# **Englist.me**

# 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



# **All Words**

#### **IMPORTANT**

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# **Session 1: Word List**

### yoga

n. a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation

synonym: meditation, exercise, spiritual practice

(1) aerial yoga, (2) yoga teacher

Many people find that regular **yoga** practice can help reduce stress and anxiety.

# philosophy

- the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind
- synonym: doctrine, attitude, creed
- (1) **philosophy** of education, (2) western **philosophy** Ethics is a branch of **philosophy**.

# insight

 the ability to gain an accurate and deep understanding of people or situations; an accurate and deep understanding of what something is like

synonym: wisdom, discernment, understanding

(1) a profound **insight**, (2) share my **insights**We gained various **insights** by analyzing the vast amount of data owned by the company.

### clarity

 the quality of being coherent and understandable; the quality of transparency or purity

synonym: clearness, translucence, brightness

(1) lack of clarity, (2) sake of clarity

The publisher will proofread most of this manuscript for clarity.

#### climate

the weather in a particular location averaged over some long period

*synonym*: atmosphere, weather, environment

a cold climate, (2) effects of climate change
 Climate and weather have an impact on every part of our lifestyles.

# relate

 to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

synonym: connect, link, associate

(1) relate a story, (2) relate a message

He tried to **relate** his experience to the group, but they couldn't understand.

# 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.

#### emission

- n. the act of production or sending out gas, heat, light, etc. synonym: emanation, radiation, discharge
- (1) global **emissions** of greenhouse gases, (2) the **emission** of light

There are five distinct **emissions** at five unique wavelengths.

### greenhouse

 a building with walls and roof made chiefly of transparent material, such as glass, for growing plants in

*synonym*: conservatory

(1) exotic plants in a **greenhouse**, (2) emissions of **greenhouse** gases

The **greenhouse** effect is a phenomenon that happens naturally.

### fossil

 any preserved remains, impression, or trace of any once-living thing that has become hard and turned into rock

synonym: relic, remnant, antediluvian

(1) burning of **fossil** fuels, (2) a **fossil** leaf It was the **fossil** of a dinosaur tooth.

### fuel

 a substance that is typically burned to generate heat or energy

synonym: energy, power, gas

(1) biomass fuel, (2) smokeless fuel

The **fuel** scarcity most severely impacted the manufacturing sector

#### nutritional

adj. of or relating to the substance required by the body to maintain health and growth

synonym: nourishing, healthy, wholesome

(1) **nutritional** supplement, (2) bit of **nutritional** yeast The **nutritional** value of the food should be clearly labeled on the packaging.

### pyramid

 a polyhedron having a polygonal base and triangular sides with a common vertex; a massive monument with a square base and four triangular sides, begun by Cheops around 2700 BC as royal tombs in ancient Egypt

*synonym*: monument, edifice, tomb

(1) pyramid architecture, (2) a truncated pyramidThe Egyptian pyramids consist of a vast number of blocks.

#### balanced

adj. taking all sides or opinions into account equally; being in a state of proper equilibrium

synonym: equitable, congruous, flat

(1) a balanced diet, (2) a well-balanced mind

We conducted a **balanced** assessment of intellectual and cultural history.

diet

 the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

*synonym*: food, dietary

(1) eat a vegetarian **diet**, (2) **Diet** approval

A balanced **diet** is more important for health than supplements.

# protein

- a molecule made up of a long chain of amino acids,
   which is essential for the structure and function of the body's tissues
- (1) stress **protein**, (2) **protein** synthesis

  The body needs a certain amount of **protein** to build and repair tissues.

#### 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.

#### 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.

#### thrive

- v. to grow vigorously; to make steady progress synonym: bloom, flourish, prosper
- (1) thrive in a society, (2) thrive on pressure

Without investment, a business cannot thrive.

cult

 a small religious group, especially one that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices

synonym: sect, faith, religion

(1) cult members, (2) cult's practices

The **cult** leader promised his followers that they would achieve enlightenment if they followed his teachings.

#### carbon

- a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals
- (1) carbon dioxide, (2) carbon emissionTrees absorb carbon dioxide and give off oxygen.

oxide

- a chemical compound that contains at least one oxygen atom and one other element
- (1) silver oxide, (2) combined oxide

The blood's red coloring comes from iron **oxide**.

#### industrial

- adj. of or relating to or resulting from industrysynonym: manufacturing, mechanical
- (1) beginning of the **industrial** revolution, (2) **industrial** alcohol

**Industrial** design has become more focused on human nature aspect than ever before.

#### revolution

*n.* a large-scale attempt to overthrow the government of a country, often using violence or war;

*synonym*: coup, innovation, rebellion

(1) beginning of the industrial **revolution**, (2) a political **revolution** 

The **revolution** by the citizen resulted in a redistribution of wealth.

#### nutrient

 any substance that is essential for the maintenance and growth of living things

synonym: food, vitamin

(1) nutrient medicine, (2) a nutrient for hair

They used fast-acting **nutrients** on the flowers in the flower beds.

#### soil

- n. the top layer of Earth in which plants grow synonym: earth, ground, mud
- (1) **soils** retentive of moisture, (2) parched **soil Soil** moisture is another significant component controlling soil respiration.

#### concentration

 the ability to focus all your time and energy on one thing without thinking about anything else.

synonym: attention, engagement, assiduity

(1) **concentration** of armaments, (2) his research area of **concentration** 

This exam requires excellent concentration to pass.

#### accelerate

v. to make something faster or earlier; to cause to develop or progress more quickly

synonym: speed up, quicken, rev

(1) **accelerate** a chemical reaction, (2) **accelerate** the car The government tried to **accelerate** the commercialization of this development.

# progression

 the act or process of changing to the next stage or phase or moving forward

synonym: advancement, development, evolution

(1) **progression** of civilization, (2) **progression** of disease The company has made great strides in its **progression** toward sustainability.

# agriculture

 the practice or science of cultivating the land or raising stock

synonym: farming, husbandry, agribusiness

(1) organic **agriculture**, (2) intensive **agriculture Agriculture** is the foundation of our economy.

#### achieve

v. to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

synonym: accomplish, attain, reach

(1) achieve success,(2) achieve milestonesI will work hard to achieve my goals and realize my dreams.

### sustainable

adj. able to continue or be continued for a long time synonym: continuable, endurable, tolerable

(1) **sustainable** alternative fuel, (2) principles of **sustainable** development

The government should do more to support environmentally **sustainable** agriculture.

