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Vocabulary Builder Reference from...

Shaylin Schundler: Why does your voice change as you get older? | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

captivate

v. to attract and hold the attention or interest of

synonym: enchant, charm, fascinate

(1) **captivate** public sentiment, (2) **captivate** the mind

The magician **captivated** the audience with his illusions.

incredible

adj. unbelievable; enormous

synonym: unbelievable, fantastical, inconceivable

(1) **incredible** amount, (2) at **incredible** speed

Her response revealed **incredible** idiocy.

cast

v. to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process

synonym: throw, project, select

(1) **cast** a ballot, (2) **cast** a charming eye

This accident **cast** a dark shadow over their lives.

puberty

n. the process of a person's physical changes through which their sexual organs develop and become capable of reproduction

synonym: adolescence, young adulthood

(1) at the height of **puberty** ., (2) the onset of **puberty**

In this culture, men are initiated when they reach **puberty**.

halting

adj. hesitant or wavering in speech or action; faltering; stopping or pausing repeatedly and intermittently

synonym : stuttering, hesitant, faltering

(1) **halting** speech, (2) **halting** progress

The negotiations between the two countries were proceeding in a **halting** manner.

hormone

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**

The doctor diagnosed me with a **hormone** disorder.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym : procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

castrato

n. a male singer who has been castrated (= to remove the testicles of a male animal or person) before puberty to preserve a high, unbroken singing voice

synonym : eunuch, male soprano, alto

(1) **castrato** singer, (2) a 17th-century **castrato**

The **castrato's** high-pitched singing voice was popular in Baroque and Classical music.

angelic

adj. resembling or having the qualities of an angel, such as purity, kindness, and gentle beauty; divine or heavenly; having an innocent, unspoiled appearance

synonym : heavenly, celestial, divine

(1) **angelic** face, (2) **angelic** choir

The singer's **angelic** voice brought tears to the audience's

eyes.

renowned

adj. famous and respected for great achievements, qualities, etc.

synonym : noted, prominent, acclaimed

(1) a **renowned** artist, (2) **renowned** as a novelist

This area is **renowned** for its hot springs.

cruel

adj. feeling or showing pleasure in causing pain or suffering to others

synonym : heartless, sadistic, vicious

(1) a **cruel** and unusual punishment, (2) **cruel** joke

The dictator was known for his **cruel** and oppressive regime.

procedure

n. a way of doing something, especially the official or well-known way

synonym : action, approach, course

(1) undergo a surgical **procedure**, (2) standard **procedure**

The pilot and flight attendant ran through the check-out **procedure**.

outlaw

v. to make something illegal; (noun) a person who has committed a crime or has been legally convicted of a crime

synonym : ban, prohibit, (noun) bandit

(1) **outlaw** racial discrimination, (2) **outlaw** cloning of human cells

Some communities began to **outlaw** alcohol consumption.

stunt

n. a feat or action that is often dangerous or difficult, designed to attract attention or admiration; something that blocks or impedes growth or development; (verb) to hinder or impede growth or development, especially in a physical or mental sense

synonym : feat, accomplishment, (verb) hinder

(1) skydiving **stunt**, (2) **stunt** brain growth

The daredevil attempted a dangerous **stunt** by jumping off a

tall building with a parachute.

extraordinary

adj. exceptional, unexpected, very unusual; surpassing the ordinary or usual

synonym: exceptional, noteworthy, astonishing

(1) **extraordinary** ability, (2) **extraordinary** weather

He narrated the **extraordinary** story of his adventure.

naturally

adv. as might be expected; by natural manners

synonym: by nature, inherently, intrinsically

(1) **naturally** arising, (2) **naturally** regenerated forest

He was **naturally** gifted.

develop

v. 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.

undergo

v. to go through something unpleasant or that involves a change

synonym: experience, suffer, endure

(1) **undergo** surgery, (2) **undergo** a decrease

The train has to **undergo** rigorous safety checks.

shift

n. a slight transition in position, direction, or trend

synonym: transition, change, modification

(1) Doppler **shift**, (2) major paradigm **shift**

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

specific

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

synonym: particular, definite, distinct

(1) **specific** instructions, (2) industry- **specific** regulations
The scientist conducted a study that provided **specific** details about the species' behavior.

anatomical

adj. of or relating to the structure of the body and its parts
synonym: physical, bodily, structural

(1) **anatomical** structure, (2) **anatomical** elements
The **anatomical** model of the human body was used to teach medical students.

variable

adj. likely to change or vary often; (noun) a symbol, like x or y, that is used in mathematical or logical expressions to represent a value that may be changed

synonym: erratic, inconsistent, irregular

(1) a **variable** species, (2) a dependent **variable**
Rainfall in the tropics is highly **variable**.

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.

cord

n. a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment

synonym: wire, cable, string

(1) spinal **cord**, (2) electrical **cord**

Your spinal **cord** is located deep within your body.

larynx

n. an organ in the top of the throat involved in breathing, producing sound

(1) irritate the **larynx**, (2) narrowing of the **larynx**

Smoking significantly increases the risk of **larynx** cancer.

complexity

n. the state or quality of being complicated or intricate and difficult to understand

synonym: intricacy, sophistication, elaboration

(1) cognitive **complexity**, (2) **complexity** theory

The project's **complexity** made it difficult for the team to complete it on time.

cartilage

n. a tough, elastic connective tissue that is found in various parts of the body, such as the joints, the outer ear, and the tip of the nose

synonym: connective tissue, gristle, fibrocartilage

(1) **cartilage** damage, (2) nasal **cartilage**

The knee joint is supported by **cartilage**, which helps absorb shock and prevent bone damage.

accurate

adj. correct and exact in all details

synonym: exact, precise, proper

(1) provide **accurate** information, (2) **accurate** measurements

The official transcript contains **accurate** academic records.

string

n. long, thin material used for tying things together, composed of several twisted threads

synonym: line, wire, rope

(1) retie the **string** and make it strong, (2) tense piano **strings**

She wore a **string** of pearls around her neck.

thyroid

n. a large gland in the neck that secretes hormones essential for regulating metabolism, growth, and other bodily functions

synonym: endocrine gland

(1) **thyroid** disorder, (2) **thyroid** medication

An underactive **thyroid** can lead to weight gain and fatigue.

arytenoid

adj. relating to or located near the small cartilages in the larynx that control the opening and closing of the vocal cords

synonym : arytenoid cartilage, vocal fold muscle, laryngeal joint

(1) **arytenoid** muscle, (2) **arytenoid** dislocation

I had to undergo surgery to remove a polyp on my **arytenoid** cartilage.

elastic

adj. flexible, resilient, or adaptable; (noun) a stretchy material or band that can be stretched and then returned to its original shape; something that is flexible and adaptable

synonym : stretchy, flexible, resilient

(1) **elastic** body, (2) **elastic** waistband

The skin of a snake is remarkably **elastic**, allowing it to slither through tight spaces.

trachea

n. the tube-like structure in the body through which air moves from the larynx (= a part of the human respiratory system located in the neck region) to the bronchi (= part of the respiratory system and are responsible for conducting air into the lungs), also known as the windpipe

synonym : windpipe, bronchus

(1) **trachea** blockage, (2) **trachea** infection

Inhaling irritants can cause inflammation of the **trachea** and lead to coughing.

