

Englist.me



Vocabulary Builder Reference from...

Richard J. Wood: How do carbohydrates impact your health? | TED Talk

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

Advanced Words Only

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

carbohydrate

n. (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals

synonym : sugar, starch, cellulose

(1) complex **carbohydrate**, (2) **carbohydrate** metabolism
Foods high in **carbohydrates** include bread, pasta, and rice.

saccharide

n. a simple sugar or carbohydrate; any compound that can be hydrolyzed to yield sugars

synonym : sugar, carbohydrate, sweetener

(1) **saccharide** molecule, (2) complex **saccharide**
Cellulose is a structural **saccharide** found in the cell walls of plants.

fructose

n. a simple sugar that is found in many fruits and vegetables and is about twice as sweet as sucrose

synonym : fruit sugar, levulose, laevulose

(1) **fructose** content, (2) heredity **fructose** intolerance
High **fructose** corn syrup is a common ingredient in processed foods.

galactose

n. a simple sugar that is found in milk and dairy products and is an important component of lactose, also used in

the production of certain types of biodegradable plastics

synonym : sugar

(1) consumption of **galactose**, (2) **galactose** metabolism
People with **galactose** intolerance must avoid dairy products because their bodies cannot break down this sugar.

lactose

n. a sugar that is present in milk and milk products and is the primary source of energy for newborns

synonym : galactose, milk sugar, monohydrate

(1) **lactose** intolerance, (2) **lactose** degradation

Lactose metabolism differs between individuals.

maltose

n. a disaccharide sugar composed of two glucose molecules, often found in plants and produced during the digestion of starches or carbohydrates, which is used as a food ingredient, particularly in brewing and baking

synonym : malt sugar

(1) **maltose** intolerance, (2) **maltose** syrup

Many types of yeast can ferment **maltose** into ethanol and carbon dioxide.

sucrose

n. a type of sugar composed of glucose and fructose molecules commonly found in sugar cane, sugar beets, and other plants

synonym : sugar, saccharose, fructose

(1) **sucrose** intake, (2) dissolved **sucrose**

Many processed foods contain high amounts of **sucrose**.

oligosaccharide

n. a carbohydrate composed of a small number, typically 3-10, of monosaccharide (= a type of simple sugar) units linked together in a chain, often found as components of dietary fiber or added to foods as sweeteners or thickeners

(1) **oligosaccharide** synthesis, (2) plant-derived

oligosaccharide

The **oligosaccharide** chain present in the protein influences

its stability and function.

digestion

n. the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas

synonym : absorption, assimilation, metabolism

(1) poor **digestion**, (2) impaired **digestion**

Overeating can lead to discomfort and slower **digestion**.

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.

starch

n. a complex carbohydrate found in many plants, including rice, wheat, and potatoes that is an important foodstuff for humans and animals

synonym : carbohydrate, glucose, dextrin

(1) **starch** granules, (2) potato **starch**

When heated, **starch** molecules absorb water and become thick and gooey, making it a useful thickening agent in cooking.

cleave

v. to split or divide something into two parts, often with force; to adhere or cling to something closely and cohesively

synonym : split, sever, cleave

(1) **cleave** meat, (2) **cleave** the party

He swung the axe with all his might to **cleave** the wood in half.

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.

glycemic

adj. of or relating to the rate at which a carbohydrate is absorbed and metabolized in the body, especially in blood sugar levels

synonym : blood sugar, glucose, carbohydrate

(1) **glycemic** control, (2) high **glycemic** load diet

The **glycemic** index measures how quickly a food raises blood sugar levels.

indigestible

adj. not easily digested or broken down by the body; difficult or impossible to understand or comprehend

synonym : unpalatable, inedible, unsavory

(1) **indigestible** food, (2) **indigestible** substance

The dish was filled with so much spice that it became **indigestible** for me.

synthesize

v. to combine a substance to make a more complex product or compound

synonym : incorporate, amalgamate

(1) **synthesize** molecules, (2) **synthesize** information

The spider can **synthesize** multiple different silk proteins.

pancreas

n. a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine

synonym : gland, organ, islet

(1) **pancreas** inflammation, (2) **pancreas** function

The endocrine function of the **pancreas** involves the secretion of hormones such as insulin.

constellation

n. a group of stars that form a recognizable pattern and have a name; a group of related or similar ideas, things, or people

synonym : asterism, array, pattern

(1) the stars of the Scorpion **constellation**, (2) northern **constellation**

Navigators still use the Little Bear **constellation** at sea.

circumference

n. the distance around the outside of a circular or curved object or area

synonym : perimeter, edge, outer boundary

(1) angle of **circumference**, (2) chest **circumference**

The **circumference** of the earth is approximately 24,901 miles.

sushi

n. a Japanese dish consisting of vinegared rice, often combined with fish or vegetables and sometimes wrapped in seaweed

synonym : raw fish, sashimi, nigiri

(1) **sushi** bar, (2) **sushi** roll

I love going out for **sushi** with my friends on Friday nights.

