



Vocabulary Builder Reference from...

Eleanor Nelsen: Why do your knuckles pop? | TED Talk

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

Advanced Words Only

IMPORTANT

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Session 1: Word List

crackle

- v.* to make a succession of slight popping sounds, often due to the heating or drying of some materials, such as firewood, paper, plastic, or food; to snap, crack, or crunch; (noun) a series of sharp, popping sounds that are caused by the rapid expansion and contraction of a material, such as wood or paper, due to changes in temperature or humidity

synonym : sizzle, hiss, snap

(1) **crackle** on the gravel road, (2) the **crackle** of the thunder

The firewood **crackled** and popped into the fireplace, sending sparks up the chimney.

noxious

- adj.* harmful or poisonous to living beings; having an unpleasant or offensive smell or taste; causing intense or unpleasant emotions or feelings

synonym : harmful, toxic, poisonous

(1) **noxious** gas, (2) **noxious** substances

The **noxious** fumes from the factory were causing health problems for nearby residents.

ligament

- n.* a band of tissue that connects bones or holds organs in place to support and stabilize the body

synonym :

band, cord, tendon

(1) a **ligament** in the ankle, (2) cruciate **ligament**

The **ligaments** in the knee provide stability and support.

grind

v. to reduce something to small particles or powder by crushing or rubbing it; to work hard over a long period of time

synonym: mill, crush, grate

(1) **grind** away at my work, (2) **grind** your teeth

She had to **grind** the coffee beans before making a fresh cup.

vertebra

n. a bone in the spine, or the spinal column forming the supporting structure of the spine and protecting the spinal cord

(1) cervical **vertebra**, (2) **vertebra** injury

He uses a **vertebra** traction machine for his treatment.

synovial

adj. relating to or involving the synovial membrane, which lines the cavities of joints and secretes fluid to lubricate and nourish the joint surfaces

(1) **synovial** cyst, (2) **synovial** joint

The **synovial** fluid helps lubricate the joints, preventing friction and reducing pain.

viscous

adj. having a thick, sticky consistency between solid and liquid; exhibiting resistance to flow

synonym: thick, syrupy, gooey

(1) **viscous** flow, (2) highly **viscous** substance

The **viscous** liquid poured slowly from the jar.

lubricate

v. to apply a substance, such as oil or grease, to reduce friction or wear on a surface

synonym: grease, oil, make slippery

(1) **lubricate** the economy, (2) **lubricate** the hinges with oil

The mechanic **lubricated** the gears to prevent them from

grinding.

hyaluronic

adj. relating to or containing hyaluronic acid, which is a substance that occurs naturally in the body, particularly in the joints, eyes, and skin, and is known for its hydrating and lubricating properties

synonym : gel-like, mucilaginous

(1) **hyaluronic** acid skincare, (2) **hyaluronic** injections

The **hyaluronic** acid-based moisturizer is known for its hydrating properties.

yolk

n. the yellow central part of an egg, surrounded by the egg white, which provides nutrients for an embryo during its development

synonym : egg, ovum, yellow

(1) **yolk** lipid, (2) egg **yolk**

The chef separated the egg white from the **yolk** to make a perfect soufflé.

glide

v. to move smoothly and effortlessly

synonym : slide, skim, coast

(1) **glide** through the water, (2) **glide** down the mountain

The eagle gracefully **glided** on the thermals, soaring above the mountains.

phagocyte

n. a type of cell in the immune system that is capable of engulfing or absorbing foreign, harmful particles or microorganisms to protect the body from infection or disease

synonym : cell-eater, macrophage, scavenger cell

(1) **phagocyte** cells, (2) mononuclear **phagocyte** system

The **phagocyte** activity in the human body plays a crucial role in the immune response by engulfing harmful pathogens.

cartilage

n. a tough, elastic connective tissue that is found in various parts of the body, such as the joints, the outer ear, and the tip of the nose

synonym : connective tissue, gristle, fibrocartilage

(1) **cartilage** damage, (2) nasal **cartilage**

The knee joint is supported by **cartilage**, which helps absorb shock and prevent bone damage.