tube

n. a cylindrical container of metal, plastic, glass, etc., usually sealed and used as a means of preserving food or chemicals; a hollow cylindrical shape

synonym : pipe, hose, duct

(1) a capillary **tube**, (2) a glass **tube**

The **tube** train was packed with commuters during rush hour.

slam

v. to shut a door or window noisily; to strike something violently or noisily

synonym : bang, crash, shut

(1) **slam** the door, (2) **slam** the book against a wall
She **slammed** the door shut, angry at the person on the other side.

lung

n. either of the two organs in the chest that people and some animals use for breathing

(1) **lung** capacity, (2) do **lung** transplantation
He has terminal **lung** cancer.

vibrate

v. to move or cause anything to move fast and in small increments from side to side

synonym: oscillate, convulse, jerk

(1) **vibrate** at a regular frequency, (2) **vibrate** with anger
During the flight, the wings of the plane **vibrate**.

tissue

n. an ensemble of similar cells of the animal or plant that together carry out a specific function

synonym: structure, texture, anatomy

(1) a facial **tissue**, (2) loss of muscle **tissue**
The researcher separated the nervous **tissue** for microscopic examinations.

deliberate

adj. done with full consciousness of nature and effects rather than by accident

synonym: intentional, planned, careful

(1) the **deliberate** act of provocation, (2) **deliberate** attempt
Despite its advanced science and technology, the empire was **deliberate** about invasion.

external

adj. belonging to or situated outside of someone or something

synonym: outside, exterior, foreign

(1) **external** factors, (2) **external** commerce
When a company discloses information to the market, an **external** auditor verifies them.

instrument

n. an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work

synonym: apparatus, tool, device

(1) musical **instruments**, (2) surgical **instruments**

This electronic **instrument** is required to undergo periodic inspections to ensure precision.

effortless

adj. requiring little or no effort; not difficult or strenuous; easy to accomplish

synonym: easy, simple, uncomplicated

(1) **effortless** victory, (2) **effortless** beauty

The dancer made her performance look **effortless** and graceful.

frequency

n. an ordered array of colors into which a light beam can be split

synonym: recurrence, repetition, regularity

(1) **frequency** band, (2) high **frequency**

The oscillator hunts for the correct **frequency**.

amplitude

n. the extent or magnitude of something; the volume or intensity of a sound wave or signal

synonym: magnitude, extent, breadth

(1) muscle **amplitude**, (2) high **amplitude**

The **amplitude** of the sound waves determines the volume of the music.

vibration

n. a continuous quick and slight shaking movement

synonym: oscillation, fluctuation, reverberation

(1) protection against **vibration**, (2) sympathetic **vibration**

Vibration displaced part of the mechanism.

translate

v. to convert or change words into another language

synonym: convert, transcribe, render

(1) **translate** a document into English, (2) **translate** the

emotion to a movement

Translate the text from Italian into English.

pitch

n. the property of sound that varies with variation in the frequency of vibration; the degree of a slope, especially of a roof; short presentation for selling or sharing something

synonym : angle, gradient, slope

(1) make a **pitch** for a new product, (2) a low- **pitched** sound

Her voice gradually increased in **pitch**.

volume

n. the amount of space occupied by an object or substance; the magnitude of sound

synonym : capacity, amount, intensity

(1) **volume** of work, (2) high **volume**

This container has a **volume** of 10 cubic meters.

bellow

v. to shout or call out loudly and forcefully; to emit a deep, loud roar or sound; (noun) the deep roar or sound

synonym : shout, yell, roar

(1) **bellow** out a song, (2) **bellow** at him far away

The coach **bellowed** at the players to run faster during practice.

rumble

v. to make a low, heavy continuous sound

synonym : roar, growl, grumble

(1) **rumble** an order, (2) **rumble** down the dirt track

The thunder **rumbled** in the distance.

fin

n. a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance

synonym : flipper, appendage, stabilizer

(1) back **fin**, (2) a **fin** of a plane

The shark's powerful **fins** allowed it to swim at high speeds.

stretch

v. to make or be capable of making anything longer or broader without hurting or breaking

synonym: lengthen, prolong, extend

(1) **stretch** along the coast, (2) **stretch** a story

Some herds have been observed to **stretch** hundreds of kilometers.

contract

n. a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law

synonym: agreement, deal, arrangement

(1) employment **contract**, (2) **contract** law

The company signed a **contract** with the supplier for the delivery of goods.

intuitive

adj. obtained through feelings rather than facts or proof

synonym: involuntary, instinctive, innate

(1) **intuitive** eating, (2) **intuitive** judgment

I had an **intuitive** feeling that I might be pregnant.

internal

adj. of or relating to the inside of something

synonym: interior, inner, domestic

(1) **internal** organs, (2) the **internal** economy

The prime minister canceled visits to other countries to resolve **internal** disputes.

elongate

v. to extend something in length; to lengthen, stretch out, or to make longer

synonym: stretch, lengthen, extend

(1) **elongate** muscles, (2) **elongate** a dress

The yoga instructor told us to **elongate** our spines during the practice.

baseline

n. a starting point or minimum for comparing facts; the back line bounding each end of a tennis or handball court

synonym: standard, criterion

(1) **baseline** budget, (2) establish a **baseline**
The products they sell are the **baseline** for performance in the industry.

dramatic

adj. very sudden, very excellent, or full of action and excitement

synonym: striking, theatrical, breathtaking

(1) make **dramatic** changes, (2) a **dramatic** rescue at sea
The statement had a **dramatic** impact on house prices.

testosterone

n. a male hormone that is responsible for the development of male secondary sex characteristics

(1) **testosterone** enhancer, (2) a synthetic derivative of **testosterone**

Training with sufficient intensity increases blood **testosterone** levels.

crack

v. to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking

synonym: snap, burst, break

(1) **crack** an eggshell, (2) a **crack** in a board
He that would eat the kernel must **crack** the nut.

boom

n. a sudden increase in economic activity, or a sudden happening that brings good fortune; a deep, loud, and prolonged sound

synonym: roaring, prosperity, boost

(1) **boom** in sales, (2) a sonic **boom**
The high-technology industry is enjoying a **boom**.

protrusion

n. something that bulges out or sticks out from a surface or body; a projection that is visible from the outside

synonym: extrusion, bump, bulge

(1) **protrusion** on skin, (2) **protrusion** of rock
The **protrusion** in the road caused several accidents and

had to be repaired immediately.

homogeneous

adj. consisting of or composed of parts that are similar or identical in nature, kind, or character; uniform in structure or composition

synonym : uniform, consistent, like

(1) **homogeneous** society, (2) **homogeneous** culture

The population in the rural area was very **homogeneous**, with everyone having the same cultural and ethnic background.

distinct

adj. noticeable from something else of a similar type

synonym : different, special, characteristic

(1) **distinct** difference, (2) **distinct** from each other

It is essential to keep these two issues **distinct**.

functional

adj. designed for or capable of a particular activity, purpose, or task; practical or ready for use or service

synonym : applicable, practical, usable

(1) field of **functional** medicine, (2) **functional** deafness

The mobile phone was still **functional** even after being dropped.

