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Vocabulary Builder Reference from...

Helen Pearson: Lessons from the longest study on human development | TED Talk

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

Advanced Words Only

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Session 1: Word List

confession

n. a formal statement in which one admits that they have done something wrong or illegal

synonym: admission, avowal, acknowledgment

(1) a **confession** of guilt, (2) a **confession** of faith

The prisoner made a full **confession** and admitted to his crime.

rev

n. a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

synonym: revolution, RPM, speed

(1) low- **rev** engine, (2) **rev** up the crowd

He stepped on the gas pedal, and the engine released a loud **rev**.

sift

v. to put flour, sugar, etc. through a sieve (= a utensil consisting of a wire or plastic mesh in a frame) to remove lumps or large particles

synonym: filter, go through, sieve

(1) **sift** the candidates, (2) **sift** sand

The search engine helps **sift** information.

- pint**
- n.* a unit of measurement for liquid and dry substances, typically equal to 1/8th of a gallon or 16 fluid ounces, commonly used to measure beverages, such as beer or milk, as well as certain food ingredients
- (1) half a **pint** of milk, (2) **pint** glass
- He ordered a **pint** of beer at the pub and enjoyed it with his friends.
- smock**
- n.* a loose, lightweight garment worn to protect clothing while working or painting
- synonym* : overall, coverall, dust coat
- (1) artist **smock**, (2) workman's **smock**
- The artist wore a colorful **smock** while painting in the studio.
- corset**
- n.* a tightly fitting undergarment worn to shape the torso, particularly to create an hourglass figure by compressing the waist and supporting the bust
- synonym* : waist cincher, stays, girdle
- (1) leather **corset**, (2) orthopedic **corset**
- She wore a **corset** under her dress to give her waist a more defined shape.
- knickers**
- n.* a type of undergarment or shorts worn by women, typically covering the hips and thighs
- synonym* : breeches, shorts, pants
- (1) **knickers** twister, (2) gym **knickers**
- Students were required to wear short skirts and white **knickers** as part of the school uniform.
- mind-boggling**
- adj.* extremely surprising or overwhelming and, therefore, difficult to understand or imagine
- synonym* : overwhelming, amazing, astonishing
- (1) a **mind-boggling** puzzle, (2) a **mind-boggling** display
- Educating hundreds of thousands of recruits is a **mind-boggling** task.

placenta

n. a temporary organ that feeds a fetus (= unborn and developing baby) inside its mother's womb

(1) **placenta** blood, (2) fetal **placenta**

The **placenta** produces various hormones that help maintain the pregnancy.

pickle

n. vegetables or fruit preserved in salty water or vinegar served cold with meat, salads, etc.; informal terms for a difficult situation

synonym: jam, predicament, quagmire

(1) **pickle** a cucumber, (2) **pickle** barrel

The **pickle** must have an acidity level high enough to inhibit the growth of bacteria.

cramped

adj. not having enough space for the people in it; uncomfortably small or restricted

synonym: congested, overcrowded, narrow

(1) feel **cramped**, (2) a **cramped** house

She writes a **cramped** hand.

unhealthy

adj. not conducive to good health; detrimental to physical or mental well-being

synonym: unwholesome, detrimental, insalubrious

(1) **unhealthy** diet, (2) **unhealthy** habit

Sitting for long hours in front of the computer is considered **unhealthy**.

optimism

n. a feeling or the belief that good things will happen, or the quality of being full of hope and emphasizing the positive aspects of a situation

synonym: positiveness, sanguinity, bullishness

(1) sense of **optimism**, (2) political **optimism**

There is considerable **optimism** that the economy will recover soon.

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.

bedtime

n. the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness

synonym : sleep time, night-time

(1) **bedtime** meditation, (2) regular **bedtime**

Reading **bedtime** stories can help children relax and fall asleep faster.

confound

v. to confuse or perplex; to mix up or throw into disorder; to prove to be false or illogical

synonym : confuse, mix up, perplex

(1) **confound** right and wrong, (2) **confound** the problem

The unexpected events **confounded** the scientists, who had to rethink their hypothesis.

scar

n. a mark that remains on the skin after a wound has healed

synonym : blemish, imperfection, blotch

(1) burn **scar**, (2) carry a **scar**

Even after the wound has healed, a **scar** remains.

well-being

n. the state of being happy and healthy and prosperous

synonym : health, welfare, happiness

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

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

inherit

v. to receive money, property, or a title from someone after they have died

synonym : obtain, gain, acquire

(1) **inherit** estate, (2) **inherit** ancestral property
After his death, his sons **inherited** his business.

embarrass

v. to cause someone to feel awkward, worried, or ashamed
synonym: disconcert, unsettle, agitate

(1) **embarrass** political enemy, (2) **embarrass** my project
He looked for an opportunity to **embarrass** that actor in public.

