

# Englist.me



## Vocabulary Builder Reference from...

*Eleanor Nelsen: Why do people have seasonal allergies? | TED Talk*

[https://www.ted.com/talks/eleanor\\_nelsen\\_why\\_do\\_people\\_have\\_seasonal\\_allergies](https://www.ted.com/talks/eleanor_nelsen_why_do_people_have_seasonal_allergies)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### dread

v. to be very afraid of or worried about something that is going to happen or that might happen

*synonym*: fear, cringe, apprehend

(1) **dread** failure, (2) **dread** getting old

We all **dread** to think about what will happen if the company goes bankrupt.

### sneeze

v. to make a sudden, involuntary expulsion of air from the nose and mouth, usually due to irritation caused by the presence of dust, pollen, or other irritants

*synonym*: exhale, whiff, blow

(1) **sneeze** into my hand, (2) **sneeze** loudly

Whenever I get a cold, I tend to **sneeze** a lot.

### congest

v. to make something blocked or crowded so as to hinder or prevent freedom of movement or flow of liquid

*synonym*: clog, choke, crowd

(1) **congest** in a vein, (2) **congest** a highway

The roads to the airport were heavily **congested**.

### 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.

## watery

*adj.* full of or containing water; wet

*synonym*: liquid, wet, damp

(1) a **watery** fluid, (2) go to a **watery** grave

The soup was too **watery** and needed more flavor.

## itch

*v.* to have an uncomfortable feeling on the skin that makes you want to scratch it

*synonym*: scratch, tingle, irritate

(1) **itch** constantly, (2) **itch** to speak

I can't stop **itching** my arm because of the mosquito bite.

## onslaught

*n.* a fierce or violent attack; a sudden and intense outburst of something, usually negative

*synonym*: attack, assault, charge

(1) **onslaught** of criticism, (2) urban **onslaught**

The village was unprepared for the sudden **onslaught** of the enemy army.

## mucus

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

*synonym*: secretion, slime, saliva

(1) airway **mucus**, (2) nasal **mucus**

When the body temperature drops, **mucus** secretion fails.

## rhinitis

*n.* inflammation or irritation of the mucous membrane lining the nose, resulting in symptoms such as sneezing, nasal congestion, runny nose, and itching

*synonym*: runny nose, coryza, hay fever

(1) seasonal **rhinitis**, (2) allergic **rhinitis**

She has been suffering from chronic **rhinitis** for years and has tried various medications to relieve her symptoms.

## hypersensitive

*adj.* easily or overly affected emotionally, physically, or mentally by stimuli or situations that are not normally

considered stressful or upsetting

*synonym* : over-sensitive, touchy, fragile

(1) **hypersensitive** reaction, (2) **hypersensitive** nerve endings

She became **hypersensitive** to criticism after being bullied in school.

## pollen

*n.* a fine powder substance consisting of microscopic grains produced by plants that facilitate their reproductive process through the process of pollination

*synonym* : dust, spores, allergen

(1) **pollen** allergy symptoms, (2) high **pollen** count

My allergies flare up during **pollen** season, making it difficult to breathe.

## mold

*n.* a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long

*synonym* : cavity, cast, mildew

(1) a casting **mold**, (2) **mold** allergy

Mushrooms and **mold** are fungi.

## spore

*n.* a reproductive cell that is capable of developing into a new individual without fertilization, especially one produced by certain bacteria, fungi, and algae

*synonym* : seed, reproductive cell, particle

(1) anthrax **spore**, (2) **spore** reproduction

Bacteria and some algae also produce **spores** as a means of survival and dispersal, and they are often found in soil, water, and other environments.

## fungus

*n.* a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive

*synonym* : mold, mildew, yeast

(1) **fungus** infection, (2) symbiotic **fungus**

Certain types of **fungus** can be toxic to humans, causing severe illness if ingested.

## innocuous

*adj.* not harmful or dangerous; unlikely to cause injury or damage

*synonym* : harmless, innocent, benign

(1) **innocuous** joke, (2) **innocuous** substance

The spider in the corner of the room seemed **innocuous**, but it made her uneasy.

## offend

*v.* to cause someone to feel upset, angry, or annoyed

*synonym* : insult, hurt, anger

(1) **offend** his sensibilities, (2) **offend** a customer

His rude comments **offended** many people at the party.

