

# Englist.me



## Vocabulary Builder Reference from...

*Rebecca Onie: What Americans agree on when it comes to health | TED Talk*

[https://www.ted.com/talks/rebecca\\_onie\\_what\\_americans\\_agree\\_on\\_when\\_it\\_comes\\_to\\_health](https://www.ted.com/talks/rebecca_onie_what_americans_agree_on_when_it_comes_to_health)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### drown

*v.* to die or cause to die by being unable to breathe underwater

*synonym*: douse, drench, overwhelm

(1) **drown** in a bath, (2) I was **drowned** in work

Floods have the potential to **drown** any subsurface animals easily.

### startling

*adj.* extremely surprising, astonishing, and sometimes worrying

*synonym*: alarming, astonishing, shocking

(1) **startling** earthquake shocks, (2) **startling** discovery

He describes the story with **startling** reality.

### obsess

*v.* to fill the mind of someone continually so that one can't think of anything else

*synonym*: torment, beset, engross

(1) **obsess** over her weight, (2) he is **obsessed** with the fear

He's utterly **obsessed** with his promotion.

### chaotic

*adj.* without any order or organization; extremely disorganized, unpredictable, and confusing

*synonym*: disorderly, cluttered, topsy-turvy

(1) the **chaotic** economic situation, (2) **chaotic** theory  
Change is also occurring in Turkey as a result of **chaotic** reform.

## exacerbate

v. to make a situation, problem, or feeling worse  
*synonym*: worsen, aggravate, escalate

(1) **exacerbate** the situation, (2) **exacerbate** symptoms  
The heat wave **exacerbated** the drought conditions.

## mold

n. a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long

*synonym*: cavity, cast, mildew

(1) a casting **mold**, (2) **mold** allergy  
Mushrooms and **mold** are fungi.

## caregiving

n. the act of providing care and support for someone who is ill, disabled, or elderly

*synonym*: nurturing, caring, assisting

(1) **caregiving** process, (2) **caregiving** responsibilities  
She devoted her life to **caregiving**, looking after her aging parents.

## electrify

v. to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something

*synonym*: wire, amaze, astonish

(1) **electrify** the audience, (2) **electrify** a manufacturing process

The product developed through years of research continues to **electrify** the market.

## refrigerate

v. to cool or preserve food or other items by using a refrigerator or other cold storage device; to keep something at a low temperature to prevent spoilage or

degradation

*synonym* : chill, cool, freeze

(1) **refrigerate** perishable, (2) **refrigerate** medicine

We need to **refrigerate** the leftovers to keep them from spoiling.

## determinant

*n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

*synonym* : cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop yields

One **determinant** of success is having a positive attitude and a strong work ethic.

## audacity

*n.* boldness or daring, especially when it is foolhardy or reckless

*synonym* : boldness, daring, temerity

(1) **audacity** of hope, (2) act of **audacity**

His **audacity** in stealing the painting matched his foolishness in getting caught.

## buzzword

*n.* a word or phrase that is fashionable or popular within a particular industry, field, or culture, often used to convey a sense of innovation or sophistication

*synonym* : cant, catchphrase, trendy word

(1) **buzzword** bingo, (2) business **buzzwords**

Synergy has become such a **buzzword** in the business world that it has lost its meaning.

## huddle

*v.* to crowd or press closely together; cuddle

*synonym* : cluster, crowd, group

(1) **huddle** in a temporary shelter, (2) **huddle** around the open fire

The children **huddled** together for warmth in the cold winter storm.

## **lament**

*v.* to express sadness, grief, or disappointment about something, often by complaining or mourning

*synonym*: mourn, grieve, bemoan

(1) **lament** my misfortunes, (2) **lament** the situation

She **lamented** the loss of her beloved cat.

## **malnutrition**

*n.* the condition of having an improper or inadequate diet, typically resulting in weakness, illness, and developmental problems; the state of being undernourished or lacking essential nutrients

*synonym*: undernourishment, starvation, hunger

(1) severe **malnutrition**, (2) childhood **malnutrition**

The doctor advised the patient to eat a balanced diet to avoid **malnutrition**.

