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Vocabulary Builder Reference from...

Gastón Acurio: Can home cooking change the world?

| TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

ugly

adj. unattractive in appearance; unpleasant to look at

synonym: unattractive, unsightly, repulsive

(1) an **ugly** sound, (2) **ugly** building

The **ugly** truth was that he had been lying to her for months.

violent

adj. involving or caused by physical force or aggression against someone or something

synonym: aggressive, intense, turbulent

(1) victim of a **violent** crime, (2) **violent** incident

The protesters became **violent** when the police tried to disperse them.

intolerant

adj. the inability or refusal to accept or respect views, beliefs, or behavior that differ from someone's own; unable to eat food without adverse effects

synonym: failure, impotence, shortcoming

(1) an **intolerant** person, (2) **intolerant** of criticism

His **intolerant** attitude towards other cultures made it difficult for him to get along with others.

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.

infallible

adj. incapable of making mistakes or being wrong; never failing; always accurate

synonym : certain, flawless, faultless

(1) **infallible** leadership, (2) **infallible** plan

The CEO's business strategy was built on **infallible** market analysis and forecast.

nutritional

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

synonym : nourishing, healthy, wholesome

(1) **nutritional** supplement, (2) bit of **nutritional** yeast

The **nutritional** value of the food should be clearly labeled on the packaging.

emotional

adj. relating to people's feelings

synonym : affecting, impactful, impressive

(1) **emotional** health, (2) **emotional** distress

Human **emotional** responses vary widely depending on the society to which they belong.

environment

n. the natural world such as air, water, and land in which humans, animals, and plants live

synonym : atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

well-being

n. the state of being happy and healthy and prosperous

synonym : health, welfare, happiness

(1) the **well-being** of a nation, (2) a sense of **well-being**

We are responsible for the care and **well-being** of all our employees.

planet

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

synonym : earth, world, globe

(1) **planet** like the Earth, (2) save the **planet**

Mercury is the closest **planet** to the sun.

aristocratic

adj. relating to or characteristic of the aristocracy (= the most powerful class of society); noble or aristocratic in manner or appearance

synonym : noble, titled, patrician

(1) **aristocratic** titles, (2) **aristocratic** government

The **aristocratic** family had a long history of wealth and privilege.

viceroi

n. a governor appointed to rule a country or province in the name of a monarch

synonym : governor, regent, ruler

(1) the position of **viceroi**, (2) appointed **viceroi**

The notable **viceroi** ruled over the colony on behalf of the king.

historic

adj. famous or significant in history, or potentially so

synonym : memorable, momentous, historical

(1) **historic** accomplishment, (2) achieve the **historic** feat

The Chinese people have accomplished several **historic** feats.

confrontational

adj. characterized by a readiness to confront others, particularly in a challenging or aggressive manner; inclined to argue or disagree rather than compromise or find common ground

synonym : antagonistic, combative, bellicose

(1) **confrontational** approach, (2) **confrontational** personality

Her **confrontational** attitude caused tension in the workplace.

descendant

n. children or offspring of a specific person, plant, or animal
synonym: child, offspring, heir

(1) **descendant** of a pioneer, (2) third-generation
descendant

Those warriors' **descendants** are still skilled archers.

diverse

adj. including numerous categories of individuals or entities;
various

synonym: manifold, various, myriad

(1) **diverse** backgrounds, (2) a person of **diverse** talents
New York is a city with a **diverse** ethnic population.

background

n. the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem

synonym: ground, experience, backdrop

(1) a **background** color, (2) a criminal **background**

The company's hiring criteria emphasize personality, not a person's **background**.

prosperous

adj. successful financially or materially; bringing success or good fortune

synonym: successful, thriving, affluent

(1) **prosperous** weather, (2) **prosperous** nation

The company decided to invest in a **prosperous** industry.

Cantonese

n. a dialect of Chinese spoken in and around the city of Guangzhou (Canton) in southern China, as well as by many overseas Chinese communities;

synonym: Chinese dialect, Guangdong dialect, Yue dialect

(1) **Cantonese-style** roast duck, (2) **Cantonese** dialect

She took **Cantonese** classes to communicate better with her Chinese colleagues.

pastry

n. a baked food made of flour, fat, water, and sometimes eggs, sugar, and other ingredients, used as a base or casing for sweet or savory dishes

synonym : bakery, baked goods, sweet treats

(1) **pastry** chef, (2) fruit **pastry**

The chef's specialty is a savory **pastry** with spinach and feta cheese.

chef

n. a cook, especially the chief cook in a restaurant or hotel

synonym : cook, culinary artist, gastronomer

(1) **chef** knife, (2) master **chef**

The **chef** at the restaurant was known for his creative and delicious dishes.

decide

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym : choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

discovery

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

synonym : finding, uncovering, detection

(1) a scientific **discovery**, (2) the great **discovery** of the century

Her research team made an important **discovery**.

risotto

n. an Italian dish made with a type of rice called Arborio, or other short-grain rice, cooked in broth until it reaches a creamy consistency, often combined with various ingredients such as vegetables, seafood, or cheese

(1) **risotto** recipe, (2) asparagus **risotto**

The creamy **risotto** was a delicious dish that satisfied even the pickiest eaters.

soy

n. a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed

(1) **soy** allergy, (2) **soy** milk

Many people use **soy** sauce for sushi, stir-fries, and marinades.

sauce

n. a liquid or semi-solid food served on or used in preparing other foods

synonym: condiment, gravy, dressing

(1) a flavorful **sauce**, (2) soy **sauce**

The pasta dish was served with a rich tomato **sauce**.

cuisine

n. the style of cooking characteristic of a particular country, region, or establishment

synonym: meal, cooking, gastronomy

(1) bistro-style **cuisine**, (2) **cuisine** taste

Italian **cuisine** is known for its use of fresh ingredients and bold flavors.

magical

adj. produced by or containing supernatural powers

synonym: enchanting, occult, supernatural

(1) **magical** place, (2) **magical** powers

When I was a child, my mother often cast **magical** spells to ease my pain whenever I was injured.

seal

v. to close or fasten an envelope, etc. securely; (noun) a large marine mammal that chiefly lives in cold regions and comes on shore to breed

synonym: enclose, shut, close

(1) **seal** a hole, (2) a fur **seal**

He **sealed** the letter with hot wax.

ghetto

n. an area of a city in which members of a particular group, typically an ethnic minority, usually live in poverty and with a high population density

synonym: slum, shantytown, inner city

(1) **ghetto** apartments, (2) **ghetto** school

The residents of the **ghetto** faced poverty and discrimination.

separate

v. to force, take, or pull apart; mark as different

synonym: disunite, isolate, ramify

(1) **separate** video into chapter, (2) **separate** cream from milk

We need to **separate** the aspect of his personality from the part of his competence when making an investment decision.

integrate

v. to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups

synonym: mix, merge, combine

(1) **integrate** into the existing system, (2) **integrate** both businesses

He found that it is difficult to **integrate** socially.

bountiful

adj. abundant or plentiful, often used to describe a source of food, wealth, or other resources

synonym: abundant, plentiful, generous

(1) **bountiful** compliments, (2) **bountiful** blessings

The farmer's land was **bountiful** and produced a large harvest.

embrace

v. to accept something willingly and enthusiastically;
(noun) the act of clasping another person in the arms as in greeting or affection

synonym: grasp, hold tightly, accept

(1) **embrace** an opportunity, (2) a warm **embrace**

The woods **embrace** the house.

diversity

n. the quality or fact of many different types of things or people being included in something; a range of different things or people

synonym: variety, multiplicity, variousness

(1) the **diversity** policy of the university, (2) lingual **diversity**

He was impressed by the range and **diversity** of the collection.

fortune

n. a large amount of money or property; chance or luck as an unknown and arbitrary force affecting human affairs

synonym: wealth, affluence, assets

(1) ill **fortune**, (2) bit of good **fortune**

Capitalism guarantees the right of ownership of personal **fortune**.

convinced

adj. completely certain about something; having a strong belief or conviction in a particular religion

synonym: confident, positive, indoctrinated

(1) **convinced** of the idea, (2) **convinced** criminal

The public is **convinced** that the prime minister has committed fraud.

influence

n. the ability to affect someone's or something's character, growth, or behavior, or the effect itself

synonym: power, leverage, effect

(1) **influence** a child's future, (2) **influence** the daily life

The former emperor had a particular **influence** even after he abdicated.

haute

n. a French term meaning "high" or "elevated," often used in the context of haute couture, referring to high-end fashion or custom-made clothing

synonym: high, elegant, fashionable

(1) **haute** cuisine, (2) **haute** décor

She looked stunning in her **haute** couture gown, turning heads at the glamorous event.

prefer

v. to like, choose, or want one thing or person better than another

synonym: choose, like, favor

(1) **prefer** physics to chemistry, (2) **prefer** a window seat

The birds **prefer** open water areas with reeds around them.

fulfill

v. to meet the requirements or expectations; to achieve or realize

synonym : satisfy, complete, accomplish

(1) **fulfill** a contract, (2) **fulfill** a lifetime dream

It was the first time for her, but she **fulfilled** the role of Priest.

