

The river was **polluted** with chemicals, causing harm to the

wildlife.

## **commute**

v. to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work

*synonym*: travel, journey, trip

(1) **commute** to work, (2) daily **commute**

He had to **commute** two hours each way to get to work.

## **postpone**

v. to delay or reschedule something to a later time or date

*synonym*: delay, defer, reschedule

(1) **postpone** meeting, (2) **postpone** event

Due to inclement weather, the game has been **postponed** until next week.

## Session 2: Spelling

1. de\_\_\_\_\_te a chapter to the subject      *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
2. fetal pl\_\_\_\_\_ta      *n.* a temporary organ that feeds a fetus (= unborn and developing baby) inside its mother's womb
3. Al\_\_\_\_\_er's brain      *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
4. in\_\_\_\_\_e the smoke      *v.* to breathe in air or a different substance, such as smoke
5. po\_\_\_\_\_ne meeting      *v.* to delay or reschedule something to a later time or date
6. an aborted fe\_\_s      *n.* an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal
7. Al\_\_\_\_\_er's risk factors      *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
8. po\_\_\_\_\_e the thread      *v.* to make an area or substance, such as land, air, water, etc., dirty or harmful to living things by adding waste matter or harmful chemicals

ANSWERS: 1. dedicate, 2. placenta, 3. Alzheimer, 4. inhale, 5. postpone, 6. fetus, 7. Alzheimer, 8. pollute

9. de\_\_\_\_ia patients *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
10. par\_\_\_\_te pollution *adj.* consisting of small particles, especially those that are suspended in a fluid or air
11. n\_t in the dog's fur *n.* the egg of a louse (= that is a tiny insect that lives in human hair) or some other insect; a foolish person
12. in\_\_\_e the aroma *v.* to breathe in air or a different substance, such as smoke
13. s\_\_g alert *n.* a type of air pollution that forms a mixture of smoke and fog resulting from the combustion of fossil fuels, industrial activity, and motor vehicle emissions in urban areas
14. to\_\_n exposure *n.* a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living organism
15. par\_\_\_\_te size *adj.* consisting of small particles, especially those that are suspended in a fluid or air
16. an ir\_\_\_c turn of events *adj.* using words to express something different from and often opposite to their literal or usual meaning, often for humorous or rhetorical effect
17. pl\_\_\_\_ta blood *n.* a temporary organ that feeds a fetus (= unborn and developing baby) inside its mother's womb

ANSWERS: 9. dementia, 10. particulate, 11. nit, 12. inhale, 13. smog, 14. toxin, 15. particulate, 16. ironic, 17. placenta

18. ir\_\_\_c result *adj.* using words to express something different from and often opposite to their literal or usual meaning, often for humorous or rhetorical effect
19. ou\_\_o the competition *v.* to do better than someone; to surpass
20. toxic s\_\_g *n.* a type of air pollution that forms a mixture of smoke and fog resulting from the combustion of fossil fuels, industrial activity, and motor vehicle emissions in urban areas
21. ind\_\_\_\_\_us worker *adj.* hardworking, diligent, and persistent in effort
22. she is a little n\_t *n.* the egg of a louse (= that is a tiny insect that lives in human hair) or some other insect; a foolish person
23. blo\_\_\_\_\_am to the brain *n.* the blood flowing through the body
24. blo\_\_\_\_\_am in an artery *n.* the blood flowing through the body
25. pr\_\_\_\_\_al development *adj.* of, relating to, or occurring in the period before birth
26. de\_\_\_\_\_te a few hours *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
27. development of the fe\_\_s *n.* an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal
28. probably have de\_\_\_\_\_ia *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury

ANSWERS: 18. ironic, 19. outdo, 20. smog, 21. industrious, 22. nit, 23. bloodstream, 24. bloodstream, 25. prenatal, 26. dedicate, 27. fetus, 28. dementia



29. po\_\_\_\_ed air *adj.* contaminated with harmful or poisonous substances
30. cadmium-po\_\_\_\_ed area *adj.* contaminated with harmful or poisonous substances
31. co\_\_\_\_e to work *v.* to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work
32. po\_\_\_\_e the air *v.* to make an area or substance, such as land, air, water, etc., dirty or harmful to living things by adding waste matter or harmful chemicals
33. noxious po\_\_\_\_nt *n.* a substance or agent that pollutes or contaminates the environment, typically through release into the air, water, or soil
34. water po\_\_\_\_nt *n.* a substance or agent that pollutes or contaminates the environment, typically through release into the air, water, or soil
35. dr\_\_\_\_t formation *n.* a small drop of liquid
36. dr\_\_\_\_t size *n.* a small drop of liquid
37. pr\_\_\_\_al checkup *adj.* of, relating to, or occurring in the period before birth
38. po\_\_\_\_ne event *v.* to delay or reschedule something to a later time or date
39. hyp\_\_\_\_ve imagination *adj.* excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD)