## waft

*v.* to be carried along, as if by a current of air or water; to float or drift gently; (noun) a gentle movement or flow of air, usually carrying a scent, sound, or sensation with it

*synonym* : float, drift, glide

(1) **waft** in the breeze, (2) **waft** of steam

The smell of freshly baked bread began to **waft** through the house.

## latch

*n.* a device for holding a door or gate closed, typically a sliding bar or bolt

*synonym* : lock, catch, bolt

(1) set the **latch**, (2) **latch** mechanism

The **latch** on the gate was broken, so the cows got loose.

## inflame

*v.* to cause very strong feelings such as anger or excitement in a person or a group of people

*synonym* : agitate, arouse, enrage

(1) **inflame** skin, (2) **inflame** his passion

Her eyes **inflamed** with crying.

## histamine

*n.* a substance produced by the body, sometimes found in foods, that can cause allergic reactions, inflammation, or other physiological responses

(1) **histamine** reaction, (2) **histamine** blocker

His allergies caused **histamine** release in his body, leading to congestion and sneezing.

## culprit

*n.* someone who is responsible for a crime or wrongdoing  
*synonym*: criminal, felon, fugitive

(1) the **culprit** of global warming, (2) the arrest of the **culprit**

They finally found the **culprit** of the bug after a long time.

## allergen

*n.* a substance, such as pollen, dust mites, certain foods, or pet dander that can trigger an allergic reaction in susceptible individuals

*synonym*: irritant, trigger, substance

(1) airborne **allergen**, (2) seasonal **allergen**

Pollen is a common **allergen** that triggers hay fever in many people.

## microbe

*n.* a tiny living thing that can only be seen with a microscope and that may cause disease

*synonym*: germ, microorganism, bacterium

(1) pathogenic **microbe**, (2) **microbes** sterilizer

**Microbes** thrive on the surface of the human skin.

## parasite

*n.* an organism that lives on or in another organism and benefits by deriving nutrients at the other's expense

*synonym*: hitchhiker, leech, saprophyte

(1) blood-sucking **parasite**, (2) **parasite** disease

Tapeworms are **parasites** that live in the intestines of humans and animals.

## pathogen

*n.* a bacterium, virus, or other microorganism that causes disease

*synonym*: germ, microbe, bacterium

(1) plant **pathogen**, (2) the **pathogen** in the air

mRNA vaccines are approved faster because they do not contain inactivated **pathogens**.

### overreact

*v.* to react more strongly or excessively than is necessary or appropriate

*synonym*: overplay, exaggerate, overstate

(1) **overreact** with anger, (2) **overreact** to the criticism

She **overreacted** to the situation and caused unnecessary stress.

### dander

*n.* tiny scales or particles of dry skin that are shed by animals, particularly cats and dogs, and can cause allergic reactions in some individuals

*synonym*: irritation, annoyance, fury

(1) allergenic **dander**, (2) pet **dander**

I have a severe allergy to cat **dander**, so I try to avoid places with cats.

### venom

*n.* a toxic substance produced by an animal, typically a snake or insect, and injected into prey or an enemy by biting or stinging

*synonym*: poison, toxin, hating

(1) the **venom** of a lizard, (2) injected **venom**

The snake's **venom** is highly toxic and can be fatal to humans.

### overdrive

*n.* a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard

*synonym*: high gear, high speed, turbocharge

(1) atrial **overdrive** pacing, (2) go into **overdrive**

The car's **overdrive** function allows it to shift into a higher gear for better fuel efficiency on the highway.

### anaphylaxis

*n.* a severe and potentially life-threatening allergic reaction including difficulty breathing, low blood pressure, hives,

and swelling that occurs rapidly and affects multiple organs, typically triggered by exposure to an allergen such as a food, medication, or insect sting

*synonym*: severe allergic reaction, hypersensitivity

(1) severe **anaphylaxis**, (2) fatal **anaphylaxis**

He had a severe allergic reaction and went into life-threatening **anaphylaxis** within minutes.

## swelling

*n.* an abnormal local enlargement of a part of your body, mainly because of illness or injury

*synonym*: bulge, bump, inflammation

(1) **swelling** of the ankle, (2) hard **swelling** on the body

After intensive icing by the trainer, the **swelling** went down.

## autoimmune

*adj.* relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances

(1) insulin **autoimmune** syndrome, (2) **autoimmune** disorder

The presence of certain substances triggered the **autoimmune** response.