doe

n. a mature female of mammals of which the male is called a buck, such as a deer or a rabbit

synonym : rabbit, bunny, hare

(1) **doe** rabbit, (2) buck and **doe**

Hunters use a whistle that makes the **doe** sound to lure stags.

germ

n. a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one

synonym : bacterium, microbe, pathogen

(1) antibiotic-resistant **germ**, (2) a **germ-free** environment

The **germ** of his idea came from watching birds flying in flocks.

economy

n. the system by which a country or region produces, manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

synonym : finance, trade, business

(1) **economy** of scale, (2) **economy** class

The **economy** of the country is struggling due to the recent political instability.

steady

adj. firmly fixed, supported, or balanced; not shaking or moving

synonym : stable, solid, secure

(1) **steady** increase, (2) take a **steady** job

The patient's vital signs are **steady**, indicating a stable condition.

defeat

v. to win against somebody in a fight, war, or attempt
synonym: conquer, beat, overpower

(1) **defeat** a global power, (2) **defeat** body odor

Despite his best efforts, he was unable to **defeat** the enemy.

shining

adj. giving off or reflecting light; bright, glistening, or gleaming; characterized by impressive accomplishments or excellence

synonym: sparkling, gleaming, radiant

(1) **shining** star, (2) **shining** example

The **shining** sun reflected off the calm ocean water.

ego

n. a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one

synonym: self-esteem, personality, psyche

(1) **ego** defense mechanisms, (2) national **ego**

She was constantly trying to boost her **ego** by talking about her accomplishments.

distrust

n. a lack of trust or confidence in someone or something

synonym: suspicion, doubt, misgiving

(1) **distrust** in politics, (2) growing **distrust**

The employee's consistent tardiness and lack of accountability made her coworkers develop **distrust** in her abilities.

competition

n. a situation in which someone is attempting to beat or outperform another

synonym: contest, match, fight

(1) the first round of the **competition**, (2) intraspecific **competition**

Global **competition** is rising in virtually every industry.

fishery

n. an area of water where fish are caught in large quantities for living; a business or practice of catching and selling fish

synonym: fishing, piscary, angling

(1) **fishery** management, (2) commercial **fishery**
The majority of the people on the island are **fishery** folk.

pacific

adj. peaceful in character or intent; tending to lessen or avoid conflict; calm or soothing in manner or tone;
(noun, as "Pacific") the largest and deepest of Earth's oceanic divisions

synonym : calm, peaceful, tranquil

(1) **pacific-natured** disposition, (2) the **Pacific** Ocean
They adopted a **pacific** approach to resolving their differences, emphasizing dialogue and understanding.

appreciate

v. to value and acknowledge the worth of someone or something; to be grateful for something or someone

synonym : acknowledge, admire, enjoy

(1) **appreciate** her feedback, (2) **appreciate** the value
We would **appreciate** an early reply.

movement

n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

synonym : motion, progression, action

(1) a circular **movement**, (2) **movement** of troops
The **movement** of the dancers on stage was graceful and elegant.

envision

v. to imagine or expect what a situation will be like in the future

synonym : anticipate, foresee, picture

(1) **envision** the future, (2) **envision** the project's success
We cannot **envision** her as President.

opportune

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

synonym : suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

mutual

adj. common to or shared by two or more parties

synonym : shared, common, joint

(1) share of a **mutual** fund, (2) **mutual** efforts

They cooperated for their **mutual** benefit.

transcendentalism

n. a philosophical and literary movement of the mid-19th century that emphasized the spiritual and intuitive over the empirical and rational; valued individualism, nonconformity, and a connection with nature; prominent figures included Ralph Waldo Emerson and Henry David Thoreau

synonym : mysticism, spirituality

(1) modern **transcendentalism**, (2) **transcendentalism** movement

The belief in individualism was a cornerstone of **transcendentalism** philosophy.

seductive

adj. tempting or alluring attractively or persuasively; often used to describe a person, behavior, or idea that is intended to lure or entice someone into a specific action or belief

synonym : alluring, tempting, enticing

(1) a **seductive** smile, (2) **seductive** behavior

The actor's **seductive** gaze drew the audience's attention on stage.

transform

v. to change in outward structure or looks;

synonym : alter, convert, change

(1) **transform** an education system, (2) **transform** heat into power

My father's death **transformed** my life completely.

vibrant

adj. full of energy, life, and enthusiasm

synonym : animated, dynamic, deep

(1) a city **vibrant** with life, (2) variety of **vibrant** colors

A **vibrant** private sector is crucial for economic growth.

embassy

n. the diplomatic building where a country's representatives to a foreign country are based

synonym : consulate, mission, legation

(1) **embassy** staff, (2) **embassy** function

The **embassy** building was heavily guarded by security personnel.

promote

v. to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank

synonym : boost, raise, advertise

(1) **promote** a better relationship, (2) **promote** bad behavior

The government should do more to **promote** sustainable agribusiness.

convincing

adj. able to make someone believe that something is true

synonym : clear, compelling, believable

(1) a **convincing** victory, (2) **convincing** biochemical explanation

I found her assertion pretty **convincing**.

crazy

adj. stupid or not sensible; very angry

synonym : insane, absurd, bizarre

(1) **crazy** about cars and racing, (2) a **crazy** scheme

The rain and thunder are **crazy** today.

utopian

adj. ideal and perfect; relating to or resembling a utopia (= an ideal and perfect society)

synonym : idealistic, perfectionistic, unrealistic

(1) **utopian** society, (2) **utopian** goal

He had a **utopian** vision of a world without war.

insignificant

adj. of little importance, influence, or power

synonym : unimportant, trivial, irrelevant

(1) **insignificant** amount, (2) an **insignificant** mistake
He made me feel small and **insignificant**.

nation

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

synonym: country, state, sovereign entity

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

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

presence

n. the fact or state that someone or something exists, occurs, or is present

synonym: existence, actuality, fact

(1) the evidence of the **presence**, (2) his majestic **presence**

The path to a solid online **presence** necessitates a high technical ability.

doubt

n. a feeling of being uncertain about something, especially about how good or accurate it is

synonym: distrust, suspect, mistrust

(1) dispel **doubts**, (2) no **doubt** about the news

Doubt is the start, not the end, of intelligence.

hotspot

n. a place or area, typically a location or region, that is known for having an unusually high number of a particular phenomenon, such as disease, activity, or popularity

synonym: epicenter, cluster, outbreak

(1) covid-19 **hotspot**, (2) geographic **hotspot**

The airport is a **hotspot** for tourists and travelers from around the world.

virtue

n. high moral standards in behavior or attitudes

synonym: integrity, probity, goodness

(1) **virtue** of frugality, (2) acquire a **virtue**

She had many good **virtues** and few faults.

gastronomy

n. the art or science of preparing and serving good food; the study of food and its relationship to culture and society

synonym : culinary art, cuisine

(1) **gastronomy** tour, (2) French **gastronomy**

The city has many restaurants that showcase the diversity of **gastronomy** worldwide.

achieve

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

synonym : accomplish, attain, reach

(1) **achieve** success, (2) **achieve** milestones

I will work hard to **achieve** my goals and realize my dreams.

confidence

n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

synonym : self-trust, certainty, belief

(1) **confidence** as a teacher, (2) boost my **confidence**

Skill and **confidence** are an unconquered army.

identity

n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another

synonym : character, personality, individuality

(1) mistaken **identity**, (2) **identity** as an individual

The terrorist's **identity** remains unknown.

recognize

v. to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

synonym : acknowledge, identify, admit

(1) **recognize** talent, (2) **recognize** achievement

It's important to **recognize** your strengths and weaknesses.

deny

v. to state that one refuses to admit the existence or truth of something

synonym : refute, reject, repudiate

(1) adamantly **deny** killing, (2) **deny** the allegations

He is still **denying** stealing the money from the cash register.

origin

n. the first existence or beginning of something

synonym : root, source, ancestor

(1) **origin** of information, (2) racial **origin**

There are various hypotheses concerning the **origin** of life.

celebrate

v. to acknowledge a memorable or good day or event with a social gathering or enjoyable activity

synonym : praise, glorify, honor

(1) **celebrate** his election, (2) **celebrate** Christmas

He **celebrated** the 10th anniversary of his tenure.

multicultural

adj. relating to or characterized by several cultures (= beliefs, languages, customs, traditions, etc.)

synonym : diverse, varied, inclusive

(1) **multicultural** society, (2) **multicultural** education

The school is known for its **multicultural** student body.

emphasize

v. to give or show particular importance to something

synonym : highlight, accentuate, stress

(1) **emphasize** her words, (2) **emphasize** a direct relationship

Use italics or capitals to **emphasize** a word in a piece of writing.

industrial

adj. of or relating to or resulting from industry

synonym : manufacturing, mechanical

(1) beginning of the **industrial** revolution, (2) **industrial** alcohol

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

revolution

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

synonym: coup, innovation, rebellion

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

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

prompt

v. to make someone decide to or try to do something, or to make something happen

synonym: actuate, inspire, incite

(1) **prompt** a feeling of hunger, (2) **prompt** a debate

That incident **prompted** a nationwide chain reaction regarding the crackdown on illegal groups.

consume

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

synonym: absorb, ingest, use up

(1) **consume** a large of alcohol, (2) **consume** electricity

A smaller car will **consume** less fuel.

ingredient

n. one of the things used to make something, especially one of the foods used to make a particular dish

synonym: element, component

(1) secret **ingredients**, (2) compound the **ingredients**

Greed is the primary **ingredient** in the making of criminals.

culminate

v. to reach a peak or climax

synonym: end, finish, conclude

(1) **culminate** in a heart attack, (2) **culminate** in failure

The event will **culminate** in a grand fireworks display.

obesity

n. the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.

synonym: overweight, corpulence, fattiness

(1) **obesity-related** diseases, (2) suffer from **obesity**

The prevalence of **obesity** has increased significantly in recent years.

