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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

All Words

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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.

roll

v. to move in a particular direction by turning over and over or from side to side

synonym : spin, swirl, wheel

(1) **roll** a ball, (2) **roll** down his cheeks

He was exhausted and **rolled** into bed as soon as he got home.

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.

vitamin

n. any of a group of organic compounds that are essential in small quantities to the diet and are present in natural

foodstuffs or sometimes produced within the body
synonym : nutrient, micronutrient, dietary supplement

(1) rich in **vitamin D**, (2) **vitamin** deficiency

Vitamin C is important for immune system function and skin health.

nutritional

adj. of or relating to the substance required by the body to maintain health and growth

synonym : nourishing, healthy, wholesome

(1) **nutritional** supplement, (2) bit of **nutritional** yeast

The **nutritional** value of the food should be clearly labeled on the packaging.

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.

molecule

n. a group of two or more atoms held together by attractive forces known as chemical bonds

synonym : particle, element, atom

(1) small **molecules**, (2) **molecule** behavior

The shape of the DNA **molecule** is a double helix.

complexity

n. the state or quality of being complicated or intricate and difficult to understand

synonym : intricacy, sophistication, elaboration

(1) cognitive **complexity**, (2) **complexity** theory

The project's **complexity** made it difficult for the team to complete it on time.

structure

n. the way of construction of something and the arrangement of its parts, or a complex thing constructed

of many parts

synonym : construction, architecture, establishment

(1) the **structure** of a machine, (2) **structure** and function of the brain

The organizational **structure** of start-ups is often flat and straightforward.

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.

glucose

n. a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things

synonym : sugar, blood sugar

(1) blood **glucose** test, (2) **glucose** level

The doctor injected **glucose** into his patient's veins.

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**.

string

n. long, thin material used for tying things together, composed of several twisted threads

synonym : line, wire, rope

(1) retie the **string** and make it strong, (2) tense piano **strings**

She wore a **string** of pearls around her neck.

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**.

normally

adv. usually; under normal conditions

synonym: commonly, generally, naturally

(1) complete **normally**, (2) not **normally** drink much

I don't **normally** take a vacation in the middle of summer.

teaspoon

n. a small spoon used to stir or measure out small amounts of some ingredients, typically sugar, salt, or spices, in cooking or serving

(1) **teaspoon** measurement, (2) lick a **teaspoon**

You only need a **teaspoon** of salt to enhance the soup's flavor.

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.

tract

n. a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body

synonym: region, area, tube

(1) a urinary **tract** infection, (2) a **tract** of virgin forest

The farmer owns a large **tract** of land where he grows corn and soybeans.

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.

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.

compose

v. to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it

synonym : compile, constitute, build

(1) **compose** an essay, (2) **compose** my thoughts

The structure is **composed** of three main components.

alpha

n. the first letter in the Greek alphabet; in social and group dynamics, the highest or most dominant member of a group or social hierarchy

synonym : first, beginning, leader

(1) **alpha** particle, (2) **alpha** radiation

The company's new CEO was known for his **alpha** personality.

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.

enzyme

n. a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction

synonym : catalyst, activator, accelerator

(1) **enzyme** reaction, (2) lack of digestive **enzymes**

A deficiency in the **enzyme** can lead to a medical condition.

bond

n. a close emotional connection between two or more people; a certificate of debt that a government or corporation issues to raise money

synonym : bind, adhesion, attachment

(1) **bond** as a family, (2) global **bond** market

They had formed a friendship **bond**.

bet

v. to risk money on the result of an event or a competition, such as a race or game, to get more money; to have faith or confidence in something

synonym : stake, wager, gamble

(1) **bet** on a race, (2) **bet** my future

I **bet** that you know it.

trap

n. a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping

synonym : catch, snare, pinfall

(1) set a **trap**, (2) **trap** an animal

The enemy fell right into the **trap**.

resistant

adj. not affected by something, especially changes or new ideas; of or relating to immunity to disease or infection

synonym : unsusceptible, immune, invulnerable

(1) penicillin- **resistant** bacteria, (2) **resistant** to persuasion

Insects in urban areas are becoming **resistant** to insecticides.

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.