# develop

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.

#### insecure

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

synonym: uncertain, unsure, unconfident

an insecure future, (2) insecure attachment
 Children in an unstructured environment often feel insecure.

### nutrition

 the substances or the process that organisms take into their bodies as food for their growth and health

synonym: alimentation, nourishment, sustenance

(1) nutrition condition, (2) nutrition intake

This food contains all the **nutrition** your dog requires.

### degree

 a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

synonym: level, qualification, diploma

(1) bachelor's **degree**, (2) **degree** centigrade

She received her **degree** in psychology from the university.

# centigrade

- 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
- centigrade scale, (2) centigrade thermometer
   The temperature reached a peak of 35 degrees centigrade.

### temperature

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

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

# precipitation

 moisture that condenses from the atmosphere and falls to the earth in the form of rain, snow, sleet, or hail; an unexpected acceleration or hastening

synonym: moisture, rain, snow

(1) **precipitation** pattern, (2) the annual **precipitation**The **precipitation** forecast for the weekend is for heavy rain.

### consequence

n. the outcome of a particular action or event, especially relative to an individual

synonym: result, impact, outcome

(1) unintended **consequences**, (2) the **consequence** of an argument

These economic activities had disastrous environmental **consequences**.

#### 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.

# flood

a large amount of water flowing beyond its normal limits;
 an overwhelming number or amount

synonym: deluge, downpour, overflow

(1) **flood** advisory, (2) a **flood** of questions

These heavy rains caused flash **floods** on several islands.

# drought

 a long period of time during which there is very little or no rain, leading to a shortage of water and often causing damage to crops and other vegetation

synonym: dryness, aridity, water shortage

(1) periods of drought, (2) drought conditions

The region has been experiencing a severe **drought**, leading to water shortages and crop failures.

# synthesis

 n. the combination of components or elements to form a more complex whole; the creation of something new through combining parts or elements

synonym: combination, integration, compound

(1) **synthesis** of ammonia, (2) protein **synthesis** inhibitor The chemical **synthesis** of the new drug was a breakthrough in medical research.

# carbohydrate

 (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

 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.

### critic

*n.* someone who expresses opinions about the quality of books, music, etc.

synonym: pundit, analyst, attacker

(1) art critic, (2) severe critic

Advocates for legal reform hear less harsh words from their **critics**.

# optimist

 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.

# topic

- n. a subject that is being discussed or written aboutsynonym: subject, theme, issue
- a serious topic, (2) the topic of the book
   topic of the discussion was the current state of the economy.

zinc

 a metallic element that is found in small amounts in the earth's crust and is used in the manufacture of brass and alloys, and is required to maintain human's health

synonym: Zn

(1) good source of **zinc**, (2) **zinc** deficiency

**Zinc** supplements are often recommended for people who are deficient in this mineral.

### deficiency

 the state of lack, or not having enough of, something that is essential

synonym: insufficiency, shortage, depletion

(1) a **deficiency** of copper and zinc, (2) a mild degree of mental **deficiency** 

Vitamin **deficiency** can lead to various illnesses.

#### anemia

 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.

#### associate

v. to mentally connect someone or something with someone or something else

synonym: tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

# fatigue

n. a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress

synonym: exhaustion, weariness, tiredness

- (1) **fatigue** breaking, (2) **fatigue** caused by overwork The metal showed signs of **fatigue** after being subjected to repeated stress.
- n. the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your

# breath

# lungs

*synonym*: air, puff, whiff

(1) hold your **breath**, (2) **breath** of wind

He bated his **breath** when talking about this affair.

# appetite

 a natural desire or craving for food or drink; a strong desire or liking for something

synonym: hunger, appetite, craving

(1) appetite suppression, (2) loss of appetite

After a long hike, I had a huge **appetite** and devoured my meal in minutes.

#### deficient

adj. lacking something needed or normal

*synonym*: lacking, inadequate, insufficient

(1) **deficient** nutrient, (2) mentally **deficient** 

His diet was **deficient** in essential vitamins and minerals.

#### maternal

adj. relating to or characteristic of a mother; having feelings that are typical of a caring mother towards her child

synonym: motherly, maternalistic, maternal-like

(1) on the **maternal** side, (2) **maternal** care

She had a very maternal instinct towards her newborn baby.

#### convert

v. to have a talk with someone; (adjective) reversed in order, relation, or action

synonym: alter, remake, transform

(1) **convert** fat into energy, (2) **convert** base 10 to base 16 I want to **convert** my sadness into strength.

#### **function**

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

synonym: purpose, mapping, job

(1) function properly, (2) immune function

The brain is an incredibly complex organ that controls the body's **function**.

# physiology

- the branch of the biological sciences dealing with the functioning of organisms
- (1) human **physiology**, (2) **physiology** research **Physiology** is the science of how living things work.

# nitrogen

- a chemical element with the symbol N and atomic number 7, which is a highly reactive element that forms part of many compounds, including amino acids and proteins
- heavy nitrogen, (2) nitrogen absorption
   Nitrogen gas is used to inflate car tires because it does not react with rubber.

#### cattle

 cows, bulls, and buffalos that are raised for their milk or meat as farm animals

synonym: cows, herd, oxen

(1) cattle barn, (2) cattle hide

The cattle are on the grassland and grazing.

### decline

v. to become gradually smaller, fewer, worse, etc.; to refuse to accept

synonym: descend, drop, deny

(1) decline a job offer, (2) decline in quality

As people age, their digestive capacity also gradually **declines**.

#### consume

v. to spend something, especially fuel, energy, or time, in a large amount

synonym: absorb, ingest, use up

(1) **consume** a large of alcohol, (2) **consume** electricity A smaller car will **consume** less fuel.

#### pet

 an animal that you have at home as a companion and treated kindly (1) a **pet** bird, (2) a teacher's **pet** I have a parrot as a **pet**.

#### label

 a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category

synonym: tag, mark, identifier

(1) a mailing **label**, (2) **label** a bag with my name The **label** on the food package lists the ingredients and nutritional information.

# grain

 wheat or any other small hard seeds used as a food; a relatively small granular particle of a substance

synonym: seed, piece, cereal

(1) a grain of sand, (2) flour made from grainOrdinary air purifiers cannot adequately remove pollen grains.