stiff

adj. not easily bent, flexible, or pliable; difficult to move or be maneuvered; difficult to relax; having a heavy or formal manner

synonym : rigid, inflexible, unbending

(1) **stiff** muscles, (2) **stiff** penalty

Her body felt **stiff** after sitting at her desk for hours without moving.

collagen

n. a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues

synonym : gelatin, protein, tissue

(1) **collagen** supplement, (2) **collagen** production

Our natural **collagen** production decreases as we age, leading to wrinkles, sagging skin, and joint pain.

wrap

v. to cover or enclose something entirely with paper, cloth, or other material

synonym: surround, cover, bandage

(1) **wrap** a fish in foil, (2) **wrap** up a meeting

Wrap the bandage tightly around the injured arm.

elastin

n. a fibrous protein that is a major component of elastic connective tissue in the body, such as in the skin, lungs, and arteries

synonym: connective tissue, protein, fiber

(1) **elastin** fibers, (2) **elastin** production

Certain medical conditions can cause **elastin** loss, weakening tissue and organ function.

fiber

n. thread or filament used to make a vegetable tissue, mineral material, or textile

synonym: yarn, thread, wool

(1) carbon **fiber**, (2) synthetic **fiber**

We must consume dietary **fiber** to maintain good health.

mucus

n. a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc.

synonym: secretion, slime, saliva

(1) airway **mucus**, (2) nasal **mucus**

When the body temperature drops, **mucus** secretion fails.

membrane

n. a soft, thin layer that forms animal or vegetable tissue

synonym: tissue layer

(1) cell **membranes**, (2) nuclear **membrane**

Loud noises might harm the fragile ear **membrane**.

nuance

n. a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.

synonym: shading, refinement, subtlety

(1) rich in **nuance**, (2) subtle cultural **nuance**

The painter has tried to express every **nuance** of the woman's expression in his work.

depth

n. the distance between the top and bottom of something; between the top surface and a distance below it

synonym: deepness, profoundness, extent

(1) **depth** camera, (2) the **depth** of the water

The pond's **depth** was around five feet.

timbre

n. the quality of sound that is produced by particular voices or musical instruments sounds different from each other

synonym: resonance, tone, inflection

(1) the **timbre** of a musical sound, (2) the **timbre** of her soprano

His voice had a deep **timbre**.

pubescence

n. the state of being in the process of puberty or of developing secondary sexual characteristics; fine hair growing on certain parts of a plant, such as leaves or stems

synonym: adolescence, teenage years, youth

(1) **pubescence** stage, (2) **pubescence** years

Some young people may experience anxiety or depression due to changes during **pubescence**.

eventually

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

synonym: finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

symptom

n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

synonym: sign, manifestation, syndrome

(1) **symptoms** of low testosterone, (2) neurotic **symptoms**
The patient displays a **symptom** of a side effect.

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.

stiffen

v. to make or become stiff or rigid; to become inflexible or unyielding in one's attitude or behavior

synonym: harden, solidify, tense

(1) **stiffen** joints, (2) **stiffen** penalties

The cold weather made my muscles **stiffen** up.

surrounding

adj. that is near or around, or closely encircling something

synonym: circumferent, encircling, neighboring

(1) **surrounding** areas, (2) a fence **surrounding** a castle

The **surrounding** mountains make the city difficult to be invaded.

atrophy

n. a decrease in size of a muscle, organ, etc., caused by disease or disuse

synonym: disintegration, degeneration, wasting away

(1) weakness with **atrophy**, (2) **atrophy** of the muscles

Daily exercise and adequate sleep are necessary to prevent the progression of **atrophy**.

decay

n. the process or state of rotting or decomposition by natural causes such as the action of bacteria and fungi;
(verb) to rot or decompose through natural causes

synonym: corrosion, decomposition, deterioration

(1) radioactive **decay**, (2) prevent tooth **decay**

The dead body was in an advanced state of **decay**.

flexibility

n. the quality of changing or being changed easily according to new conditions or situations

synonym : elasticity, adaptability, resilience

(1) mental **flexibility**, (2) the **flexibility** of the body

We dealt with those problems with speed and **flexibility**.

menopause

n. the natural cessation of menstruation and fertility in women, typically occurring between the ages of 45 and 55

synonym : climacteric, midlife transition

(1) **menopause** symptoms, (2) before **menopause**

The onset of **menopause** can bring about various physical and emotional changes in women.

outweigh

v. to be heavier, more significant, or more critical than something

synonym : dominate, outrank, overpower

(1) **outweigh** the benefit, (2) **outweigh** our wishes

The advantages would undoubtedly **outweigh** the disadvantages.

swell

v. to become larger or more inflated; to become more intense or important

synonym : expand, increase, inflate

(1) **swell** at room temperature, (2) **swell** a population

His arm was **swelling** from the insect bite.

mass

n. a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together

synonym : abundance, crowd, mob

(1) a **mass** of molten rock, (2) critical **mass**

The **mass** of people who do not own property is politically impotent.

complicated

adj. involving a lot of different things or parts in a way that is difficult to understand or analyze

synonym : complex, convoluted, intricate

(1) a **complicated** process, (2) become increasingly **complicated**

He did **complicated** pen-and-ink drawings in just a few days.

nervous

adj. worried and anxious about something; relating to the nerves

synonym : neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

precise

adj. sharply exact or accurate or delimited

synonym : accurate, exact, distinct

(1) **precise** analyses, (2) estimate **precise** costs

The content is **precise** and informative for me.

rough

adj. not quite exact or correct; having or caused by an irregular surface

synonym : inelegant, coarse, barbarian

(1) **rough** and tough, (2) **rough** estimation

The vehicle bounced along the **rough** mountain road.

ultimate

adj. furthest or highest in degree or order

synonym : highest, maximum, foremost

(1) the **ultimate** goal in life, (2) the **ultimate** luxury

Management must take **ultimate** responsibility for the accident.

tune

n. a musical composition or set of musical notes that are played or sung; (verb) to adjust or set something to a specific condition or standard

synonym : melody, harmony, (verb) adjust

(1) the **tune** of a song, (2) **tune** a piano

The band played a beautiful **tune** on their instruments.

opera

n. a drama set to music, in which the words are sung rather than spoken

synonym: musical, operetta, oratorio

(1) ballad **opera**, (2) **opera** performance

She loves going to the **opera** house and hearing the beautiful music.

aria

n. a song that is performed solo by a singer in an opera or oratorio, often with instrumental accompaniment

synonym: song, melody, tune

(1) **aria** singer, (2) dramatic **aria**

The soprano performed an emotional **aria** that brought the audience to tears.

moodiness

n. a tendency to experience mood swings or to be easily affected by changes in mood

synonym: emotional instability, irritability, temperament

(1) control your **moodiness**, (2) **moodiness** during puberty

His **moodiness** made it difficult for his coworkers to predict how he would react to things.

monologue

n. a solo speech or performance given by one person, typically in a theatrical or storytelling context, and often used to reveal aspects of the speaker's thoughts, feelings, or backstory

synonym: soliloquy, speech, address

(1) inner **monologue**, (2) deliver a **monologue**

The actor's **monologue** was so powerful that the audience was moved to tears.

stir

v. to mix a liquid or substance by using a spoon or something similar; to cause to be agitated, excited, or roused

synonym: mix, swirl, provoke

(1) **stir** a sauce, (2) **stir** up controversy

Topics related to that war may **stir** up a political hornets' nest.