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.

suicide

n. the act of killing yourself intentionally

synonym: self-destruction, self-annihilation, felo-de-se

(1) commit **suicide**, (2) **suicide** attack

In an economically prosperous country, most male **suicide** is due to child support problems.

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**.

anemia

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

synonym: bloodlessness, pallor, weakness

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

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

export

v. to send goods or services to another country for sale; to transfer electronic data out of a database or document in a format that other programs can use

synonym: ship, send, transfer

(1) **export** goods, (2) **export** the data

The country **exports** a large amount of agricultural products.

destroy

v. to ruin or damage severely or completely; to eradicate or eliminate completely

synonym: demolish, ruin, obliterate

(1) **destroy** the ecosystem, (2) **destroyed** evidence

The building was **destroyed** in the fire and had to be rebuilt.

overfish

v. to deplete fish populations beyond sustainable levels through excessive or unregulated fishing practices, leading to environmental and economic consequences

synonym: deplete, exhaust, drain

(1) **overfish** the coral reefs, (2) **overfish** certain areas

Scientists warn that many species could face extinction if we continue to **overfish** our oceans.

decision

n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

synonym: choice, determination, judgment

(1) **decision** authority, (2) a selfish **decision**

She was struggling to make a **decision** between two job offers.

balance

n. a condition in which everything has the same weight or force; something left after other parts have been taken away

synonym: equilibrium, counterpoise, remainder

(1) the **balance** of power, (2) asset on the company's **balance** sheet

Try to keep a **balance** between work and off.

harmony

n. the combination of simultaneous musical notes to produce a pleasing effect; an attractive combination of related things and their properties

synonym : balance, accord, congruence

(1) a **harmony** of colors, (2) break a **harmony**

We worked in perfect **harmony**.

industrious

adj. hardworking, diligent, and persistent in effort

synonym : diligent, hardworking, assiduous

(1) **industrious** worker, (2) **industrious** student

He was known to be very **industrious** and would often work late into the night.

universal

adj. existing or affecting everywhere or everyone

synonym : common, broad, worldwide

(1) **universal** life, (2) principles of **universal** design

The picture earned near- **universal** acclaim from critics.

massive

adj. enormous amount; very heavy and solid

synonym : enormous, giant, immense

(1) **massive** amounts, (2) **massive** stars

The recent economic downturn has resulted in **massive** layoffs.

relay

v. to receive and pass something, such as information or a message, from one person or group to another; to broadcast something on television, radio, etc.

synonym : pass on, transmit, broadcast

(1) **relay** a scene, (2) **relay** a request

Please **relay** the news to the world.

balanced

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

synonym : equitable, congruous, flat

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

We conducted a **balanced** assessment of intellectual and

cultural history.

inequality

n. the unfairness of a society in which some people have more opportunity, money, etc. than others;
(mathematics) relation between two values when they are different

synonym: imbalance, prejudice, unfairness

(1) **inequality** in salary, (2) algebraic **inequality**

There are several causes of economic **inequality** within societies.

disease

n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

synonym: illness, ailment, affliction

(1) **disease** prevention, (2) **disease** control

The doctor diagnosed him with a rare **disease** that had no known cure.

convince

v. to persuade someone or make someone believe that something is true

synonym: persuade, win over, convert

(1) **convince** her to go with us, (2) **convince** an opponent

I am considering what I should do to **convince** him.

politician

n. a person who is a member of a government or law-making organization, especially as an elected member of parliament, etc.

synonym: congressperson, lawmaker, legislator

(1) a **politician** in the ruling party, (2) a corrupt **politician**

The **politician** lost his position in the end due to the scandal.

policy

n. a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective

synonym:

strategy, plan, guideline

(1) health **policy**, (2) foreign **policy**

The company's new **policy** on remote work has made it a more inclusive workplace.

government

n. the group of people with authority to control a country or state

synonym: administration, regime, state

(1) **government** bureaucracy, (2) **government** funding

The federal **government** is planning to increase taxes for the next fiscal year.

barber

n. a person who cuts men's hair and shaves beards as a profession; a shop or establishment where such services are offered

synonym: hairdresser, stylist, shaver

(1) favorite **barber**, (2) **barber** pole

The **barber** shop was closed on Monday, much to the disappointment of many customers.

sustainable

adj. able to continue or be continued for a long time

synonym: continuable, enduring, tolerable

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

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

agriculture

n. the practice or science of cultivating the land or raising stock

synonym: farming, husbandry, agribusiness

(1) organic **agriculture**, (2) intensive **agriculture**

Agriculture is the foundation of our economy.

delicious

adj. exceptionally pleasing to taste or smell

synonym: appetizing, mouthwatering, delectable

(1) **delicious** breeze, (2) variety of **delicious** foods

We could grill the meat in a **delicious** way.

plaza

n. a public square, marketplace, or similar open area in a town, especially in Spanish-speaking countries

synonym: park, square, center

(1) main **plaza**, (2) memorial **plaza**

Three young men were busking in the shopping **plaza**.

avenue

n. a wide road in a town or city, especially with trees or tall buildings on both sides; a line of approach

synonym: artery, roadway, street

(1) an **avenue** of poplars, (2) an **avenue** to success

They explored every **avenue** they could think of.

luxurious

adj. characterized by or affording something excessively expensive; rich and comfortable

synonym: opulent, sumptuous, rich

(1) **luxurious** spa, (2) **luxurious** lifestyle

She was living in a **luxurious** apartment in the city.

capricious

adj. given to sudden and unaccountable changes of mood or behavior; unpredictable; governed by a whim or fancy

synonym: volatile, unpredictable, whimsical

(1) **capricious** decisions, (2) **capricious** mood

The **capricious** weather made it difficult to plan outdoor activities.

negative

adj. having the quality of something bad or harmful; expressing refusal

synonym: minus, adverse, pessimistic

(1) have a **negative** effect, (2) a **negative** number

The movie has received almost universally **negative** criticism.

excessive

adj. greater than what seems necessary, normal, or desirable

synonym: unreasonable, exorbitant, inflated

(1) an **excessive** force, (2) take **excessive** care
It would be best if you did not demand such an **excessive** charge.

consumption

n. the amount used or eaten; the act of using up a resource such as energy, food, or materials

synonym: usage, uptake, utilization

(1) average fuel **consumption**, (2) the **consumption** of food

In our country, water **consumption** usually decreases during the winter.

coherent

adj. logical and consistent; (noun) the quality of being clear and easy to understand

synonym: logical, consistent, clear

(1) a **coherent** explanation, (2) create a **coherent** system
His writing was well-structured and **coherent**.

discourse

n. any form of communication in speech or writing

synonym: discussion, dialogue, communication

(1) hold **discourse** with him, (2) a **discourse** about art
Sweet **discourse** makes short days and nights.

tradition

n. a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society

synonym: custom, practice, ritual

(1) a **tradition** of a culture, (2) against **tradition**
It is a **tradition** in many families to have a big Thanksgiving dinner with all their relatives.

craftsman

n. a skilled worker who creates handmade objects, especially one who works with wood, metal, or other materials

synonym: artisan, mechanic, workman

(1) **craftsman** skill, (2) a subtle **craftsman**

The adept **craftsman** carefully carved the wooden figurine with precision and skill.

inhabitant

n. a person or an animal that lives in a particular place

synonym: dweller, occupant, resident

(1) the early **inhabitants** of Europe, (2) **inhabitant** tax
His family is the oldest **inhabitant** of the island.

prosperity

n. the state of being successful and having the good fortune

synonym: affluence, accomplishment, capital

(1) economic **prosperity**, (2) **prosperity** of humankind
This war shattered dreams of peace and **prosperity**.

communal

adj. belonging to or used by a group rather than individuals; for common use

synonym: collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

Communal elections were held in several European countries.

recuperate

v. to recover, heal, or regain health, strength, or well-being after an illness, injury, or period of stress or exhaustion

synonym: heal, recover, recuperate

(1) **recuperate** from illness, (2) **recuperate** lost data

After surgery, it's important to rest and **recuperate** before returning to your normal activities.

moreover

adv. indicating that what follows is an additional or supplementary point; furthermore; in addition to what has been said before

synonym: furthermore, besides, in addition

(1) **moreover**, she decided to go, (2) but **moreover**, they work well together

The company is environmentally conscious, and **moreover**, it

uses sustainable materials in its products.

recover

v. to return to a former condition, health, mind, or strength
synonym: come back, convalesce, heal

(1) **recover** a loss, (2) **recover** approval ratings

She is still **recovering** from a shot to her shoulder.

