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Shilpa Ravella: How the food you eat affects your gut | TED Talk

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

Advanced Words Only

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Session 1: Word List

fungus

n. a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive

synonym : mold, mildew, yeast

(1) **fungus** infection, (2) symbiotic **fungus**

Certain types of **fungus** can be toxic to humans, causing severe illness if ingested.

microbiome

n. the community of microorganisms (= living things too small to be seen) that can usually be found living together in any given environment or the human body

synonym : flora

(1) skin **microbiome**, (2) have a diverse **microbiome**

The gut **microbiome** is a major producer of serotonin, which is necessary for human mental stability.

gutsy

adj. displaying courage, determination, or boldness; characterized by a willingness to take risks or face challenges

synonym : courageous, brave, daring

(1) **gutsy** move, (2) **gutsy** performance

It was **gutsy** to quit her job and start her own business.

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.

blueprint

n. a photographic print of an early plan for a building or machine

synonym : draft, prototype, sketch

(1) **blueprint** for economic reform, (2) architect's **blueprint**

A business plan is a **blueprint** for your success.

microbe

n. a tiny living thing that can only be seen with a microscope and that may cause disease

synonym : germ, microorganism, bacterium

(1) pathogenic **microbe**, (2) **microbes** sterilizer

Microbes thrive on the surface of the human skin.

legume

n. a plant of the pea family, whose seed is often edible and used as a source of protein

synonym : bean, pea, lentil

(1) **legume** protein, (2) tropical **legume** tree

Dried **legumes** are an important source of protein and fiber for an adventurer.

nourish

v. to provide a person, an animal, or plant with food to make them grow and stay healthy

synonym : feed, sustain, nurture

(1) **nourish** damaged skin, (2) **nourish** hope

The mother used her breast milk to **nourish** the baby.

ingest

v. to take food or drink into the body, often through the mouth; to absorb or assimilate something, often used to describe the intake of information or knowledge

synonym : swallow, consume, devour

(1) **ingest** food, (2) **ingest** medication

People who compulsively **ingest** non-food items, such as dirt or chalk, suffer from a condition called pica.

colonize

v. to establish a colony in or on a specific place; to settle or occupy in large numbers

synonym: settle, occupy, inhabit

(1) **colonize** planets, (2) **colonize** for cultivation

European powers **colonized** much of the Americas in the 16th and 17th centuries.

butyric

adj. relating to or derived from butyric acid, a fatty acid found in milk products and rancid butter, characterized by a pungent odor

synonym: acidic, rancid, sour

(1) **butyric** bacteria, (2) **butyric** smell

The **butyric** acid found in cheese gives it a distinct flavor.

starve

v. to suffer or die from lack of food; to cause someone or something to suffer or die from lack of food; to deprive something of necessary nourishment or sustenance

synonym: famish, hunger

(1) **starve** for a victory, (2) **starve** to death

If you don't eat soon, you're going to **starve**.

mucus

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

synonym: secretion, slime, saliva

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

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

correlate

v. to have a connection or relationship in which one thing affects or depends on another

synonym: associate, liken, connect

(1) **correlate** closely with the quality, (2) **correlate** to the size

We may frequently **correlate** age with the frequency of disease.

polyphenol

n. a class of organic compounds found in plants, characterized by having multiple phenol groups, known for their antioxidant properties and are often associated with health benefits

synonym : antioxidant, flavonoid, phytochemical

(1) **polyphenol** content, (2) antioxidant **polyphenol**

Foods rich in **polyphenols** may have numerous health benefits.

antioxidant

n. a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products

(1) high levels of **antioxidants**, (2) **antioxidant** behavior

Fruits and vegetables are good sources of **antioxidants**.

saute

v. to quickly fry or cook something in a small amount of fat over high heat, typically in a shallow pan, resulting in a quick, flavorful browning or searing

synonym : fry, pan-fry

(1) **saute** shrimp till golden, (2) **saute** vegetables in olive oil

I decided to **saute** some garlic and onions to flavor my pasta sauce.