Session 2: Spelling

- | | |
|-----------------------------|--|
| 1. airway mu__s | <i>n.</i> a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc. |
| 2. fr_____cy band | <i>n.</i> an ordered array of colors into which a light beam can be split |
| 3. ana_____al elements | <i>adj.</i> of or relating to the structure of the body and its parts |
| 4. carbon fi__r | <i>n.</i> thread or filament used to make a vegetable tissue, mineral material, or textile |
| 5. un_____o surgery | <i>v.</i> to go through something unpleasant or that involves a change |
| 6. at_____y of the muscles | <i>n.</i> a decrease in size of a muscle, organ, etc., caused by disease or disuse |
| 7. pr_____e analyses | <i>adj.</i> sharply exact or accurate or delimited |
| 8. s__r up controversy | <i>v.</i> to mix a liquid or substance by using a spoon or something similar; to cause to be agitated, excited, or roused |
| 9. a m__s of molten rock | <i>n.</i> a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together |
| 10. nasal mu__s | <i>n.</i> a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc. |
| 11. re_____ed as a novelist | <i>adj.</i> famous and respected for great achievements, qualities, etc. |

ANSWERS: 1. mucus, 2. frequency, 3. anatomical, 4. fiber, 5. undergo, 6. atrophy, 7. precise, 8. stir, 9. mass, 10. mucus, 11. renowned

12. critical m__s *n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
13. st__f penalty *adj.* not easily bent, flexible, or pliable; difficult to move or be maneuvered; difficult to relax; having a heavy or formal manner
14. become increasingly com_____ed *adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze
15. vi_____e at a regular frequency *v.* to move or cause anything to move fast and in small increments from side to side
16. a glass t__e *n.* a cylindrical container of metal, plastic, glass, etc., usually sealed and used as a means of preserving food or chemicals; a hollow cylindrical shape
17. the in_____al economy *adj.* of or relating to the inside of something
18. hom_____us culture *adj.* consisting of or composed of parts that are similar or identical in nature, kind, or character; uniform in structure or composition
19. ac_____te measurements *adj.* correct and exact in all details
20. cell me_____nes *n.* a soft, thin layer that forms animal or vegetable tissue
21. s__m the book against a wall *v.* to shut a door or window noisily; to strike something violently or noisily

ANSWERS: 12. mass, 13. stiff, 14. complicated, 15. vibrate, 16. tube, 17. internal, 18. homogeneous, 19. accurate, 20. membrane, 21. slam

22. th____d disorder *n.* a large gland in the neck that secretes hormones essential for regulating metabolism, growth, and other bodily functions
23. st____n penalties *v.* to make or become stiff or rigid; to become inflexible or unyielding in one's attitude or behavior
24. a facial ti____e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
25. a capillary t__e *n.* a cylindrical container of metal, plastic, glass, etc., usually sealed and used as a means of preserving food or chemicals; a hollow cylindrical shape
26. surgical ins____nts *n.* an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work
27. a va____le species *adj.* likely to change or vary often; (noun) a symbol, like x or y, that is used in mathematical or logical expressions to represent a value that may be changed
28. pub____ce years *n.* the state of being in the process of puberty or of developing secondary sexual characteristics; fine hair growing on certain parts of a plant, such as leaves or stems
29. muscle am____de *n.* the extent or magnitude of something; the volume or intensity of a sound wave or signal

ANSWERS: 22. thyroid, 23. stiffen, 24. tissue, 25. tube, 26. instrument, 27. variable, 28. pubescence, 29. amplitude

30. a dr____ic rescue at sea *adj.* very sudden, very excellent, or full of action and excitement
31. ro__h estimation *adj.* not quite exact or correct; having or caused by an irregular surface
32. sp____ic instructions *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
33. the onset of pu____y *n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction
34. com____ty theory *n.* the state or quality of being complicated or intricate and difficult to understand
35. as____te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
36. female ho____e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
37. de__h camera *n.* the distance between the top and bottom of something; between the top surface and a distance below it
38. ou____gh our wishes *v.* to be heavier, more significant, or more critical than something
39. tense piano st____gs *n.* long, thin material used for tying things together, composed of several twisted threads

ANSWERS: 30. dramatic, 31. rough, 32. specific, 33. puberty, 34. complexity, 35. associate, 36. hormone, 37. depth, 38. outweigh, 39. string

40. radioactive de__y *n.* the process or state of rotting or decomposition by natural causes such as the action of bacteria and fungi; (verb) to rot or decompose through natural causes
41. del_____te attempt *adj.* done with full consciousness of nature and effects rather than by accident
42. in_____ve eating *adj.* obtained through feelings rather than facts or proof
43. op__a performance *n.* a drama set to music, in which the words are sung rather than spoken
44. field of fun_____al medicine *adj.* designed for or capable of a particular activity, purpose, or task; practical or ready for use or service
45. a re_____ed artist *adj.* famous and respected for great achievements, qualities, etc.
46. nuclear me_____ne *n.* a soft, thin layer that forms animal or vegetable tissue
47. irritate the la____x *n.* an organ in the top of the throat involved in breathing, producing sound
48. a synthetic derivative of tes_____one *n.* a male hormone that is responsible for the development of male secondary sex characteristics
49. na_____ly arising *adv.* as might be expected; by natural manners
50. inner mo_____ue *n.* a solo speech or performance given by one person, typically in a theatrical or storytelling context, and often used to reveal aspects of the speaker's thoughts, feelings, or backstory

ANSWERS: 40. decay, 41. deliberate, 42. intuitive, 43. opera, 44. functional, 45. renowned, 46. membrane, 47. larynx, 48. testosterone, 49. naturally, 50. monologue

51. the ti___e of her soprano *n.* the quality of sound that is produced by particular voices or musical instruments sounds different from each other
52. dramatic a__a *n.* a song that is performed solo by a singer in an opera or oratorio, often with instrumental accompaniment
53. tr_____te a document into English *v.* to convert or change words into another language
54. deliver a mo_____ue *n.* a solo speech or performance given by one person, typically in a theatrical or storytelling context, and often used to reveal aspects of the speaker's thoughts, feelings, or backstory
55. make dr_____ic changes *adj.* very sudden, very excellent, or full of action and excitement
56. eve_____ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
57. prevent tooth de__y *n.* the process or state of rotting or decomposition by natural causes such as the action of bacteria and fungi; (verb) to rot or decompose through natural causes
58. development of the ne_____s system *adj.* worried and anxious about something; relating to the nerves
59. b__m in sales *n.* a sudden increase in economic activity, or a sudden happening that brings good fortune; a deep, loud, and prolonged sound
60. ana_____al structure *adj.* of or relating to the structure of the body and its parts

ANSWERS: 51. timbre, 52. aria, 53. translate, 54. monologue, 55. dramatic, 56. eventually, 57. decay, 58. nervous, 59. boom, 60. anatomical