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.

release

v. to set free or allow to escape from confinement

synonym : free, let go, discharge

(1) **release** a prisoner, (2) **release** CO₂ into the air

The animal rights group worked to **release** the dolphins back into the wild.

bunch

n. a grouping of several similar things which are growing or fastened together

synonym : group, assemblage, bundle

(1) a **bunch** of trees, (2) a **bunch** of schoolgirls

One bad apple spoils the whole **bunch**.

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.

index

n. a list of items, such as names, subjects, or keywords, that is arranged in a particular order and is usually found at the end of a book or document; a number or symbol

that indicates the value or level of something, such as a stock index or a temperature index

synonym : list, directory, indicator

(1) a full-text **index**, (2) health **index**

The stock market **index** measures the performance of a group of stocks.

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**.

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.

stream

n. a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.

synonym : flow, current, brook

(1) the **stream** of time, (2) an endless **stream** of cars

Jet **streams** are the common name for air currents that form high in the atmosphere.

transfer

v. to move, pass, or change from one person, place, or situation to another

synonym : move, relocate, shift

(1) **transfer** a file, (2) **transfer** power

She **transferred** the money from her savings account to her checking account.

tissue

n. an ensemble of similar cells of the animal or plant that together carry out a specific function

synonym : structure, texture, anatomy

(1) a facial **tissue**, (2) loss of muscle **tissue**

The researcher separated the nervous **tissue** for microscopic examinations.

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.

insulin

n. a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes

(1) daily **insulin** dose, (2) development of **insulin** resistance

He had an **insulin** shock after drinking large quantities of fruit juices.

hormone

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**

The doctor diagnosed me with a **hormone** disorder.

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.

prompt

v. to make someone decide to or try to do something, or to make something happen

synonym : actuate, inspire, incite

(1) **prompt** a feeling of hunger, (2) **prompt** a debate

That incident **prompted** a nationwide chain reaction regarding the crackdown on illegal groups.

conversion

n. the act or process of changing something from one thing to another; the state of being changed

synonym : transformation, change, metamorphosis

(1) **conversion** rate, (2) **conversion** therapy

The developer's **conversion** of the old factory into a modern loft apartment complex was a major success.

degree

n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

synonym : level, qualification, diploma

(1) bachelor's **degree**, (2) **degree** centigrade

She received her **degree** in psychology from the university.

sensitivity

n. the ability to perceive or respond to subtle differences or changes; the ability to understand and respond to the needs and feelings of others

synonym : alertness, attentiveness, sympathy

(1) **sensitivity** analysis, (2) become full of **sensitivity**

The instrument has a high **sensitivity** to temperature changes.

sensitive

adj. able to notice slight changes, signals, or influences; able to feel or perceive other's feelings; susceptible to the things people say or do

synonym : exposed, susceptible, keen

(1) **sensitive** documents, (2) baby with **sensitive** skin

The teacher is very **sensitive** to children's feelings.

resistance

n. the act of defending oneself from an aggressor or refusing to accept something

synonym : opposition, antagonism, defiance

(1) **resistance** movement, (2) **resistance** to insulin

The bill to increase the consumption tax had passed despite much **resistance** from the public.

consume

v. to spend something, especially fuel, energy, or time, in a large amount

synonym : absorb, ingest, use up

(1) **consume** a large of alcohol, (2) **consume** electricity

A smaller car will **consume** less fuel.

metabolism

n. the set of chemical reactions in cells or organisms that are necessary for life-sustaining

(1) **metabolism** enzyme, (2) hemoglobin **metabolism**

Better sleep leads to increased **metabolism**.

syndrome

n. a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder

synonym : disorder, condition, complication

(1) **syndrome** of dementia, (2) acute **syndrome**

The patient was diagnosed with a rare genetic **syndrome**.

involve

v. to include or affect someone or something as a necessary part of something else

synonym : implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and

is expected to take several months.

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.

symptom

n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

synonym: sign, manifestation, syndrome

(1) **symptoms** of low testosterone, (2) neurotic **symptoms**

The patient displays a **symptom** of a side effect.

waist

n. the part of the human body between the ribs and hips or the corresponding part in other animals

synonym: midriff, torso, abdomen

(1) **waist** measurement, (2) a slim **waist**

She cinched her dress at the **waist** to accentuate her hourglass figure.