Session 2: Spelling

1. bo_____ul blessings
adj. abundant or plentiful, often used to describe a source of food, wealth, or other resources
2. cap_____us decisions
adj. given to sudden and unaccountable changes of mood or behavior; unpredictable; governed by a whim or fancy
3. against tr_____on
n. a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
4. mistaken id_____ty
n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
5. nut_____al supplement
adj. of or relating to the substance required by the body to maintain health and growth
6. racial or____n
n. the first existence or beginning of something
7. ma_____l powers
adj. produced by or containing supernatural powers
8. beginning of the industrial
rev_____on
n. a large-scale attempt to overthrow the government of a country, often using violence or war;
9. s__l a hole
v. to close or fasten an envelope, etc. securely; (noun) a large marine mammal that chiefly lives in cold regions and comes on shore to breed

ANSWERS: 1. bountiful, 2. capricious, 3. tradition, 4. identity, 5. nutritional, 6. origin, 7. magical, 8. revolution, 9. seal

10. sh____g star *adj.* giving off or reflecting light; bright, glistening, or gleaming; characterized by impressive accomplishments or excellence
11. pa____c-natured disposition *adj.* peaceful in character or intent; tending to lessen or avoid conflict; calm or soothing in manner or tone; (noun, as "Pacific") the largest and deepest of Earth's oceanic divisions
12. 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
13. rec____te from illness *v.* to recover, heal, or regain health, strength, or well-being after an illness, injury, or period of stress or exhaustion
14. de____y the ecosystem *v.* to ruin or damage severely or completely; to eradicate or eliminate completely
15. ex____t goods *v.* to send goods or services to another country for sale; to transfer electronic data out of a database or document in a format that other programs can use
16. beginning of the ind____al revolution *adj.* of or relating to or resulting from industry
17. di____e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

ANSWERS: 10. shining, 11. pacific, 12. develop, 13. recuperate, 14. destroy, 15. export, 16. industrial, 17. disease

18. a seafaring na___n *n.* a large organized community of people living in a particular country or region and having a particular culture
19. main pl__a *n.* a public square, marketplace, or similar open area in a town, especially in Spanish-speaking countries
20. a co_____nt explanation *adj.* logical and consistent; (noun) the quality of being clear and easy to understand
21. ma_____e amounts *adj.* enormous amount; very heavy and solid
22. third-generation des_____nt *n.* children or offspring of a specific person, plant, or animal
23. a sense of wel_____ng *n.* the state of being happy and healthy and prosperous
24. co_____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
25. variety of vi_____t colors *adj.* full of energy, life, and enthusiasm
26. modern tra_____ism *n.* a philosophical and literary movement of the mid-19th century that emphasized the spiritual and intuitive over the empirical and rational; valued individualism, nonconformity, and a connection with nature; prominent figures included Ralph Waldo Emerson and Henry David Thoreau
27. co_____ce an opponent *v.* to persuade someone or make someone believe that something is true
28. re_____ze achievement *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

ANSWERS: 18. nation, 19. plaza, 20. coherent, 21. massive, 22. descendant, 23. well-being, 24. communal, 25. vibrant, 26. transcendentalism, 27. convince, 28. recognize

29. cu____e taste *n.* the style of cooking characteristic of a particular country, region, or establishment
30. growing di____st *n.* a lack of trust or confidence in someone or something
31. achieve the hi____ic feat *adj.* famous or significant in history, or potentially so
32. pr____r physics to chemistry *v.* to like, choose, or want one thing or person better than another
33. pr____e a better relationship *v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
34. an ins____ant mistake *adj.* of little importance, influence, or power
35. save the pl____t *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
36. in____te into the existing system *v.* to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups
37. principles of sus____le development *adj.* able to continue or be continued for a long time
38. bo____ul compliments *adj.* abundant or plentiful, often used to describe a source of food, wealth, or other resources
39. a g__m-free environment *n.* a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one

ANSWERS: 29. cuisine, 30. distrust, 31. historic, 32. prefer, 33. promote, 34. insignificant, 35. planet, 36. integrate, 37. sustainable, 38. bountiful, 39. germ

40. national e_o *n.* a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one
41. em_____al health *adj.* relating to people's feelings
42. pro_____ty of humankind *n.* the state of being successful and having the good fortune
43. hi_____ic accomplishment *adj.* famous or significant in history, or potentially so
44. a person of di_____e talents *adj.* including numerous categories of individuals or entities; various
45. inh_____nt tax *n.* a person or an animal that lives in a particular place
46. inf_____le plan *adj.* incapable of making mistakes or being wrong; never failing; always accurate
47. ine_____ty in salary *n.* the unfairness of a society in which some people have more opportunity, money, etc. than others; (mathematics) relation between two values when they are different
48. lu_____us lifestyle *adj.* characterized by or affording something excessively expensive; rich and comfortable
49. int_____nt of criticism *adj.* the inability or refusal to accept or respect views, beliefs, or behavior that differ from someone's own; unable to eat food without adverse effects
50. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live

ANSWERS: 40. ego, 41. emotional, 42. prosperity, 43. historic, 44. diverse, 45. inhabitant, 46. infallible, 47. inequality, 48. luxurious, 49. intolerant, 50. environment

51. algebraic ine_____ty *n.* the unfairness of a society in which some people have more opportunity, money, etc. than others; (mathematics) relation between two values when they are different
52. dispel do__ts *n.* a feeling of being uncertain about something, especially about how good or accurate it is
53. an ex_____ve force *adj.* greater than what seems necessary, normal, or desirable
54. an___a disease *n.* a medical condition in which the body lacks enough red blood cells or hemoglobin, causing fatigue, weakness, or difficulty breathing; a lack of vitality or liveliness in something
55. gh___o school *n.* an area of a city in which members of a particular group, typically an ethnic minority, usually live in poverty and with a high population density
56. secret ing_____nts *n.* one of the things used to make something, especially one of the foods used to make a particular dish
57. de___t body odor *v.* to win against somebody in a fight, war, or attempt
58. inf_____le leadership *adj.* incapable of making mistakes or being wrong; never failing; always accurate
59. 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

ANSWERS: 51. inequality, 52. doubt, 53. excessive, 54. anemia, 55. ghetto, 56. ingredient, 57. defeat, 58. infallible, 59. malnutrition

60. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
61. a flavorful sa__e *n.* a liquid or semi-solid food served on or used in preparing other foods
62. a pol_____an in the ruling party *n.* a person who is a member of a government or law-making organization, especially as an elected member of parliament, etc.
63. 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
64. d__y the allegations *v.* to state that one refuses to admit the existence or truth of something
65. gh___o apartments *n.* an area of a city in which members of a particular group, typically an ethnic minority, usually live in poverty and with a high population density
66. the wel_____ng of a nation *n.* the state of being happy and healthy and prosperous
67. de___e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
68. vi___e of frugality *n.* high moral standards in behavior or attitudes
69. de_____us breeze *adj.* exceptionally pleasing to taste or smell

ANSWERS: 60. opportune, 61. sauce, 62. politician, 63. develop, 64. deny, 65. ghetto, 66. well-being, 67. decide, 68. virtue, 69. delicious

70. share of a mu___l fund *adj.* common to or shared by two or more parties
71. commit su___e *n.* the act of killing yourself intentionally
72. su___e attack *n.* the act of killing yourself intentionally
73. re__y a scene *v.* to receive and pass something, such as information or a message, from one person or group to another; to broadcast something on television, radio, etc.
74. s_y allergy *n.* a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed
75. a ba_____ed diet *adj.* taking all sides or opinions into account equally; being in a state of proper equilibrium
76. asset on the company's ba_____e sheet *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
77. cap_____us mood *adj.* given to sudden and unaccountable changes of mood or behavior; unpredictable; governed by a whim or fancy
78. in_____ce a child's future *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
79. vi_____t incident *adj.* involving or caused by physical force or aggression against someone or something

ANSWERS: 70. mutual, 71. suicide, 72. suicide, 73. relay, 74. soy, 75. balanced, 76. balance, 77. capricious, 78. influence, 79. violent

80. u__y building *adj.* unattractive in appearance; unpleasant to look at
81. ind_____us student *adj.* hardworking, diligent, and persistent in effort
82. mo_____er, she decided to go *adv.* indicating that what follows is an additional or supplementary point; furthermore; in addition to what has been said before
83. fu_____l a contract *v.* to meet the requirements or expectations; to achieve or realize
84. a circular mo_____nt *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
85. co_____e electricity *v.* to spend something, especially fuel, energy, or time, in a large amount
86. appointed vi_____y *n.* a governor appointed to rule a country or province in the name of a monarch
87. a scientific di_____ry *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
88. ma_____e stars *adj.* enormous amount; very heavy and solid
89. di_____e backgrounds *adj.* including numerous categories of individuals or entities; various
90. en_____on the project's success *v.* to imagine or expect what a situation will be like in the future