61. the ti___e of a musical sound *n.* the quality of sound that is produced by particular voices or musical instruments sounds different from each other
62. a cr__l and unusual punishment *adj.* feeling or showing pleasure in causing pain or suffering to others
63. s__m the door *v.* to shut a door or window noisily; to strike something violently or noisily
64. at the height of pu____y. *n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction
65. a dependent va____le *adj.* likely to change or vary often; (noun) a symbol, like x or y, that is used in mathematical or logical expressions to represent a value that may be changed
66. decision-making pr____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
67. tr____a blockage *n.* the tube-like structure in the body through which air moves from the larynx (= a part of the human respiratory system located in the neck region) to the bronchi (= part of the respiratory system and are responsible for conducting air into the lungs), also known as the windpipe

ANSWERS: 61. timbre, 62. cruel, 63. slam, 64. puberty, 65. variable, 66. process, 67. trachea

68. the ul____te goal in life *adj.* furthest or highest in degree or order
69. ex____al factors *adj.* belonging to or situated outside of someone or something
70. before me____se *n.* the natural cessation of menstruation and fertility in women, typically occurring between the ages of 45 and 55
71. ha____g progress *adj.* hesitant or wavering in speech or action; faltering; stopping or pausing repeatedly and intermittently
72. ca____te the mind *v.* to attract and hold the attention or interest of
73. a cr__k in a board *v.* to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking
74. vo___e of work *n.* the amount of space occupied by an object or substance; the magnitude of sound
75. a__a singer *n.* a song that is performed solo by a singer in an opera or oratorio, often with instrumental accompaniment
76. na____ly regenerated forest *adv.* as might be expected; by natural manners
77. the t__e of a song *n.* a musical composition or set of musical notes that are played or sung; (verb) to adjust or set something to a specific condition or standard
78. ru___e down the dirt track *v.* to make a low, heavy continuous sound

ANSWERS: 68. ultimate, 69. external, 70. menopause, 71. halting, 72. captivate, 73. crack, 74. volume, 75. aria, 76. naturally, 77. tune, 78. rumble

79. a fence sur_____ng a castle *adj.* that is near or around, or closely encircling something
80. sympathetic vi_____on *n.* a continuous quick and slight shaking movement
81. a f_n of a plane *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
82. standard pr_____re *n.* a way of doing something, especially the official or well-known way
83. ca_____ge damage *n.* a tough, elastic connective tissue that is found in various parts of the body, such as the joints, the outer ear, and the tip of the nose
84. de_____p a strategy *v.* 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
85. pro_____on of rock *n.* something that bulges out or sticks out from a surface or body; a projection that is visible from the outside
86. the de__h of the water *n.* the distance between the top and bottom of something; between the top surface and a distance below it
87. c__t a ballot *v.* to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process

ANSWERS: 79. surrounding, 80. vibration, 81. fin, 82. procedure, 83. cartilage, 84. develop, 85. protrusion, 86. depth, 87. cast

88. in_____ve judgment *adj.* obtained through feelings rather than facts or proof
89. establish a ba_____ne *n.* a starting point or minimum for comparing facts; the back line bounding each end of a tennis or handball court
90. a 17th-century ca_____to *n.* a male singer who has been castrated (= to remove the testicles of a male animal or person) before puberty to preserve a high, unbroken singing voice
91. skydiving st__t *n.* a feat or action that is often dangerous or difficult, designed to attract attention or admiration; something that blocks or impedes growth or development; (verb) to hinder or impede growth or development, especially in a physical or mental sense
92. el_____te muscles *v.* to extend something in length; to lengthen, stretch out, or to make longer
93. st__f muscles *adj.* not easily bent, flexible, or pliable; difficult to move or be maneuvered; difficult to relax; having a heavy or formal manner
94. synthetic fi__r *n.* thread or filament used to make a vegetable tissue, mineral material, or textile
95. un_____o a decrease *v.* to go through something unpleasant or that involves a change
96. de_____p a skill *v.* 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

ANSWERS: 88. intuitive, 89. baseline, 90. castrato, 91. stunt, 92. elongate, 93. stiff, 94. fiber, 95. undergo, 96. develop

97. mental fle_____ty *n.* the quality of changing or being changed easily according to new conditions or situations
98. the ul_____te luxury *adj.* furthest or highest in degree or order
99. nasal ca_____ge *n.* a tough, elastic connective tissue that is found in various parts of the body, such as the joints, the outer ear, and the tip of the nose
100. ca_____to singer *n.* a male singer who has been castrated (= to remove the testicles of a male animal or person) before puberty to preserve a high, unbroken singing voice
101. ext_____ary ability *adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual
102. ru____e an order *v.* to make a low, heavy continuous sound
103. a com_____ed process *adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze
104. ou____w racial discrimination *v.* to make something illegal; (noun) a person who has committed a crime or has been legally convicted of a crime
105. cr__l joke *adj.* feeling or showing pleasure in causing pain or suffering to others
106. industry-sp_____ic regulations *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
107. high am_____de *n.* the extent or magnitude of something; the volume or intensity of a sound wave or signal

ANSWERS: 97. flexibility, 98. ultimate, 99. cartilage, 100. castrato, 101. extraordinary, 102. rumble, 103. complicated, 104. outlaw, 105. cruel, 106. specific, 107. amplitude

108. co_____en supplement *n.* a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues
109. high vo_____e *n.* the amount of space occupied by an object or substance; the magnitude of sound
110. c__t a charming eye *v.* to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process
111. at inc_____le speed *adj.* unbelievable; enormous
112. make a pi__h for a new product *n.* the property of sound that varies with variation in the frequency of vibration; the degree of a slope, especially of a roof; short presentation for selling or sharing something
113. 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
114. employment co_____ct *n.* a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law
115. st_____h along the coast *v.* to make or be capable of making anything longer or broader without hurting or breaking

ANSWERS: 108. collagen, 109. volume, 110. cast, 111. incredible, 112. pitch, 113. determinant, 114. contract, 115. stretch

116. el____n production *n.* a fibrous protein that is a major component of elastic connective tissue in the body, such as in the skin, lungs, and arteries
117. pro_____on on skin *n.* something that bulges out or sticks out from a surface or body; a projection that is visible from the outside
118. eve_____ly become obsolete *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
119. a sonic b__m *n.* a sudden increase in economic activity, or a sudden happening that brings good fortune; a deep, loud, and prolonged sound
120. ar_____id muscle *adj.* relating to or located near the small cartilages in the larynx that control the opening and closing of the vocal cords
121. subtle cultural nu___e *n.* a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.
122. el____n fibers *n.* a fibrous protein that is a major component of elastic connective tissue in the body, such as in the skin, lungs, and arteries
123. mo_____ss during puberty *n.* a tendency to experience mood swings or to be easily affected by changes in mood
124. ha_____g speech *adj.* hesitant or wavering in speech or action; faltering; stopping or pausing repeatedly and intermittently

ANSWERS: 116. elastin, 117. protrusion, 118. eventually, 119. boom, 120. arytenoid, 121. nuance, 122. elastin, 123. moodiness, 124. halting

125. musical ins_____nts *n.* an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work
126. weakness with at_____y *n.* a decrease in size of a muscle, organ, etc., caused by disease or disuse
127. as_____te with people widely *v.* to mentally connect someone or something with someone or something else
128. sur_____ng areas *adj.* that is near or around, or closely encircling something
129. ro__h and tough *adj.* not quite exact or correct; having or caused by an irregular surface
130. ho_____e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
131. pr_____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
132. w__p a fish in foil *v.* to cover or enclose something entirely with paper, cloth, or other material
133. l__g capacity *n.* either of the two organs in the chest that people and some animals use for breathing