## **stratify**

*v.* to arrange or divide into layers or strata based on characteristics such as social, economic, or cultural status

*synonym*: layer, classify, arrange in layers

(1) **stratify** populations, (2) **stratify** data

Society tends to **stratify** people into different economic classes.

## **fluke**

*n.* a stroke of luck or chance, often resulting in a positive outcome or unexpected success; an accidental or unplanned occurrence

*synonym*: chance, accident, stroke of luck

(1) lucky **fluke**, (2) **fluke** accident

Winning the lottery was just a **fluke**; I didn't expect it to happen.

## **republican**

*n.* a person who supports or advocates for a particular form of government, typically one that has an elected head of state rather than a monarch; a member or supporter of the Republican Party in the United States

*synonym*: conservative, right-winger, rightist

(1) **republican** ideology, (2) **Republican** party

Many **republican** lawmakers are advocating for stricter immigration policies.

## medicinal

*adj.* of or relating to the treatment or cure of disease

*synonym* : curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**

The **medicinal** properties of this herb have been known to help with various ailments.

## waitress

*n.* a woman who serves food and drinks in a restaurant or cafe

*synonym* : server, attendant, waitperson

(1) **waitress** at a restaurant, (2) tip the **waitress**

The friendly **waitress** brought the food to the table and asked if they needed anything else.

## gulp

*v.* to swallow quickly and forcefully; to take in a large amount of air or liquid quickly and audibly because of surprise, fear, or excitement

*synonym* : swallow, chug, gulp down

(1) **gulp** water, (2) **gulp** air

He had to **gulp** down his coffee before rushing to work.

## crouch

*v.* to put your body close to the ground, especially as a way of avoiding being seen

*synonym* : bend down, squat, stoop

(1) **crouch** into a ball, (2) **crouch** around a fire

He **crouched** down behind the bushes to avoid being seen.

## teeter

*v.* to move or balance unsteadily, often in a way that suggests instability or danger; to waver or vacillate between two positions, opinions, or attitudes

*synonym* : wobble, totter, sway

(1) **teeter** on the edge, (2) **teeter** on the brink

The drunk man tried to **teeter** along the narrow bridge, almost falling into the river.

## paycheck

*n.* a check issued to an employee as payment for work or services rendered; the amount of money received in this check

*synonym* : salary, earnings, income

(1) electronic **paycheck**, (2) monthly **paycheck**

I received a bonus on top of my regular **paycheck** this month.

## scorch

*v.* to burn the surface of something, usually accidentally, with a hot iron or flame

*synonym* : char, burn, singe

(1) **scorch** your clothes, (2) careful not to **scorch**

The sun **scorched** the desert, making it uninhabitable.

## overdue

*adj.* past the expected or scheduled time; not completed or paid on time; delayed, tardy, or postponed

*synonym* : late, delinquent, outstanding

(1) **overdue** bill, (2) **overdue** task

Her library books were **overdue**, so she had to pay a fine to check out more.

## marshal

*n.* a military officer of high rank or a person in charge of organizing or leading a parade or public event; a law enforcement official or officer responsible for maintaining order and enforcing regulations; (verb) to organize, arrange, or gather together resources, information, or people in a deliberate and systematic manner

*synonym* : marshal, commander, organizer

(1) **marshal** the books into their proper places, (2) deputy **marshal**

The event organizer appointed a professional **marshal** to manage the flow of traffic.

## Session 2: Spelling

- |                                    |      |  |
|------------------------------------|------|--|
| 1. dr__n in a bath                 | v.   | to die or cause to die by being unable to breathe underwater   |
| 2. st_____ng discovery             | adj. | extremely surprising, astonishing, and sometimes worrying  |
| 3. I was dr__ned in work           | v.   | to die or cause to die by being unable to breathe underwater   |
| 4. ref_____te perishable           | v.   | to cool or preserve food or other items by using a refrigerator or other cold storage device; to keep something at a low temperature to prevent spoilage or degradation                        |
| 5. severe mal_____ion              | n.   | the condition of having an improper or inadequate diet, typically resulting in weakness, illness, and developmental problems; the state of being undernourished or lacking essential nutrients |
| 6. the ch_____c economic situation | adj. | without any order or organization; extremely disorganized, unpredictable, and confusing  |
| 7. au_____ty of hope               | n.   | boldness or daring, especially when it is foolhardy or reckless  |
| 8. hu___e in a temporary shelter   | v.   | to crowd or press closely together; cuddle   |
| 9. ob___s over her weight          | v.   | to fill the mind of someone continually so that one can't think of anything else   |

