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Vocabulary Builder Reference from...

Ashley Graham: Plus-size? More like my size | TED Talk

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

Advanced Words Only

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Session 1: Word List

thigh

n. the part of the human leg between the hip and the knee; in animals, the corresponding upper part of the hind leg

synonym: thigh-bone, femur, upper leg

(1) **thigh** muscle, (2) chicken **thigh**

The marathon runner felt a cramp in her **thigh** at the 20th mile.

cellulite

n. a skin condition that causes a dimpled, lumpy appearance, particularly on the thighs, hips, and buttocks; caused by pockets of fat pushing against connective tissue under the skin

(1) **cellulite** treatment, (2) **cellulite** removal

Regular exercise and a healthy diet can help prevent the formation of **cellulite**.

mold

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

synonym: cavity, cast, mildew

(1) a casting **mold**, (2) **mold** allergy

Mushrooms and **mold** are fungi.

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.

physique

n. the form, structure, and composition of a person's body, especially concerning their physique or health; the body's physical abilities or limitations

synonym : build, shape, anatomy

(1) well-built **physique**, (2) build up my **physique**

He has a muscular **physique** from his years of weightlifting.

scout

n. a person or group sent out to obtain information, gather intelligence, or make observations, typically in a military context; a person or group sent out to explore or prospect for new opportunities, resources, or locations

synonym : scoutmaster, explorer, surveyor

(1) boy **scout**, (2) **scout** troop

The company sent a **scout** to explore new business opportunities in the overseas market.

catwalk

n. a narrow walkway, typically elevated, used by models to showcase clothing or by workers for access to parts of a building or platform, often used in the context of fashion shows and runway presentations

synonym : runway, platform, ramp

(1) **catwalk** rehearsal, (2) fashion **catwalk**

The model strutted confidently down the **catwalk**, showcasing the designer's latest collection.

eyebrow

n. the hair arc over each eye in humans

synonym : brow, supercilium

(1) raise her **eyebrows**, (2) **eyebrow** cosmetics

She raised an inquiring **eyebrow** towards me.

cantaloupe

n. a type of melon with a ribbed, greenish peel and sweet, orange flesh, commonly consumed as a fruit and used in various culinary preparations

synonym : melon, muskmelon

(1) sliced **cantaloupe**, (2) sweet **cantaloupe**

I bought a ripe and juicy **cantaloupe** from the grocery store for a refreshing snack.

tug

v. to pull something quickly and hard, often several times

synonym : draw, jerk, pull

(1) **tug** a rope, (2) **tug** at his hand

This movie **tugs** at everyone's heartstrings.

affirmation

n. a statement declaring something to be true strongly

synonym : confirmation, validation, endorsement

(1) self- **affirmation**, (2) statement of **affirmation**

The **affirmation** from her boss gave her the confidence she needed to move forward with her project.

insecure

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

synonym : uncertain, unsure, unconfident

(1) an **insecure** future, (2) **insecure** attachment

Children in an unstructured environment often feel **insecure**.

redefine

v. to change the meaning or interpretation of something; to make people think about something in a new or different way

synonym : reconsider, reformulate, alter

(1) **redefine** customer experience, (2) **redefine** our role

The video telephony application has **redefined** the way we work.

devalue

v. to reduce the value or worth of something

synonym : diminish, depreciate, reduce

(1) **devalue** the pound, (2) **devalue** a brand

Her negative comments about the project only **devalued** the team's efforts.

reclaim

v. to take back something previously lost, given, or paid, or ask to have it back

synonym: recoup, regain, retake

(1) **reclaim** a competitive position, (2) **reclaim** land from the sea

You may be entitled to **reclaim** some tax.

swimsuit

n. a piece of clothing worn for swimming

synonym: bathing suit, swimwear, bathers

(1) **swimsuit** model, (2) **swimsuit** designer

She wore a bright red **swimsuit** for the beach trip.

relinquish

v. to give up power, control, or possession

synonym: surrender, give up, abandon

(1) **relinquish** control, (2) **relinquish** all hope

She decided to **relinquish** her role as the leader of the group.

uplift

n. the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits

synonym: upthrust, upheaval, (verb) raise

(1) **uplift** mountains, (2) **uplift** my spirit

The **uplift** in the stock market has been a relief to investors.

Session 2: Spelling

1. th__h muscle *n.* the part of the human leg between the hip and the knee; in animals, the corresponding upper part of the hind leg
2. ca____k rehearsal *n.* a narrow walkway, typically elevated, used by models to showcase clothing or by workers for access to parts of a building or platform, often used in the context of fashion shows and runway presentations
3. chicken th__h *n.* the part of the human leg between the hip and the knee; in animals, the corresponding upper part of the hind leg
4. fashion ca____k *n.* a narrow walkway, typically elevated, used by models to showcase clothing or by workers for access to parts of a building or platform, often used in the context of fashion shows and runway presentations
5. ey____w cosmetics *n.* the hair arc over each eye in humans
6. de____e a brand *v.* to reduce the value or worth of something
7. m__d allergy *n.* a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long

ANSWERS: 1. thigh, 2. catwalk, 3. thigh, 4. catwalk, 5. eyebrow, 6. devalue, 7. mold

8. sweet can_____pe *n.* a type of melon with a ribbed, greenish peel and sweet, orange flesh, commonly consumed as a fruit and used in various culinary preparations
9. re_____ne our role *v.* to change the meaning or interpretation of something; to make people think about something in a new or different way
10. in_____re attachment *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
11. sliced can_____pe *n.* a type of melon with a ribbed, greenish peel and sweet, orange flesh, commonly consumed as a fruit and used in various culinary preparations
12. ind_____us worker *adj.* hardworking, diligent, and persistent in effort
13. well-built ph_____ue *n.* the form, structure, and composition of a person's body, especially concerning their physique or health; the body's physical abilities or limitations
14. rel_____sh all hope *v.* to give up power, control, or possession
15. self-aff_____on *n.* a statement declaring something to be true strongly
16. ce_____te treatment *n.* a skin condition that causes a dimpled, lumpy appearance, particularly on the thighs, hips, and buttocks; caused by pockets of fat pushing against connective tissue under the skin
17. an in_____re future *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety

ANSWERS: 8. cantaloupe, 9. redefine, 10. insecure, 11. cantaloupe, 12. industrious, 13. physique, 14. relinquish, 15. affirmation, 16. cellulite, 17. insecure

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|-------------------------------------|---|
| 18. ind_____us student | <i>adj.</i> hardworking, diligent, and persistent in effort |
| 19. raise her ey_____ws | <i>n.</i> the hair arc over each eye in humans |
| 20. rel_____sh control | <i>v.</i> to give up power, control, or possession |
| 21. a casting m__d | <i>n.</i> a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long |
| 22. statement of aff_____on | <i>n.</i> a statement declaring something to be true strongly |
| 23. de_____e the pound | <i>v.</i> to reduce the value or worth of something |
| 24. up____t mountains | <i>n.</i> the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits |
| 25. up____t my spirit | <i>n.</i> the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits |
| 26. re_____m a competitive position | <i>v.</i> to take back something previously lost, given, or paid, or ask to have it back |
| 27. sw_____it model | <i>n.</i> a piece of clothing worn for swimming |
| 28. re_____ne customer experience | <i>v.</i> to change the meaning or interpretation of something; to make people think about something in a new or different way |

ANSWERS: 18. industrious, 19. eyebrow, 20. relinquish, 21. mold, 22. affirmation, 23. devalue, 24. uplift, 25. uplift, 26. reclaim, 27. swimsuit, 28. redefine

29. t_g a rope *v.* to pull something quickly and hard, often several times
30. ce_____te removal *n.* a skin condition that causes a dimpled, lumpy appearance, particularly on the thighs, hips, and buttocks; caused by pockets of fat pushing against connective tissue under the skin
31. sc__t troop *n.* a person or group sent out to obtain information, gather intelligence, or make observations, typically in a military context; a person or group sent out to explore or prospect for new opportunities, resources, or locations
32. boy sc__t *n.* a person or group sent out to obtain information, gather intelligence, or make observations, typically in a military context; a person or group sent out to explore or prospect for new opportunities, resources, or locations
33. t_g at his hand *v.* to pull something quickly and hard, often several times
34. re_____m land from the sea *v.* to take back something previously lost, given, or paid, or ask to have it back
35. sw_____it designer *n.* a piece of clothing worn for swimming
36. build up my ph_____ue *n.* the form, structure, and composition of a person's body, especially concerning their physique or health; the body's physical abilities or limitations

ANSWERS: 29. tug, 30. cellulite, 31. scout, 32. scout, 33. tug, 34. reclaim, 35. swimsuit, 36. physique

Session 3: Fill in the Blanks

1. The company sent a _____ to explore new business opportunities in the overseas market.
 - n.* a person or group sent out to obtain information, gather intelligence, or make observations, typically in a military context; a person or group sent out to explore or prospect for new opportunities, resources, or locations

2. Children in an unstructured environment often feel _____.
 - adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety

3. He has a muscular _____ from his years of weightlifting.
 - n.* the form, structure, and composition of a person's body, especially concerning their physique or health; the body's physical abilities or limitations

4. This movie _____ at everyone's heartstrings.
 - v.* to pull something quickly and hard, often several times

5. The _____ in the stock market has been a relief to investors.
 - n.* the process of raising land to a higher elevation, or the result of this process; (verb) fill with high spirits

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

7. She wore a bright red _____ for the beach trip.
 - n.* a piece of clothing worn for swimming

ANSWERS: 1. scout, 2. insecure, 3. physique, 4. tugs, 5. uplift, 6. mold, 7. swimsuit

8. Her negative comments about the project only _____ the team's efforts.
v. to reduce the value or worth of something
9. The marathon runner felt a cramp in her _____ at the 20th mile.
n. the part of the human leg between the hip and the knee; in animals, the corresponding upper part of the hind leg
10. The model strutted confidently down the _____ showcasing the designer's latest collection.
n. a narrow walkway, typically elevated, used by models to showcase clothing or by workers for access to parts of a building or platform, often used in the context of fashion shows and runway presentations
11. Regular exercise and a healthy diet can help prevent the formation of _____.
n. a skin condition that causes a dimpled, lumpy appearance, particularly on the thighs, hips, and buttocks; caused by pockets of fat pushing against connective tissue under the skin
12. I bought a ripe and juicy _____ from the grocery store for a refreshing snack.
n. a type of melon with a ribbed, greenish peel and sweet, orange flesh, commonly consumed as a fruit and used in various culinary preparations
13. She decided to _____ her role as the leader of the group.
v. to give up power, control, or possession
14. The _____ from her boss gave her the confidence she needed to move forward with her project.
n. a statement declaring something to be true strongly

ANSWERS: 8. devalued, 9. thigh, 10. catwalk, 11. cellulite, 12. cantaloupe, 13. relinquish, 14. affirmation

15. She raised an inquiring _____ towards me.

n. the hair arc over each eye in humans

16. You may be entitled to _____ some tax.

v. to take back something previously lost, given, or paid, or ask to have it back

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

adj. hardworking, diligent, and persistent in effort

18. The video telephony application has _____ the way we work.

v. to change the meaning or interpretation of something; to make people think about something in a new or different way

ANSWERS: 15. eyebrow, 16. reclaim, 17. industrious, 18. redefined