# experimental

adj. relating to or based on new ideas, forms, methods, etc. that have not been tried before, usually to find out what effect they have

synonym: empirical, exploratory, observed

experimental data, (2) experimental design
 The product is still in the experimental stage.

# **laboratory**

 a workplace for doing scientific research or teaching science; a lab

synonym: lab, workshop, testing room

(1) **laboratory** accident, (2) anthropology **laboratory**Animal protection groups call for an end to animal testing in a **laboratory**.

# primarily

adv. mainly

synonym: largely, mainly, mostly

(1) intended **primarily** for young people, (2) **primarily** affect adults

All peaceful cooperation is based **primarily** on mutual trust.

#### wheat

 a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc

synonym: grain, cereal

(1) harvesting wheat, (2) wheat crop

The farmer grew **wheat** on his land.

### divide

- v. to separate or cause to separate into parts or groups synonym: separate, disconnect, split
- (1) **divide** the cake into two pieces, (2) **divide** money equally

Can you divide 123321 by eleven?

# plot

 a secret plan or scheme to achieve a specific goal; the plan or main story of a literary work; (verb) to plan secretly, usually something illegal

synonym: scheme, plan, design

(1) plot twist, (2) plot a revolution

The **plot** of the novel centers around a group of friends who uncover a conspiracy to control the world's water supply.

#### frank

- *adj.* honest and sincere; open and candid in expression *synonym*: candid, direct, freehearted
- (1) **frank** and open discussion, (2) make a **frank** apology Full involvement means **frank** and prompt responses.

#### acid

 sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials

synonym: sour

(1) an **acid** reaction, (2) good source of essential amino **acids** 

During pregnancy, the stomach generates less **acid** than usual.

#### folate

 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.

# experiment

 the scientific test conducted to observe what happens and gain new knowledge

synonym: experimentation, investigation

experiment design, (2) series of experiments
 experiments showed highly positive results.

# 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.

#### defect

 an imperfection, shortcoming, or lack of something or someone

synonym: fault, blemish, flaw

(1) visual defects, (2) defects of characterDefects in the design could cause much worse issues.

# colleague

 one of a group of a coworker, especially in a profession or a business

synonym: coworker, associate, fellow

(1) collaborate with colleagues,(2) former colleagueI decided to seek counseling on the advice of my colleague.

chain

 a series of connected links or objects; a system or group of interconnected elements; a restraint or shackle

synonym: series, string, link

(1) chain reaction, (2) supply chain

The **chain** on my bike broke, leaving me stranded.

#### outcome

- n. the result or effect of an action, event, etc.
- synonym: result, consequence, effect
- (1) improved student **outcomes**, (2) a desirable **outcome** They awaited news of the **outcome** of the election.

#### malaria

- a severe disease caused by a parasite that is spread by the bite of an infected mosquito
- (1) **malaria** mosquitoes, (2) **malaria-endemic** area Many people in tropical countries die from **malaria** every year.

#### diarrhea

 a common digestive disorder with the frequent passage of loose, watery stools that can be caused by various factors such as infections, food poisoning, and certain medications

synonym: looseness, gastroenteritis, dysentery

(1) **diarrhea-related** dehydration, (2) **diarrhea** with abdominal pain

I had a terrible case of **diarrhea** and couldn't stop going to the bathroom.

#### 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.

# pneumonia

- n. an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganismssynonym: lung infection, bronchitis
- bacterial pneumonia,
   viral pneumonia
   she was hospitalized with a severe case of pneumonia.

#### statistics

- n. the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
- (1) statistics for cancer, (2) official statistics

The **statistics** demonstrate that poverty and unemployment are genuine problems.

### 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.

#### intervention

- n. the action or process of being done to improve or help a circumstance, often they have not been asked to do so
   synonym: interference, intercession, treatment
- (1) **intervention** by foreign powers, (2) surgical **intervention**

This intervention does not require the patient's consent.

#### conclude

 to come to an end or close; to reach a judgment or opinion by reasoning

*synonym*: complete, finish, decide

(1) **conclude** a meeting, (2) **conclude** that he is healthy We **concluded** a cease-fire.

# component

*n.* one of several parts that combines with others to form something bigger

synonym: element, part, factor

(1) key **component**, (2) spare **components** for cars

The researchers try to discover a common **component** in all types of successful organizations.

#### shift

- n. a slight transition in position, direction, or trendsynonym: transition, change, modification
- (1) Doppler shift, (2) major paradigm shift

# Could you help me **shift** some furniture?

# 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.

#### advancement

*n*. the development, improvement, or progress of something

*synonym*: progression, breakthrough, improvement

(1) **advancement** of knowledge, (2) career **advancement** Competition between countries resulted in fast technological **advancement**.

#### breed

v. to keep animals for producing offspring in a regulated manner

synonym: raise, multiply, reproduce

(1) **breed** horses, (2) **breed** suspicion This animal **breeds** in northern latitudes.

# 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 daughtersynonym: offspring, descendant, progeny
- (1) **grandchild-grandparent** relationship, (2) **grandchild** development

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

#### invest

v. to put money, effort, time, etc. into something to make a profit or achieve a result

synonym: fund, sponsor, support

(1) **invest** in stocks, (2) **invest** capital

The government should view children as national assets and actively **invest** in them.

#### nation

 a large organized community of people living in a particular country or region and having a particular culture

synonym: country, state, sovereign entity

(1) nation-state, (2) a seafaring nation

The **nation** of Japan is known for its unique culture and advanced technology.

# entity

something that exists independently and has its own identity

*synonym*: body, object, existent

(1) legal entity, (2) government entity

A company is a distinct legal entity.

#### meantime

n. the interval or period of time between two events; the interim or temporary time period between two actions or stages of something else

synonym: interim, meanwhile, lag

(1) meantime report, (2) for the meantime

In the **meantime**, while we wait for the results, let's start working on the next project.

#### wealth

*n.* a large amount of money, property, or other things that someone or an organization owns

synonym: affluence, assets, fortunate

(1) majority of his wealth, (2) material wealth

The wealth inequality was unavoidable.

# individually

adv. separately or apart from others

synonym: separately, one by one, independently

(1) answer questions **individually**, (2) **individually** designed product

Each department has done its product costing **individually**.