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.

develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym: evolve, progress, advance

(1) **develop** a strategy, (2) **develop** a skill

We must **develop** a new system to streamline our workflow and increase efficiency.

cardiovascular

adj. of or relating to the heart and blood vessels (= tubes that carry blood around the body)

(1) **cardiovascular** diseases, (2) **cardiovascular** tissue

Smoking places you at severe risk of **cardiovascular** and respiratory disease.

disease

n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

synonym: illness, ailment, affliction

(1) **disease** prevention, (2) **disease** control

The doctor diagnosed him with a rare **disease** that had no known cure.

diabetes

n. a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

(1) juvenile **diabetes**, (2) **diabetes** patient

My father was tested for **diabetes**.

prevalence

n. the state or condition of being widespread or common; the extent or frequency of occurrence of a disease or condition in a given population at a specific time

synonym: preponderance, currency, frequency

(1) **prevalence** rate, (2) high **prevalence** of a diabetes

The **prevalence** of allergies has increased in recent years.

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.

dough

n. a mixture of flour, liquid, and other ingredients, typically used to make bread, pastry, or pasta

synonym: flour, mix

(1) work **dough**, (2) **dough** for pastry

She mixed flour, yeast, sugar, and water to make **dough** for the bread.

Session 2: Spelling

1. tr____er a file
v. to move, pass, or change from one person, place, or situation to another
2. gl____ic control
adj. of or relating to the rate at which a carbohydrate is absorbed and metabolized in the body, especially in blood sugar levels
3. re____e CO2 into the air
v. to set free or allow to escape from confinement
4. cognitive com____ty
n. the state or quality of being complicated or intricate and difficult to understand
5. the st____re of a machine
n. the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
6. bit of nut____al yeast
adj. of or relating to the substance required by the body to maintain health and growth
7. 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
8. co____e electricity
v. to spend something, especially fuel, energy, or time, in a large amount
9. 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: 1. transfer, 2. glycemic, 3. release, 4. complexity, 5. structure, 6. nutritional, 7. maltose, 8. consume, 9. pancreas

10. bachelor's de___e *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
11. 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
12. sy_____me of dementia *n.* a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder
13. retie the st___g and make it strong *n.* long, thin material used for tying things together, composed of several twisted threads
14. development of in_____n resistance *n.* a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes
15. high gl_____ic load diet *adj.* of or relating to the rate at which a carbohydrate is absorbed and metabolized in the body, especially in blood sugar levels
16. de_____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
17. 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

ANSWERS: 10. degree, 11. diet, 12. syndrome, 13. string, 14. insulin, 15. glycemic, 16. develop, 17. soda

18. 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
19. health in__x *n.* a list of items, such as names, subjects, or keywords, that is arranged in a particular order and is usually found at the end of a book or document; a number or symbol that indicates the value or level of something, such as a stock index or a temperature index
20. fr____se content *n.* a simple sugar that is found in many fruits and vegetables and is about twice as sweet as sucrose
21. a bu__h of trees *n.* a grouping of several similar things which are growing or fastened together
22. su__i bar *n.* a Japanese dish consisting of vinegared rice, often combined with fish or vegetables and sometimes wrapped in seaweed
23. syn_____ze information *v.* to combine a substance to make a more complex product or compound
24. car_____lar tissue *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
25. sen_____ty analysis *n.* the ability to perceive or respond to subtle differences or changes; the ability to understand and respond to the needs and feelings of others

ANSWERS: 18. maltose, 19. index, 20. fructose, 21. bunch, 22. sushi, 23. synthesize, 24. cardiovascular, 25. sensitivity

26. 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
27. su__i roll *n.* a Japanese dish consisting of vinegared rice, often combined with fish or vegetables and sometimes wrapped in seaweed
28. complex sac____de *n.* a simple sugar or carbohydrate; any compound that can be hydrolyzed to yield sugars
29. do__h for pastry *n.* a mixture of flour, liquid, and other ingredients, typically used to make bread, pastry, or pasta
30. daily in____n dose *n.* a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes
31. di____e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
32. a urinary tr__t infection *n.* a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body
33. co____e my thoughts *v.* to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it
34. met____sm enzyme *n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining

ANSWERS: 26. grain, 27. sushi, 28. saccharide, 29. dough, 30. insulin, 31. disease, 32. tract, 33. compose, 34. metabolism

35. blood gl_____e test *n.* a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things
36. synthetic fi__r *n.* thread or filament used to make a vegetable tissue, mineral material, or textile
37. sac_____de molecule *n.* a simple sugar or carbohydrate; any compound that can be hydrolyzed to yield sugars
38. northern 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
39. acute sy_____me *n.* a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder
40. 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
41. in_____e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
42. heredity fr_____se intolerance *n.* a simple sugar that is found in many fruits and vegetables and is about twice as sweet as sucrose
43. vi_____n deficiency *n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body

ANSWERS: 35. glucose, 36. fiber, 37. saccharide, 38. constellation, 39. syndrome, 40. oligosaccharide, 41. involve, 42. fructose, 43. vitamin

44. de___e centigrade *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
45. in_____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else
46. 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
47. complete no_____ly *adv.* usually; under normal conditions
48. 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
49. t__p an animal *n.* a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping
50. su_____e intake *n.* a type of sugar composed of glucose and fructose molecules commonly found in sugar cane, sugar beets, and other plants
51. st_____re and function of the brain *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

ANSWERS: 44. degree, 45. involve, 46. soda, 47. normally, 48. oligosaccharide, 49. trap, 50. sucrose, 51. structure

52. gl_____e level *n.* a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things
53. pre_____ce rate *n.* the state or condition of being widespread or common; the extent or frequency of occurrence of a disease or condition in a given population at a specific time
54. mo_____le behavior *n.* a group of two or more atoms held together by attractive forces known as chemical bonds
55. not no_____ly drink much *adv.* usually; under normal conditions
56. penicillin-re_____nt bacteria *adj.* not affected by something, especially changes or new ideas; of or relating to immunity to disease or infection
57. 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
58. carbon fi__r *n.* thread or filament used to make a vegetable tissue, mineral material, or textile
59. become full of sen_____ty *n.* the ability to perceive or respond to subtle differences or changes; the ability to understand and respond to the needs and feelings of others
60. com_____ty theory *n.* the state or quality of being complicated or intricate and difficult to understand

ANSWERS: 52. glucose, 53. prevalence, 54. molecule, 55. normally, 56. resistant, 57. pancreas, 58. fiber, 59. sensitivity, 60. complexity

61. re_____nt to persuasion *adj.* not affected by something, especially changes or new ideas; of or relating to immunity to disease or infection
62. b_t on a race *v.* to risk money on the result of an event or a competition, such as a race or game, to get more money; to have faith or confidence in something
63. wa__t measurement *n.* the part of the human body between the ribs and hips or the corresponding part in other animals
64. hemoglobin met_____sm *n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining
65. se_____ve documents *adj.* able to notice slight changes, signals, or influences; able to feel or perceive other's feelings; susceptible to the things people say or do
66. chest cir_____nce *n.* the distance around the outside of a circular or curved object or area
67. tr_____er power *v.* to move, pass, or change from one person, place, or situation to another
68. al__a particle *n.* the first letter in the Greek alphabet; in social and group dynamics, the highest or most dominant member of a group or social hierarchy
69. sy_____ms of low testosterone *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

ANSWERS: 61. resistant, 62. bet, 63. waist, 64. metabolism, 65. sensitive, 66. circumference, 67. transfer, 68. alpha, 69. symptom

70. con_____on rate *n.* the act or process of changing something from one thing to another; the state of being changed
71. 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
72. la_____e intolerance *n.* a sugar that is present in milk and milk products and is the primary source of energy for newborns
73. global b__d market *n.* a close emotional connection between two or more people; a certificate of debt that a government or corporation issues to raise money
74. juvenile di_____es *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
75. help di____t food *v.* to transform food into absorbable substances; break down
76. di_____ve juices *adj.* relating to or capable of causing or promoting digestion of food
77. 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

ANSWERS: 70. conversion, 71. cracker, 72. lactose, 73. bond, 74. diabetes, 75. digest, 76. digestive, 77. process

