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Vocabulary Builder Reference from...

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

All Words

IMPORTANT

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Session 1: Word List

trillion

n. the number 1,000,000,000,000; a million million
(1) **trillion** cubic feet, (2) many **trillions** of dollars
One light year is nearly 6 **trillion** miles.

bacteria

n. single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease
synonym : microorganism, microbe
(1) pathogenic **bacteria**, (2) harmless **bacteria**
Bacteria prevalent in hospitals are often resistant to antibiotics.

virus

n. a tiny infectious organic material that causes disease in people, animals, and plants
synonym : bacterium, germ, ailment
(1) spread of the **virus**, (2) a strain of **virus**
An infected person in the hospital will likely pass the **virus** to others.

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.

maintain

v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

synonym : preserve, uphold, sustain

(1) **maintain** order, (2) **maintain** good health

I need to **maintain** my car regularly to prevent any major mechanical issues.

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.

relation

n. the way two persons or groups of people feel and act toward one another

synonym : association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

advantage

n. a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

synonym : benefit, edge, asset

(1) score an **advantage**, (2) take **advantage** of his weak points

One of the main **advantages** of the new product is its

increased efficiency.

gut

n. the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant

synonym: belly, abdomen, courage

(1) the blind **gut**, (2) **gut** feelings

He told me a **gut-wrenching** truth about my parent's death.

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.

ecosystem

n. all the plants and living creatures in an area and the way they affect each other and the environment

(1) marine **ecosystem**, (2) change the **ecosystem**

Human conservation efforts often fail unexpectedly because they disturb the balance of the **ecosystem**.

function

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

synonym: purpose, mapping, job

(1) **function** properly, (2) immune **function**

The brain is an incredibly complex organ that controls the body's **function**.

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.

digest

v. to transform food into absorbable substances; break down

synonym : absorb, condense

(1) **digest** information, (2) help **digest** food

Most babies can readily **digest** a wide variety of foods.

nutrient

n. any substance that is essential for the maintenance and growth of living things

synonym : food, vitamin

(1) **nutrient** medicine, (2) a **nutrient** for hair

They used fast-acting **nutrients** on the flowers in the flower beds.

immune

adj. protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

synonym : resistant, unsusceptible, unaffected

(1) **immune** from criminal prosecution, (2) the cell of the **immune** system

The vaccination does not necessarily make you completely **immune**.

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.

robust

adj. sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity

synonym : healthy, strong, booming

(1) **robust** growth, (2) a **robust** appetite

The experiment yielded **robust** results that support his theory.

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**.

medication

n. a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

synonym : cure, drug, medicine

(1) antibiotic **medication**, (2) **medication** by mouth

The pharmacist not only prescribes the **medication** but also guides its proper use.

antibiotic

n. a substance or drug that kills or slows down the growth of bacteria

synonym : antimicrobial, chemotherapeutic, germicide

(1) **antibiotic** resistance, (2) **antibiotic** allergy

He has been prescribed an **antibiotic** to treat his infection.

diet

n. the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

synonym : food, dietary

(1) eat a vegetarian **diet**, (2) **Diet** approval

A balanced **diet** is more important for health than supplements.

emerging

adj. starting to exist, mature, or become well-known

synonym : arising, occurring, state-of-the-art

(1) **emerging** country, (2) **emerging** technologies

Emerging technologies have dramatically improved productivity in various industries.

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.

manipulate

v. to influence or control something or someone to your advantage, often in an unfair or dishonest way

synonym : control, exploit, abuse

(1) **manipulate** figures, (2) vulnerable to **manipulate**

Please tell me how to **manipulate** this computer.

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.

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.

dietary

adj. relating to or affecting the way that a person eats or the specific foods that they consume

synonym : nutritional, alimentary

(1) **dietary** supplement, (2) **dietary** restrictions

The menu at the restaurant includes many **dietary** options for those with food restrictions.

fiber

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

synonym : yarn, thread, wool

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

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

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.

grain

n. wheat or any other small hard seeds used as a food; a relatively small granular particle of a substance

synonym : seed, piece, cereal

(1) a **grain** of sand, (2) flour made from **grain**

Ordinary air purifiers cannot adequately remove pollen **grains**.