ANSWERS: 125. instrument, 126. atrophy, 127. associate, 128. surrounding, 129. rough, 130. hormone, 131. process, 132. wrap, 133. lung

134. back f_n *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
135. estimate pr____e costs *adj.* sharply exact or accurate or delimited
136. ballad op__a *n.* a drama set to music, in which the words are sung rather than spoken
137. get ne____s *adj.* worried and anxious about something; relating to the nerves
138. spinal c__d *n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
139. cr__k an eggshell *v.* to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking
140. ar____id dislocation *adj.* relating to or located near the small cartilages in the larynx that control the opening and closing of the vocal cords
141. vi____e with anger *v.* to move or cause anything to move fast and in small increments from side to side
142. fun____al deafness *adj.* designed for or capable of a particular activity, purpose, or task; practical or ready for use or service
143. tr____a infection *n.* the tube-like structure in the body through which air moves from the larynx (= a part of the human respiratory system located in the neck region) to the bronchi (= part of the respiratory system and are responsible for conducting air into the lungs), also known as the windpipe

ANSWERS: 134. fin, 135. precise, 136. opera, 137. nervous, 138. cord, 139. crack, 140. arytenoid, 141. vibrate, 142. functional, 143. trachea

144. di_____ct from each other *adj.* noticeable from something else of a similar type
145. sy_____ms of low testosterone *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
146. the fle_____ty of the body *n.* the quality of changing or being changed easily according to new conditions or situations
147. ex_____al commerce *adj.* belonging to or situated outside of someone or something
148. cognitive com_____ty *n.* the state or quality of being complicated or intricate and difficult to understand
149. co_____ct law *n.* a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law
150. retie the st____g and make it strong *n.* long, thin material used for tying things together, composed of several twisted threads
151. an_____c choir *adj.* resembling or having the qualities of an angel, such as purity, kindness, and gentle beauty; divine or heavenly; having an innocent, unspoiled appearance
152. high fr_____cy *n.* an ordered array of colors into which a light beam can be split
153. sw__l a population *v.* to become larger or more inflated; to become more intense or important

ANSWERS: 144. distinct, 145. symptom, 146. flexibility, 147. external, 148. complexity, 149. contract, 150. string, 151. angelic, 152. frequency, 153. swell

154. eff_____ss beauty *adj.* requiring little or no effort; not difficult or strenuous; easy to accomplish
155. in_____al organs *adj.* of or relating to the inside of something
156. control your mo_____ss *n.* a tendency to experience mood swings or to be easily affected by changes in mood
157. be___w out a song *v.* to shout or call out loudly and forcefully; to emit a deep, loud roar or sound; (noun) the deep roar or sound
158. ca_____te public sentiment *v.* to attract and hold the attention or interest of
159. the del_____te act of provocation *adj.* done with full consciousness of nature and effects rather than by accident
160. di_____ct difference *adj.* noticeable from something else of a similar type
161. el_____c body *adj.* flexible, resilient, or adaptable; (noun) a stretchy material or band that can be stretched and then returned to its original shape; something that is flexible and adaptable
162. w__p up a meeting *v.* to cover or enclose something entirely with paper, cloth, or other material
163. protection against vi_____on *n.* a continuous quick and slight shaking movement
164. tr_____te the emotion to a movement *v.* to convert or change words into another language
165. el_____te a dress *v.* to extend something in length; to lengthen, stretch out, or to make longer

ANSWERS: 154. effortless, 155. internal, 156. moodiness, 157. bellow, 158. captivate, 159. deliberate, 160. distinct, 161. elastic, 162. wrap, 163. vibration, 164. translate, 165. elongate

166. ou____gh the benefit *v.* to be heavier, more significant, or more critical than something
167. tes_____one enhancer *n.* a male hormone that is responsible for the development of male secondary sex characteristics
168. provide ac_____te information *adj.* correct and exact in all details
169. ou___w cloning of human cells *v.* to make something illegal; (noun) a person who has committed a crime or has been legally convicted of a crime
170. sw___l at room temperature *v.* to become larger or more inflated; to become more intense or important
171. th_____d medication *n.* a large gland in the neck that secretes hormones essential for regulating metabolism, growth, and other bodily functions
172. Doppler sh___t *n.* a slight transition in position, direction, or trend
173. narrowing of the la____x *n.* an organ in the top of the throat involved in breathing, producing sound
174. loss of muscle ti___e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
175. undergo a surgical pr_____re *n.* a way of doing something, especially the official or well-known way
176. neurotic sy_____ms *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

ANSWERS: 166. outweigh, 167. testosterone, 168. accurate, 169. outlaw, 170. swell, 171. thyroid, 172. shift, 173. larynx, 174. tissue, 175. procedure, 176. symptom

177. pub_____ce stage *n.* the state of being in the process of puberty or of developing secondary sexual characteristics; fine hair growing on certain parts of a plant, such as leaves or stems
178. electrical c__d *n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
179. an_____c face *adj.* resembling or having the qualities of an angel, such as purity, kindness, and gentle beauty; divine or heavenly; having an innocent, unspoiled appearance
180. st_____n joints *v.* to make or become stiff or rigid; to become inflexible or unyielding in one's attitude or behavior
181. ba_____ne budget *n.* a starting point or minimum for comparing facts; the back line bounding each end of a tennis or handball court
182. do l__g transplantation *n.* either of the two organs in the chest that people and some animals use for breathing
183. eff_____ss victory *adj.* requiring little or no effort; not difficult or strenuous; easy to accomplish
184. environmental det_____nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
185. inc_____le amount *adj.* unbelievable; enormous

ANSWERS: 177. pubescence, 178. cord, 179. angelic, 180. stiffen, 181. baseline, 182. lung, 183. effortless, 184. determinant, 185. incredible

186. st____h a story *v.* to make or be capable of making anything longer or broader without hurting or breaking
187. s__r a sauce *v.* to mix a liquid or substance by using a spoon or something similar; to cause to be agitated, excited, or roused
188. a low-pi__hed sound *n.* the property of sound that varies with variation in the frequency of vibration; the degree of a slope, especially of a roof; short presentation for selling or sharing something
189. st__t brain growth *n.* a feat or action that is often dangerous or difficult, designed to attract attention or admiration; something that blocks or impedes growth or development; (verb) to hinder or impede growth or development, especially in a physical or mental sense
190. major paradigm sh__t *n.* a slight transition in position, direction, or trend
191. co_____en production *n.* a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues
192. rich in nu___e *n.* a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.
193. ext_____ary weather *adj.* exceptional, unexpected, very unusual; surpassing the ordinary or usual

ANSWERS: 186. stretch, 187. stir, 188. pitch, 189. stunt, 190. shift, 191. collagen, 192. nuance, 193. extraordinary