78. high pre_____ce of a diabetes *n.* the state or condition of being widespread or common; the extent or frequency of occurrence of a disease or condition in a given population at a specific time
79. small mo_____les *n.* a group of two or more atoms held together by attractive forces known as chemical bonds
80. complex car_____ate *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
81. 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
82. pr____t a feeling of hunger *v.* to make someone decide to or try to do something, or to make something happen
83. car_____ate metabolism *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
84. res_____ce movement *n.* the act of defending oneself from an aggressor or refusing to accept something
85. lick a te_____on *n.* a small spoon used to stir or measure out small amounts of some ingredients, typically sugar, salt, or spices, in cooking or serving

ANSWERS: 78. prevalence, 79. molecule, 80. carbohydrate, 81. digestion, 82. prompt, 83. carbohydrate, 84. resistance, 85. teaspoon

86. res_____ce to insulin *n.* the act of defending oneself from an aggressor or refusing to accept something
87. la_____e degradation *n.* a sugar that is present in milk and milk products and is the primary source of energy for newborns
88. co_____e a large of alcohol *v.* to spend something, especially fuel, energy, or time, in a large amount
89. female ho_____e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
90. 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
91. ind_____ble food *adj.* not easily digested or broken down by the body; difficult or impossible to understand or comprehend
92. loss of muscle ti____e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
93. tense piano st____gs *n.* long, thin material used for tying things together, composed of several twisted threads
94. a full-text in__x *n.* a list of items, such as names, subjects, or keywords, that is arranged in a particular order and is usually found at the end of a book or document; a number or symbol that indicates the value or level of something, such as a stock index or a temperature index

ANSWERS: 86. resistance, 87. lactose, 88. consume, 89. hormone, 90. diet, 91. indigestible, 92. tissue, 93. string, 94. index

95. 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
96. set a t__p *n.* a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping
97. 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
98. ind_____ble substance *adj.* not easily digested or broken down by the body; difficult or impossible to understand or comprehend
99. en___e reaction *n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction
100. cl___e meat *v.* to split or divide something into two parts, often with force; to adhere or cling to something closely and cohesively
101. pr___t a debate *v.* to make someone decide to or try to do something, or to make something happen
102. the st___m of time *n.* a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.
103. syn_____ze molecules *v.* to combine a substance to make a more complex product or compound

ANSWERS: 95. grain, 96. trap, 97. starch, 98. indigestible, 99. enzyme, 100. cleave, 101. prompt, 102. stream, 103. synthesize

104. a facial ti___e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
105. neurotic sy____ms *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
106. consumption of ga_____se *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
107. lack of digestive en___es *n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction
108. 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
109. baby with se_____ve skin *adj.* able to notice slight changes, signals, or influences; able to feel or perceive other's feelings; susceptible to the things people say or do
110. 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: 104. tissue, 105. symptom, 106. galactose, 107. enzyme, 108. cleave, 109. sensitive, 110. process

111. di_____es patient *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
112. re_____e a prisoner *v.* to set free or allow to escape from confinement
113. con_____on therapy *n.* the act or process of changing something from one thing to another; the state of being changed
114. ho_____e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
115. di_____e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
116. a di_____ve enzyme *adj.* relating to or capable of causing or promoting digestion of food
117. b__d as a family *n.* a close emotional connection between two or more people; a certificate of debt that a government or corporation issues to raise money
118. rich in vi_____n D *n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body
119. 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: 111. diabetes, 112. release, 113. conversion, 114. hormone, 115. disease, 116. digestive, 117. bond, 118. vitamin, 119. digestion

120. r__l a ball *v.* to move in a particular direction by turning over and over or from side to side
121. de____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
122. b_t my future *v.* to risk money on the result of an event or a competition, such as a race or game, to get more money; to have faith or confidence in something
123. nut____al supplement *adj.* of or relating to the substance required by the body to maintain health and growth
124. an endless st___m of cars *n.* a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.
125. st___h granules *n.* a complex carbohydrate found in many plants, including rice, wheat, and potatoes that is an important foodstuff for humans and animals
126. al__a radiation *n.* the first letter in the Greek alphabet; in social and group dynamics, the highest or most dominant member of a group or social hierarchy
127. 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: 120. roll, 121. develop, 122. bet, 123. nutritional, 124. stream, 125. starch, 126. alpha, 127. sucrose