fuel

n. a substance that is typically burned to generate heat or energy

synonym : energy, power, gas

(1) biomass **fuel**, (2) smokeless **fuel**

The **fuel** scarcity most severely impacted the manufacturing sector

- chain** *n.* a series of connected links or objects; a system or group of interconnected elements; a restraint or shackle
synonym : series, string, link
(1) **chain** reaction, (2) supply **chain**
The **chain** on my bike broke, leaving me stranded.
- fatty** *adj.* containing a lot of fat
synonym : greasy, oily
(1) less **fatty** meat, (2) **fatty** acid
You should keep away from **fatty** foods.
- acid** *n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
synonym : sour
(1) an **acid** reaction, (2) good source of essential amino **acids**
During pregnancy, the stomach generates less **acid** than usual.
- 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.
- barrier** *n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
synonym : border, barricade, fence
(1) cost **barrier**, (2) information **barrier**
The police placed a **barrier** across the street to halt traffic.
- improve** *v.* to make or become better
synonym : enhance, ameliorate, enrich
(1) **improve** a process, (2) **improve** the test score

We want to **improve** ties between our two countries.

inflammation

n. a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury

synonym : rash, hives, irritation

(1) reduce **inflammation** and pain, (2) **inflammation** of the lungs

The medicine soothes the pain of chronic **inflammation**.

cancer

n. abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

synonym : tumor, carcinoma, malignancy

(1) **cancer** diagnosis, (2) **cancer** research

Breast **cancer** is the most common type of cancer in women.

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.

exchange

v. to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or

traded

synonym : trade, swap, interchange

(1) **exchange** rate, (2) **exchange** a few friendly words
My sister and I frequently **exchange** books, as we love reading.

rural

adj. of or relating to the countryside

synonym : agrarian, country, rustic

(1) **rural** accents, (2) people in **rural** areas
Many **rural** areas are still impoverished.

colon

n. the punctuation mark (:) used to introduce a list, summary, explanation, etc., or before reporting what someone has said; a significant part of the large intestine, the final section of the digestive system

(1) **colon** examination, (2) the **colon** at the end of the sentence

Consumption of vegetables may aid in the prevention of **colon** cancer.

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.

opposition

n. the act of disagreeing or resisting; the state of strong disagreement

synonym : resistance, hostility, antagonism

(1) **opposition** campaign, (2) meet with **opposition**

The **opposition** party strongly disagreed with the government's proposed legislation.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or

objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym : procedure, method, system

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

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

essentially

adv. relating to the essential features or concepts of anything

synonym : fundamentally, basically, virtually

(1) **essentially** correct, (2) become **essentially** same

Essentially, a society is an organism.

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**.

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.

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.

specific

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

synonym : particular, definite, distinct

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

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.

naturally

adv. as might be expected; by natural manners

synonym: by nature, inherently, intrinsically

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

He was **naturally** gifted.

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**.

compound

n. an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements

synonym: combination, mixture, blend

(1) aquatic **compound**, (2) harmful **compound**

Common salt is a sodium and chlorine **compound**.

dairy

n. a room, building, or establishment where milk and milk products are produced and processed; milk and milk products, such as butter and cheese

synonym : creamery, farm

(1) low-fat **dairy**, (2) imported **dairy** product

The **dairy** industry is a significant contributor to the economy.

soda

n. a carbonated soft drink containing a sweetened syrup or flavoring, often used interchangeably with "pop" or "soda pop" in different regions of the world

synonym : pop, cola, soft drink

(1) **soda** pop, (2) lemon-lime **soda**

I'm craving a cold **soda** to quench my thirst.

minimal

adj. tiny in amount; the least possible

synonym : tiniest, essential, minimum

(1) **minimal** effort, (2) **minimal** amount

The process was carried out at **minimal** cost.

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.

typical

adj. having the usual characteristics or traits of a specific group of things

synonym : characteristic, usual, distinctive

(1) **typical** leader, (2) fairly **typical** symptoms

This artwork is **typical** of her work.

beneficial

adj. helpful, useful, or sound; promoting or enhancing well-being

synonym : useful, advantageous, fruitful

(1) a **beneficial** result, (2) **beneficial** to all countries

Laughing is **beneficial** to our health.

introduction

n. a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market

synonym : initiation, preamble, prologue

(1) **introduction** education, (2) self- **introduction**

The **introduction** to the new class was informative and engaging.

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.

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.

preserve

v. to keep or maintain a particular quality, feature, etc., especially to prevent it from decaying, being damaged, or being destroyed

synonym : conserve, care for, maintain

(1) **preserve** my strength, (2) **preserve** a country's heritage

They worked hard to **preserve** the nature of their native lands.

invention

n. the creation of a new device or process resulting from study and experimentation; the act of inventing

synonym : creation, design, innovation

(1) the **invention** of new techniques, (2) common **invention**

Necessity is the mother of **invention**.

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.

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.