194. el____c waistband *adj.* flexible, resilient, or adaptable; (noun) a stretchy material or band that can be stretched and then returned to its original shape; something that is flexible and adaptable
195. be___w at him far away *v.* to shout or call out loudly and forcefully; to emit a deep, loud roar or sound; (noun) the deep roar or sound
196. hom____us society *adj.* consisting of or composed of parts that are similar or identical in nature, kind, or character; uniform in structure or composition
197. t__e a piano *n.* a musical composition or set of musical notes that are played or sung; (verb) to adjust or set something to a specific condition or standard
198. me____se symptoms *n.* the natural cessation of menstruation and fertility in women, typically occurring between the ages of 45 and 55

ANSWERS: 194. elastic, 195. bellow, 196. homogeneous, 197. tune, 198. menopause

Session 3: Fill in the Blanks

1. The cold weather made my muscles _____ up.
v. to make or become stiff or rigid; to become inflexible or unyielding in one's attitude or behavior
2. We must consume dietary _____ to maintain good health.
n. thread or filament used to make a vegetable tissue, mineral material, or textile
3. The vehicle bounced along the _____ mountain road.
adj. not quite exact or correct; having or caused by an irregular surface
4. He did _____ pen-and-ink drawings in just a few days.
adj. involving a lot of different things or parts in a way that is difficult to understand or analyze
5. The train has to _____ rigorous safety checks.
v. to go through something unpleasant or that involves a change
6. The researcher separated the nervous _____ for microscopic examinations.
n. an ensemble of similar cells of the animal or plant that together carry out a specific function
7. 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
8. The _____ for applying for a visa can be lengthy and complicated.
n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 1. stiffen, 2. fiber, 3. rough, 4. complicated, 5. undergo, 6. tissue, 7. determinant, 8. process

9. The _____ of people who do not own property is politically impotent.
- n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
10. The _____ high-pitched singing voice was popular in Baroque and Classical music.
- n.* a male singer who has been castrated (= to remove the testicles of a male animal or person) before puberty to preserve a high, unbroken singing voice
11. The pond's _____ was around five feet.
- n.* the distance between the top and bottom of something; between the top surface and a distance below it
12. The dictator was known for his _____ and oppressive regime.
- adj.* feeling or showing pleasure in causing pain or suffering to others
13. The knee joint is supported by _____ which helps absorb shock and prevent bone damage.
- n.* a tough, elastic connective tissue that is found in various parts of the body, such as the joints, the outer ear, and the tip of the nose
14. The prime minister canceled visits to other countries to resolve _____ disputes.
- adj.* of or relating to the inside of something
15. The coach _____ at the players to run faster during practice.
- v.* to shout or call out loudly and forcefully; to emit a deep, loud roar or sound;
(noun) the deep roar or sound
16. The actor's _____ was so powerful that the audience was moved to tears.
- n.* a solo speech or performance given by one person, typically in a theatrical or storytelling context, and often used to reveal aspects of the speaker's thoughts, feelings, or backstory

ANSWERS: 9. mass, 10. castrato's, 11. depth, 12. cruel, 13. cartilage, 14. internal, 15. bellowed, 16. monologue

17. His _____ made it difficult for his coworkers to predict how he would react to things.

n. a tendency to experience mood swings or to be easily affected by changes in mood

18. The skin of a snake is remarkably _____ allowing it to slither through tight spaces.

adj. flexible, resilient, or adaptable; (noun) a stretchy material or band that can be stretched and then returned to its original shape; something that is flexible and adaptable

19. The dancer made her performance look _____ and graceful.

adj. requiring little or no effort; not difficult or strenuous; easy to accomplish

20. The mobile phone was still _____ even after being dropped.

adj. designed for or capable of a particular activity, purpose, or task; practical or ready for use or service

21. The yoga instructor told us to _____ our spines during the practice.

v. to extend something in length; to lengthen, stretch out, or to make longer

22. The onset of _____ can bring about various physical and emotional changes in women.

n. the natural cessation of menstruation and fertility in women, typically occurring between the ages of 45 and 55

23. The _____ model of the human body was used to teach medical students.

adj. of or relating to the structure of the body and its parts

24. The negotiations between the two countries were proceeding in a _____ manner.

adj. hesitant or wavering in speech or action; faltering; stopping or pausing repeatedly and intermittently

ANSWERS: 17. moodiness, 18. elastic, 19. effortless, 20. functional, 21. elongate, 22. menopause, 23. anatomical, 24. halting

25. The magician _____ the audience with his illusions.
v. to attract and hold the attention or interest of
26. The patient displays a _____ of a side effect.
n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
27. The doctor diagnosed me with a _____ disorder.
n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
28. During the flight, the wings of the plane _____.
v. to move or cause anything to move fast and in small increments from side to side
29. This area is _____ for its hot springs.
adj. famous and respected for great achievements, qualities, etc.
30. It is essential to keep these two issues _____.
adj. noticeable from something else of a similar type
31. She _____ the door shut, angry at the person on the other side.
v. to shut a door or window noisily; to strike something violently or noisily
32. The soprano performed an emotional _____ that brought the audience to tears.
n. a song that is performed solo by a singer in an opera or oratorio, often with instrumental accompaniment

ANSWERS: 25. captivated, 26. symptom, 27. hormone, 28. vibrate, 29. renowned, 30. distinct, 31. slammed, 32. aria

33. Despite its advanced science and technology, the empire was _____ about invasion.

adj. done with full consciousness of nature and effects rather than by accident

34. The band played a beautiful _____ on their instruments.

n. a musical composition or set of musical notes that are played or sung; (verb) to adjust or set something to a specific condition or standard

35. Her voice gradually increased in _____.

n. the property of sound that varies with variation in the frequency of vibration; the degree of a slope, especially of a roof; short presentation for selling or sharing something

36. We must _____ a new system to streamline our workflow and increase efficiency.

v. 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

37. The dead body was in an advanced state of _____.

n. the process or state of rotting or decomposition by natural causes such as the action of bacteria and fungi; (verb) to rot or decompose through natural causes

38. Some herds have been observed to _____ hundreds of kilometers.

v. to make or be capable of making anything longer or broader without hurting or breaking

39. The majority of consumers _____ this brand with quality.

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

ANSWERS: 33. deliberate, 34. tune, 35. pitch, 36. develop, 37. decay, 38. stretch, 39. associate

40. An underactive _____ can lead to weight gain and fatigue.
n. a large gland in the neck that secretes hormones essential for regulating metabolism, growth, and other bodily functions
41. The population in the rural area was very _____ with everyone having the same cultural and ethnic background.
adj. consisting of or composed of parts that are similar or identical in nature, kind, or character; uniform in structure or composition
42. His arm was _____ from the insect bite.
v. to become larger or more inflated; to become more intense or important
43. Her body felt _____ after sitting at her desk for hours without moving.
adj. not easily bent, flexible, or pliable; difficult to move or be maneuvered; difficult to relax; having a heavy or formal manner
44. Smoking significantly increases the risk of _____ cancer.
n. an organ in the top of the throat involved in breathing, producing sound
45. Daily exercise and adequate sleep are necessary to prevent the progression of _____.
n. a decrease in size of a muscle, organ, etc., caused by disease or disuse
46. This container has a _____ of 10 cubic meters.
n. the amount of space occupied by an object or substance; the magnitude of sound
47. This accident _____ a dark shadow over their lives.
v. to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process

ANSWERS: 40. thyroid, 41. homogeneous, 42. swelling, 43. stiff, 44. larynx, 45. atrophy, 46. volume, 47. cast