128. work do__h *n.* a mixture of flour, liquid, and other ingredients, typically used to make bread, pastry, or pasta
129. 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
130. 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
131. a tr__t of virgin forest *n.* a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body
132. 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
133. co_____e an essay *v.* to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it
134. a bu__h of schoolgirls *n.* a grouping of several similar things which are growing or fastened together
135. car_____lar diseases *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)

ANSWERS: 128. dough, 129. constellation, 130. cracker, 131. tract, 132. galactose, 133. compose, 134. bunch, 135. cardiovascular

136. angle of cir_____nce *n.* the distance around the outside of a circular or curved object or area
137. a slim wa__t *n.* the part of the human body between the ribs and hips or the corresponding part in other animals
138. di__t information *v.* to transform food into absorbable substances; break down
139. r__l down his cheeks *v.* to move in a particular direction by turning over and over or from side to side
140. te_____on measurement *n.* a small spoon used to stir or measure out small amounts of some ingredients, typically sugar, salt, or spices, in cooking or serving

ANSWERS: 136. circumference, 137. waist, 138. digest, 139. roll, 140. teaspoon

Session 3: Fill in the Blanks

1. The shape of the DNA _____ is a double helix.
 - n.* a group of two or more atoms held together by attractive forces known as chemical bonds

2. One bad apple spoils the whole _____.
 - n.* a grouping of several similar things which are growing or fastened together

3. My father was tested for _____.
 - n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

4. 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

5. She cinched her dress at the _____ to accentuate her hourglass figure.
 - n.* the part of the human body between the ribs and hips or the corresponding part in other animals

6. _____ C is important for immune system function and skin health.
 - n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body

7. The organizational _____ of start-ups is often flat and straightforward.
 - n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

ANSWERS: 1. molecule, 2. bunch, 3. diabetes, 4. pancreas, 5. waist, 6. Vitamin, 7. structure

8. 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
9. She wore a _____ of pearls around her neck.
- n.* long, thin material used for tying things together, composed of several twisted threads
10. The patient was diagnosed with a rare genetic _____.
- n.* a group of signs and symptoms that occur together and are characteristic of a particular condition or disorder
11. 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
12. The project's _____ made it difficult for the team to complete it on time.
- n.* the state or quality of being complicated or intricate and difficult to understand
13. The developer's _____ of the old factory into a modern loft apartment complex was a major success.
- n.* the act or process of changing something from one thing to another; the state of being changed
14. The _____ of allergies has increased in recent years.
- n.* the state or condition of being widespread or common; the extent or frequency of occurrence of a disease or condition in a given population at a specific time

ANSWERS: 8. oligosaccharide, 9. string, 10. syndrome, 11. cleave, 12. complexity, 13. conversion, 14. prevalence

15. We must consume dietary _____ to maintain good health.
n. thread or filament used to make a vegetable tissue, mineral material, or textile
16. 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
17. 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
18. _____ metabolism differs between individuals.
n. a sugar that is present in milk and milk products and is the primary source of energy for newborns
19. A smaller car will _____ less fuel.
v. to spend something, especially fuel, energy, or time, in a large amount
20. He had an _____ shock after drinking large quantities of fruit juices.
n. a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes
21. We must _____ a new system to streamline our workflow and increase efficiency.
v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
22. The bill to increase the consumption tax had passed despite much _____ from the public.
n. the act of defending oneself from an aggressor or refusing to accept something

ANSWERS: 15. fiber, 16. glycemic, 17. fructose, 18. Lactose, 19. consume, 20. insulin, 21. develop, 22. resistance

23. You only need a _____ of salt to enhance the soup's flavor.
n. a small spoon used to stir or measure out small amounts of some ingredients, typically sugar, salt, or spices, in cooking or serving
24. A nutritious diet improves _____ functions.
adj. relating to or capable of causing or promoting digestion of food
25. 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
26. The teacher is very _____ to children's feelings.
adj. able to notice slight changes, signals, or influences; able to feel or perceive other's feelings; susceptible to the things people say or do
27. The structure is _____ of three main components.
v. to write music, poetry, or formal writing; to constitute or make up a whole, or a specified part of it
28. 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
29. 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
30. The doctor diagnosed him with a rare _____ that had no known cure.
n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