ANSWERS: 80. ugly, 81. industrious, 82. moreover, 83. fulfill, 84. movement, 85. consume, 86. viceroy, 87. discovery, 88. massive, 89. diverse, 90. envision

91. pro_____us nation *adj.* successful financially or materially; bringing success or good fortune
92. the great di_____ry of the century *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
93. ce_____te his election *v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
94. commercial fi_____y *n.* an area of water where fish are caught in large quantities for living; a business or practice of catching and selling fish
95. em_____ze a direct relationship *v.* to give or show particular importance to something
96. en_____on the future *v.* to imagine or expect what a situation will be like in the future
97. gas_____my tour *n.* the art or science of preparing and serving good food; the study of food and its relationship to culture and society
98. ov_____sh the coral reefs *v.* to deplete fish populations beyond sustainable levels through excessive or unregulated fishing practices, leading to environmental and economic consequences
99. ec_____y of scale *n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

ANSWERS: 91. prosperous, 92. discovery, 93. celebrate, 94. fishery, 95. emphasize, 96. envision, 97. gastronomy, 98. overfish, 99. economy

100. co_____ed of the idea *adj.* completely certain about something; having a strong belief or conviction in a particular religion
101. re_____r a loss *v.* to return to a former condition, health, mind, or strength
102. co_____ed criminal *adj.* completely certain about something; having a strong belief or conviction in a particular religion
103. em_____al distress *adj.* relating to people's feelings
104. ce_____te Christmas *v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
105. an___a symptoms *n.* a medical condition in which the body lacks enough red blood cells or hemoglobin, causing fatigue, weakness, or difficulty breathing; a lack of vitality or liveliness in something
106. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
107. pa___y chef *n.* a baked food made of flour, fat, water, and sometimes eggs, sugar, and other ingredients, used as a base or casing for sweet or savory dishes
108. gov_____nt bureaucracy *n.* the group of people with authority to control a country or state
109. in_____ce the daily life *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself

ANSWERS: 100. convinced, 101. recover, 102. convinced, 103. emotional, 104. celebrate, 105. anemia, 106. opportune, 107. pastry, 108. government, 109. influence

110. con_____nal personality *adj.* characterized by a readiness to confront others, particularly in a challenging or aggressive manner; inclined to argue or disagree rather than compromise or find common ground
111. sh_____g example *adj.* giving off or reflecting light; bright, glistening, or gleaming; characterized by impressive accomplishments or excellence
112. but mo_____er, they work well together *adv.* indicating that what follows is an additional or supplementary point; furthermore; in addition to what has been said before
113. ut_____n society *adj.* ideal and perfect; relating to or resembling a utopia (= an ideal and perfect society)
114. antibiotic-resistant g__m *n.* a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one
115. em_____y staff *n.* the diplomatic building where a country's representatives to a foreign country are based
116. the di_____ty policy of the university *n.* the quality or fact of many different types of things or people being included in something; a range of different things or people
117. covid-19 ho_____t *n.* a place or area, typically a location or region, that is known for having an unusually high number of a particular phenomenon, such as disease, activity, or popularity

ANSWERS: 110. confrontational, 111. shining, 112. moreover, 113. utopian, 114. germ, 115. embassy, 116. diversity, 117. hotspot

118. principles of un_____al design *adj.* existing or affecting everywhere or everyone
119. compound the ing_____nts *n.* one of the things used to make something, especially one of the foods used to make a particular dish
120. French gas_____my *n.* the art or science of preparing and serving good food; the study of food and its relationship to culture and society
121. cr_____an skill *n.* a skilled worker who creates handmade objects, especially one who works with wood, metal, or other materials
122. c__f knife *n.* a cook, especially the chief cook in a restaurant or hotel
123. s_y milk *n.* a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed
124. sus_____le alternative fuel *adj.* able to continue or be continued for a long time
125. cu_____te in a heart attack *v.* to reach a peak or climax
126. se_____te cream from milk *v.* to force, take, or pull apart; mark as different
127. cr__y about cars and racing *adj.* stupid or not sensible; very angry
128. pr___t a debate *v.* to make someone decide to or try to do something, or to make something happen
129. geographic ho_____t *n.* a place or area, typically a location or region, that is known for having an unusually high number of a particular phenomenon, such as disease, activity, or popularity

ANSWERS: 118. universal, 119. ingredient, 120. gastronomy, 121. craftsman, 122. chef, 123. soy, 124. sustainable, 125. culminate, 126. separate, 127. crazy, 128. prompt, 129. hotspot

130. co_____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
131. de_____on authority *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
132. economic pro_____ty *n.* the state of being successful and having the good fortune
133. take ex_____ve care *adj.* greater than what seems necessary, normal, or desirable
134. ec_____y class *n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel
135. ari_____tic government *adj.* relating to or characteristic of the aristocracy (= the most powerful class of society); noble or aristocratic in manner or appearance
136. memorial pl__a *n.* a public square, marketplace, or similar open area in a town, especially in Spanish-speaking countries
137. e_o defense mechanisms *n.* a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one
138. a criminal bac_____nd *n.* the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem

ANSWERS: 130. communal, 131. decision, 132. prosperity, 133. excessive, 134. economy, 135. aristocratic, 136. plaza, 137. ego, 138. background

148. ob____y-related diseases *n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
149. Ca_____se dialect *n.* a dialect of Chinese spoken in and around the city of Guangzhou (Canton) in southern China, as well as by many overseas Chinese communities;
150. ha__e d[cor *n.* a French term meaning "high" or "elevated," often used in the context of haute couture, referring to high-end fashion or custom-made clothing
151. tra_____ism movement *n.* a philosophical and literary movement of the mid-19th century that emphasized the spiritual and intuitive over the empirical and rational; valued individualism, nonconformity, and a connection with nature; prominent figures included Ralph Waldo Emerson and Henry David Thoreau
152. pl___t like the Earth *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
153. Ca_____se-style roast duck *n.* a dialect of Chinese spoken in and around the city of Guangzhou (Canton) in southern China, as well as by many overseas Chinese communities;
154. ex___t the data *v.* to send goods or services to another country for sale; to transfer electronic data out of a database or document in a format that other programs can use

ANSWERS: 148. obesity, 149. Cantonese, 150. haute, 151. transcendentalism, 152. planet, 153. Cantonese, 154. export

155. foreign po___y *n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective
156. a political rev_____on *n.* a large-scale attempt to overthrow the government of a country, often using violence or war;
157. st___y increase *adj.* firmly fixed, supported, or balanced; not shaking or moving
158. tr_____rm heat into power *v.* to change in outward structure or looks;
159. app_____te the value *v.* to value and acknowledge the worth of someone or something; to be grateful for something or someone
160. hold di_____se with him *n.* any form of communication in speech or writing
161. pro_____us weather *adj.* successful financially or materially; bringing success or good fortune
162. the early inh_____nts of Europe *n.* a person or an animal that lives in a particular place
163. ari_____tic titles *adj.* relating to or characteristic of the aristocracy (= the most powerful class of society); noble or aristocratic in manner or appearance
164. bistro-style cu_____e *n.* the style of cooking characteristic of a particular country, region, or establishment

ANSWERS: 155. policy, 156. revolution, 157. steady, 158. transform, 159. appreciate, 160. discourse, 161. prosperous, 162. inhabitant, 163. aristocratic, 164. cuisine

165. ri____o recipe *n.* an Italian dish made with a type of rice called Arborio, or other short-grain rice, cooked in broth until it reaches a creamy consistency, often combined with various ingredients such as vegetables, seafood, or cheese
166. health po____y *n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective
167. fruit pa____y *n.* a baked food made of flour, fat, water, and sometimes eggs, sugar, and other ingredients, used as a base or casing for sweet or savory dishes
168. bit of good fo____e *n.* a large amount of money or property; chance or luck as an unknown and arbitrary force affecting human affairs
169. co____ce her to go with us *v.* to persuade someone or make someone believe that something is true
170. em____e an opportunity *v.* to accept something willingly and enthusiastically; (noun) the act of clasp ing another person in the arms as in greeting or affection
171. gov____nt funding *n.* the group of people with authority to control a country or state
172. cu____te in failure *v.* to reach a peak or climax

ANSWERS: 165. risotto, 166. policy, 167. pastry, 168. fortune, 169. convince, 170. embrace, 171. government, 172. culminate

173. ha__e cuisine *n.* a French term meaning "high" or "elevated," often used in the context of haute couture, referring to high-end fashion or custom-made clothing
174. con_____ce as a teacher *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
175. di_____e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
176. a cr__y scheme *adj.* stupid or not sensible; very angry
177. victim of a vi_____t crime *adj.* involving or caused by physical force or aggression against someone or something
178. a tr_____on of a culture *n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
179. his majestic pr_____ce *n.* the fact or state that someone or something exists, occurs, or is present
180. average fuel con_____on *n.* the amount used or eaten; the act of using up a resource such as energy, food, or materials
181. ov_____sh certain areas *v.* to deplete fish populations beyond sustainable levels through excessive or unregulated fishing practices, leading to environmental and economic consequences