### ignorance

n. lack of knowledge or information about a particular subject or fact

synonym: unintelligence, inexperience, unawareness

(1) **ignorance** of the law, (2) **ignorance** is bliss His **ignorance** of the situation led him to make a poor decision.

planet

 any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

synonym: earth, world, globe

(1) **planet** like the Earth, (2) save the **planet** Mercury is the closest **planet** to the sun.

# **Session 2: Spelling**

| 1.  | spare conts for cars              | <i>n</i> . | one of several parts that combines with others to form something bigger  |
|-----|-----------------------------------|------------|--|
| 2.  | nutal supplement                  | adj.       | of or relating to the substance required<br>by the body to maintain health and<br>growth                               |
| 3.  | beginning of the industrial revon | n.         | a large-scale attempt to overthrow the government of a country, often using violence or war;                           |
| 4.  | int in stocks                     | <i>v</i> . | to put money, effort, time, etc. into something to make a profit or achieve a result                                   |
| 5.  | bacterial pnia                    | n.         | an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganisms              |
| 6.  | nuon condition                    | n.         | the substances or the process that organisms take into their bodies as food for their growth and health                |
| 7.  | foy a building                    | <i>v</i> . | to make something stronger or more resistant to attack or damage; to give someone or something more strength o support |
| 8.  | legal eny                         | n.         | something that exists independently and has its own identity   |
| 9.  | intended prly for young people    | adv.       | mainly   |
| 10. | coe electricity                   | <i>v</i> . | to spend something, especially fuel, energy, or time, in a large amount  |

ANSWERS: 1. component, 2. nutritional, 3. revolution, 4. invest, 5. pneumonia, 6. nutrition, 7. fortify, 8. entity, 9. primarily, 10. consume

| 11. | asts of social, political, and economic life | n.         | one part or feature of a situation, problem, subject, etc.   |
|-----|--|------------|--|
| 12. | art crc                                      | n.         | someone who expresses opinions about the quality of books, music, etc.   |
| 13. | save the plt                                 | n.         | any of the nine large celestial bodies<br>that circle in the solar system; any<br>celestial body that revolves around a<br>star  |
| 14. | an inre future                               | adj.       | not firm or firmly fixed; likely to fail or give way, or not assured of safety   |
| 15. | cot fat into energy                          | <i>v</i> . | to have a talk with someone; (adjective) reversed in order, relation, or action  |
| 16. | periods of drt                               | n.         | a long period of time during which there is very little or no rain, leading to a shortage of water and often causing damage to crops and other vegetation                        |
| 17. | vin deficiency                               | n.         | any of a group of organic compounds<br>that are essential in small quantities to<br>the diet and are present in natural<br>foodstuffs or sometimes produced<br>within the body   |
| 18. | cende scale                                  | n.         | a system of temperature measurement<br>in which the freezing point of water is 0<br>degrees and the boiling point of water is<br>100 degrees; also known as the Celsius<br>scale |
| 19. | Doppler sht                                  | n.         | a slight transition in position, direction, or trend   |
| 20. | micent supplements                           | adj.       | vitamins and minerals needed by the body in very small amounts   |
|     |  |            |  |

ANSWERS: 11. aspect, 12. critic, 13. planet, 14. insecure, 15. convert, 16. drought, 17. vitamin, 18. centigrade, 19. shift, 20. micronutrient

| 21. | exptal design                  | adj. | relating to or based on new ideas, forms, methods, etc. that have not been tried before, usually to find out what effect they have  |
|-----|--------------------------------|------|---|
| 22. | rich in vin D                  | n.   | any of a group of organic compounds<br>that are essential in small quantities to<br>the diet and are present in natural<br>foodstuffs or sometimes produced<br>within the body    |
| 23. | loss of apte                   | n.   | a natural desire or craving for food or drink; a strong desire or liking for something  |
| 24. | grald-grandparent relationship | n.   | a child of someone's son or daughter  |
| 25. | a political revon              | n.   | a large-scale attempt to overthrow the government of a country, often using violence or war;  |
| 26. | die prevention                 | n.   | a disorder or illness that affects the<br>body or mind, often characterized by<br>specific symptoms or abnormal<br>functioning of organs or systems                               |
| 27. | a seafaring nan                | n.   | a large organized community of people living in a particular country or region and having a particular culture  |
| 28. | key cont                       | n.   | one of several parts that combines with others to form something bigger   |
| 29. | good source of zc              | n.   | a metallic element that is found in small<br>amounts in the earth's crust and is used<br>in the manufacture of brass and alloys,<br>and is required to maintain human's<br>health |
|     |                                |      |   |

ANSWERS: 21. experimental, 22. vitamin, 23. appetite, 24. grandchild, 25. revolution, 26. disease, 27. nation, 28. component, 29. zinc

| 30. | stress prn                         | n. | a molecule made up of a long chain of<br>amino acids, which is essential for the<br>structure and function of the body's<br>tissues  |
|-----|------------------------------------|----|--|
| 31. | plt like the Earth                 | n. | any of the nine large celestial bodies<br>that circle in the solar system; any<br>celestial body that revolves around a<br>star  |
| 32. | ace milestones                     | ν. | to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do   |
| 33. | extreme temres                     | n. | the degree of hotness or coldness of a thing or place  |
| 34. | lal a bag with my name             | n. | a small piece of paper, fabric, or other<br>material attached to an object and<br>giving information about it; (verb) to<br>assign to a category   |
| 35. | potato sth                         | n. | a complex carbohydrate found in many<br>plants, including rice, wheat, and<br>potatoes that is an important foodstuff<br>for humans and animals  |
| 36. | fae breaking                       | n. | a feeling of tiredness or weariness,<br>especially as a result of physical or<br>mental exertion; the reduction in the<br>strength or efficiency of a material or<br>structure due to repeated use or stress |
| 37. | good source of essential amino ads | n. | sour; water-soluble chemicals with a<br>sour flavor; any of a variety of generally<br>liquid compounds capable of reacting<br>with and occasionally dissolving other<br>materials                            |