ANSWERS: 1. drown, 2. startling, 3. drown, 4. refrigerate, 5. malnutrition, 6. chaotic, 7. audacity, 8. huddle, 9. obsess

10. te\_\_\_r on the edge                    *v.* to move or balance unsteadily, often in a way that suggests instability or danger; to waver or vacillate between two positions, opinions, or attitudes
11. traditional me\_\_\_\_\_al            *adj.* of or relating to the treatment or cure of disease
12. exa\_\_\_\_\_te symptoms            *v.* to make a situation, problem, or feeling worse
13. hu\_\_\_e around the open fire        *v.* to crowd or press closely together; cuddle
14. a det\_\_\_\_\_nt of crop yields      *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
15. ov\_\_\_\_\_e task                    *adj.* past the expected or scheduled time; not completed or paid on time; delayed, tardy, or postponed
16. rep\_\_\_\_\_an ideology            *n.* a person who supports or advocates for a particular form of government, typically one that has an elected head of state rather than a monarch; a member or supporter of the Republican Party in the United States
17. environmental det\_\_\_\_\_nt        *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
18. deputy ma\_\_\_\_\_l                *n.* a military officer of high rank or a person in charge of organizing or leading a parade or public event; a law enforcement official or officer responsible for maintaining order and enforcing regulations; (verb) to organize, arrange, or gather together resources, information, or people in a deliberate and systematic manner

ANSWERS: 10. teeter, 11. medicinal, 12. exacerbate, 13. huddle, 14. determinant,



15. overdue, 16. republican, 17. determinant, 18. marshal

19. careful not to sc\_\_\_h *v.* to burn the surface of something, usually accidentally, with a hot iron or flame
20. act of au\_\_\_\_\_ty *n.* boldness or daring, especially when it is foolhardy or reckless
21. m\_\_d allergy *n.* a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long
22. st\_\_\_\_\_fy populations *v.* to arrange or divide into layers or strata based on characteristics such as social, economic, or cultural status
23. car\_\_\_\_\_ng process *n.* the act of providing care and support for someone who is ill, disabled, or elderly
24. childhood mal\_\_\_\_\_ion *n.* the condition of having an improper or inadequate diet, typically resulting in weakness, illness, and developmental problems; the state of being undernourished or lacking essential nutrients
25. st\_\_\_\_\_ng earthquake shocks *adj.* extremely surprising, astonishing, and sometimes worrying
26. el\_\_\_\_\_fy the audience *v.* to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something
27. a casting m\_\_d *n.* a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long

ANSWERS: 19. scorch, 20. audacity, 21. mold, 22. stratify, 23. caregiving, 24.

malnutrition, 25. startling, 26. electrify, 27. mold

28. sc\_\_\_h your clothes      *v.* to burn the surface of something, usually accidentally, with a hot iron or flame
29. business bu\_\_\_\_rds      *n.* a word or phrase that is fashionable or popular within a particular industry, field, or culture, often used to convey a sense of innovation or sophistication
30. ref\_\_\_\_te medicine      *v.* to cool or preserve food or other items by using a refrigerator or other cold storage device; to keep something at a low temperature to prevent spoilage or degradation
31. electronic pa\_\_\_\_ck      *n.* a check issued to an employee as payment for work or services rendered; the amount of money received in this check
32. car\_\_\_\_ng responsibilities      *n.* the act of providing care and support for someone who is ill, disabled, or elderly
33. g\_\_p air      *v.* to swallow quickly and forcefully; to take in a large amount of air or liquid quickly and audibly because of surprise, fear, or excitement
34. he is ob\_\_\_sed with the fear      *v.* to fill the mind of someone continually so that one can't think of anything else
35. la\_\_\_t my misfortunes      *v.* to express sadness, grief, or disappointment about something, often by complaining or mourning
36. exa\_\_\_\_te the situation      *v.* to make a situation, problem, or feeling worse

