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Vocabulary Builder Reference from...

Kristie Ebi: How climate change could make our food less nutritious | TED Talk

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

Advanced Words Only

IMPORTANT

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Session 1: Word List

micronutrient

adj. vitamins and minerals needed by the body in very small amounts

synonym: trace element, mineral, vitamin

(1) **micronutrient** supplements, (2) antioxidant

micronutrient

A diet rich in **micronutrients** can help prevent deficiencies and maintain good health.

insecure

adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety

synonym: uncertain, unsure, unconfident

(1) an **insecure** future, (2) **insecure** attachment

Children in an unstructured environment often feel **insecure**.

centigrade

n. a system of temperature measurement in which the freezing point of water is 0 degrees and the boiling point of water is 100 degrees; also known as the Celsius scale

(1) **centigrade** scale, (2) **centigrade** thermometer

The temperature reached a peak of 35 degrees **centigrade**.

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.

starch

n. a complex carbohydrate found in many plants, including rice, wheat, and potatoes that is an important foodstuff for humans and animals

synonym : carbohydrate, glucose, dextrin

(1) **starch** granules, (2) potato **starch**

When heated, **starch** molecules absorb water and become thick and gooey, making it a useful thickening agent in cooking.

optimist

n. a person who tends to expect the best in all things and to be hopeful and confident about the future

synonym : positive thinker, dreamer, idealist

(1) **optimist** by nature, (2) excessive **optimist**

She is a confident **optimist** who always looks on the bright side.

anemia

n. a medical condition in which the body lacks enough red blood cells or hemoglobin, causing fatigue, weakness, or difficulty breathing; a lack of vitality or liveliness in something

synonym : bloodlessness, pallor, weakness

(1) **anemia** symptoms, (2) **anemia** disease

The doctor diagnosed the patient with **anemia** due to a lack of iron in their blood.

folate

n. a water-soluble B vitamin that is essential for the formation of red blood cells and normal growth and development

synonym : folic acid

(1) **folate** deficiency, (2) **folate** metabolism

Doctors recommend taking a prenatal vitamin with enough

folate for a healthy pregnancy.

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**.

grandparent

n. a parent of one's father or mother

(1) great- **grandparent**, (2) person of **grandparent** age

She was close to her paternal **grandparents** and often spent summers with them.

fortify

v. to make something stronger or more resistant to attack or damage; to give someone or something more strength or support

synonym: strengthen, reinforce, bolster

(1) **fortify** a building, (2) **fortify** an immune system

He drank a protein shake to **fortify** his muscles before the marathon.

grandchild

n. a child of someone's son or daughter

synonym: offspring, descendant, progeny

(1) **grandchild-grandparent** relationship, (2) **grandchild** development

The grandparents take care of their **grandchild** while the parents are at work.

Session 2: Spelling

1. bacterial pn_____ia *n.* an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganisms
2. cen_____de thermometer *n.* a system of temperature measurement in which the freezing point of water is 0 degrees and the boiling point of water is 100 degrees; also known as the Celsius scale
3. st___h granules *n.* a complex carbohydrate found in many plants, including rice, wheat, and potatoes that is an important foodstuff for humans and animals
4. fo___e deficiency *n.* a water-soluble B vitamin that is essential for the formation of red blood cells and normal growth and development
5. great-gra_____nt *n.* a parent of one's father or mother
6. 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
7. excessive op_____st *n.* a person who tends to expect the best in all things and to be hopeful and confident about the future
8. fo_____y a building *v.* to make something stronger or more resistant to attack or damage; to give someone or something more strength or support

ANSWERS: 1. pneumonia, 2. centigrade, 3. starch, 4. folate, 5. grandparent, 6. carbohydrate, 7. optimist, 8. fortify

9. antioxidant mic_____ent *adj.* vitamins and minerals needed by the body in very small amounts
10. mic_____ent supplements *adj.* vitamins and minerals needed by the body in very small amounts
11. fo___e metabolism *n.* a water-soluble B vitamin that is essential for the formation of red blood cells and normal growth and development
12. an___a disease *n.* a medical condition in which the body lacks enough red blood cells or hemoglobin, causing fatigue, weakness, or difficulty breathing; a lack of vitality or liveliness in something
13. cen_____de scale *n.* a system of temperature measurement in which the freezing point of water is 0 degrees and the boiling point of water is 100 degrees; also known as the Celsius scale
14. gra_____ld development *n.* a child of someone's son or daughter
15. fo_____y an immune system *v.* to make something stronger or more resistant to attack or damage; to give someone or something more strength or support
16. potato st___h *n.* a complex carbohydrate found in many plants, including rice, wheat, and potatoes that is an important foodstuff for humans and animals
17. viral pn_____ia *n.* an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganisms

ANSWERS: 9. micronutrient, 10. micronutrient, 11. folate, 12. anemia, 13. centigrade, 14. grandchild, 15. fortify, 16. starch, 17. pneumonia

18. gra_____ld-grandparent relationship *n.* a child of someone's son or daughter
19. person of gra_____nt age *n.* a parent of one's father or mother
20. 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
21. an___a symptoms *n.* a medical condition in which the body lacks enough red blood cells or hemoglobin, causing fatigue, weakness, or difficulty breathing; a lack of vitality or liveliness in something
22. in_____re attachment *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
23. op_____st by nature *n.* a person who tends to expect the best in all things and to be hopeful and confident about the future
24. an in_____re future *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety

ANSWERS: 18. grandchild, 19. grandparent, 20. carbohydrate, 21. anemia, 22. insecure, 23. optimist, 24. insecure

Session 3: Fill in the Blanks

1. The temperature reached a peak of 35 degrees _____.
n. a system of temperature measurement in which the freezing point of water is 0 degrees and the boiling point of water is 100 degrees; also known as the Celsius scale
2. He drank a protein shake to _____ his muscles before the marathon.
v. to make something stronger or more resistant to attack or damage; to give someone or something more strength or support
3. She is a confident _____ who always looks on the bright side.
n. a person who tends to expect the best in all things and to be hopeful and confident about the future
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. Doctors recommend taking a prenatal vitamin with enough _____ for a healthy pregnancy.
n. a water-soluble B vitamin that is essential for the formation of red blood cells and normal growth and development
6. She was close to her paternal _____ and often spent summers with them.
n. a parent of one's father or mother
7. When heated, _____ molecules absorb water and become thick and gooey, making it a useful thickening agent in cooking.
n. a complex carbohydrate found in many plants, including rice, wheat, and potatoes that is an important foodstuff for humans and animals

ANSWERS: 1. centigrade, 2. fortify, 3. optimist, 4. carbohydrates, 5. folate, 6. grandparents, 7. starch

8. She was hospitalized with a severe case of _____.
- n.* an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganisms
9. The grandparents take care of their _____ while the parents are at work.
- n.* a child of someone's son or daughter
10. The doctor diagnosed the patient with _____ due to a lack of iron in their blood.
- n.* a medical condition in which the body lacks enough red blood cells or hemoglobin, causing fatigue, weakness, or difficulty breathing; a lack of vitality or liveliness in something
11. A diet rich in _____ can help prevent deficiencies and maintain good health.
- adj.* vitamins and minerals needed by the body in very small amounts
12. Children in an unstructured environment often feel _____.
- adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety

ANSWERS: 8. pneumonia, 9. grandchild, 10. anemia, 11. micronutrients, 12. insecure