ANSWERS: 173. haute, 174. confidence, 175. disease, 176. crazy, 177. violent, 178. tradition, 179. presence, 180. consumption, 181. overfish

182. lu_____us spa *adj.* characterized by or affording something excessively expensive; rich and comfortable
183. or____n of information *n.* the first existence or beginning of something
184. intensive agr_____re *n.* the practice or science of cultivating the land or raising stock
185. boost my con_____ce *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
186. un_____al life *adj.* existing or affecting everywhere or everyone
187. the first round of the com_____on *n.* a situation in which someone is attempting to beat or outperform another
188. de_____yed evidence *v.* to ruin or damage severely or completely; to eradicate or eliminate completely
189. em_____y function *n.* the diplomatic building where a country's representatives to a foreign country are based
190. pr____t a feeling of hunger *v.* to make someone decide to or try to do something, or to make something happen
191. fi_____y management *n.* an area of water where fish are caught in large quantities for living; a business or practice of catching and selling fish
192. estimate pr_____e costs *adj.* sharply exact or accurate or delimited

ANSWERS: 182. luxurious, 183. origin, 184. agriculture, 185. confidence, 186. universal, 187. competition, 188. destroy, 189. embassy, 190. prompt, 191. fishery, 192. precise

193. a well-ba_____ed mind *adj.* taking all sides or opinions into account equally; being in a state of proper equilibrium
194. rec_____te lost data *v.* to recover, heal, or regain health, strength, or well-being after an illness, injury, or period of stress or exhaustion
195. de____e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
196. an int_____nt person *adj.* the inability or refusal to accept or respect views, beliefs, or behavior that differ from someone's own; unable to eat food without adverse effects
197. em_____ze her words *v.* to give or show particular importance to something
198. have a ne_____ve effect *adj.* having the quality of something bad or harmful; expressing refusal
199. a di_____se about art *n.* any form of communication in speech or writing
200. soy sa___e *n.* a liquid or semi-solid food served on or used in preparing other foods
201. pr____r a window seat *v.* to like, choose, or want one thing or person better than another
202. mu____l efforts *adj.* common to or shared by two or more parties
203. mo_____nt of troops *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

ANSWERS: 193. balanced, 194. recuperate, 195. decide, 196. intolerant, 197. emphasize, 198. negative, 199. discourse, 200. sauce, 201. prefer, 202. mutual, 203. movement

204. de___t a global power *v.* to win against somebody in a fight, war, or attempt
205. pr_____e analyses *adj.* sharply exact or accurate or delimited
206. master c__f *n.* a cook, especially the chief cook in a restaurant or hotel
207. ac_____e milestones *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
208. adamantly d__y killing *v.* to state that one refuses to admit the existence or truth of something
209. asparagus ri_____o *n.* an Italian dish made with a type of rice called Arborio, or other short-grain rice, cooked in broth until it reaches a creamy consistency, often combined with various ingredients such as vegetables, seafood, or cheese
210. an av___e to success *n.* a wide road in a town or city, especially with trees or tall buildings on both sides; a line of approach
211. no do__t about the news *n.* a feeling of being uncertain about something, especially about how good or accurate it is
212. the Pa_____c Ocean *adj.* peaceful in character or intent; tending to lessen or avoid conflict; calm or soothing in manner or tone; (noun, as "Pacific") the largest and deepest of Earth's oceanic divisions
213. mul_____ral education *adj.* relating to or characterized by several cultures (= beliefs, languages, customs, traditions, etc.)

ANSWERS: 204. defeat, 205. precise, 206. chef, 207. achieve, 208. deny, 209. risotto, 210. avenue, 211. doubt, 212. pacific, 213. multicultural

214. organic agr_____re *n.* the practice or science of cultivating the land or raising stock
215. re_____ze talent *v.* to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered
216. ind_____us worker *adj.* hardworking, diligent, and persistent in effort
217. env_____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
218. acquire a vi____e *n.* high moral standards in behavior or attitudes
219. a con_____ng victory *adj.* able to make someone believe that something is true
220. a se_____ve smile *adj.* tempting or alluring attractively or persuasively; often used to describe a person, behavior, or idea that is intended to lure or entice someone into a specific action or belief
221. se_____te video into chapter *v.* to force, take, or pull apart; mark as different
222. con_____nal approach *adj.* characterized by a readiness to confront others, particularly in a challenging or aggressive manner; inclined to argue or disagree rather than compromise or find common ground
223. a city vi_____t with life *adj.* full of energy, life, and enthusiasm
224. the con_____on of food *n.* the amount used or eaten; the act of using up a resource such as energy, food, or materials

ANSWERS: 214. agriculture, 215. recognize, 216. industrious, 217. environment, 218. virtue, 219. convincing, 220. seductive, 221. separate, 222. confrontational, 223. vibrant, 224. consumption

225. re____r approval ratings *v.* to return to a former condition, health, mind, or strength
226. a ne____ve number *adj.* having the quality of something bad or harmful; expressing refusal
227. ba____r pole *n.* a person who cuts men's hair and shaves beards as a profession; a shop or establishment where such services are offered
228. ind____al alcohol *adj.* of or relating to or resulting from industry
229. an av____e of poplars *n.* a wide road in a town or city, especially with trees or tall buildings on both sides; a line of approach
230. id____ty as an individual *n.* the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
231. lingual di____ty *n.* the quality or fact of many different types of things or people being included in something; a range of different things or people
232. pr____e bad behavior *v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
233. favorite ba____r *n.* a person who cuts men's hair and shaves beards as a profession; a shop or establishment where such services are offered

ANSWERS: 225. recover, 226. negative, 227. barber, 228. industrial, 229. avenue, 230. identity, 231. diversity, 232. promote, 233. barber

234. co_____e a large of alcohol *v.* to spend something, especially fuel, energy, or time, in a large amount
235. intraspecific com_____on *n.* a situation in which someone is attempting to beat or outperform another
236. a selfish de_____on *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
237. ma_____l place *adj.* produced by or containing supernatural powers
238. break a ha_____y *n.* the combination of simultaneous musical notes to produce a pleasing effect; an attractive combination of related things and their properties
239. variety of de_____us foods *adj.* exceptionally pleasing to taste or smell
240. tr_____m an education system *v.* to change in outward structure or looks;
241. ut_____n goal *adj.* ideal and perfect; relating to or resembling a utopia (= an ideal and perfect society)
242. a bac_____nd color *n.* the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem
243. mul_____ral society *adj.* relating to or characterized by several cultures (= beliefs, languages, customs, traditions, etc.)

ANSWERS: 234. consume, 235. competition, 236. decision, 237. magical, 238. harmony, 239. delicious, 240. transform, 241. utopian, 242. background, 243. multicultural

244. ill fo____e *n.* a large amount of money or property; chance or luck as an unknown and arbitrary force affecting human affairs
245. take a st___y job *adj.* firmly fixed, supported, or balanced; not shaking or moving
246. suffer from ob____y *n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
247. a ha____y of colors *n.* the combination of simultaneous musical notes to produce a pleasing effect; an attractive combination of related things and their properties
248. the position of vi____y *n.* a governor appointed to rule a country or province in the name of a monarch
249. the evidence of the pr____ce *n.* the fact or state that someone or something exists, occurs, or is present
250. a fur s__l *v.* to close or fasten an envelope, etc. securely; (noun) a large marine mammal that chiefly lives in cold regions and comes on shore to breed
251. a corrupt pol_____an *n.* a person who is a member of a government or law-making organization, especially as an elected member of parliament, etc.
252. in_____te both businesses *v.* to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups

ANSWERS: 244. fortune, 245. steady, 246. obesity, 247. harmony, 248. viceroy, 249. presence, 250. seal, 251. politician, 252. integrate

253. na___n-state *n.* a large organized community of people living in a particular country or region and having a particular culture
254. des_____nt of a pioneer *n.* children or offspring of a specific person, plant, or animal
255. create a co_____nt system *adj.* logical and consistent; (noun) the quality of being clear and easy to understand
256. ac_____e success *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
257. re__y a request *v.* to receive and pass something, such as information or a message, from one person or group to another; to broadcast something on television, radio, etc.
258. ins_____ant amount *adj.* of little importance, influence, or power
259. fu_____l a lifetime dream *v.* to meet the requirements or expectations; to achieve or realize
260. bit of nut_____al yeast *adj.* of or relating to the substance required by the body to maintain health and growth
261. con_____ng biochemical explanation *adj.* able to make someone believe that something is true
262. di_____st in politics *n.* a lack of trust or confidence in someone or something

ANSWERS: 253. nation, 254. descendant, 255. coherent, 256. achieve, 257. relay, 258. insignificant, 259. fulfill, 260. nutritional, 261. convincing, 262. distrust