## sclerotic

*adj.* referring to the hardening or thickening of a tissue, organ, or other body parts, often due to infection, disease, or aging

*synonym*: hardened, rigid, stiff

(1) **sclerotic** lesion, (2) **sclerotic** plaques

The **sclerotic** arteries in his legs made it difficult for him to walk long distances.

## lupus

*n.* an autoimmune disease that can affect various parts of the body, including the skin, joints, and internal organs, and is characterized by inflammation and tissue damage

(1) drug-induced **lupus**, (2) **lupus** treatment

Treatment for **lupus** depends on the severity of the disease and may include medication, lifestyle changes, and regular

check-ups with a rheumatologist.

## adventurous

*adj.* willing to take risks and try new or difficult things

*synonym* : daring, risk-taking, bold

(1) lead an **adventurous** life, (2) **adventurous** pioneers

He has an **adventurous** spirit and is unafraid of risks.

## hookworm

*n.* a parasitic worm that attaches itself to the intestinal wall of a host and feeds on its blood, causing anemia, fatigue, and other symptoms

*synonym* : parasite, nematode, roundworm

(1) **hookworm** larvae, (2) treat **hookworm** disease

The **hookworm** infection can cause serious health problems if left untreated.

## industrialize

*v.* to organize the production of something into an industry

*synonym* : motorize

(1) **industrialize** service, (2) **industrialized** textile production

The nations of South East Asia will quickly **industrialize** and catch up with the West.

## dwindle

*v.* to gradually decrease in size, amount, or strength; to become smaller

*synonym* : shrink, decrease, fade

(1) **dwindle** in importance, (2) **dwindle** to almost nothing

The crowds at the festival **dwindled** as the night went on.

## midsummer

*n.* the middle of the summer season; traditionally, the time around the summer solstice (= the longest day of the year) and the period of greatest warmth and light

*synonym* : solstice, longest day, high summer

(1) **midsummer** night, (2) **midsummer** festival

The **midsummer** heat made it difficult to work outside for too long.



## ragweed

*n.* a type of flowering plant in the genus *Ambrosia*, often considered a weed, that produces pollen responsible for causing allergic reactions in some people

*synonym* : allergen, hay fever trigger

(1) **ragweed** allergy, (2) **ragweed** season

Many people suffer from allergies due to the pollen released by **ragweed** plants during the summer.

## Session 2: Spelling

1. the pa\_\_\_\_en in the air  
*n.* a bacterium, virus, or other microorganism that causes disease
2. hi\_\_\_\_\_ne reaction  
*n.* a substance produced by the body, sometimes found in foods, that can cause allergic reactions, inflammation, or other physiological responses
3. a casting m\_\_d  
*n.* a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long
4. w\_\_t of steam  
*v.* to be carried along, as if by a current of air or water; to float or drift gently; (noun) a gentle movement or flow of air, usually carrying a scent, sound, or sensation with it
5. adv\_\_\_\_\_us pioneers  
*adj.* willing to take risks and try new or difficult things
6. hyp\_\_\_\_\_ive nerve endings  
*adj.* easily or overly affected emotionally, physically, or mentally by stimuli or situations that are not normally considered stressful or upsetting
7. sn\_\_\_e loudly  
*v.* to make a sudden, involuntary expulsion of air from the nose and mouth, usually due to irritation caused by the presence of dust, pollen, or other irritants

ANSWERS: 1. pathogen, 2. histamine, 3. mold, 4. waft, 5. adventurous, 6. hypersensitive, 7. sneeze

8. the ve\_\_m of a lizard *n.* a toxic substance produced by an animal, typically a snake or insect, and injected into prey or an enemy by biting or stinging
9. go into ov\_\_\_\_\_ve *n.* a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard
10. ov\_\_\_\_\_ct with anger *v.* to react more strongly or excessively than is necessary or appropriate
11. hi\_\_\_\_\_ne blocker *n.* a substance produced by the body, sometimes found in foods, that can cause allergic reactions, inflammation, or other physiological responses
12. w\_\_t in the breeze *v.* to be carried along, as if by a current of air or water; to float or drift gently; (noun) a gentle movement or flow of air, usually carrying a scent, sound, or sensation with it
13. set the la\_\_h *n.* a device for holding a door or gate closed, typically a sliding bar or bolt
14. co\_\_\_\_\_t in a vein *v.* to make something blocked or crowded so as to hinder or prevent freedom of movement or flow of liquid
15. urban on\_\_\_\_\_ht *n.* a fierce or violent attack; a sudden and intense outburst of something, usually negative
16. seasonal al\_\_\_\_\_en *n.* a substance, such as pollen, dust mites, certain foods, or pet dander that can trigger an allergic reaction in susceptible individuals