Session 2: Spelling

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|-------------------------------|---|
| 1. the wel_____ng of a nation | <i>n.</i> the state of being happy and healthy and prosperous |
| 2. gym kn_____rs | <i>n.</i> a type of undergarment or shorts worn by women, typically covering the hips and thighs |
| 3. low-r_v engine | <i>n.</i> a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute |
| 4. un_____hy diet | <i>adj.</i> not conducive to good health; detrimental to physical or mental well-being |
| 5. un_____hy habit | <i>adj.</i> not conducive to good health; detrimental to physical or mental well-being |
| 6. a con_____on of guilt | <i>n.</i> a formal statement in which one admits that they have done something wrong or illegal |
| 7. kn_____rs twister | <i>n.</i> a type of undergarment or shorts worn by women, typically covering the hips and thighs |
| 8. in_____t estate | <i>v.</i> to receive money, property, or a title from someone after they have died |
| 9. workman's sm__k | <i>n.</i> a loose, lightweight garment worn to protect clothing while working or painting |

ANSWERS: 1. well-being, 2. knickers, 3. rev, 4. unhealthy, 5. unhealthy, 6. confession, 7. knickers, 8. inherit, 9. smock

10. co_____te closely with the quality *v.* to have a connection or relationship in which one thing affects or depends on another
11. p__t glass *n.* a unit of measurement for liquid and dry substances, typically equal to 1/8th of a gallon or 16 fluid ounces, commonly used to measure beverages, such as beer or milk, as well as certain food ingredients
12. a sense of wel_____ng *n.* the state of being happy and healthy and prosperous
13. a con_____on of faith *n.* a formal statement in which one admits that they have done something wrong or illegal
14. political op_____sm *n.* a feeling or the belief that good things will happen, or the quality of being full of hope and emphasizing the positive aspects of a situation
15. s__t the candidates *v.* to put flour, sugar, etc. through a sieve (= a utensil consisting of a wire or plastic mesh in a frame) to remove lumps or large particles
16. s__t sand *v.* to put flour, sugar, etc. through a sieve (= a utensil consisting of a wire or plastic mesh in a frame) to remove lumps or large particles
17. in_____t ancestral property *v.* to receive money, property, or a title from someone after they have died
18. orthopedic co____t *n.* a tightly fitting undergarment worn to shape the torso, particularly to create an hourglass figure by compressing the waist and supporting the bust

ANSWERS: 10. correlate, 11. pint, 12. well-being, 13. confession, 14. optimism, 15. sift, 16. sift, 17. inherit, 18. corset

19. half a p__t of milk *n.* a unit of measurement for liquid and dry substances, typically equal to 1/8th of a gallon or 16 fluid ounces, commonly used to measure beverages, such as beer or milk, as well as certain food ingredients
20. be_____e meditation *n.* the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness
21. feel cr_____d *adj.* not having enough space for the people in it; uncomfortably small or restricted
22. a min_____ing puzzle *adj.* extremely surprising or overwhelming and, therefore, difficult to understand or imagine
23. burn s__r *n.* a mark that remains on the skin after a wound has healed
24. sense of op_____sm *n.* a feeling or the belief that good things will happen, or the quality of being full of hope and emphasizing the positive aspects of a situation
25. co_____nd the problem *v.* to confuse or perplex; to mix up or throw into disorder; to prove to be false or illogical
26. leather co____t *n.* a tightly fitting undergarment worn to shape the torso, particularly to create an hourglass figure by compressing the waist and supporting the bust

ANSWERS: 19. pint, 20. bedtime, 21. cramped, 22. mind-boggling, 23. scar, 24. optimism, 25. confound, 26. corset