ANSWERS: 28. scorch, 29. buzzword, 30. refrigerate, 31. paycheck, 32. caregiving, 33. gulp, 34. obsess, 35. lament, 36. exacerbate

37. me\_\_\_\_\_al chemistry *adj.* of or relating to the treatment or cure of disease
38. st\_\_\_\_\_fy data *v.* to arrange or divide into layers or strata based on characteristics such as social, economic, or cultural status
39. te\_\_\_\_r on the brink *v.* to move or balance unsteadily, often in a way that suggests instability or danger; to waver or vacillate between two positions, opinions, or attitudes
40. g\_\_p water *v.* to swallow quickly and forcefully; to take in a large amount of air or liquid quickly and audibly because of surprise, fear, or excitement
41. el\_\_\_\_\_fy a manufacturing process *v.* to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something
42. cr\_\_\_\_h around a fire *v.* to put your body close to the ground, especially as a way of avoiding being seen
43. tip the wa\_\_\_\_\_ss *n.* a woman who serves food and drinks in a restaurant or cafe
44. monthly pa\_\_\_\_\_ck *n.* a check issued to an employee as payment for work or services rendered; the amount of money received in this check
45. cr\_\_\_\_h into a ball *v.* to put your body close to the ground, especially as a way of avoiding being seen

ANSWERS: 37. medicinal, 38. stratify, 39. teeter, 40. gulp, 41. electrify, 42. crouch, 43. waitress, 44. paycheck, 45. crouch

46. la\_\_\_t the situation      *v.* to express sadness, grief, or disappointment about something, often by complaining or mourning
47. wa\_\_\_\_\_ss at a restaurant      *n.* a woman who serves food and drinks in a restaurant or cafe
48. Rep\_\_\_\_\_an party      *n.* a person who supports or advocates for a particular form of government, typically one that has an elected head of state rather than a monarch; a member or supporter of the Republican Party in the United States
49. ch\_\_\_\_\_c theory      *adj.* without any order or organization; extremely disorganized, unpredictable, and confusing
50. fl\_\_e accident      *n.* a stroke of luck or chance, often resulting in a positive outcome or unexpected success; an accidental or unplanned occurrence
51. bu\_\_\_\_\_rd bingo      *n.* a word or phrase that is fashionable or popular within a particular industry, field, or culture, often used to convey a sense of innovation or sophistication
52. ma\_\_\_\_\_l the books into their proper places      *n.* a military officer of high rank or a person in charge of organizing or leading a parade or public event; a law enforcement official or officer responsible for maintaining order and enforcing regulations; (verb) to organize, arrange, or gather together resources, information, or people in a deliberate and systematic manner

ANSWERS: 46. lament, 47. waitress, 48. republican, 49. chaotic, 50. fluke, 51. buzzword, 52. marshal

53. lucky fl\_\_e

*n.* a stroke of luck or chance, often resulting in a positive outcome or unexpected success; an accidental or unplanned occurrence

54. ov\_\_\_\_e bill

*adj.* past the expected or scheduled time; not completed or paid on time; delayed, tardy, or postponed

ANSWERS: 53. fluke, 54. overdue

## Session 3: Fill in the Blanks

1. We need to \_\_\_\_\_ the leftovers to keep them from spoiling.
  - v. to cool or preserve food or other items by using a refrigerator or other cold storage device; to keep something at a low temperature to prevent spoilage or degradation
  
2. She \_\_\_\_\_ the loss of her beloved cat.
  - v. to express sadness, grief, or disappointment about something, often by complaining or mourning
  
3. Many \_\_\_\_\_ lawmakers are advocating for stricter immigration policies.
  - n. a person who supports or advocates for a particular form of government, typically one that has an elected head of state rather than a monarch; a member or supporter of the Republican Party in the United States
  
4. The children \_\_\_\_\_ together for warmth in the cold winter storm.
  - v. to crowd or press closely together; cuddle
  
5. She devoted her life to \_\_\_\_\_ looking after her aging parents.
  - n. the act of providing care and support for someone who is ill, disabled, or elderly
  