knuckle

n. one of the joint-like parts of the fingers and toes, especially of the hand

synonym : joint, finger joint, finger knob

(1) **knuckle** sandwich, (2) bare- **knuckle** boxer

He cracked his **knuckles** nervously before the presentation.

dissolve

v. to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss

synonym : disband, disappear, liquefy

(1) **dissolve** the sugar, (2) officially **dissolved** the marriage

The political party **dissolved** after much internal fighting.

fizz

v. to make a hissing or bubbling sound, often accompanied by the release of gas or effervescence; to be lively, exciting, or effervescent in character or atmosphere; (noun) the sound, process, or result of something producing small bubbles

synonym : fizzle, effervesce, bubble

(1) **fizz** up after the speech, (2) **fizz** with life

The soda began to **fizz** when I opened the can, spilling over the top and onto my shirt.

scatter

v. to cause to separate and go in different directions

synonym : disperse, spread, bestrew

(1) **scatter** seeds, (2) **scatter** around the internet

The hunter's approach **scattered** the geese.

dedicate

v. to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use

synonym : consecrate, devote, commit

(1) **dedicate** a few hours, (2) **dedicate** a chapter to the

subject

He **dedicated** his life to helping others.

cracker

n. a crisp, dry baked food usually made from flour and served as a snack or with soup or cheese; a person who breaks into computer systems or networks without authorization, commonly known as a hacker; a small firework that is designed to make a loud noise when ignited

synonym: biscuit, hacker, banger

(1) cannon **cracker**, (2) computer **cracker**

I love having a cheese and **cracker** platter while watching a movie.

annoy

v. to make someone angry, anxious, or irritating slightly

synonym: aggravate, irritate, unsettle

(1) **annoy** at the time, (2) **annoy** everyone else

Her constant chatter was starting to **annoy** the neighbors.

determinant

n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

synonym: cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop yields

One **determinant** of success is having a positive attitude and a strong work ethic.

disprove

v. to show that something is not true or correct

synonym: refute, discredit, invalidate

(1) **disprove** global warming, (2) **disprove** the conjecture

The researchers were unable to **disprove** the theory.

selfless

adj. concerned more with the needs and desires of others than with one's own; unselfish; altruistic

synonym: unselfish, altruistic, generous

(1) **selfless** act, (2) **selfless** devotion

Her **selfless** dedication to the community earned her a prestigious award.

parody

n. a humorous imitation of a serious piece of literature or music designed to ridicule or criticize the original work

synonym: spoof, satire, lampoon

(1) **parody** imitation, (2) comedic **parody**

The movie was a **parody** of classic horror films.

wacky

adj. funny in a slightly odd, peculiar, irregular way

synonym: absurd, eccentric, ludicrous

(1) **wacky** value, (2) **wacky** plan for selling more books

His friend was a pretty wild and **wacky** character.

spinach

n. a leafy green vegetable with a slightly bitter taste and high nutritional value, often used in salads or cooked dishes, and also famously associated with the cartoon character Popeye, who claimed eating spinach made him stronger

(1) **spinach** salad, (2) frozen **spinach**

Fresh **spinach** is a good source of vitamins and minerals.

swell

v. to become larger or more inflated; to become more intense or important

synonym: expand, increase, inflate

(1) **swell** at room temperature, (2) **swell** a population

His arm was **swelling** from the insect bite.

Session 2: Spelling

1. nasal ca_____ge
n. a tough, elastic connective tissue that is found in various parts of the body, such as the joints, the outer ear, and the tip of the nose
2. computer cr_____r
n. a crisp, dry baked food usually made from flour and served as a snack or with soup or cheese; a person who breaks into computer systems or networks without authorization, commonly known as a hacker; a small firework that is designed to make a loud noise when ignited
3. f__z up after the speech
v. to make a hissing or bubbling sound, often accompanied by the release of gas or effervescence; to be lively, exciting, or effervescent in character or atmosphere; (noun) the sound, process, or result of something producing small bubbles
4. cr_____e on the gravel road
v. to make a succession of slight popping sounds, often due to the heating or drying of some materials, such as firewood, paper, plastic, or food; to snap, crack, or crunch; (noun) a series of sharp, popping sounds that are caused by the rapid expansion and contraction of a material, such as wood or paper, due to changes in temperature or humidity