Session 3: Fill in the Blanks

1. We could grill the meat in a _____ way.
adj. exceptionally pleasing to taste or smell
2. The birds _____ open water areas with reeds around them.
v. to like, choose, or want one thing or person better than another
3. Her research team made an important _____.
n. the act or process of finding information, a place, or an object, or learning about something that was previously not known
4. The doctor diagnosed the patient with _____ due to a lack of iron in their blood.
n. a medical condition in which the body lacks enough red blood cells or hemoglobin, causing fatigue, weakness, or difficulty breathing; a lack of vitality or liveliness in something
5. Try to keep a _____ between work and off.
n. a condition in which everything has the same weight or force; something left after other parts have been taken away
6. Scientists warn that many species could face extinction if we continue to _____ our oceans.
v. to deplete fish populations beyond sustainable levels through excessive or unregulated fishing practices, leading to environmental and economic consequences
7. The picture earned near-_____ acclaim from critics.
adj. existing or affecting everywhere or everyone

ANSWERS: 1. delicious, 2. prefer, 3. discovery, 4. anemia, 5. balance, 6. overfish, 7. universal

8. The chef's specialty is a savory _____ with spinach and feta cheese.
- n.* a baked food made of flour, fat, water, and sometimes eggs, sugar, and other ingredients, used as a base or casing for sweet or savory dishes
9. The _____ of Japan is known for its unique culture and advanced technology.
- n.* a large organized community of people living in a particular country or region and having a particular culture
10. Global _____ is rising in virtually every industry.
- n.* a situation in which someone is attempting to beat or outperform another
11. Please _____ the news to the world.
- v.* to receive and pass something, such as information or a message, from one person or group to another; to broadcast something on television, radio, etc.
12. Those warriors' _____ are still skilled archers.
- n.* children or offspring of a specific person, plant, or animal
13. They adopted a _____ approach to resolving their differences, emphasizing dialogue and understanding.
- adj.* peaceful in character or intent; tending to lessen or avoid conflict; calm or soothing in manner or tone; (noun, as "Pacific") the largest and deepest of Earth's oceanic divisions
14. A smaller car will _____ less fuel.
- v.* to spend something, especially fuel, energy, or time, in a large amount
15. The _____ shop was closed on Monday, much to the disappointment of many customers.
- n.* a person who cuts men's hair and shaves beards as a profession; a shop or establishment where such services are offered

ANSWERS: 8. pastry, 9. nation, 10. competition, 11. relay, 12. descendants, 13. pacific, 14. consume, 15. barber

16. The _____ of the dancers on stage was graceful and elegant.
- n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
17. The CEO's business strategy was built on _____ market analysis and forecast.
- adj.* incapable of making mistakes or being wrong; never failing; always accurate
18. The _____ family had a long history of wealth and privilege.
- adj.* relating to or characteristic of the aristocracy (= the most powerful class of society); noble or aristocratic in manner or appearance
19. The woods _____ the house.
- v.* to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection
20. We would _____ an early reply.
- v.* to value and acknowledge the worth of someone or something; to be grateful for something or someone
21. _____ is the foundation of our economy.
- n.* the practice or science of cultivating the land or raising stock
22. The company is environmentally conscious, and _____ it uses sustainable materials in its products.
- adv.* indicating that what follows is an additional or supplementary point; furthermore; in addition to what has been said before
23. The airport is a _____ for tourists and travelers from around the world.
- n.* a place or area, typically a location or region, that is known for having an unusually high number of a particular phenomenon, such as disease, activity, or popularity

ANSWERS: 16. movement, 17. infallible, 18. aristocratic, 19. embrace, 20. appreciate, 21. Agriculture, 22. moreover, 23. hotspot

24. The country _____ a large amount of agricultural products.
v. to send goods or services to another country for sale; to transfer electronic data out of a database or document in a format that other programs can use
25. In an economically prosperous country, most male _____ is due to child support problems.
n. the act of killing yourself intentionally
26. The _____ weather made it difficult to plan outdoor activities.
adj. given to sudden and unaccountable changes of mood or behavior; unpredictable; governed by a whim or fancy
27. I am considering what I should do to _____ him.
v. to persuade someone or make someone believe that something is true
28. The building was _____ in the fire and had to be rebuilt.
v. to ruin or damage severely or completely; to eradicate or eliminate completely
29. Human _____ responses vary widely depending on the society to which they belong.
adj. relating to people's feelings
30. The notable _____ ruled over the colony on behalf of the king.
n. a governor appointed to rule a country or province in the name of a monarch
31. The _____ by the citizen resulted in a redistribution of wealth.
n. a large-scale attempt to overthrow the government of a country, often using violence or war;

ANSWERS: 24. exports, 25. suicide, 26. capricious, 27. convince, 28. destroyed, 29. emotional, 30. viceroy, 31. revolution

32. His family is the oldest _____ of the island.
n. a person or an animal that lives in a particular place
33. We need to _____ the aspect of his personality from the part of his competence when making an investment decision.
v. to force, take, or pull apart; mark as different
34. The patient's vital signs are _____ indicating a stable condition.
adj. firmly fixed, supported, or balanced; not shaking or moving
35. She couldn't _____ whether to order the pizza or the pasta for dinner.
v. to make up someone's mind about something; to come to a conclusion or judgment after considering options
36. Skill and _____ are an unconquered army.
n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
37. The content is _____ and informative for me.
adj. sharply exact or accurate or delimited
38. Despite his best efforts, he was unable to _____ the enemy.
v. to win against somebody in a fight, war, or attempt
39. The Chinese people have accomplished several _____ feats.
adj. famous or significant in history, or potentially so
40. The path to a solid online _____ necessitates a high technical ability.
n. the fact or state that someone or something exists, occurs, or is present

ANSWERS: 32. inhabitant, 33. separate, 34. steady, 35. decide, 36. confidence, 37. precise, 38. defeat, 39. historic, 40. presence

41. It would be best if you did not demand such an _____ charge.
adj. greater than what seems necessary, normal, or desirable
42. She is still _____ from a shot to her shoulder.
v. to return to a former condition, health, mind, or strength
43. _____ is the start, not the end, of intelligence.
n. a feeling of being uncertain about something, especially about how good or accurate it is
44. The government should do more to support environmentally _____ agriculture.
adj. able to continue or be continued for a long time
45. His writing was well-structured and _____.
adj. logical and consistent; (noun) the quality of being clear and easy to understand
46. The phone rang at the most _____ time.
adj. suitable or happening at a time that is suitable or convenient for a particular purpose
47. She took _____ classes to communicate better with her Chinese colleagues.
n. a dialect of Chinese spoken in and around the city of Guangzhou (Canton) in southern China, as well as by many overseas Chinese communities;
48. The actor's _____ gaze drew the audience's attention on stage.
adj. tempting or alluring attractively or persuasively; often used to describe a person, behavior, or idea that is intended to lure or entice someone into a specific action or belief

ANSWERS: 41. excessive, 42. recovering, 43. Doubt, 44. sustainable, 45. coherent, 46. opportune, 47. Cantonese, 48. seductive

49. She was living in a _____ apartment in the city.

adj. characterized by or affording something excessively expensive; rich and comfortable

50. The movie has received almost universally _____ criticism.

adj. having the quality of something bad or harmful; expressing refusal

51. It's important to _____ your strengths and weaknesses.

v. to acknowledge or realize something or someone; to identify, remember, or become aware of something that was previously known or encountered

52. The rain and thunder are _____ today.

adj. stupid or not sensible; very angry

53. My father's death _____ my life completely.

v. to change in outward structure or looks;

54. I will work hard to _____ my goals and realize my dreams.

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

55. The former emperor had a particular _____ even after he abdicated.

n. the ability to affect someone's or something's character, growth, or behavior, or the effect itself

56. We worked in perfect _____.

n. the combination of simultaneous musical notes to produce a pleasing effect; an attractive combination of related things and their properties

ANSWERS: 49. luxurious, 50. negative, 51. recognize, 52. crazy, 53. transformed, 54. achieve, 55. influence, 56. harmony

57. The federal _____ is planning to increase taxes for the next fiscal year.
n. the group of people with authority to control a country or state
58. New York is a city with a _____ ethnic population.
adj. including numerous categories of individuals or entities; various
59. I found her assertion pretty _____.
adj. able to make someone believe that something is true
60. The farmer's land was _____ and produced a large harvest.
adj. abundant or plentiful, often used to describe a source of food, wealth, or other resources
61. Her _____ attitude caused tension in the workplace.
adj. characterized by a readiness to confront others, particularly in a challenging or aggressive manner; inclined to argue or disagree rather than compromise or find common ground
62. He found that it is difficult to _____ socially.
v. to combine one thing with another so that they form a whole or work together; to accept equal participation for members of all races and ethnic groups
63. She looked stunning in her _____ couture gown, turning heads at the glamorous event.
n. a French term meaning "high" or "elevated," often used in the context of haute couture, referring to high-end fashion or custom-made clothing
64. After surgery, it's important to rest and _____ before returning to your normal activities.
v. to recover, heal, or regain health, strength, or well-being after an illness, injury, or period of stress or exhaustion

ANSWERS: 57. government, 58. diverse, 59. convincing, 60. bountiful, 61. confrontational, 62. integrate, 63. haute, 64. recuperate