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.

necessarily

adv. in an essential manner; in such a way as could not be otherwise

synonym : inevitable, certainly, automatically

(1) not **necessarily** a problem, (2) **necessarily** true

This accident was something that happened **necessarily**.

brand

n. a type of product, service, etc., made by a particular company and sold under a specific name; identification mark on the skin of livestock, criminals, etc., made by burning

synonym : trademark, label, symbol

(1) create a **brand** logo, (2) the **brand** of the new car

There's a new **brand** of hero in the movies now.

guideline

n. a general rule or principle that provides guidance to appropriate behavior; a piece of advice or instructions that tell you how something should be done or what something should be

synonym : policy, direction, protocol

(1) an education **guideline**, (2) **guideline** for clinical trial

This book will be a practical **guideline** when coding.

interact

v. to communicate or react with somebody

synonym : cooperate, combine, collaborate

(1) **interact** directly with customers, (2) **interact** with one another

He should **interact** more with his colleagues.

correlation

n. a statistical relationship between two variables in which one variable is affected by the other; a reciprocal relation between two or more facts, numbers, etc.

synonym : relationship, connection, association

(1) ecological **correlation**, (2) **correlation** coefficient

There is a strong **correlation** between education level and income.

observation

n. the act or activity of carefully examining or monitoring something or someone

synonym : watching, notice, reflection

(1) class **observation** day, (2) **observation** instrument

In the hospital, she will remain under constant **observation**.

instance

n. a particular example or single occurrence of something

synonym : example, sample, illustration

(1) for **instance**, (2) notable **instance**

These articles cite five **instances** of climate change.

responsible

adj. answerable or accountable for something within one's power, control, or management

synonym : accountable, answerable, liable

(1) **responsible** action, (2) **responsible** for a customer service

She's a **responsible** pet owner who ensures her dog gets enough exercise and a healthy diet.

complicated

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

synonym : complex, convoluted, intricate

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

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

vast

adj. enormous in size, number, amount, or quantity

synonym : expansive, extended, boundless

(1) **vast** majority, (2) **vast** desert

A **vast** audience viewed the broadcast.

glimpse

n. a brief or partial view; the act of seeing something or someone for a very short time or only partly

synonym : glance, peek, sighting

(1) a momentary **glimpse**, (2) passing **glimpse**

Our team caught a **glimpse** of the world-class technique in this game.

crucial

adj. extremely vital or necessary

synonym : essential, pivotal, vital

(1) **crucial** information, (2) a **crucial** issue for women

The revitalization of technology companies is **crucial** to the country's growth.

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.

belly

n. the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft

synonym : stomach, abdomen, gut

(1) the **belly** of the ship, (2) with an empty **belly**

She had a tattoo just above her **belly** button.

Session 2: Spelling

1. lemon-lime s__a *n.* a carbonated soft drink containing a sweetened syrup or flavoring, often used interchangeably with "pop" or "soda pop" in different regions of the world
2. the vi____ty of the company *n.* the state of being strong and active; energy
3. 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
4. a com_____ed process *adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze
5. many tr____ons of dollars *n.* the number 1,000,000,000,000; a million million
6. inf_____ion of the lungs *n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
7. meet with opp_____on *n.* the act of disagreeing or resisting; the state of strong disagreement
8. 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

ANSWERS: 1. soda, 2. vitality, 3. saute, 4. complicated, 5. trillion, 6. inflammation, 7. opposition, 8. ferment

9. passing gl____e *n.* a brief or partial view; the act of seeing something or someone for a very short time or only partly
10. gu_____ne for clinical trial *n.* a general rule or principle that provides guidance to appropriate behavior; a piece of advice or instructions that tell you how something should be done or what something should be
11. architect's bl_____nt *n.* a photographic print of an early plan for a building or machine
12. ro___t growth *adj.* sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity
13. pathogenic mi_____e *n.* a tiny living thing that can only be seen with a microscope and that may cause disease
14. t__m with activity *v.* to be abuzz; to move in large numbers; to fall heavily
15. pr_____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
16. a strain of vi__s *n.* a tiny infectious organic material that causes disease in people, animals, and plants

ANSWERS: 9. glimpse, 10. guideline, 11. blueprint, 12. robust, 13. microbe, 14. teem, 15. process, 16. virus

17. di____y restrictions *adj.* relating to or affecting the way that a person eats or the specific foods that they consume
18. gu__y performance *adj.* displaying courage, determination, or boldness; characterized by a willingness to take risks or face challenges
19. ma_____in good health *v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
20. 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
21. im___e from criminal prosecution *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
22. ch__n reaction *n.* a series of connected links or objects; a system or group of interconnected elements; a restraint or shackle
23. sp_____ic instructions *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
24. decision-making pr_____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 17. dietary, 18. gutsy, 19. maintain, 20. balance, 21. immune, 22. chain, 23. specific, 24. process