ANSWERS: 1. cartilage, 2. cracker, 3. fizz, 4. crackle

5. de____te a few hours *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
6. a det_____nt of crop yields *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
7. f__z with life *v.* to make a hissing or bubbling sound, often accompanied by the release of gas or effervescence; to be lively, exciting, or effervescent in character or atmosphere; (noun) the sound, process, or result of something producing small bubbles
8. sc____r seeds *v.* to cause to separate and go in different directions
9. vi____s flow *adj.* having a thick, sticky consistency between solid and liquid; exhibiting resistance to flow
10. di____ve the conjecture *v.* to show that something is not true or correct
11. ph____te cells *n.* a type of cell in the immune system that is capable of engulfing or absorbing foreign, harmful particles or microorganisms to protect the body from infection or disease
12. frozen sp____h *n.* a leafy green vegetable with a slightly bitter taste and high nutritional value, often used in salads or cooked dishes, and also famously associated with the cartoon character Popeye, who claimed eating spinach made him stronger

ANSWERS: 5. dedicate, 6. determinant, 7. fizz, 8. scatter, 9. viscous, 10. disprove, 11. phagocyte, 12. spinach

13. se____ss devotion *adj.* concerned more with the needs and desires of others than with one's own; unselfish; altruistic
14. egg y__k *n.* the yellow central part of an egg, surrounded by the egg white, which provides nutrients for an embryo during its development
15. sc____r around the internet *v.* to cause to separate and go in different directions
16. sw__l at room temperature *v.* to become larger or more inflated; to become more intense or important
17. wa__y value *adj.* funny in a slightly odd, peculiar, irregular way
18. no____s gas *adj.* harmful or poisonous to living beings; having an unpleasant or offensive smell or taste; causing intense or unpleasant emotions or feelings
19. comedic pa____y *n.* a humorous imitation of a serious piece of literature or music designed to ridicule or criticize the original work
20. gl__e through the water *v.* to move smoothly and effortlessly
21. de____te a chapter to the subject *v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
22. y__k lipid *n.* the yellow central part of an egg, surrounded by the egg white, which provides nutrients for an embryo during its development

ANSWERS: 13. selfless, 14. yolk, 15. scatter, 16. swell, 17. wacky, 18. noxious, 19. parody, 20. glide, 21. dedicate, 22. yolk

23. mononuclear ph_____te system *n.* a type of cell in the immune system that is capable of engulfing or absorbing foreign, harmful particles or microorganisms to protect the body from infection or disease
24. an__y everyone else *v.* to make someone angry, anxious, or irritating slightly
25. ve_____ra injury *n.* a bone in the spine, or the spinal column forming the supporting structure of the spine and protecting the spinal cord
26. sw__l a population *v.* to become larger or more inflated; to become more intense or important
27. se_____ss act *adj.* concerned more with the needs and desires of others than with one's own; unselfish; altruistic
28. pa___y imitation *n.* a humorous imitation of a serious piece of literature or music designed to ridicule or criticize the original work
29. lu_____te the hinges with oil *v.* to apply a substance, such as oil or grease, to reduce friction or wear on a surface
30. ca_____ge damage *n.* a tough, elastic connective tissue that is found in various parts of the body, such as the joints, the outer ear, and the tip of the nose
31. environmental det_____nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

ANSWERS: 23. phagocyte, 24. annoy, 25. vertebra, 26. swell, 27. selfless, 28. parody, 29. lubricate, 30. cartilage, 31. determinant