ANSWERS: 30. protein, 31. planet, 32. achieve, 33. temperature, 34. label, 35. starch, 36. fatigue, 37. acid

| 38. | protein syis inhibitor       | n.   | the combination of components or elements to form a more complex whole; the creation of something new through combining parts or elements  |
|-----|------------------------------|------|--|
| 39. | fuon properly                | n.   | the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose |
| 40. | a grn of sand                | n.   | wheat or any other small hard seeds used as a food; a relatively small granular particle of a substance  |
| 41. | prly affect adults           | adv. | mainly   |
| 42. | die the cake into two pieces | v.   | to separate or cause to separate into parts or groups  |
| 43. | ree a story                  | ν.   | to establish a connection or association<br>between two or more things; to narrate<br>or tell about an event, experience, or<br>relationship; to empathize or feel<br>sympathy with someone or something   |
| 44. | brd horses                   | v.   | to keep animals for producing offspring in a regulated manner  |
| 45. | indal alcohol                | adj. | of or relating to or resulting from industry   |
| 46. | make a fr_k apology          | adj. | honest and sincere; open and candid in expression  |

ANSWERS: 38. synthesis, 39. function, 40. grain, 41. primarily, 42. divide, 43. relate, 44. breed, 45. industrial, 46. frank

| 47. | the annual preion               | n.   | moisture that condenses from the atmosphere and falls to the earth in the form of rain, snow, sleet, or hail; an unexpected acceleration or hastening  |
|-----|---------------------------------|------|--|
| 48. | principles of susle development | adj. | able to continue or be continued for a long time   |
| 49. | a foI leaf                      | n.   | any preserved remains, impression, or trace of any once-living thing that has become hard and turned into rock   |
| 50. | maal care                       | adj. | relating to or characteristic of a mother; having feelings that are typical of a caring mother towards her child   |
| 51. | the emon of light               | n.   | the act of production or sending out gas, heat, light, etc.  |
| 52. | apte suppression                | n.   | a natural desire or craving for food or drink; a strong desire or liking for something   |
| 53. | western phihy                   | n.   | the study of general and fundamental<br>questions, such as those about<br>existence, reason, knowledge, values,<br>mind  |
| 54. | parched sI                      | n.   | the top layer of Earth in which plants grow  |
| 55. | bit of nutal yeast              | adj. | of or relating to the substance required<br>by the body to maintain health and<br>growth   |
| 56. | pyd architecture                | n.   | a polyhedron having a polygonal base<br>and triangular sides with a common<br>vertex; a massive monument with a<br>square base and four triangular sides,<br>begun by Cheops around 2700 BC as<br>royal tombs in ancient Egypt |

ANSWERS: 47. precipitation, 48. sustainable, 49. fossil, 50. maternal, 51. emission, 52. appetite, 53. philosophy, 54. soil, 55. nutritional, 56. pyramid

57. majority of his we h a large amount of money, property, or n. other things that someone or an organization owns 58. con\_\_\_\_ion of armaments the ability to focus all your time and n. energy on one thing without thinking about anything else. 59. visual de\_\_\_ts an imperfection, shortcoming, or lack of n. something or someone 60. de p a strategy 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 61. exp\_\_\_\_nt design the scientific test conducted to observe what happens and gain new knowledge 62. co\_\_\_t base 10 to base 16 to have a talk with someone; (adjective) ν. reversed in order, relation, or action 63. for the me me the interval or period of time between n. two events; the interim or temporary time period between two actions or stages of something else 64. co\_\_\_\_de that he is healthy to come to an end or close; to reach a ν. judgment or opinion by reasoning a small religious group, especially one 65. c\_t members that is not part of a larger religion and that is regarded as outside the norm; followers of an exclusive system of beliefs and practices

ANSWERS: 57. wealth, 58. concentration, 59. defect, 60. develop, 61. experiment, 62. convert, 63. meantime, 64. conclude, 65. cult

66. a nu\_\_\_\_nt for hair any substance that is essential for the n. maintenance and growth of living things the ability to focus all your time and 67. his research area of n. energy on one thing without thinking con\_\_\_\_ion about anything else. 68. organic agr\_\_\_\_re the practice or science of cultivating the n. land or raising stock 69. ca\_\_\_n dioxide a chemical element that can be found in n. pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals one of a group of a coworker, especially 70. collaborate with co\_\_\_\_ues n. in a profession or a business 71. de\_\_\_e centigrade a unit of measurement for angles, n. temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment the food and drink that a person, 72. D\_t approval n. animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan 73. global em\_\_\_\_ons of greenhouse the act of production or sending out n. gases gas, heat, light, etc. 74. dr\_\_\_t conditions a long period of time during which there is very little or no rain, leading to a shortage of water and often causing damage to crops and other vegetation an imperfection, shortcoming, or lack of 75. de ts of character n. something or someone

ANSWERS: 66. nutrient, 67. concentration, 68. agriculture, 69. carbon, 70. colleague, 71. degree, 72. diet, 73. emission, 74. drought, 75. defect

| 76. excessive  | e opst                  | n.    | a person who tends to expect the best in all things and to be hopeful and confident about the future  |
|----------------|-------------------------|-------|---|
| 77. bachelor   | 's dee                  | n.    | a unit of measurement for angles,<br>temperature, or level of proficiency or<br>achievement; a rank or level of<br>academic or professional attainment  |
| 78. exotic pla | ants in a grese         | n.    | a building with walls and roof made<br>chiefly of transparent material, such as<br>glass, for growing plants in   |
| 79. burning o  | of foI fuels            | n.    | any preserved remains, impression, or trace of any once-living thing that has become hard and turned into rock  |
| 80. brh o      | f wind                  | n.    | the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs   |
| 81. series of  | expnts                  | n.    | the scientific test conducted to observe what happens and gain new knowledge  |
| 82. ace        | success                 | v.    | to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do                                  |
| 83. cae l      | hide                    | n.    | cows, bulls, and buffalos that are raised for their milk or meat as farm animals  |
| 84. as         | te alcohol with gamblir | ng v. | to mentally connect someone or something with someone or something else   |
| 85. ct's pr    | actices                 | n.    | a small religious group, especially one<br>that is not part of a larger religion and<br>that is regarded as outside the norm;<br>followers of an exclusive system of<br>beliefs and practices |