ANSWERS: 23. teaspoon, 24. digestive, 25. constellation, 26. sensitive, 27. composed, 28. indigestible, 29. sucrose, 30. disease

31. She _____ the money from her savings account to her checking account.
v. to move, pass, or change from one person, place, or situation to another
32. 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
33. The investigation _____ several government agencies and is expected to take several months.
v. to include or affect someone or something as a necessary part of something else
34. The _____ of the earth is approximately 24,901 miles.
n. the distance around the outside of a circular or curved object or area
35. The doctor diagnosed me with a _____ disorder.
n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
36. 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
37. The company's new CEO was known for his _____ personality.
n. the first letter in the Greek alphabet; in social and group dynamics, the highest or most dominant member of a group or social hierarchy

ANSWERS: 31. transferred, 32. starch, 33. involves, 34. circumference, 35. hormone, 36. maltose, 37. alpha

38. The _____ value of the food should be clearly labeled on the packaging.
adj. of or relating to the substance required by the body to maintain health and growth
39. Smoking places you at severe risk of _____ and respiratory disease.
adj. of or relating to the heart and blood vessels (= tubes that carry blood around the body)
40. 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
41. She mixed flour, yeast, sugar, and water to make _____ for the bread.
n. a mixture of flour, liquid, and other ingredients, typically used to make bread, pastry, or pasta
42. Jet _____ are the common name for air currents that form high in the atmosphere.
n. a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.
43. The doctor injected _____ into his patient's veins.
n. a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things
44. The animal rights group worked to _____ the dolphins back into the wild.
v. to set free or allow to escape from confinement
45. The instrument has a high _____ to temperature changes.
n. the ability to perceive or respond to subtle differences or changes; the ability to understand and respond to the needs and feelings of others

ANSWERS: 38. nutritional, 39. cardiovascular, 40. diet, 41. dough, 42. streams, 43. glucose, 44. release, 45. sensitivity

46. The patient displays a _____ of a side effect.
n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
47. 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
48. 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
49. 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
50. Most babies can readily _____ a wide variety of foods.
v. to transform food into absorbable substances; break down
51. I don't _____ take a vacation in the middle of summer.
adv. usually; under normal conditions
52. 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
53. She received her _____ in psychology from the university.
n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

ANSWERS: 46. symptom, 47. sushi, 48. carbohydrates, 49. grains, 50. digest, 51. normally, 52. saccharide, 53. degree

54. The stock market _____ measures the performance of a group of stocks.
- n.* a list of items, such as names, subjects, or keywords, that is arranged in a particular order and is usually found at the end of a book or document; a number or symbol that indicates the value or level of something, such as a stock index or a temperature index
55. 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
56. The farmer owns a large _____ of land where he grows corn and soybeans.
- n.* a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body
57. He was exhausted and _____ into bed as soon as he got home.
- v.* to move in a particular direction by turning over and over or from side to side
58. Insects in urban areas are becoming _____ to insecticides.
- adj.* not affected by something, especially changes or new ideas; of or relating to immunity to disease or infection
59. 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
60. That incident _____ a nationwide chain reaction regarding the crackdown on illegal groups.
- v.* to make someone decide to or try to do something, or to make something happen

ANSWERS: 54. index, 55. process, 56. tract, 57. rolled, 58. resistant, 59. cracker, 60. prompted

61. A deficiency in the _____ can lead to a medical condition.
- n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction
62. The researcher separated the nervous _____ for microscopic examinations.
- n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
63. 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
64. They had formed a friendship _____.
- n.* a close emotional connection between two or more people; a certificate of debt that a government or corporation issues to raise money
65. I _____ that you know it.
- v.* to risk money on the result of an event or a competition, such as a race or game, to get more money; to have faith or confidence in something
66. 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
67. 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

ANSWERS: 61. enzyme, 62. tissue, 63. soda, 64. bond, 65. bet, 66. digestion, 67. galactose

68. Better sleep leads to increased _____.

- n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining

69. The enemy fell right into the _____.

- n.* a piece of equipment or hole for catching animals or people; (verb) to catch animals or people and prevent them from escaping

70. The spider can _____ multiple different silk proteins.

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

ANSWERS: 68. metabolism, 69. trap, 70. synthesize