25. ant_____ic resistance *n.* a substance or drug that kills or slows down the growth of bacteria
26. 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
27. a well-ba_____ed mind *adj.* taking all sides or opinions into account equally; being in a state of proper equilibrium
28. man_____te figures *v.* to influence or control something or someone to your advantage, often in an unfair or dishonest way
29. res_____le for a customer service *adj.* answerable or accountable for something within one's power, control, or management
30. or____n of information *n.* the first existence or beginning of something
31. mi_____l amount *adj.* tiny in amount; the least possible
32. spread of the vi____s *n.* a tiny infectious organic material that causes disease in people, animals, and plants
33. biomass f____l *n.* a substance that is typically burned to generate heat or energy
34. na_____ly regenerated forest *adv.* as might be expected; by natural manners
35. 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

ANSWERS: 25. antibiotic, 26. probiotic, 27. balanced, 28. manipulate, 29. responsible, 30. origin, 31. minimal, 32. virus, 33. fuel, 34. naturally, 35. tradition

36. env_____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
37. em_____ng technologies *adj.* starting to exist, mature, or become well-known
38. v__t majority *adj.* enormous in size, number, amount, or quantity
39. cor_____on coefficient *n.* a statistical relationship between two variables in which one variable is affected by the other; a reciprocal relation between two or more facts, numbers, etc.
40. eat a vegetarian d__t *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
41. gu__y move *adj.* displaying courage, determination, or boldness; characterized by a willingness to take risks or face challenges
42. re_____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
43. become ess_____ly same *adv.* relating to the essential features or concepts of anything
44. harmless ba_____ia *n.* single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease

ANSWERS: 36. environment, 37. emerging, 38. vast, 39. correlation, 40. diet, 41. gutsy, 42. relation, 43. essentially, 44. bacteria

45. ma_____in order *v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
46. help di_____t food *v.* to transform food into absorbable substances; break down
47. tropical le_____e tree *n.* a plant of the pea family, whose seed is often edible and used as a source of protein
48. 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
49. nu_____nt medicine *n.* any substance that is essential for the maintenance and growth of living things
50. an education gu_____ne *n.* a general rule or principle that provides guidance to appropriate behavior; a piece of advice or instructions that tell you how something should be done or what something should be
51. ess_____ly correct *adv.* relating to the essential features or concepts of anything
52. reduce inf_____ion and pain *n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
53. le_____e protein *n.* a plant of the pea family, whose seed is often edible and used as a source of protein
54. ben_____al to all countries *adj.* helpful, useful, or sound; promoting or enhancing well-being

ANSWERS: 45. maintain, 46. digest, 47. legume, 48. diversity, 49. nutrient, 50. guideline, 51. essentially, 52. inflammation, 53. legume, 54. beneficial

55. na_____ly arising *adv.* as might be expected; by natural manners
56. pr_____ve a country's heritage *v.* to keep or maintain a particular quality, feature, etc., especially to prevent it from decaying, being damaged, or being destroyed
57. 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
58. 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
59. create a br__d logo *n.* a type of product, service, etc., made by a particular company and sold under a specific name; identification mark on the skin of livestock, criminals, etc., made by burning
60. ref_____ion technology *n.* the process of cooling or freezing something, especially food, to preserve it
61. in_____ct with one another *v.* to communicate or react with somebody
62. people in ru__l areas *adj.* of or relating to the countryside
63. take ad_____ge of his weak points *n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

ANSWERS: 55. naturally, 56. preserve, 57. kombucha, 58. tradition, 59. brand, 60. refrigeration, 61. interact, 62. rural, 63. advantage

64. 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
65. 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
66. no_____h damaged skin *v.* to provide a person, an animal, or plant with food to make them grow and stay healthy
67. pathogenic ba_____ia *n.* single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease
68. 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
69. the be__y of the ship *n.* the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft

ANSWERS: 64. ferment, 65. polyphenol, 66. nourish, 67. bacteria, 68. lactobacillus, 69. belly

70. fu____on properly *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
71. 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
72. high levels of ant_____nts *n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products
73. fa__y acid *adj.* containing a lot of fat
74. res_____le action *adj.* answerable or accountable for something within one's power, control, or management
75. in_____ct directly with customers *v.* to communicate or react with somebody
76. vi_____ty of youth *n.* the state of being strong and active; energy
77. 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
78. im_____e a process *v.* to make or become better

ANSWERS: 70. function, 71. starve, 72. antioxidant, 73. fatty, 74. responsible, 75. interact, 76. vitality, 77. bifidobacterium, 78. improve