6. He had to \_\_\_\_\_ down his coffee before rushing to work.
  - v. to swallow quickly and forcefully; to take in a large amount of air or liquid quickly and audibly because of surprise, fear, or excitement
  
7. Floods have the potential to \_\_\_\_\_ any subsurface animals easily.
  - v. to die or cause to die by being unable to breathe underwater

ANSWERS: 1. refrigerate, 2. lamented, 3. republican, 4. huddled, 5. caregiving, 6. gulp, 7. drown



8. Synergy has become such a \_\_\_\_\_ in the business world that it has lost its meaning.
- n.* a word or phrase that is fashionable or popular within a particular industry, field, or culture, often used to convey a sense of innovation or sophistication
9. Mushrooms and \_\_\_\_\_ are fungi.
- n.* a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long
10. Her library books were \_\_\_\_\_ so she had to pay a fine to check out more.
- adj.* past the expected or scheduled time; not completed or paid on time; delayed, tardy, or postponed
11. The doctor advised the patient to eat a balanced diet to avoid \_\_\_\_\_.
- n.* the condition of having an improper or inadequate diet, typically resulting in weakness, illness, and developmental problems; the state of being undernourished or lacking essential nutrients
12. One \_\_\_\_\_ of success is having a positive attitude and a strong work ethic.
- n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
13. The event organizer appointed a professional \_\_\_\_\_ to manage the flow of traffic.
- n.* a military officer of high rank or a person in charge of organizing or leading a parade or public event; a law enforcement official or officer responsible for maintaining order and enforcing regulations; (verb) to organize, arrange, or gather together resources, information, or people in a deliberate and systematic manner

ANSWERS: 8. buzzword, 9. mold, 10. overdue, 11. malnutrition, 12. determinant, 13. marshal

14. Society tends to \_\_\_\_\_ people into different economic classes.
- v.* to arrange or divide into layers or strata based on characteristics such as social, economic, or cultural status
15. I received a bonus on top of my regular \_\_\_\_\_ this month.
- n.* a check issued to an employee as payment for work or services rendered; the amount of money received in this check
16. The friendly \_\_\_\_\_ brought the food to the table and asked if they needed anything else.
- n.* a woman who serves food and drinks in a restaurant or cafe
17. The drunk man tried to \_\_\_\_\_ along the narrow bridge, almost falling into the river.
- v.* to move or balance unsteadily, often in a way that suggests instability or danger; to waver or vacillate between two positions, opinions, or attitudes
18. He describes the story with \_\_\_\_\_ reality.
- adj.* extremely surprising, astonishing, and sometimes worrying
19. He's utterly \_\_\_\_\_ with his promotion.
- v.* to fill the mind of someone continually so that one can't think of anything else
20. His \_\_\_\_\_ in stealing the painting matched his foolishness in getting caught.
- n.* boldness or daring, especially when it is foolhardy or reckless
21. He \_\_\_\_\_ down behind the bushes to avoid being seen.
- v.* to put your body close to the ground, especially as a way of avoiding being seen

ANSWERS: 14. stratify, 15. paycheck, 16. waitress, 17. teeter, 18. startling, 19. obsessed, 20. audacity, 21. crouched

22. Winning the lottery was just a \_\_\_\_\_ I didn't expect it to happen.  
*n.* a stroke of luck or chance, often resulting in a positive outcome or unexpected success; an accidental or unplanned occurrence
23. Change is also occurring in Turkey as a result of \_\_\_\_\_ reform.  
*adj.* without any order or organization; extremely disorganized, unpredictable, and confusing
24. The \_\_\_\_\_ properties of this herb have been known to help with various ailments.  
*adj.* of or relating to the treatment or cure of disease
25. The sun \_\_\_\_\_ the desert, making it uninhabitable.  
*v.* to burn the surface of something, usually accidentally, with a hot iron or flame
26. The heat wave \_\_\_\_\_ the drought conditions.  
*v.* to make a situation, problem, or feeling worse
27. The product developed through years of research continues to \_\_\_\_\_ the market.  
*v.* to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something

ANSWERS: 22. fluke;, 23. chaotic, 24. medicinal, 25. scorched, 26. exacerbated, 27. electrify