ANSWERS: 76. optimist, 77. degree, 78. greenhouse, 79. fossil, 80. breath, 81. experiment, 82. achieve, 83. cattle, 84. associate, 85. cult

| 86. | anthropology labry                | n.   | a workplace for doing scientific research or teaching science; a lab   |
|-----|-----------------------------------|------|--|
| 87. | a mild degree of mental defcy     | n.   | the state of lack, or not having enough of, something that is essential  |
| 88. | heavy nien                        | n.   | a chemical element with the symbol N and atomic number 7, which is a highly reactive element that forms part of many compounds, including amino acids and proteins   |
| 89. | a p_t bird                        | n.   | an animal that you have at home as a companion and treated kindly  |
| 90. | maa-endemic area                  | n.   | a severe disease caused by a parasite that is spread by the bite of an infected mosquito   |
| 91. | beginning of the indal revolution | adj. | of or relating to or resulting from industry   |
| 92. | improved student oues             | n.   | the result or effect of an action, event, etc.   |
| 93. | phygy research                    | n.   | the branch of the biological sciences dealing with the functioning of organisms  |
| 94. | a truncated pyd                   | n.   | a polyhedron having a polygonal base<br>and triangular sides with a common<br>vertex; a massive monument with a<br>square base and four triangular sides,<br>begun by Cheops around 2700 BC as<br>royal tombs in ancient Egypt |
| 95. | accte the car                     | v.   | to make something faster or earlier; to cause to develop or progress more quickly  |

ANSWERS: 86. laboratory, 87. deficiency, 88. nitrogen, 89. pet, 90. malaria, 91. industrial, 92. outcome, 93. physiology, 94. pyramid, 95. accelerate

| 96. proon of disease     | n.         | the act or process of changing to the next stage or phase or moving forward   |
|--------------------------|------------|---|
| 97. viral pnia           | n.         | an infection or inflammation of the lungs, typically caused by bacteria, viruses, or other microorganisms   |
| 98. dee a job offer      | <i>v</i> . | to become gradually smaller, fewer, worse, etc.; to refuse to accept  |
| 99. a cold cle           | n.         | the weather in a particular location averaged over some long period   |
| 100. needs of prnt women | adj.       | having a baby or young animal developing in the uterus  |
| 101. great-grant         | <i>n</i> . | a parent of one's father or mother  |
| 102. int capital         | v.         | to put money, effort, time, etc. into something to make a profit or achieve a result  |
| 103. government eny      | n.         | something that exists independently and has its own identity  |
| 104. an ad reaction      | n.         | sour; water-soluble chemicals with a<br>sour flavor; any of a variety of generally<br>liquid compounds capable of reacting<br>with and occasionally dissolving other<br>materials |
| 105. die money equally   | <i>v</i> . | to separate or cause to separate into parts or groups   |
| 106. labry accident      | n.         | a workplace for doing scientific research or teaching science; a lab  |
| 107. unintended conces   | n.         | the outcome of a particular action or event, especially relative to an individual   |

ANSWERS: 96. progression, 97. pneumonia, 98. decline, 99. climate, 100. pregnant, 101. grandparent, 102. invest, 103. entity, 104. acid, 105. divide, 106. laboratory, 107. consequence

| 108. fae caused by overwork | n.         | a feeling of tiredness or weariness,<br>especially as a result of physical or<br>mental exertion; the reduction in the<br>strength or efficiency of a material or<br>structure due to repeated use or stress |
|-----------------------------|------------|--|
| 109. lack of cly            | n.         | the quality of being coherent and understandable; the quality of transparency or purity  |
| 110. brd suspicion          | <i>v</i> . | to keep animals for producing offspring in a regulated manner  |
| 111. a baed diet            | adj.       | taking all sides or opinions into account equally; being in a state of proper equilibrium  |
| 112. carate metabolism      | n.         | (also carb) any of a class of organic<br>compounds that includes sugars,<br>starch, and cellulose and are a principal<br>source of energy in the diet of animals   |
| 113. sake of cly            | n.         | the quality of being coherent and understandable; the quality of transparency or purity  |
| 114. effects of cle change  | n.         | the weather in a particular location averaged over some long period  |
| 115. zc deficiency          | n.         | a metallic element that is found in small<br>amounts in the earth's crust and is used<br>in the manufacture of brass and alloys,<br>and is required to maintain human's<br>health                            |
| 116. wht crop               | n.         | a cereal plant that is the most important<br>kind grown in temperate countries, the<br>grain of which is ground to make flour<br>for bread, pasta, pastry, etc   |

ANSWERS: 108. fatigue, 109. clarity, 110. breed, 111. balanced, 112. carbohydrate, 113. clarity, 114. climate, 115. zinc, 116. wheat

| 117. exe weather events       | adj. | very great in amount or degree   |
|-------------------------------|------|--|
| 118. intion by foreign powers | n.   | the action or process of being done to improve or help a circumstance, often they have not been asked to do so   |
| 119. ana disease              | n.   | a medical condition in which the body<br>lacks enough red blood cells or<br>hemoglobin, causing fatigue, weakness,<br>or difficulty breathing; a lack of vitality or<br>liveliness in something  |
| 120. immune fuon              | n.   | the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose |
| 121. nuon intake              | n.   | the substances or the process that organisms take into their bodies as food for their growth and health  |
| 122. prn synthesis            | n.   | a molecule made up of a long chain of<br>amino acids, which is essential for the<br>structure and function of the body's<br>tissues  |
| 123. the conce of an argument | n.   | the outcome of a particular action or event, especially relative to an individual  |
| 124. intensive agrre          | n.   | the practice or science of cultivating the land or raising stock   |

ANSWERS: 117. extreme, 118. intervention, 119. anemia, 120. function, 121. nutrition, 122. protein, 123. consequence, 124. agriculture

| 125. a serious toc                | n.   | a subject that is being discussed or written about   |
|-----------------------------------|------|--|
| 126. foe metabolism               | n.   | a water-soluble B vitamin that is<br>essential for the formation of red blood<br>cells and normal growth and<br>development                                |
| 127. former coue                  | n.   | one of a group of a coworker, especially in a profession or a business   |
| 128. eat a vegetarian dt          | n.   | the food and drink that a person,<br>animal, or community eats and drinks<br>regularly; a legislative assembly in<br>certain countries, for example, Japan |
| 129. the toc of the book          | n.   | a subject that is being discussed or written about   |
| 130. career advnt                 | n.   | the development, improvement, or progress of something   |
| 131. preion pattern               | n.   | moisture that condenses from the atmosphere and falls to the earth in the form of rain, snow, sleet, or hail; an unexpected acceleration or hastening      |
| 132. emissions of grese gases     | n.   | a building with walls and roof made<br>chiefly of transparent material, such as<br>glass, for growing plants in  |
| 133. a silence prnt with suspense | adj. | having a baby or young animal developing in the uterus   |
| 134. diea-related dehydration     | n.   | a common digestive disorder with the frequent passage of loose, watery stools that can be caused by various  |