ANSWERS: 29. polluted, 30. polluted, 31. commute, 32. pollute, 33. pollutant, 34. pollutant, 35. droplet, 36. droplet, 37. prenatal, 38. postpone, 39. hyperactive



## Session 3: Fill in the Blanks

1. The heavy \_\_\_\_\_ in the city was causing health issues for the residents.  
*n.* a type of air pollution that forms a mixture of smoke and fog resulting from the combustion of fossil fuels, industrial activity, and motor vehicle emissions in urban areas
2. The factory's use of chemicals has made it a significant \_\_\_\_\_ in the area.  
*n.* a substance or agent that pollutes or contaminates the environment, typically through release into the air, water, or soil
3. The \_\_\_\_\_ produces various hormones that help maintain the pregnancy.  
*n.* a temporary organ that feeds a fetus (= unborn and developing baby) inside its mother's womb
4. My grandmother has \_\_\_\_\_ disease requires special care and attention from her caregivers.  
*n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
5. Due to inclement weather, the game has been \_\_\_\_\_ until next week.  
*v.* to delay or reschedule something to a later time or date
6. Smoke from forest fires is causing an increase in \_\_\_\_\_ matter in the air.  
*adj.* consisting of small particles, especially those that are suspended in a fluid or air
7. We should do our best not to \_\_\_\_\_ the environment.  
*v.* to make an area or substance, such as land, air, water, etc., dirty or harmful to living things by adding waste matter or harmful chemicals

ANSWERS: 1. smog, 2. pollutant, 3. placenta, 4. Alzheimer's, 5. postponed, 6. particulate, 7. pollute

8. The female vagina is elastic enough to allow the passage of a \_\_\_\_\_.  
*n.* an unborn or unhatched animal in the later stages of development showing the main recognizable features of the mature animal
9. He \_\_\_\_\_ deeply, trying to calm down.  
*v.* to breathe in air or a different substance, such as smoke
10. The river was \_\_\_\_\_ with chemicals, causing harm to the wildlife.  
*adj.* contaminated with harmful or poisonous substances
11. \_\_\_\_\_ care is essential for ensuring the health of both mother and baby.  
*adj.* of, relating to, or occurring in the period before birth
12. The study found that regular exercise can help to prevent the onset of \_\_\_\_\_ in older age.  
*n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
13. Cancer cells are often carried throughout the body by the \_\_\_\_\_.  
*n.* the blood flowing through the body
14. He was known to be very \_\_\_\_\_ and would often work late into the night.  
*adj.* hardworking, diligent, and persistent in effort
15. Careful brushing can remove \_\_\_\_\_.  
*n.* the egg of a louse (= that is a tiny insect that lives in human hair) or some other insect; a foolish person
16. The \_\_\_\_\_ dog was running around the house, knocking things over.  
*adj.* excessively or abnormally active, restless, or easily excitable, particularly about children or animals with attention deficit hyperactivity disorder (ADHD)

ANSWERS: 8. fetus, 9. inhaled, 10. polluted, 11. Prenatal, 12. dementia, 13. bloodstream, 14. industrious, 15. nit, 16. hyperactive

17. He \_\_\_\_\_ his life to helping others.

- v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

18. It was \_\_\_\_\_ that the heavy rain started just as they set up for an outdoor picnic.

- adj.* using words to express something different from and often opposite to their literal or usual meaning, often for humorous or rhetorical effect

19. A single \_\_\_\_\_ of water can reflect the entire world upside down.

- n.* a small drop of liquid

20. He tried to \_\_\_\_\_ his rival by breaking the world record.

- v.* to do better than someone; to surpass

21. He had to \_\_\_\_\_ two hours each way to get to work.

- v.* to regularly travel a particular journey, especially between one's home and place of work; (noun) a regular journey of some distance to and from your place of work

22. Mold exposure can release dangerous \_\_\_\_\_ into the air.

- n.* a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living organism

ANSWERS: 17. dedicated, 18. ironic, 19. droplet, 20. outdo, 21. commute, 22. toxins