48. Topics related to that war may _____ up a political hornets' nest.
- v.* to mix a liquid or substance by using a spoon or something similar; to cause to be agitated, excited, or roused
49. The oscillator hunts for the correct _____.
- n.* an ordered array of colors into which a light beam can be split
50. The daredevil attempted a dangerous _____ by jumping off a tall building with a parachute.
- n.* a feat or action that is often dangerous or difficult, designed to attract attention or admiration; something that blocks or impedes growth or development; (verb) to hinder or impede growth or development, especially in a physical or mental sense
51. The project's _____ made it difficult for the team to complete it on time.
- n.* the state or quality of being complicated or intricate and difficult to understand
52. The corporation _____ dominated the entire tobacco business.
- adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
53. Your spinal _____ is located deep within your body.
- n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
54. She wore a _____ of pearls around her neck.
- n.* long, thin material used for tying things together, composed of several twisted threads
55. Some communities began to _____ alcohol consumption.
- v.* to make something illegal; (noun) a person who has committed a crime or has been legally convicted of a crime

ANSWERS: 48. stir, 49. frequency, 50. stunt, 51. complexity, 52. eventually, 53. cord, 54. string, 55. outlaw

56. Could you help me _____ some furniture?

n. a slight transition in position, direction, or trend

57. The shark's powerful _____ allowed it to swim at high speeds.

n. a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance

58. The statement had a _____ impact on house prices.

adj. very sudden, very excellent, or full of action and excitement

59. _____ the bandage tightly around the injured arm.

v. to cover or enclose something entirely with paper, cloth, or other material

60. The advantages would undoubtedly _____ the disadvantages.

v. to be heavier, more significant, or more critical than something

61. The scientist conducted a study that provided _____ details about the species' behavior.

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

62. Her response revealed _____ idiocy.

adj. unbelievable; enormous

63. He narrated the _____ story of his adventure.

adj. exceptional, unexpected, very unusual; surpassing the ordinary or usual

64. I had an _____ feeling that I might be pregnant.

adj. obtained through feelings rather than facts or proof

ANSWERS: 56. shift, 57. fins, 58. dramatic, 59. Wrap, 60. outweigh, 61. specific, 62. incredible, 63. extraordinary, 64. intuitive

65. The painter has tried to express every _____ of the woman's expression in his work.
- n.* a subtle or slight degree of difference in appearance, meaning, sound, someone's feeling, etc.
66. His voice had a deep _____.
- n.* the quality of sound that is produced by particular voices or musical instruments sounds different from each other
67. She loves going to the _____ house and hearing the beautiful music.
- n.* a drama set to music, in which the words are sung rather than spoken
68. Certain medical conditions can cause _____ loss, weakening tissue and organ function.
- n.* a fibrous protein that is a major component of elastic connective tissue in the body, such as in the skin, lungs, and arteries
69. _____ the text from Italian into English.
- v.* to convert or change words into another language
70. Some young people may experience anxiety or depression due to changes during _____.
- n.* the state of being in the process of puberty or of developing secondary sexual characteristics; fine hair growing on certain parts of a plant, such as leaves or stems
71. The products they sell are the _____ for performance in the industry.
- n.* a starting point or minimum for comparing facts; the back line bounding each end of a tennis or handball court

ANSWERS: 65. nuance, 66. timbre, 67. opera, 68. elastin, 69. Translate, 70. pubescence, 71. baseline

72. Rainfall in the tropics is highly _____.

adj. likely to change or vary often; (noun) a symbol, like x or y, that is used in mathematical or logical expressions to represent a value that may be changed

73. Inhaling irritants can cause inflammation of the _____ and lead to coughing.

n. the tube-like structure in the body through which air moves from the larynx (= a part of the human respiratory system located in the neck region) to the bronchi (= part of the respiratory system and are responsible for conducting air into the lungs), also known as the windpipe

74. Management must take _____ responsibility for the accident.

adj. furthest or highest in degree or order

75. We dealt with those problems with speed and _____.

n. the quality of changing or being changed easily according to new conditions or situations

76. When the body temperature drops, _____ secretion fails.

n. a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc.

77. He that would eat the kernel must _____ the nut.

v. to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking

78. The company signed a _____ with the supplier for the delivery of goods.

n. a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law

79. The _____ of the sound waves determines the volume of the music.

n. the extent or magnitude of something; the volume or intensity of a sound wave or signal

ANSWERS: 72. variable, 73. trachea, 74. ultimate, 75. flexibility, 76. mucus, 77. crack, 78. contract, 79. amplitude

80. The pilot and flight attendant ran through the check-out _____.
- n.* a way of doing something, especially the official or well-known way
81. When a company discloses information to the market, an _____ auditor verifies them.
- adj.* belonging to or situated outside of someone or something
82. He has terminal _____ cancer.
- n.* either of the two organs in the chest that people and some animals use for breathing
83. In this culture, men are initiated when they reach _____.
- n.* the process of a person's physical changes through which their sexual organs develop and become capable of reproduction
84. The thunder _____ in the distance.
- v.* to make a low, heavy continuous sound
85. _____ displaced part of the mechanism.
- n.* a continuous quick and slight shaking movement
86. Training with sufficient intensity increases blood _____ levels.
- n.* a male hormone that is responsible for the development of male secondary sex characteristics
87. The high-technology industry is enjoying a _____.
- n.* a sudden increase in economic activity, or a sudden happening that brings good fortune; a deep, loud, and prolonged sound

ANSWERS: 80. procedure, 81. external, 82. lung, 83. puberty, 84. rumbled, 85. Vibration, 86. testosterone, 87. boom

88. The _____ mountains make the city difficult to be invaded.

adj. that is near or around, or closely encircling something

89. I had to undergo surgery to remove a polyp on my _____ cartilage.

adj. relating to or located near the small cartilages in the larynx that control the opening and closing of the vocal cords

90. He was _____ gifted.

adv. as might be expected; by natural manners

91. This electronic _____ is required to undergo periodic inspections to ensure precision.

n. an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work

92. He suffers from _____ breakdowns.

adj. worried and anxious about something; relating to the nerves

93. The singer's _____ voice brought tears to the audience's eyes.

adj. resembling or having the qualities of an angel, such as purity, kindness, and gentle beauty; divine or heavenly; having an innocent, unspoiled appearance

94. Our natural _____ production decreases as we age, leading to wrinkles, sagging skin, and joint pain.

n. a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues

95. Loud noises might harm the fragile ear _____.

n. a soft, thin layer that forms animal or vegetable tissue

ANSWERS: 88. surrounding, 89. arytenoid, 90. naturally, 91. instrument, 92. nervous, 93. angelic, 94. collagen, 95. membrane

96. The _____ in the road caused several accidents and had to be repaired immediately.
- n.* something that bulges out or sticks out from a surface or body; a projection that is visible from the outside
97. The _____ train was packed with commuters during rush hour.
- n.* a cylindrical container of metal, plastic, glass, etc., usually sealed and used as a means of preserving food or chemicals; a hollow cylindrical shape
98. The official transcript contains _____ academic records.
- adj.* correct and exact in all details
99. The content is _____ and informative for me.
- adj.* sharply exact or accurate or delimited

ANSWERS: 96. protrusion, 97. tube, 98. accurate, 99. precise