65. The _____ sun reflected off the calm ocean water.

adj. giving off or reflecting light; bright, glistening, or gleaming; characterized by impressive accomplishments or excellence

66. The public is _____ that the prime minister has committed fraud.

adj. completely certain about something; having a strong belief or conviction in a particular religion

67. The majority of the people on the island are _____ folk.

n. an area of water where fish are caught in large quantities for living; a business or practice of catching and selling fish

68. A _____ private sector is crucial for economic growth.

adj. full of energy, life, and enthusiasm

69. When I was a child, my mother often cast _____ spells to ease my pain whenever I was injured.

adj. produced by or containing supernatural powers

70. There are several causes of economic _____ within societies.

n. the unfairness of a society in which some people have more opportunity, money, etc. than others; (mathematics) relation between two values when they are different

71. The belief in individualism was a cornerstone of _____ philosophy.

n. a philosophical and literary movement of the mid-19th century that emphasized the spiritual and intuitive over the empirical and rational; valued individualism, nonconformity, and a connection with nature; prominent figures included Ralph Waldo Emerson and Henry David Thoreau

ANSWERS: 65. shining, 66. convinced, 67. fishery, 68. vibrant, 69. magical, 70. inequality, 71. transcendentalism

72. The adept _____ carefully carved the wooden figurine with precision and skill.
- n.* a skilled worker who creates handmade objects, especially one who works with wood, metal, or other materials
73. The city has many restaurants that showcase the diversity of _____ worldwide.
- n.* the art or science of preparing and serving good food; the study of food and its relationship to culture and society
74. The _____ of his idea came from watching birds flying in flocks.
- n.* a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one
75. It was the first time for her, but she _____ the role of Priest.
- v.* to meet the requirements or expectations; to achieve or realize
76. The company's new _____ on remote work has made it a more inclusive workplace.
- n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective
77. The recent economic downturn has resulted in _____ layoffs.
- adj.* enormous amount; very heavy and solid
78. She was struggling to make a _____ between two job offers.
- n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options

ANSWERS: 72. craftsman, 73. gastronomy, 74. germ, 75. fulfilled, 76. policy, 77. massive, 78. decision

79. He is still _____ stealing the money from the cash register.
v. to state that one refuses to admit the existence or truth of something
80. The _____ value of the food should be clearly labeled on the packaging.
adj. of or relating to the substance required by the body to maintain health and growth
81. In our country, water _____ usually decreases during the winter.
n. the amount used or eaten; the act of using up a resource such as energy, food, or materials
82. The government should do more to _____ sustainable agribusiness.
v. to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
83. We conducted a _____ assessment of intellectual and cultural history.
adj. taking all sides or opinions into account equally; being in a state of proper equilibrium
84. Sweet _____ makes short days and nights.
n. any form of communication in speech or writing
85. The employee's consistent tardiness and lack of accountability made her coworkers develop _____ in her abilities.
n. a lack of trust or confidence in someone or something
86. The _____ truth was that he had been lying to her for months.
adj. unattractive in appearance; unpleasant to look at

ANSWERS: 79. denying, 80. nutritional, 81. consumption, 82. promote, 83. balanced, 84. discourse, 85. distrust, 86. ugly

87. The company decided to invest in a _____ industry.
adj. successful financially or materially; bringing success or good fortune
88. Greed is the primary _____ in the making of criminals.
n. one of the things used to make something, especially one of the foods used to make a particular dish
89. Hunters use a whistle that makes the ____ sound to lure stags.
n. a mature female of mammals of which the male is called a buck, such as a deer or a rabbit
90. She had many good _____ and few faults.
n. high moral standards in behavior or attitudes
91. Three young men were busking in the shopping _____.
n. a public square, marketplace, or similar open area in a town, especially in Spanish-speaking countries
92. There are various hypotheses concerning the _____ of life.
n. the first existence or beginning of something
93. The doctor diagnosed him with a rare _____ that had no known cure.
n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
94. We are responsible for the care and _____ of all our employees.
n. the state of being happy and healthy and prosperous
95. She was constantly trying to boost her ____ by talking about her accomplishments.
n. a consciousness of your own identity; a person's sense of self-esteem or self-importance, especially inflated one

ANSWERS: 87. prosperous, 88. ingredient, 89. doe, 90. virtues, 91. plaza, 92. origin, 93. disease, 94. well-being, 95. ego

96. The _____ lost his position in the end due to the scandal.
- n.* a person who is a member of a government or law-making organization, especially as an elected member of parliament, etc.
97. The pasta dish was served with a rich tomato _____.
- n.* a liquid or semi-solid food served on or used in preparing other foods
98. It is a _____ in many families to have a big Thanksgiving dinner with all their relatives.
- n.* a belief, custom, or way of doing something that has been passed down from generation to generation within a group or society
99. He _____ the letter with hot wax.
- v.* to close or fasten an envelope, etc. securely; (noun) a large marine mammal that chiefly lives in cold regions and comes on shore to breed
100. He had a _____ vision of a world without war.
- adj.* ideal and perfect; relating to or resembling a utopia (= an ideal and perfect society)
101. 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
102. The _____ of the country is struggling due to the recent political instability.
- n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

ANSWERS: 96. politician, 97. sauce, 98. tradition, 99. sealed, 100. utopian, 101. develop, 102. economy

103. He made me feel small and _____.

adj. of little importance, influence, or power

104. _____ elections were held in several European countries.

adj. belonging to or used by a group rather than individuals; for common use

105. Every human is responsible for taking care of the Earth's _____.

n. the natural world such as air, water, and land in which humans, animals, and plants live

106. The _____ at the restaurant was known for his creative and delicious dishes.

n. a cook, especially the chief cook in a restaurant or hotel

107. The company's hiring criteria emphasize personality, not a person's _____.

n. the details of a person's social heritage, such as family, vocational or educational experience; past information that is essential to understanding a situation or problem

108. His _____ attitude towards other cultures made it difficult for him to get along with others.

adj. the inability or refusal to accept or respect views, beliefs, or behavior that differ from someone's own; unable to eat food without adverse effects

109. Many people use _____ sauce for sushi, stir-fries, and marinades.

n. a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed

110. The school is known for its _____ student body.

adj. relating to or characterized by several cultures (= beliefs, languages, customs, traditions, etc.)

ANSWERS: 103. insignificant, 104. Communal, 105. environment, 106. chef, 107. background, 108. intolerant, 109. soy, 110. multicultural

111. This war shattered dreams of peace and _____.

n. the state of being successful and having the good fortune

112. He _____ the 10th anniversary of his tenure.

v. to acknowledge a memorable or good day or event with a social gathering or enjoyable activity

113. Mercury is the closest _____ to the sun.

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

114. He was known to be very _____ and would often work late into the night.

adj. hardworking, diligent, and persistent in effort

115. Capitalism guarantees the right of ownership of personal _____.

n. a large amount of money or property; chance or luck as an unknown and arbitrary force affecting human affairs

116. That incident _____ a nationwide chain reaction regarding the crackdown on illegal groups.

v. to make someone decide to or try to do something, or to make something happen

117. They cooperated for their _____ benefit.

adj. common to or shared by two or more parties

118. They explored every _____ they could think of.

n. a wide road in a town or city, especially with trees or tall buildings on both sides; a line of approach

ANSWERS: 111. prosperity, 112. celebrated, 113. planet, 114. industrious, 115. fortune, 116. prompted, 117. mutual, 118. avenue

119. Use italics or capitals to _____ a word in a piece of writing.
v. to give or show particular importance to something
120. _____ design has become more focused on human nature aspect than ever before.
adj. of or relating to or resulting from industry
121. The protesters became _____ when the police tried to disperse them.
adj. involving or caused by physical force or aggression against someone or something
122. The residents of the _____ faced poverty and discrimination.
n. an area of a city in which members of a particular group, typically an ethnic minority, usually live in poverty and with a high population density
123. The creamy _____ was a delicious dish that satisfied even the pickiest eaters.
n. an Italian dish made with a type of rice called Arborio, or other short-grain rice, cooked in broth until it reaches a creamy consistency, often combined with various ingredients such as vegetables, seafood, or cheese
124. The prevalence of _____ has increased significantly in recent years.
n. the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
125. The _____ building was heavily guarded by security personnel.
n. the diplomatic building where a country's representatives to a foreign country are based
126. The terrorist's _____ remains unknown.
n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another

ANSWERS: 119. emphasize, 120. Industrial, 121. violent, 122. ghetto, 123. risotto, 124. obesity, 125. embassy, 126. identity

127. We cannot _____ her as President.

v. to imagine or expect what a situation will be like in the future

128. Italian _____ is known for its use of fresh ingredients and bold flavors.

n. the style of cooking characteristic of a particular country, region, or establishment

129. The event will _____ in a grand fireworks display.

v. to reach a peak or climax

130. 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

131. He was impressed by the range and _____ of the collection.

n. the quality or fact of many different types of things or people being included in something; a range of different things or people

ANSWERS: 127. envision, 128. cuisine, 129. culminate, 130. malnutrition, 131. diversity