Session 2: Spelling

- | | |
|-----------------------------------|--|
| 1. angle of cir_____nce | <i>n.</i> the distance around the outside of a circular or curved object or area |
| 2. cl___e meat | <i>v.</i> to split or divide something into two parts, often with force; to adhere or cling to something closely and cohesively |
| 3. car_____ate metabolism | <i>n.</i> (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals |
| 4. heredity fr_____se intolerance | <i>n.</i> a simple sugar that is found in many fruits and vegetables and is about twice as sweet as sucrose |
| 5. consumption of ga_____se | <i>n.</i> a simple sugar that is found in milk and dairy products and is an important component of lactose, also used in the production of certain types of biodegradable plastics |
| 6. la_____e degradation | <i>n.</i> a sugar that is present in milk and milk products and is the primary source of energy for newborns |
| 7. di_____ve juices | <i>adj.</i> relating to or capable of causing or promoting digestion of food |
| 8. syn_____ze information | <i>v.</i> to combine a substance to make a more complex product or compound |
| 9. gl_____ic control | <i>adj.</i> of or relating to the rate at which a carbohydrate is absorbed and metabolized in the body, especially in blood sugar levels |

ANSWERS: 1. circumference, 2. cleave, 3. carbohydrate, 4. fructose, 5. galactose, 6. lactose, 7. digestive, 8. synthesize, 9. glycemic

10. ind_____ble substance *adj.* not easily digested or broken down by the body; difficult or impossible to understand or comprehend
11. the stars of the Scorpion
con_____ion *n.* a group of stars that form a recognizable pattern and have a name; a group of related or similar ideas, things, or people
12. cl___e the party *v.* to split or divide something into two parts, often with force; to adhere or cling to something closely and cohesively
13. pa_____as function *n.* a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine
14. potato st___h *n.* a complex carbohydrate found in many plants, including rice, wheat, and potatoes that is an important foodstuff for humans and animals
15. su_____e intake *n.* a type of sugar composed of glucose and fructose molecules commonly found in sugar cane, sugar beets, and other plants
16. la_____e intolerance *n.* a sugar that is present in milk and milk products and is the primary source of energy for newborns
17. dissolved su_____e *n.* a type of sugar composed of glucose and fructose molecules commonly found in sugar cane, sugar beets, and other plants

ANSWERS: 10. indigestible, 11. constellation, 12. cleave, 13. pancreas, 14. starch, 15. sucrose, 16. lactose, 17. sucrose

18. 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
19. su__i bar
- n.* a Japanese dish consisting of vinegared rice, often combined with fish or vegetables and sometimes wrapped in seaweed
20. a di_____ve enzyme
- adj.* relating to or capable of causing or promoting digestion of food
21. complex sac_____de
- n.* a simple sugar or carbohydrate; any compound that can be hydrolyzed to yield sugars
22. impaired di_____on
- n.* the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas
23. poor di_____on
- n.* the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas

ANSWERS: 18. cracker, 19. sushi, 20. digestive, 21. saccharide, 22. digestion, 23. digestion

24. ma_____e syrup *n.* a disaccharide sugar composed of two glucose molecules, often found in plants and produced during the digestion of starches or carbohydrates, which is used as a food ingredient, particularly in brewing and baking
25. oli_____ide synthesis *n.* a carbohydrate composed of a small number, typically 3-10, of monosaccharide (= a type of simple sugar) units linked together in a chain, often found as components of dietary fiber or added to foods as sweeteners or thickeners
26. fr_____se content *n.* a simple sugar that is found in many fruits and vegetables and is about twice as sweet as sucrose
27. sac_____de molecule *n.* a simple sugar or carbohydrate; any compound that can be hydrolyzed to yield sugars
28. plant-derived oli_____ide *n.* a carbohydrate composed of a small number, typically 3-10, of monosaccharide (= a type of simple sugar) units linked together in a chain, often found as components of dietary fiber or added to foods as sweeteners or thickeners
29. pa_____as inflammation *n.* a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine

ANSWERS: 24. maltose, 25. oligosaccharide, 26. fructose, 27. saccharide, 28. oligosaccharide, 29. pancreas

38. ma_____e intolerance *n.* a disaccharide sugar composed of two glucose molecules, often found in plants and produced during the digestion of starches or carbohydrates, which is used as a food ingredient, particularly in brewing and baking
39. su__i roll *n.* a Japanese dish consisting of vinegared rice, often combined with fish or vegetables and sometimes wrapped in seaweed
40. ga_____se metabolism *n.* a simple sugar that is found in milk and dairy products and is an important component of lactose, also used in the production of certain types of biodegradable plastics

ANSWERS: 38. maltose, 39. sushi, 40. galactose

Session 3: Fill in the Blanks

1. Foods high in _____ include bread, pasta, and rice.
 - n.* (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals

2. People with _____ intolerance must avoid dairy products because their bodies cannot break down this sugar.
 - n.* a simple sugar that is found in milk and dairy products and is an important component of lactose, also used in the production of certain types of biodegradable plastics

3. The _____ of the earth is approximately 24,901 miles.
 - n.* the distance around the outside of a circular or curved object or area

4. Navigators still use the Little Bear _____ at sea.
 - n.* a group of stars that form a recognizable pattern and have a name; a group of related or similar ideas, things, or people

5. 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

6. When heated, _____ molecules absorb water and become thick and gooey, making it a useful thickening agent in cooking.
 - n.* a complex carbohydrate found in many plants, including rice, wheat, and potatoes that is an important foodstuff for humans and animals

ANSWERS: 1. carbohydrates, 2. galactose, 3. circumference, 4. constellation, 5. cracker, 6. starch

7. The _____ index measures how quickly a food raises blood sugar levels.
adj. of or relating to the rate at which a carbohydrate is absorbed and metabolized in the body, especially in blood sugar levels
8. Many processed foods contain high amounts of _____.
n. a type of sugar composed of glucose and fructose molecules commonly found in sugar cane, sugar beets, and other plants
9. Overeating can lead to discomfort and slower _____.
n. the process of breaking down food in the body into smaller, more usable components, typically involving enzymes and other bodily processes; the process of assimilating, understanding, or absorbing information or ideas
10. The spider can _____ multiple different silk proteins.
v. to combine a substance to make a more complex product or compound
11. A nutritious diet improves _____ functions.
adj. relating to or capable of causing or promoting digestion of food
12. He swung the axe with all his might to _____ the wood in half.
v. to split or divide something into two parts, often with force; to adhere or cling to something closely and cohesively
13. Many types of yeast can ferment _____ into ethanol and carbon dioxide.
n. a disaccharide sugar composed of two glucose molecules, often found in plants and produced during the digestion of starches or carbohydrates, which is used as a food ingredient, particularly in brewing and baking
14. _____ metabolism differs between individuals.
n. a sugar that is present in milk and milk products and is the primary source of energy for newborns

ANSWERS: 7. glycemic, 8. sucrose, 9. digestion, 10. synthesize, 11. digestive, 12. cleave, 13. maltose, 14. Lactose

15. The dish was filled with so much spice that it became _____ for me.
adj. not easily digested or broken down by the body; difficult or impossible to understand or comprehend
16. Cellulose is a structural _____ found in the cell walls of plants.
n. a simple sugar or carbohydrate; any compound that can be hydrolyzed to yield sugars
17. The _____ chain present in the protein influences its stability and function.
n. a carbohydrate composed of a small number, typically 3-10, of monosaccharide (= a type of simple sugar) units linked together in a chain, often found as components of dietary fiber or added to foods as sweeteners or thickeners
18. High _____ corn syrup is a common ingredient in processed foods.
n. a simple sugar that is found in many fruits and vegetables and is about twice as sweet as sucrose
19. I love going out for _____ with my friends on Friday nights.
n. a Japanese dish consisting of vinegared rice, often combined with fish or vegetables and sometimes wrapped in seaweed
20. The endocrine function of the _____ involves the secretion of hormones such as insulin.
n. a glandular organ in the digestive system that produces several important hormones, including insulin and glucagon, as well as digestive enzymes that help break down food in the small intestine

ANSWERS: 15. indigestible, 16. saccharide, 17. oligosaccharide, 18. fructose, 19. sushi, 20. pancreas