27. r_v up the crowd *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
28. artist sm__k *n.* a loose, lightweight garment worn to protect clothing while working or painting
29. carry a s__r *n.* a mark that remains on the skin after a wound has healed
30. pl____ta blood *n.* a temporary organ that feeds a fetus (= unborn and developing baby) inside its mother's womb
31. pi___e a cucumber *n.* vegetables or fruit preserved in salty water or vinegar served cold with meat, salads, etc.; informal terms for a difficult situation
32. em_____ss my project *v.* to cause someone to feel awkward, worried, or ashamed
33. a cr_____d house *adj.* not having enough space for the people in it; uncomfortably small or restricted
34. co_____te to the size *v.* to have a connection or relationship in which one thing affects or depends on another
35. pi___e barrel *n.* vegetables or fruit preserved in salty water or vinegar served cold with meat, salads, etc.; informal terms for a difficult situation
36. fetal pl____ta *n.* a temporary organ that feeds a fetus (= unborn and developing baby) inside its mother's womb

ANSWERS: 27. rev, 28. smock, 29. scar, 30. placenta, 31. pickle, 32. embarrass, 33. cramped, 34. correlate, 35. pickle, 36. placenta

37. regular be_____e
38. a min_____ing display
39. em_____ss political enemy
40. co_____nd right and wrong
- n.* the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness
- adj.* extremely surprising or overwhelming and, therefore, difficult to understand or imagine
- v.* to cause someone to feel awkward, worried, or ashamed
- v.* to confuse or perplex; to mix up or throw into disorder; to prove to be false or illogical

ANSWERS: 37. bedtime, 38. mind-boggling, 39. embarrass, 40. confound

Session 3: Fill in the Blanks

1. Reading _____ stories can help children relax and fall asleep faster.
 - n.* the time at which a person typically goes to bed and prepares to sleep; the period just before bedtime, which may involve routines or activities that are intended to promote relaxation or sleepiness

2. The unexpected events _____ the scientists, who had to rethink their hypothesis.
 - v.* to confuse or perplex; to mix up or throw into disorder; to prove to be false or illogical

3. He ordered a _____ of beer at the pub and enjoyed it with his friends.
 - n.* a unit of measurement for liquid and dry substances, typically equal to 1/8th of a gallon or 16 fluid ounces, commonly used to measure beverages, such as beer or milk, as well as certain food ingredients

4. He looked for an opportunity to _____ that actor in public.
 - v.* to cause someone to feel awkward, worried, or ashamed

5. The artist wore a colorful _____ while painting in the studio.
 - n.* a loose, lightweight garment worn to protect clothing while working or painting

6. The search engine helps _____ information.
 - v.* to put flour, sugar, etc. through a sieve (= a utensil consisting of a wire or plastic mesh in a frame) to remove lumps or large particles

7. After his death, his sons _____ his business.
 - v.* to receive money, property, or a title from someone after they have died

ANSWERS: 1. bedtime, 2. confounded, 3. pint, 4. embarrass, 5. smock, 6. sift, 7. inherited

8. He stepped on the gas pedal, and the engine released a loud ____.
- n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
9. We are responsible for the care and _____ of all our employees.
- n.* the state of being happy and healthy and prosperous
10. Educating hundreds of thousands of recruits is a _____ task.
- adj.* extremely surprising or overwhelming and, therefore, difficult to understand or imagine
11. The _____ must have an acidity level high enough to inhibit the growth of bacteria.
- n.* vegetables or fruit preserved in salty water or vinegar served cold with meat, salads, etc.; informal terms for a difficult situation
12. There is considerable _____ that the economy will recover soon.
- n.* a feeling or the belief that good things will happen, or the quality of being full of hope and emphasizing the positive aspects of a situation
13. She writes a _____ hand.
- adj.* not having enough space for the people in it; uncomfortably small or restricted
14. 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
15. She wore a _____ under her dress to give her waist a more defined shape.
- n.* a tightly fitting undergarment worn to shape the torso, particularly to create an hourglass figure by compressing the waist and supporting the bust

ANSWERS: 8. rev, 9. well-being, 10. mind-boggling, 11. pickle, 12. optimism, 13. cramped, 14. correlate, 15. corset

16. The _____ produces various hormones that help maintain the pregnancy.
n. a temporary organ that feeds a fetus (= unborn and developing baby) inside its mother's womb
17. Even after the wound has healed, a _____ remains.
n. a mark that remains on the skin after a wound has healed
18. Students were required to wear short skirts and white _____ as part of the school uniform.
n. a type of undergarment or shorts worn by women, typically covering the hips and thighs
19. Sitting for long hours in front of the computer is considered _____.
adj. not conducive to good health; detrimental to physical or mental well-being
20. The prisoner made a full _____ and admitted to his crime.
n. a formal statement in which one admits that they have done something wrong or illegal

ANSWERS: 16. placenta, 17. scar, 18. knickers, 19. unhealthy, 20. confession