79. em____ng country *adj.* starting to exist, mature, or become well-known
80. co_____te to the size *v.* to have a connection or relationship in which one thing affects or depends on another
81. mi_____l effort *adj.* tiny in amount; the least possible
82. a ben_____al result *adj.* helpful, useful, or sound; promoting or enhancing well-being
83. synthetic fi__r *n.* thread or filament used to make a vegetable tissue, mineral material, or textile
84. ru__l accents *adj.* of or relating to the countryside
85. ex_____ge rate *v.* to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded
86. sau_____ut dish *n.* a dish made of finely shredded cabbage that has been fermented in brine
87. pr_____ve my strength *v.* to keep or maintain a particular quality, feature, etc., especially to prevent it from decaying, being damaged, or being destroyed
88. the co__n at the end of the sentence *n.* the punctuation mark (:) used to introduce a list, summary, explanation, etc., or before reporting what someone has said; a significant part of the large intestine, the final section of the digestive system

ANSWERS: 79. emerging, 80. correlate, 81. minimal, 82. beneficial, 83. fiber, 84. rural, 85. exchange, 86. sauerkraut, 87. preserve, 88. colon

89. with an empty be__y *n.* the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft
90. a ba____ed diet *adj.* taking all sides or opinions into account equally; being in a state of proper equilibrium
91. a nu____nt for hair *n.* any substance that is essential for the maintenance and growth of living things
92. the in_____on of new techniques *n.* the creation of a new device or process resulting from study and experimentation; the act of inventing
93. smokeless f__l *n.* a substance that is typically burned to generate heat or energy
94. less fa__y meat *adj.* containing a lot of fat
95. the cell of the im___e system *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
96. in_____ce a child's future *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
97. nec_____ly true *adv.* in an essential manner; in such a way as could not be otherwise
98. 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

ANSWERS: 89. belly, 90. balanced, 91. nutrient, 92. invention, 93. fuel, 94. fatty, 95. immune, 96. influence, 97. necessarily, 98. kombucha

99. im____e the test score *v.* to make or become better
100. t__m down *v.* to be abuzz; to move in large numbers; to fall heavily
101. s__a pop *n.* a carbonated soft drink containing a sweetened syrup or flavoring, often used interchangeably with "pop" or "soda pop" in different regions of the world
102. aquatic co____nd *n.* an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements
103. common in____on *n.* the creation of a new device or process resulting from study and experimentation; the act of inventing
104. di____t information *v.* to transform food into absorbable substances; break down
105. cost ba____r *n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
106. mi____es sterilizer *n.* a tiny living thing that can only be seen with a microscope and that may cause disease
107. vulnerable to man____te *v.* to influence or control something or someone to your advantage, often in an unfair or dishonest way
108. 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

ANSWERS: 99. improve, 100. teem, 101. soda, 102. compound, 103. invention, 104. digest, 105. barrier, 106. microbe, 107. manipulate, 108. butyric

109. information ba____r *n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
110. airway mu__s *n.* a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc.
111. 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
112. in_____ce the daily life *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
113. no_____h hope *v.* to provide a person, an animal, or plant with food to make them grow and stay healthy
114. ex_____ge a few friendly words *v.* to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded
115. 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

ANSWERS: 109. barrier, 110. mucus, 111. microbiome, 112. influence, 113. nourish, 114. exchange, 115. fungus

116. the ba____e of power *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
117. 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
118. 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
119. flour made from gr__n *n.* wheat or any other small hard seeds used as a food; a relatively small granular particle of a substance
120. 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
121. co____te closely with the quality *v.* to have a connection or relationship in which one thing affects or depends on another
122. class obs____on day *n.* the act or activity of carefully examining or monitoring something or someone
123. med____on by mouth *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
124. the br__d of the new car *n.* a type of product, service, etc., made by a particular company and sold under a specific name; identification mark on the skin of livestock, criminals, etc., made by burning

ANSWERS: 116. balance, 117. probiotic, 118. germ, 119. grain, 120. butyric, 121. correlate, 122. observation, 123. medication, 124. brand

125. immune fu____on
- n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
126. ant_____nt behavior
- n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products
127. ca___r diagnosis
- n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
128. a gr__n of sand
- n.* wheat or any other small hard seeds used as a food; a relatively small granular particle of a substance
129. change the ec_____em
- n.* all the plants and living creatures in an area and the way they affect each other and the environment
130. 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
131. score an ad_____ge
- n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

ANSWERS: 125. function, 126. antioxidant, 127. cancer, 128. grain, 129. ecosystem, 130. bifidobacterium, 131. advantage

132. 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
133. harmful co_____nd *n.* an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements
134. obs_____on instrument *n.* the act or activity of carefully examining or monitoring something or someone
135. 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
136. 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
137. eat sau_____ut *n.* a dish made of finely shredded cabbage that has been fermented in brine
138. ref_____ion car *n.* the process of cooling or freezing something, especially food, to preserve it
139. ca____r research *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