32. cannon cr_____r *n.* a crisp, dry baked food usually made from flour and served as a snack or with soup or cheese; a person who breaks into computer systems or networks without authorization, commonly known as a hacker; a small firework that is designed to make a loud noise when ignited
33. sy_____al joint *adj.* relating to or involving the synovial membrane, which lines the cavities of joints and secretes fluid to lubricate and nourish the joint surfaces
34. gr__d your teeth *v.* to reduce something to small particles or powder by crushing or rubbing it; to work hard over a long period of time
35. highly vi_____s substance *adj.* having a thick, sticky consistency between solid and liquid; exhibiting resistance to flow
36. an__y at the time *v.* to make someone angry, anxious, or irritating slightly
37. officially di_____ved the marriage *v.* to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss
38. no_____s substances *adj.* harmful or poisonous to living beings; having an unpleasant or offensive smell or taste; causing intense or unpleasant emotions or feelings
39. wa__y plan for selling more books *adj.* funny in a slightly odd, peculiar, irregular way
40. gl__e down the mountain *v.* to move smoothly and effortlessly

ANSWERS: 32. cracker, 33. synovial, 34. grind, 35. viscous, 36. annoy, 37. dissolve, 38. noxious, 39. wacky, 40. glide

41. hya_____ic acid skincare *adj.* relating to or containing hyaluronic acid, which is a substance that occurs naturally in the body, particularly in the joints, eyes, and skin, and is known for its hydrating and lubricating properties
42. sp_____h salad *n.* a leafy green vegetable with a slightly bitter taste and high nutritional value, often used in salads or cooked dishes, and also famously associated with the cartoon character Popeye, who claimed eating spinach made him stronger
43. cruciate li_____nt *n.* a band of tissue that connects bones or holds organs in place to support and stabilize the body
44. hya_____ic injections *adj.* relating to or containing hyaluronic acid, which is a substance that occurs naturally in the body, particularly in the joints, eyes, and skin, and is known for its hydrating and lubricating properties
45. gr__d away at my work *v.* to reduce something to small particles or powder by crushing or rubbing it; to work hard over a long period of time
46. the cr_____e of the thunder *v.* to make a succession of slight popping sounds, often due to the heating or drying of some materials, such as firewood, paper, plastic, or food; to snap, crack, or crunch; (noun) a series of sharp, popping sounds that are caused by the rapid expansion and contraction of a material, such as wood or paper, due to changes in temperature or humidity

ANSWERS: 41. hyaluronic, 42. spinach, 43. ligament, 44. hyaluronic, 45. grind, 46. crackle

47. cervical ve____ra *n.* a bone in the spine, or the spinal column forming the supporting structure of the spine and protecting the spinal cord
48. a li____nt in the ankle *n.* a band of tissue that connects bones or holds organs in place to support and stabilize the body
49. bare-kn____e boxer *n.* one of the joint-like parts of the fingers and toes, especially of the hand
50. di____ve global warming *v.* to show that something is not true or correct
51. di____ve the sugar *v.* to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss
52. kn____e sandwich *n.* one of the joint-like parts of the fingers and toes, especially of the hand
53. sy____al cyst *adj.* relating to or involving the synovial membrane, which lines the cavities of joints and secretes fluid to lubricate and nourish the joint surfaces
54. lu____te the economy *v.* to apply a substance, such as oil or grease, to reduce friction or wear on a surface

ANSWERS: 47. vertebra, 48. ligament, 49. knuckle, 50. disprove, 51. dissolve, 52. knuckle, 53. synovial, 54. lubricate

Session 3: Fill in the Blanks

1. The eagle gracefully _____ on the thermals, soaring above the mountains.
v. to move smoothly and effortlessly
2. The _____ in the knee provide stability and support.
n. a band of tissue that connects bones or holds organs in place to support and stabilize the body
3. The _____ fumes from the factory were causing health problems for nearby residents.
adj. harmful or poisonous to living beings; having an unpleasant or offensive smell or taste; causing intense or unpleasant emotions or feelings
4. One _____ of success is having a positive attitude and a strong work ethic.
n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
5. The researchers were unable to _____ the theory.
v. to show that something is not true or correct
6. Her constant chatter was starting to _____ the neighbors.
v. to make someone angry, anxious, or irritating slightly
7. The hunter's approach _____ the geese.
v. to cause to separate and go in different directions
8. The firewood _____ and popped into the fireplace, sending sparks up the chimney.
v. to make a succession of slight popping sounds, often due to the heating or drying of some materials, such as firewood, paper, plastic, or food; to snap, crack, or crunch; (noun) a series of sharp, popping sounds that are caused by the rapid expansion and contraction of a material, such as wood or paper, due to changes in temperature or humidity