probiotic

n. a substance, typically a live bacterium, that is ingested to provide health benefits, particularly in aiding digestion or strengthening the immune system

synonym : probiotic bacteria, beneficial bacteria, microflora

(1) **probiotic** supplement, (2) **probiotic** yogurt

Probiotic-rich foods, such as kefir and sauerkraut, can improve digestive health.

ferment

v. to experience a chemical change or action that results in the production of alcohol or effervescence of gases;
(noun) a state of agitated activity or change, especially in the context of social or political movements

synonym :

ripen, simmer, (noun) agitation

(1) **ferment** sugar into ethanol, (2) political **ferment**

The dough was left to **ferment** overnight to give the bread its distinctive flavor.

teem

v. to be abuzz; to move in large numbers; to fall heavily
synonym: brim, swarm, overflow

(1) **teem** with activity, (2) **teem** down

The city **teems** with traffic on holiday.

lactobacillus

n. a type of bacteria that is commonly found in the digestive, urinary, and genital systems of humans and mammals, known for their probiotic properties and often used in various health and food products

synonym: probiotic, bacterium, microorganism

(1) probiotic **lactobacillus**, (2) beneficial **lactobacillus**

Certain strains of **lactobacillus** have been shown to boost the immune system.

bifidobacterium

n. a type of beneficial bacteria that naturally occurs in the gut of humans and animals used as a probiotic in some food products and supplements

synonym: probiotic, gut bacteria, gut flora

(1) **bifidobacterium** probiotics, (2) take **bifidobacterium** supplements

The **bifidobacterium** in yogurt is known for its probiotic benefits.

refrigeration

n. the process of cooling or freezing something, especially food, to preserve it

synonym: cooling, freezing, preservation

(1) **refrigeration** car, (2) **refrigeration** technology

The supermarket had a large **refrigeration** section with all kinds of fresh produce.

kimchi

n. a spicy, fermented Korean side dish made of cabbage, radish, or other vegetables, often served as a condiment with rice or meat dishes

synonym : pickled vegetables, spicy cabbage, Korean food

(1) **kimchi** recipe, (2) spicy **kimchi** paste

There are many different varieties of **kimchi**, each with its unique taste and texture.

sauerkraut

n. a dish made of finely shredded cabbage that has been fermented in brine

synonym : fermented cabbage, pickle

(1) **sauerkraut** dish, (2) eat **sauerkraut**

The **sauerkraut** was a popular side dish at the German restaurant.

kombucha

n. a fermented beverage made by adding a culture of bacteria and yeast to sweetened tea, resulting in a slightly effervescent, tart, and tea-like flavored drink, often consumed for its potential health benefits

synonym : fermented tea, probiotic drink

(1) **kombucha** tea, (2) homemade **kombucha**

I enjoy drinking flavored **kombucha** as a refreshing and probiotic-rich beverage.

vitality

n. the state of being strong and active; energy

synonym : energy, life, vigor

(1) **vitality** of youth, (2) the **vitality** of the company

The new gym membership has improved his **vitality** and overall health.

digestive

adj. relating to or capable of causing or promoting digestion of food

(1) **digestive** juices, (2) a **digestive** enzyme

A nutritious diet improves **digestive** functions.

Session 2: Spelling

1. homemade ko____ha *n.* a fermented beverage made by adding a culture of bacteria and yeast to sweetened tea, resulting in a slightly effervescent, tart, and tea-like flavored drink, often consumed for its potential health benefits
2. symbiotic fu____s *n.* a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive
3. skin mic____me *n.* the community of microorganisms (= living things too small to be seen) that can usually be found living together in any given environment or the human body
4. nasal mu__s *n.* a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc.
5. spicy ki____i paste *n.* a spicy, fermented Korean side dish made of cabbage, radish, or other vegetables, often served as a condiment with rice or meat dishes
6. in____t food *v.* to take food or drink into the body, often through the mouth; to absorb or assimilate something, often used to describe the intake of information or knowledge