ANSWERS: 132. diversity, 133. compound, 134. observation, 135. saute, 136. lactobacillus, 137. sauerkraut, 138. refrigeration, 139. cancer

140. re____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
141. ty____l leader *adj.* having the usual characteristics or traits of a specific group of things
142. the blind g_t *n.* the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant
143. bl_____nt for economic reform *n.* a photographic print of an early plan for a building or machine
144. marine ec_____em *n.* all the plants and living creatures in an area and the way they affect each other and the environment
145. v__t desert *adj.* enormous in size, number, amount, or quantity
146. 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
147. 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
148. tr_____on cubic feet *n.* the number 1,000,000,000,000; a million million
149. 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

ANSWERS: 140. relation, 141. typical, 142. gut, 143. blueprint, 144. ecosystem, 145. vast, 146. kimchi, 147. fungus, 148. trillion, 149. germ

150. self-int_____ion *n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
151. int_____ion education *n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
152. imported da__y product *n.* a room, building, or establishment where milk and milk products are produced and processed; milk and milk products, such as butter and cheese
153. carbon fi__r *n.* thread or filament used to make a vegetable tissue, mineral material, or textile
154. low-fat da__y *n.* a room, building, or establishment where milk and milk products are produced and processed; milk and milk products, such as butter and cheese
155. supply ch__n *n.* a series of connected links or objects; a system or group of interconnected elements; a restraint or shackle
156. become increasingly com_____ed *adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze
157. co__n examination *n.* the punctuation mark (:) used to introduce a list, summary, explanation, etc., or before reporting what someone has said; a significant part of the large intestine, the final section of the digestive system

ANSWERS: 150. introduction, 151. introduction, 152. dairy, 153. fiber, 154. dairy, 155. chain, 156. complicated, 157. colon

158. 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
159. for in_____ce *n.* a particular example or single occurrence of something
160. antibiotic med_____on *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
161. di_____ve juices *adj.* relating to or capable of causing or promoting digestion of food
162. 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
163. cr_____l information *adj.* extremely vital or necessary
164. an a__d reaction *n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials
165. not nec_____ly a problem *adv.* in an essential manner; in such a way as could not be otherwise
166. 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

ANSWERS: 158. microbiome, 159. instance, 160. medication, 161. digestive, 162. kimchi, 163. crucial, 164. acid, 165. necessarily, 166. starve

167. a cr_____l issue for women *adj.* extremely vital or necessary
168. racial or_____n *n.* the first existence or beginning of something
169. opp_____on campaign *n.* the act of disagreeing or resisting; the state of strong disagreement
170. D__t approval *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
171. co_____ze for cultivation *v.* to establish a colony in or on a specific place; to settle or occupy in large numbers
172. ant_____ic allergy *n.* a substance or drug that kills or slows down the growth of bacteria
173. fairly ty_____l symptoms *adj.* having the usual characteristics or traits of a specific group of things
174. 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
175. co_____ze planets *v.* to establish a colony in or on a specific place; to settle or occupy in large numbers
176. di_____y supplement *adj.* relating to or affecting the way that a person eats or the specific foods that they consume
177. a momentary gl_____e *n.* a brief or partial view; the act of seeing something or someone for a very short time or only partly

ANSWERS: 167. crucial, 168. origin, 169. opposition, 170. diet, 171. colonize, 172. antibiotic, 173. typical, 174. polyphenol, 175. colonize, 176. dietary, 177. glimpse

178. industry-sp____ic regulations *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
179. 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
180. g_t feelings *n.* the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant
181. notable in____ce *n.* a particular example or single occurrence of something
182. a ro____t appetite *adj.* sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity
183. a di____ve enzyme *adj.* relating to or capable of causing or promoting digestion of food
184. nasal mu__s *n.* a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc.
185. 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
186. good source of essential amino a__ds *n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials

ANSWERS: 178. specific, 179. ingest, 180. gut, 181. instance, 182. robust, 183. digestive, 184. mucus, 185. ingest, 186. acid

187. ecological cor_____on

n. a statistical relationship between two variables in which one variable is affected by the other; a reciprocal relation between two or more facts, numbers, etc.