ANSWERS: 1. glided, 2. ligaments, 3. noxious, 4. determinant, 5. disprove, 6. annoy, 7. scattered, 8. crackled

9. He cracked his _____ nervously before the presentation.
- n.* one of the joint-like parts of the fingers and toes, especially of the hand
10. Fresh _____ is a good source of vitamins and minerals.
- n.* a leafy green vegetable with a slightly bitter taste and high nutritional value, often used in salads or cooked dishes, and also famously associated with the cartoon character Popeye, who claimed eating spinach made him stronger
11. The knee joint is supported by _____ which helps absorb shock and prevent bone damage.
- n.* a tough, elastic connective tissue that is found in various parts of the body, such as the joints, the outer ear, and the tip of the nose
12. He _____ his life to helping others.
- v.* to give all of your energy, time, etc., entirely to a specific person, activity, or cause; to set apart for a particular purpose or use
13. His arm was _____ from the insect bite.
- v.* to become larger or more inflated; to become more intense or important
14. I love having a cheese and _____ platter while watching a movie.
- n.* a crisp, dry baked food usually made from flour and served as a snack or with soup or cheese; a person who breaks into computer systems or networks without authorization, commonly known as a hacker; a small firework that is designed to make a loud noise when ignited
15. The soda began to _____ when I opened the can, spilling over the top and onto my shirt.
- v.* to make a hissing or bubbling sound, often accompanied by the release of gas or effervescence; to be lively, exciting, or effervescent in character or atmosphere; (noun) the sound, process, or result of something producing small bubbles

ANSWERS: 9. knuckles, 10. spinach, 11. cartilage, 12. dedicated, 13. swelling, 14. cracker, 15. fizz

16. The chef separated the egg white from the _____ to make a perfect souffle.
- n.* the yellow central part of an egg, surrounded by the egg white, which provides nutrients for an embryo during its development
17. She had to _____ the coffee beans before making a fresh cup.
- v.* to reduce something to small particles or powder by crushing or rubbing it; to work hard over a long period of time
18. The political party _____ after much internal fighting.
- v.* to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss
19. His friend was a pretty wild and _____ character.
- adj.* funny in a slightly odd, peculiar, irregular way
20. The _____ fluid helps lubricate the joints, preventing friction and reducing pain.
- adj.* relating to or involving the synovial membrane, which lines the cavities of joints and secretes fluid to lubricate and nourish the joint surfaces
21. The _____ activity in the human body plays a crucial role in the immune response by engulfing harmful pathogens.
- n.* a type of cell in the immune system that is capable of engulfing or absorbing foreign, harmful particles or microorganisms to protect the body from infection or disease
22. The _____ liquid poured slowly from the jar.
- adj.* having a thick, sticky consistency between solid and liquid; exhibiting resistance to flow

ANSWERS: 16. yolk, 17. grind, 18. dissolved, 19. wacky, 20. synovial, 21. phagocyte, 22. viscous

23. He uses a _____ traction machine for his treatment.

- n.* a bone in the spine, or the spinal column forming the supporting structure of the spine and protecting the spinal cord

24. The movie was a _____ of classic horror films.

- n.* a humorous imitation of a serious piece of literature or music designed to ridicule or criticize the original work

25. The _____ acid-based moisturizer is known for its hydrating properties.

- adj.* relating to or containing hyaluronic acid, which is a substance that occurs naturally in the body, particularly in the joints, eyes, and skin, and is known for its hydrating and lubricating properties

26. Her _____ dedication to the community earned her a prestigious award.

- adj.* concerned more with the needs and desires of others than with one's own; unselfish; altruistic

27. The mechanic _____ the gears to prevent them from grinding.

- v.* to apply a substance, such as oil or grease, to reduce friction or wear on a surface

ANSWERS: 23. vertebra, 24. parody, 25. hyaluronic, 26. selfless, 27. lubricated