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Vocabulary Builder Reference from...

Kaitlyn Sadtler: How we could teach our bodies to heal faster | TED Talk

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

Advanced Words Only

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Session 1: Word List

scar

n. a mark that remains on the skin after a wound has healed

synonym : blemish, imperfection, blotch

(1) burn **scar**, (2) carry a **scar**

Even after the wound has healed, a **scar** remains.

regenerate

v. to improve or renew an area, institution, system, etc., especially by making it more active or successful

synonym : renew, revive, improve

(1) **regenerate** bone tissue, (2) a **regenerate** sinner

The new CEO's primary mission is to **regenerate** the company on the verge of bankruptcy.

regrow

v. to grow back or regenerate after being cut or removed, such as cells or tissues in the body, or plants and vegetation

synonym : regenerate

(1) **regrow** hair, (2) **regrow** vegetation

Lizards can **regrow** their tails if they are cut off.

instruct

v. to teach someone practical skills or knowledge; to formally order or tell someone to do something

synonym : train, coach, guide

(1) **instruct** a student, (2) **instruct** a computer
The facility manager **instructed** the security guards to be on high alert.

lizard

n. a reptile that has a relatively long body, two pairs of legs, and a tapering tail

(1) giant **lizard**, (2) **lizard** leather

The **lizard's** tail regenerates if severed.

salamander

n. any of various typically terrestrial amphibians that resemble lizards and that return to water only to breed

synonym: amphibian

(1) terrestrial **salamander**, (2) semiaquatic **salamander**

We plan to raise a giant **salamander** as a pet.

scrape

v. to draw something along a rough or hard surface, typically to remove dirt or other matter

synonym: scratch, graze, rub

(1) **scrape** meat off a bone, (2) **scrape** a hole in the ground

He **scraped** the mud off his boots before entering the house.

sinus

n. a cavity in a bone, especially in the bones of the head, or a similar cavity or channel in a plant or animal

synonym: cavity, pocket, air space

(1) chronic **sinus** infections, (2) paranasal **sinus**

The **sinus** pressure was causing me a lot of pain.

bruise

n. a mark caused by a blow, typically one that is purple or black on the skin

synonym: contusion, injury, wound

(1) livid **bruise**, (2) earlier emotional **bruise**

She had a **bruise** on her arm from where she fell on the playground.

pacemaker

n. a small electronic device that is implanted in the chest to regulate the heartbeat of people with certain heart conditions; a person or thing that sets the pace or

rhythm for others

synonym: heartbeat regulator, pacer, pacesetter

(1) implanted **pacemaker**, (2) **pacemaker** battery

Some people with **pacemakers** may need to avoid certain activities or sources of electromagnetic interference.

scaffold

n. a temporary platform or structure used to support workers and materials during construction or maintenance work

synonym: platform, staging, framework

(1) **scaffold** construction, (2) go to the **scaffold**

The construction workers set up the **scaffold** to reach the top of the building.

binge

n. a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence

synonym: spree, overindulgence, splurge

(1) **binge** on social media, (2) alcohol **binge**

She stayed up all night **binge-watching** her favorite TV show.

sponge

n. a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning

(1) sea **sponge**, (2) metallic **sponge**

The tiny marine **sponge** has existed for more than 500 million years.

orchestrate

v. to plan, coordinate, or arrange something, especially skillfully or cleverly; (noun) the act of organizing or directing the elements of a composition, especially in music

synonym: plan, coordinate, arrange

(1) **orchestrate** a takeover, (2) **orchestrate** the political reinstatement

He carefully **orchestrated** the details of his business plan.

mimic

v. to imitate someone's speech, movement, or behavior, especially to make others laugh

synonym: mirror, imitate, ape

(1) **mimic** a human voice, (2) **mimic** numerous instruments

He is very popular at school because he can **mimic** all the teachers' accents.

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.

wolverine

n. a carnivorous mammal native to the Arctic and sub-Arctic regions of North America and Eurasia

synonym: glutton, devil bear, skunk bear

(1) **wolverine** habitat, (2) reintroduction of **wolverine**

The **wolverine** population has declined in many areas due to habitat loss and human activity.

Session 2: Spelling

1. sea sp___e *n.* a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning

2. go to the sc_____ld *n.* a temporary platform or structure used to support workers and materials during construction or maintenance work

3. alcohol bi___e *n.* a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence

4. in_____ct a student *v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something

5. bi___e on social media *n.* a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence

6. paranasal si___s *n.* a cavity in a bone, especially in the bones of the head, or a similar cavity or channel in a plant or animal

7. 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: 1. sponge, 2. scaffold, 3. binge, 4. instruct, 5. binge, 6. sinus, 7. mold

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|---------------------------------|----|---|
| 8. a reg_____te sinner | v. | to improve or renew an area, institution, system, etc., especially by making it more active or successful |
| 9. mi__c numerous instruments | v. | to imitate someone's speech, movement, or behavior, especially to make others laugh |
| 10. reintroduction of wo_____ne | n. | a carnivorous mammal native to the Arctic and sub-Arctic regions of North America and Eurasia |
| 11. implanted pa_____er | n. | a small electronic device that is implanted in the chest to regulate the heartbeat of people with certain heart conditions; a person or thing that sets the pace or rhythm for others |
| 12. carry a s__r | n. | a mark that remains on the skin after a wound has healed |
| 13. livid br___e | n. | a mark caused by a blow, typically one that is purple or black on the skin |
| 14. metallic sp___e | n. | a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning |
| 15. reg_____te bone tissue | v. | to improve or renew an area, institution, system, etc., especially by making it more active or successful |
| 16. re___w hair | v. | to grow back or regenerate after being cut or removed, such as cells or tissues in the body, or plants and vegetation |
| 17. li___d leather | n. | a reptile that has a relatively long body, two pairs of legs, and a tapering tail |