ANSWERS: 1. kombucha, 2. fungus, 3. microbiome, 4. mucus, 5. kimchi, 6. ingest

7. fe____t sugar into ethanol *v.* to experience a chemical change or action that results in the production of alcohol or effervescence of gases; (noun) a state of agitated activity or change, especially in the context of social or political movements
8. bu____c smell *adj.* relating to or derived from butyric acid, a fatty acid found in milk products and rancid butter, characterized by a pungent odor
9. tropical le___e tree *n.* a plant of the pea family, whose seed is often edible and used as a source of protein
10. 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
11. co_____te closely with the quality *v.* to have a connection or relationship in which one thing affects or depends on another
12. vi____ty of youth *n.* the state of being strong and active; energy
13. eat sau_____ut *n.* a dish made of finely shredded cabbage that has been fermented in brine
14. ant_____nt behavior *n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products
15. in___t medication *v.* to take food or drink into the body, often through the mouth; to absorb or assimilate something, often used to describe the intake of information or knowledge

ANSWERS: 7. ferment, 8. butyric, 9. legume, 10. germ, 11. correlate, 12. vitality, 13. sauerkraut, 14. antioxidant, 15. ingest

16. sa__e vegetables in olive oil *v.* to quickly fry or cook something in a small amount of fat over high heat, typically in a shallow pan, resulting in a quick, flavorful browning or searing
17. co_____te to the size *v.* to have a connection or relationship in which one thing affects or depends on another
18. no_____h damaged skin *v.* to provide a person, an animal, or plant with food to make them grow and stay healthy
19. di_____ve juices *adj.* relating to or capable of causing or promoting digestion of food
20. bif_____ium probiotics *n.* a type of beneficial bacteria that naturally occurs in the gut of humans and animals used as a probiotic in some food products and supplements
21. pathogenic mi_____e *n.* a tiny living thing that can only be seen with a microscope and that may cause disease
22. political fe_____t *v.* to experience a chemical change or action that results in the production of alcohol or effervescence of gases; (noun) a state of agitated activity or change, especially in the context of social or political movements
23. mi_____es sterilizer *n.* a tiny living thing that can only be seen with a microscope and that may cause disease
24. have a diverse mic_____me *n.* the community of microorganisms (= living things too small to be seen) that can usually be found living together in any given environment or the human body

ANSWERS: 16. saute, 17. correlate, 18. nourish, 19. digestive, 20. bifidobacterium, 21. microbe, 22. ferment, 23. microbe, 24. microbiome

25. co____ze planets *v.* to establish a colony in or on a specific place; to settle or occupy in large numbers
26. fu___s infection *n.* a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive
27. antioxidant pol_____ol *n.* a class of organic compounds found in plants, characterized by having multiple phenol groups, known for their antioxidant properties and are often associated with health benefits
28. gu__y performance *adj.* displaying courage, determination, or boldness; characterized by a willingness to take risks or face challenges
29. pr_____ic yogurt *n.* a substance, typically a live bacterium, that is ingested to provide health benefits, particularly in aiding digestion or strengthening the immune system
30. airway mu__s *n.* a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc.
31. le___e protein *n.* a plant of the pea family, whose seed is often edible and used as a source of protein
32. ref_____ion technology *n.* the process of cooling or freezing something, especially food, to preserve it

ANSWERS: 25. colonize, 26. fungus, 27. polyphenol, 28. gutsy, 29. probiotic, 30. mucus, 31. legume, 32. refrigeration