ANSWERS: 125. topic, 126. folate, 127. colleague, 128. diet, 129. topic, 130. advancement, 131. precipitation, 132. greenhouse, 133. pregnant, 134. diarrhea

factors such as infections, food

poisoning, and certain medications

135. hold your br h the air that is taken into and expelled n. from your lungs; the process of taking into and expelling air from your lungs adj. not firm or firmly fixed; likely to fail or 136. in\_\_\_\_re attachment give way, or not assured of safety a small piece of paper, fabric, or other 137. a mailing la I n. material attached to an object and giving information about it; (verb) to assign to a category lack of knowledge or information about 138. ig\_\_\_\_ce is bliss a particular subject or fact to make something faster or earlier; to 139. acc\_\_\_\_te a chemical reaction ν. cause to develop or progress more quickly a Hindu spiritual and ascetic discipline 140. y a teacher n. including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation to establish a connection or association 141. re\_\_\_e a message ν. between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something a series of connected links or objects; a 142. ch n reaction n. system or group of interconnected elements; a restraint or shackle wheat or any other small hard seeds 143. flour made from gr n n. used as a food; a relatively small granular particle of a substance

ANSWERS: 135. breath, 136. insecure, 137. label, 138. ignorance, 139. accelerate, 140. yoga, 141. relate, 142. chain, 143. grain

| 144. code a meeting          | v. | to come to an end or close; to reach a judgment or opinion by reasoning   |
|------------------------------|----|---|
| 145. syis of ammonia         | n. | the combination of components or<br>elements to form a more complex<br>whole; the creation of something new<br>through combining parts or elements  |
| 146. person of grant age     | n. | a parent of one's father or mother  |
| 147. coe a large of alcohol  | v. | to spend something, especially fuel, energy, or time, in a large amount   |
| 148. aste with people widely | ν. | to mentally connect someone or something with someone or something else   |
| 149. dee in quality          | ν. | to become gradually smaller, fewer, worse, etc.; to refuse to accept  |
| 150. supply chn              | n. | a series of connected links or objects; a<br>system or group of interconnected<br>elements; a restraint or shackle  |
| 151. grald development       | n. | a child of someone's son or daughter  |
| 152. maa mosquitoes          | n. | a severe disease caused by a parasite that is spread by the bite of an infected mosquito  |
| 153. foy an immune system    | ν. | to make something stronger or more resistant to attack or damage; to give someone or something more strength or support   |
| 154. ana symptoms            | n. | a medical condition in which the body<br>lacks enough red blood cells or<br>hemoglobin, causing fatigue, weakness,<br>or difficulty breathing; a lack of vitality or<br>liveliness in something |

ANSWERS: 144. conclude, 145. synthesis, 146. grandparent, 147. consume, 148. associate, 149. decline, 150. chain, 151. grandchild, 152. malaria, 153. fortify, 154. anemia

| 155. igce of the law          | n.   | lack of knowledge or information about a particular subject or fact   |
|-------------------------------|------|---|
| 156. proon of civilization    | n.   | the act or process of changing to the next stage or phase or moving forward   |
| 157. official stacs           | n.   | the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data   |
| 158. the on pressure          | v.   | to grow vigorously; to make steady progress   |
| 159. phihy of education       | n.   | the study of general and fundamental<br>questions, such as those about<br>existence, reason, knowledge, values,<br>mind   |
| 160. diea with abdominal pain | n.   | a common digestive disorder with the frequent passage of loose, watery stools that can be caused by various factors such as infections, food poisoning, and certain medications |
| 161. harvesting wht           | n.   | a cereal plant that is the most important<br>kind grown in temperate countries, the<br>grain of which is ground to make flour<br>for bread, pasta, pastry, etc                  |
| 162. a well-baed mind         | adj. | taking all sides or opinions into account equally; being in a state of proper equilibrium   |
| 163. silver oxe               | n.   | a chemical compound that contains at least one oxygen atom and one other element  |
| 164. stacs for cancer         | n.   | the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data   |

ANSWERS: 155. ignorance, 156. progression, 157. statistics, 158. thrive, 159. philosophy, 160. diarrhea, 161. wheat, 162. balanced, 163. oxide, 164. statistics

| 165. | exe             | e sports                        | adj.       | very great in amount or degree   |
|------|-----------------|---------------------------------|------------|--|
| 166. | est<br>three po | e this chicken to weigh<br>unds | <i>v</i> . | to guess or calculate the cost, size, value, etc. of something   |
| 167. | dep             | a skill                         | <i>v</i> . | 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 |
| 168. | share my        | y ints                          | n.         | the ability to gain an accurate and deep<br>understanding of people or situations;<br>an accurate and deep understanding of<br>what something is like  |
| 169. | can             | emission                        | n.         | a chemical element that can be found in<br>pure form as diamond or graphite, and it<br>is also an essential part of coal and oil<br>and is found in all plants and animals   |
| 170. | complex         | carate                          | 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  |
| 171. | a teache        | er's p_t                        | n.         | an animal that you have at home as a companion and treated kindly  |
| 172. | pt twis         | st                              | n.         | a secret plan or scheme to achieve a<br>specific goal; the plan or main story of a<br>literary work; (verb) to plan secretly,<br>usually something illegal   |
| 173. | a fld o         | of questions                    | n.         | a large amount of water flowing beyond its normal limits; an overwhelming number or amount   |

it

ANSWERS: 165. extreme, 166. estimate, 167. develop, 168. insight, 169. carbon, 170. carbohydrate, 171. pet, 172. plot, 173. flood

| 174. major paradigm  | n sht              | n.   | a slight transition in position, direction, or trend   |
|----------------------|--------------------|------|--|
| 175. nien abso       | orption            | n.   | a chemical element with the symbol N and atomic number 7, which is a highly reactive element that forms part of many compounds, including amino acids and proteins               |
| 176. advnt c         | of knowledge       | n.   | the development, improvement, or progress of something   |
| 177. antioxidant mic | eent               | adj. | vitamins and minerals needed by the body in very small amounts   |
| 178. biomass fl      |                    | n.   | a substance that is typically burned to generate heat or energy  |
| 179. combined ox     | _e                 | n.   | a chemical compound that contains at least one oxygen atom and one other element   |
| 180. cende th        | nermometer         | n.   | a system of temperature measurement<br>in which the freezing point of water is 0<br>degrees and the boiling point of water is<br>100 degrees; also known as the Celsius<br>scale |
| 181. indlly d        | esigned product    | adv. | separately or apart from others  |
| 182. a desirable ou_ | e                  | n.   | the result or effect of an action, event, etc.   |
| 183. die contro      | ol                 | n.   | a disorder or illness that affects the<br>body or mind, often characterized by<br>specific symptoms or abnormal<br>functioning of organs or systems                              |
| 184. a defcy         | of copper and zinc | n.   | the state of lack, or not having enough of, something that is essential  |