ANSWERS: 8. regenerate, 9. mimic, 10. wolverine, 11. pacemaker, 12. scar, 13. bruise, 14. sponge, 15. regenerate, 16. regrow, 17. lizard

18. earlier emotional br___e *n.* a mark caused by a blow, typically one that is purple or black on the skin
19. giant li___d *n.* a reptile that has a relatively long body, two pairs of legs, and a tapering tail
20. terrestrial sal_____er *n.* any of various typically terrestrial amphibians that resemble lizards and that return to water only to breed
21. pa_____er battery *n.* a small electronic device that is implanted in the chest to regulate the heartbeat of people with certain heart conditions; a person or thing that sets the pace or rhythm for others
22. orc_____te a takeover *v.* to plan, coordinate, or arrange something, especially skillfully or cleverly; (noun) the act of organizing or directing the elements of a composition, especially in music
23. burn s___r *n.* a mark that remains on the skin after a wound has healed
24. sc_____ld construction *n.* a temporary platform or structure used to support workers and materials during construction or maintenance work
25. re___w vegetation *v.* to grow back or regenerate after being cut or removed, such as cells or tissues in the body, or plants and vegetation
26. sc___e a hole in the ground *v.* to draw something along a rough or hard surface, typically to remove dirt or other matter
27. semiaquatic sal_____er *n.* any of various typically terrestrial amphibians that resemble lizards and that return to water only to breed

ANSWERS: 18. bruise, 19. lizard, 20. salamander, 21. pacemaker, 22. orchestrate, 23. scar, 24. scaffold, 25. regrow, 26. scrape, 27. salamander

28. sc___e meat off a bone *v.* to draw something along a rough or hard surface, typically to remove dirt or other matter
29. wo_____ne habitat *n.* a carnivorous mammal native to the Arctic and sub-Arctic regions of North America and Eurasia
30. orc_____te the political reinstatement *v.* to plan, coordinate, or arrange something, especially skillfully or cleverly; (noun) the act of organizing or directing the elements of a composition, especially in music
31. chronic si__s infections *n.* a cavity in a bone, especially in the bones of the head, or a similar cavity or channel in a plant or animal
32. 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
33. in_____ct a computer *v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something
34. mi__c a human voice *v.* to imitate someone's speech, movement, or behavior, especially to make others laugh

ANSWERS: 28. scrape, 29. wolverine, 30. orchestrate, 31. sinus, 32. mold, 33. instruct, 34. mimic

Session 3: Fill in the Blanks

1. The _____ pressure was causing me a lot of pain.
 - n.* a cavity in a bone, especially in the bones of the head, or a similar cavity or channel in a plant or animal

2. The _____ tail regenerates if severed.
 - n.* a reptile that has a relatively long body, two pairs of legs, and a tapering tail

3. 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

4. We plan to raise a giant _____ as a pet.
 - n.* any of various typically terrestrial amphibians that resemble lizards and that return to water only to breed

5. The tiny marine _____ has existed for more than 500 million years.
 - n.* a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning

6. Lizards can _____ their tails if they are cut off.
 - v.* to grow back or regenerate after being cut or removed, such as cells or tissues in the body, or plants and vegetation

7. The facility manager _____ the security guards to be on high alert.
 - v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something

ANSWERS: 1. sinus, 2. lizard's, 3. mold, 4. salamander, 5. sponge, 6. regrow, 7. instructed

8. She had a _____ on her arm from where she fell on the playground.
n. a mark caused by a blow, typically one that is purple or black on the skin
9. She stayed up all night _____ her favorite TV show.
n. a period of excessive or uncontrolled consumption, often of food or alcohol; a spree or bout of reckless behavior or indulgence
10. The _____ population has declined in many areas due to habitat loss and human activity.
n. a carnivorous mammal native to the Arctic and sub-Arctic regions of North America and Eurasia
11. Even after the wound has healed, a _____ remains.
n. a mark that remains on the skin after a wound has healed
12. Some people with _____ may need to avoid certain activities or sources of electromagnetic interference.
n. a small electronic device that is implanted in the chest to regulate the heartbeat of people with certain heart conditions; a person or thing that sets the pace or rhythm for others
13. He is very popular at school because he can _____ all the teachers' accents.
v. to imitate someone's speech, movement, or behavior, especially to make others laugh
14. The construction workers set up the _____ to reach the top of the building.
n. a temporary platform or structure used to support workers and materials during construction or maintenance work
15. He _____ the mud off his boots before entering the house.
v. to draw something along a rough or hard surface, typically to remove dirt or other matter

ANSWERS: 8. bruise, 9. binge-watching, 10. wolverine, 11. scar, 12. pacemakers, 13. mimic, 14. scaffold, 15. scraped

16. He carefully _____ the details of his business plan.

- v. to plan, coordinate, or arrange something, especially skillfully or cleverly;
(noun) the act of organizing or directing the elements of a composition,
especially in music

17. The new CEO's primary mission is to _____ the company on the verge of bankruptcy.

- v. to improve or renew an area, institution, system, etc., especially by making it
more active or successful

ANSWERS: 16. orchestrated, 17. regenerate