33. sau_____ut dish *n.* a dish made of finely shredded cabbage that has been fermented in brine
34. ko_____ha tea *n.* a fermented beverage made by adding a culture of bacteria and yeast to sweetened tea, resulting in a slightly effervescent, tart, and tea-like flavored drink, often consumed for its potential health benefits
35. the vi_____ty of the company *n.* the state of being strong and active; energy
36. take bif_____ium supplements *n.* a type of beneficial bacteria that naturally occurs in the gut of humans and animals used as a probiotic in some food products and supplements
37. t__m down *v.* to be abuzz; to move in large numbers; to fall heavily
38. st___e to death *v.* to suffer or die from lack of food; to cause someone or something to suffer or die from lack of food; to deprive something of necessary nourishment or sustenance
39. ki___i recipe *n.* a spicy, fermented Korean side dish made of cabbage, radish, or other vegetables, often served as a condiment with rice or meat dishes
40. a di_____ve enzyme *adj.* relating to or capable of causing or promoting digestion of food
41. architect's bl_____nt *n.* a photographic print of an early plan for a building or machine

ANSWERS: 33. sauerkraut, 34. kombucha, 35. vitality, 36. bifidobacterium, 37. teem, 38. starve, 39. kimchi, 40. digestive, 41. blueprint

42. pr_____ic supplement *n.* a substance, typically a live bacterium, that is ingested to provide health benefits, particularly in aiding digestion or strengthening the immune system
43. probiotic lac_____lus *n.* a type of bacteria that is commonly found in the digestive, urinary, and genital systems of humans and mammals, known for their probiotic properties and often used in various health and food products
44. st___e for a victory *v.* to suffer or die from lack of food; to cause someone or something to suffer or die from lack of food; to deprive something of necessary nourishment or sustenance
45. no_____h hope *v.* to provide a person, an animal, or plant with food to make them grow and stay healthy
46. beneficial lac_____lus *n.* a type of bacteria that is commonly found in the digestive, urinary, and genital systems of humans and mammals, known for their probiotic properties and often used in various health and food products
47. t__m with activity *v.* to be abuzz; to move in large numbers; to fall heavily
48. gu__y move *adj.* displaying courage, determination, or boldness; characterized by a willingness to take risks or face challenges

ANSWERS: 42. probiotic, 43. lactobacillus, 44. starve, 45. nourish, 46. lactobacillus, 47. teem, 48. gutsy

49. sa__e shrimp till golden *v.* to quickly fry or cook something in a small amount of fat over high heat, typically in a shallow pan, resulting in a quick, flavorful browning or searing
50. ref_____ion car *n.* the process of cooling or freezing something, especially food, to preserve it
51. 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
52. co_____ze for cultivation *v.* to establish a colony in or on a specific place; to settle or occupy in large numbers
53. bl_____nt for economic reform *n.* a photographic print of an early plan for a building or machine
54. pol_____ol content *n.* a class of organic compounds found in plants, characterized by having multiple phenol groups, known for their antioxidant properties and are often associated with health benefits
55. bu_____c bacteria *adj.* relating to or derived from butyric acid, a fatty acid found in milk products and rancid butter, characterized by a pungent odor
56. high levels of ant_____nts *n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products

ANSWERS: 49. saute, 50. refrigeration, 51. germ, 52. colonize, 53. blueprint, 54. polyphenol, 55. butyric, 56. antioxidant

Session 3: Fill in the Blanks

1. The _____ in yogurt is known for its probiotic benefits.
 - n.* a type of beneficial bacteria that naturally occurs in the gut of humans and animals used as a probiotic in some food products and supplements

2. If you don't eat soon, you're going to _____.
 - v.* to suffer or die from lack of food; to cause someone or something to suffer or die from lack of food; to deprive something of necessary nourishment or sustenance

3. The mother used her breast milk to _____ the baby.
 - v.* to provide a person, an animal, or plant with food to make them grow and stay healthy

4. We may frequently _____ age with the frequency of disease.
 - v.* to have a connection or relationship in which one thing affects or depends on another

5. A business plan is a _____ for your success.
 - n.* a photographic print of an early plan for a building or machine

6. Certain strains of _____ have been shown to boost the immune system.
 - n.* a type of bacteria that is commonly found in the digestive, urinary, and genital systems of humans and mammals, known for their probiotic properties and often used in various health and food products