188. chaotic env_____nt

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

ANSWERS: 187. correlation, 188. environment

Session 3: Fill in the Blanks

1. 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
2. The revitalization of technology companies is _____ to the country's growth.
adj. extremely vital or necessary
3. The _____ party strongly disagreed with the government's proposed legislation.
n. the act of disagreeing or resisting; the state of strong disagreement
4. I'm craving a cold _____ to quench my thirst.
n. a carbonated soft drink containing a sweetened syrup or flavoring, often used interchangeably with "pop" or "soda pop" in different regions of the world
5. Ordinary air purifiers cannot adequately remove pollen _____.
n. wheat or any other small hard seeds used as a food; a relatively small granular particle of a substance
6. I need to _____ my car regularly to prevent any major mechanical issues.
v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
7. The menu at the restaurant includes many _____ options for those with food restrictions.
adj. relating to or affecting the way that a person eats or the specific foods that they consume

ANSWERS: 1. nourish, 2. crucial, 3. opposition, 4. soda, 5. grains, 6. maintain, 7. dietary

8. He did _____ pen-and-ink drawings in just a few days.
adj. involving a lot of different things or parts in a way that is difficult to understand or analyze
9. 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
10. 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
11. The vaccination does not necessarily make you completely _____.
adj. protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
12. Many _____ areas are still impoverished.
adj. of or relating to the countryside
13. 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
14. The _____ was a popular side dish at the German restaurant.
n. a dish made of finely shredded cabbage that has been fermented in brine
15. The medicine soothes the pain of chronic _____.
n. a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury

ANSWERS: 8. complicated, 9. tradition, 10. balanced, 11. immune, 12. rural, 13. germ, 14. sauerkraut, 15. inflammation

16. 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
17. 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
18. 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
19. Our team caught a _____ of the world-class technique in this game.
- n.* a brief or partial view; the act of seeing something or someone for a very short time or only partly
20. She had a tattoo just above her _____ button.
- n.* the front part of the body below the chest, containing the stomach and bowels; the rounded or curved part of an object, such as a ship or aircraft
21. A _____ audience viewed the broadcast.
- adj.* enormous in size, number, amount, or quantity
22. 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
23. Human conservation efforts often fail unexpectedly because they disturb the balance of the _____.
- n.* all the plants and living creatures in an area and the way they affect each other and the environment

ANSWERS: 16. correlate, 17. balance, 18. butyric, 19. glimpse, 20. belly, 21. vast, 22. ferment, 23. ecosystem

24. The process was carried out at _____ cost.

adj. tiny in amount; the least possible

25. They worked hard to _____ the nature of their native lands.

v. to keep or maintain a particular quality, feature, etc., especially to prevent it from decaying, being damaged, or being destroyed

26. These articles cite five _____ of climate change.

n. a particular example or single occurrence of something

27. This book will be a practical _____ when coding.

n. a general rule or principle that provides guidance to appropriate behavior; a piece of advice or instructions that tell you how something should be done or what something should be

28. The city _____ with traffic on holiday.

v. to be abuzz; to move in large numbers; to fall heavily

29. The _____ for applying for a visa can be lengthy and complicated.

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

30. 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

31. _____ a society is an organism.

adv. relating to the essential features or concepts of anything

ANSWERS: 24. minimal, 25. preserve, 26. instances, 27. guideline, 28. teems, 29. process, 30. bifidobacterium, 31. Essentially,

32. 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
33. The scientist conducted a study that provided _____ details about the species' behavior.
- adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
34. The pharmacist not only prescribes the _____ but also guides its proper use.
- n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
35. Necessity is the mother of _____.
- n.* the creation of a new device or process resulting from study and experimentation; the act of inventing
36. He was _____ gifted.
- adv.* as might be expected; by natural manners
37. There is a strong _____ between education level and income.
- n.* a statistical relationship between two variables in which one variable is affected by the other; a reciprocal relation between two or more facts, numbers, etc.
38. 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

ANSWERS: 32. lactobacillus, 33. specific, 34. medication, 35. invention, 36. naturally, 37. correlation, 38. ingest

39. He has been prescribed an _____ to treat his infection.
- n.* a substance or drug that kills or slows down the growth of bacteria
40. 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
41. One light year is nearly 6 _____ miles.
- n.* the number 1,000,000,000,000; a million million
42. 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
43. The brain is an incredibly complex organ that controls the body's _____.
- n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
44. 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
45. Fruits and vegetables are good sources of _____.
- n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products

ANSWERS: 39. antibiotic, 40. environment, 41. trillion, 42. influence, 43. function, 44. fungus, 45. antioxidants

46. 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
47. The _____ scarcity most severely impacted the manufacturing sector
n. a substance that is typically burned to generate heat or energy
48. _____ prevalent in hospitals are often resistant to antibiotics.
n. single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease
49. 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
50. She's a _____ pet owner who ensures her dog gets enough exercise and a healthy diet.
adj. answerable or accountable for something within one's power, control, or management
51. _____ technologies have dramatically improved productivity in various industries.
adj. starting to exist, mature, or become well-known
52. 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