ANSWERS: 174. shift, 175. nitrogen, 176. advancement, 177. micronutrient, 178. fuel, 179. oxide, 180. centigrade, 181. individually, 182. outcome, 183. disease, 184. deficiency

| 185. pt a revolution              | n.   | a secret plan or scheme to achieve a<br>specific goal; the plan or main story of a<br>literary work; (verb) to plan secretly,<br>usually something illegal |
|-----------------------------------|------|--|
| 186. on the maal side             | adj. | relating to or characteristic of a mother; having feelings that are typical of a caring mother towards her child   |
| 187. mentally dent                | adj. | lacking something needed or normal   |
| 188. fld advisory                 | n.   | a large amount of water flowing beyond its normal limits; an overwhelming number or amount   |
| 189. opst by nature               | n.   | a person who tends to expect the best in all things and to be hopeful and confident about the future   |
| 190. nan-state                    | n.   | a large organized community of people<br>living in a particular country or region<br>and having a particular culture                                       |
| 191. severe crc                   | n.   | someone who expresses opinions about the quality of books, music, etc.   |
| 192. nontechnical asts of the job | n.   | one part or feature of a situation, problem, subject, etc.   |
| 193. smokeless fl                 | n.   | a substance that is typically burned to generate heat or energy  |
| 194. surgical intion              | n.   | the action or process of being done to improve or help a circumstance, often they have not been asked to do so   |
| 195. a profound int               | n.   | the ability to gain an accurate and deep<br>understanding of people or situations;<br>an accurate and deep understanding of<br>what something is like      |
|                                   |      |  |

ANSWERS: 185. plot, 186. maternal, 187. deficient, 188. flood, 189. optimist, 190. nation, 191. critic, 192. aspect, 193. fuel, 194. intervention, 195. insight

| 196. meme report             | n.         | the interval or period of time between<br>two events; the interim or temporary<br>time period between two actions or<br>stages of something else  |
|------------------------------|------------|---|
| 197. este a fair value       | <i>v</i> . | to guess or calculate the cost, size, value, etc. of something  |
| 198. dent nutrient           | adj.       | lacking something needed or normal  |
| 199. sth granules            | n.         | a complex carbohydrate found in many<br>plants, including rice, wheat, and<br>potatoes that is an important foodstuff<br>for humans and animals   |
| 200. exptal data             | adj.       | relating to or based on new ideas, forms, methods, etc. that have not been tried before, usually to find out what effect they have  |
| 201. susle alternative fuel  | adj.       | able to continue or be continued for a long time  |
| 202. aerial ya               | n.         | a Hindu spiritual and ascetic discipline including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation |
| 203. cae barn                | n.         | cows, bulls, and buffalos that are raised for their milk or meat as farm animals  |
| 204. frk and open discussion | adj.       | honest and sincere; open and candid in expression   |
| 205. the in a society        | <i>v</i> . | to grow vigorously; to make steady progress   |
| 206. answer questions indlly | adv.       | separately or apart from others   |
|                              |            |   |

ANSWERS: 196. meantime, 197. estimate, 198. deficient, 199. starch, 200. experimental, 201. sustainable, 202. yoga, 203. cattle, 204. frank, 205. thrive, 206. individually

| 207. sls retentive of moisture | n. | the top layer of Earth in which plants grow   |
|--------------------------------|----|---|
| 208. nunt medicine             | n. | any substance that is essential for the maintenance and growth of living things   |
| 209. foe deficiency            | n. | a water-soluble B vitamin that is<br>essential for the formation of red blood<br>cells and normal growth and<br>development |
| 210. the atmospheric temre     | n. | the degree of hotness or coldness of a thing or place   |
| 211. human phygy               | n. | the branch of the biological sciences dealing with the functioning of organisms   |
| 212. material weh              | n. | a large amount of money, property, or other things that someone or an organization owns                                     |
|                                |    |   |

ANSWERS: 207. soil, 208. nutrient, 209. folate, 210. temperature, 211. physiology, 212. wealth

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

| 1.   | The value of the food should be clearly labeled on the packaging.  |
|------|--|
| adj. | of or relating to the substance required by the body to maintain health and growth   |
| 2.   | is the foundation of our economy.  |
| n.   | the practice or science of cultivating the land or raising stock   |
| 3.   | The metal showed signs of after being subjected to repeated stress.  |
| n.   | a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress |
| 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.   | After a long hike, I had a huge and devoured my meal in minutes.   |
| n.   | a natural desire or craving for food or drink; a strong desire or liking for something   |
| 6.   | She had a very instinct towards her newborn baby.  |
| adj. | relating to or characteristic of a mother; having feelings that are typical of a caring mother towards her child   |
| 7.   | Trees absorb dioxide and give off oxygen.  |
| n.   | a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals                                |
|      | SWERS: 1. nutritional, 2. Agriculture, 3. fatigue, 4. carbohydrates, 5. appetite, 6. ernal, 7. carbon  |

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yoga, 15. concluded

function, 47. degree, 48. advancement

ANSWERS: 49. drought, 50. sustainable, 51. plot, 52. Soil, 53. starch, 54. outcome, 55. protein, 56. component

Zinc, 71. diet, 72. experimental

ANSWERS: 73. balanced, 74. grandchild, 75. floods, 76. colleague, 77. grains, 78. laboratory, 79. Physiology, 80. topic, 81. centigrade

| Vocab-Builder Ref from "Kristie Ebi: How climate change could make our food less nutritious   TED Talk" (106 words) |                      |  |
|---|----------------------|--|
|   |                      |  |
| 106. This food contains all the   | _ your dog requires. |  |

n. the substances or the process that organisms take into their bodies as food for their growth and health

ANSWERS: 106. nutrition