7. The city _____ with traffic on holiday.
 - v.* to be abuzz; to move in large numbers; to fall heavily

ANSWERS: 1. bifidobacterium, 2. starve, 3. nourish, 4. correlate, 5. blueprint, 6. lactobacillus, 7. teems

8. When the body temperature drops, _____ secretion fails.
- n.* a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc.
9. There are many different varieties of _____ each with its unique taste and texture.
- n.* a spicy, fermented Korean side dish made of cabbage, radish, or other vegetables, often served as a condiment with rice or meat dishes
10. The gut _____ is a major producer of serotonin, which is necessary for human mental stability.
- n.* the community of microorganisms (= living things too small to be seen) that can usually be found living together in any given environment or the human body
11. European powers _____ much of the Americas in the 16th and 17th centuries.
- v.* to establish a colony in or on a specific place; to settle or occupy in large numbers
12. Dried _____ are an important source of protein and fiber for an adventurer.
- n.* a plant of the pea family, whose seed is often edible and used as a source of protein
13. Certain types of _____ can be toxic to humans, causing severe illness if ingested.
- n.* a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive
14. The supermarket had a large _____ section with all kinds of fresh produce.
- n.* the process of cooling or freezing something, especially food, to preserve it

ANSWERS: 8. mucus, 9. kimchi, 10. microbiome, 11. colonized, 12. legumes, 13. fungus, 14. refrigeration

15. 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
16. People who compulsively _____ non-food items, such as dirt or chalk, suffer from a condition called pica.
- v.* to take food or drink into the body, often through the mouth; to absorb or assimilate something, often used to describe the intake of information or knowledge
17. The _____ acid found in cheese gives it a distinct flavor.
- adj.* relating to or derived from butyric acid, a fatty acid found in milk products and rancid butter, characterized by a pungent odor
18. Fruits and vegetables are good sources of _____.
- n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products
19. Foods rich in _____ may have numerous health benefits.
- n.* a class of organic compounds found in plants, characterized by having multiple phenol groups, known for their antioxidant properties and are often associated with health benefits
20. It was _____ to quit her job and start her own business.
- adj.* displaying courage, determination, or boldness; characterized by a willingness to take risks or face challenges
21. The new gym membership has improved his _____ and overall health.
- n.* the state of being strong and active; energy

ANSWERS: 15. germ, 16. ingest, 17. butyric, 18. antioxidants, 19. polyphenols, 20. gutsy, 21. vitality

22. I decided to _____ some garlic and onions to flavor my pasta sauce.
- v. to quickly fry or cook something in a small amount of fat over high heat, typically in a shallow pan, resulting in a quick, flavorful browning or searing
23. The dough was left to _____ overnight to give the bread its distinctive flavor.
- v. to experience a chemical change or action that results in the production of alcohol or effervescence of gases; (noun) a state of agitated activity or change, especially in the context of social or political movements
24. _____ thrive on the surface of the human skin.
- n. a tiny living thing that can only be seen with a microscope and that may cause disease
25. I enjoy drinking flavored _____ as a refreshing and probiotic-rich beverage.
- n. a fermented beverage made by adding a culture of bacteria and yeast to sweetened tea, resulting in a slightly effervescent, tart, and tea-like flavored drink, often consumed for its potential health benefits
26. The _____ was a popular side dish at the German restaurant.
- n. a dish made of finely shredded cabbage that has been fermented in brine
27. _____ foods, such as kefir and sauerkraut, can improve digestive health.
- n. a substance, typically a live bacterium, that is ingested to provide health benefits, particularly in aiding digestion or strengthening the immune system
28. A nutritious diet improves _____ functions.
- adj. relating to or capable of causing or promoting digestion of food

ANSWERS: 22. saute, 23. ferment, 24. Microbes, 25. kombucha, 26. sauerkraut, 27. Probiotic-rich, 28. digestive