ANSWERS: 46. legumes, 47. fuel, 48. Bacteria, 49. starve, 50. responsible, 51. Emerging, 52. gutsy

53. A nutritious diet improves _____ functions.

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

54. The industrial _____ laws were passed with little to no alteration.

n. the way two persons or groups of people feel and act toward one another

55. An infected person in the hospital will likely pass the _____ to others.

n. a tiny infectious organic material that causes disease in people, animals, and plants

56. Laughing is _____ to our health.

adj. helpful, useful, or sound; promoting or enhancing well-being

57. The experiment yielded _____ results that support his theory.

adj. sturdy and healthy in form, constitution, or construction; strong enough to withstand or overcome intellectual challenges or adversity

58. 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

59. The new gym membership has improved his _____ and overall health.

n. the state of being strong and active; energy

60. One of the main _____ of the new product is its increased efficiency.

n. a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

ANSWERS: 53. digestive, 54. relations, 55. virus, 56. beneficial, 57. robust, 58. polyphenols, 59. vitality, 60. advantages

61. My sister and I frequently _____ books, as we love reading.

- v.* to give something and receive something else in return, often with the implication that the items being traded are of equal or comparable value; (noun) the act of giving or taking something in return for something else; a place or system where goods or services can be bought, sold, or traded

62. This accident was something that happened _____.

- adv.* in an essential manner; in such a way as could not be otherwise

63. They used fast-acting _____ on the flowers in the flower beds.

- n.* any substance that is essential for the maintenance and growth of living things

64. There's a new _____ of hero in the movies now.

- n.* a type of product, service, etc., made by a particular company and sold under a specific name; identification mark on the skin of livestock, criminals, etc., made by burning

65. Breast _____ is the most common type of cancer in women.

- n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

66. Common salt is a sodium and chlorine _____.

- n.* an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements

67. 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

ANSWERS: 61. exchange, 62. necessarily, 63. nutrients, 64. brand, 65. cancer, 66. compound, 67. kombucha

68. There are various hypotheses concerning the _____ of life.
n. the first existence or beginning of something
69. He told me a _____ truth about my parent's death.
n. the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant
70. A business plan is a _____ for your success.
n. a photographic print of an early plan for a building or machine
71. We want to _____ ties between our two countries.
v. to make or become better
72. He should _____ more with his colleagues.
v. to communicate or react with somebody
73. _____ 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
74. The _____ industry is a significant contributor to the economy.
n. a room, building, or establishment where milk and milk products are produced and processed; milk and milk products, such as butter and cheese
75. Most babies can readily _____ a wide variety of foods.
v. to transform food into absorbable substances; break down

ANSWERS: 68. origin, 69. gut-wrenching, 70. blueprint, 71. improve, 72. interact, 73. Probiotic-rich, 74. dairy, 75. digest

76. You should keep away from _____ foods.

adj. containing a lot of fat

77. 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

78. 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

79. The _____ to the new class was informative and engaging.

n. a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market

80. 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

81. Consumption of vegetables may aid in the prevention of _____ cancer.

n. the punctuation mark (:) used to introduce a list, summary, explanation, etc., or before reporting what someone has said; a significant part of the large intestine, the final section of the digestive system

82. The police placed a _____ across the street to halt traffic.

n. a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective

ANSWERS: 76. fatty, 77. refrigeration, 78. microbiome, 79. introduction, 80. kimchi, 81. colon, 82. barrier

83. The _____ on my bike broke, leaving me stranded.
- n.* a series of connected links or objects; a system or group of interconnected elements; a restraint or shackle
84. 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
85. We must consume dietary _____ to maintain good health.
- n.* thread or filament used to make a vegetable tissue, mineral material, or textile
86. In the hospital, she will remain under constant _____.
- n.* the act or activity of carefully examining or monitoring something or someone
87. A balanced _____ is more important for health than supplements.
- n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
88. This artwork is _____ of her work.
- adj.* having the usual characteristics or traits of a specific group of things
89. _____ 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
90. 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: 83. chain, 84. saute, 85. fiber, 86. observation, 87. diet, 88. typical, 89. Microbes, 90. diversity

91. 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

92. Please tell me how to _____ this computer.

- v.* to influence or control something or someone to your advantage, often in an unfair or dishonest way

93. During pregnancy, the stomach generates less _____ than usual.

- n.* sour; water-soluble chemicals with a sour flavor; any of a variety of generally liquid compounds capable of reacting with and occasionally dissolving other materials

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

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

ANSWERS: 91. colonized, 92. manipulate, 93. acid, 94. mucus