ANSWERS: 8. venom, 9. overdrive, 10. overreact, 11. histamine, 12. waft, 13. latch, 14. congest, 15. onslaught, 16. allergen

17. pa\_\_\_\_te disease *n.* an organism that lives on or in another organism and benefits by deriving nutrients at the other's expense
18. i\_\_h to speak *v.* to have an uncomfortable feeling on the skin that makes you want to scratch it
19. dw\_\_\_\_\_e to almost nothing *v.* to gradually decrease in size, amount, or strength; to become smaller
20. dw\_\_\_\_\_e in importance *v.* to gradually decrease in size, amount, or strength; to become smaller
21. in\_\_\_\_\_e skin *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
22. dr\_\_d failure *v.* to be very afraid of or worried about something that is going to happen or that might happen
23. co\_\_\_\_\_t a highway *v.* to make something blocked or crowded so as to hinder or prevent freedom of movement or flow of liquid
24. severe ana\_\_\_\_\_is *n.* a severe and potentially life-threatening allergic reaction including difficulty breathing, low blood pressure, hives, and swelling that occurs rapidly and affects multiple organs, typically triggered by exposure to an allergen such as a food, medication, or insect sting
25. sw\_\_\_\_\_ng of the ankle *n.* an abnormal local enlargement of a part of your body, mainly because of illness or injury

ANSWERS: 17. parasite, 18. itch, 19. dwindle, 20. dwindle, 21. inflame, 22. dread, 23. congest, 24. anaphylaxis, 25. swelling

26. lu\_\_s treatment *n.* an autoimmune disease that can affect various parts of the body, including the skin, joints, and internal organs, and is characterized by inflammation and tissue damage
27. plant pa\_\_\_\_\_en *n.* a bacterium, virus, or other microorganism that causes disease
28. high po\_\_\_n count *n.* a fine powder substance consisting of microscopic grains produced by plants that facilitate their reproductive process through the process of pollination
29. ra\_\_\_\_\_d season *n.* a type of flowering plant in the genus Ambrosia, often considered a weed, that produces pollen responsible for causing allergic reactions in some people
30. m\_\_d allergy *n.* a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long
31. allergic rh\_\_\_\_\_is *n.* inflammation or irritation of the mucous membrane lining the nose, resulting in symptoms such as sneezing, nasal congestion, runny nose, and itching
32. sw\_\_l at room temperature *v.* to become larger or more inflated; to become more intense or important
33. lead an adv\_\_\_\_\_us life *adj.* willing to take risks and try new or difficult things

ANSWERS: 26. lupus, 27. pathogen, 28. pollen, 29. ragweed, 30. mold, 31. rhinitis, 32. swell, 33. adventurous

34. hard sw\_\_\_\_\_ng on the body      *n.* an abnormal local enlargement of a part of your body, mainly because of illness or injury
35. the cu\_\_\_\_\_t of global warming      *n.* someone who is responsible for a crime or wrongdoing
36. po\_\_\_\_n allergy symptoms      *n.* a fine powder substance consisting of microscopic grains produced by plants that facilitate their reproductive process through the process of pollination
37. mi\_\_\_\_\_er night      *n.* the middle of the summer season; traditionally, the time around the summer solstice (= the longest day of the year) and the period of greatest warmth and light
38. in\_\_\_\_\_us substance      *adj.* not harmful or dangerous; unlikely to cause injury or damage
39. nasal mu\_\_s      *n.* a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc.
40. airway mu\_\_s      *n.* a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc.
41. blood-sucking pa\_\_\_\_\_te      *n.* an organism that lives on or in another organism and benefits by deriving nutrients at the other's expense
42. ra\_\_\_\_\_d allergy      *n.* a type of flowering plant in the genus Ambrosia, often considered a weed, that produces pollen responsible for causing allergic reactions in some people

ANSWERS: 34. swelling, 35. culprit, 36. pollen, 37. midsummer, 38. innocuous, 39. mucus, 40. mucus, 41. parasite, 42. ragweed

43. sn\_\_\_e into my hand *v.* to make a sudden, involuntary expulsion of air from the nose and mouth, usually due to irritation caused by the presence of dust, pollen, or other irritants
44. treat ho\_\_\_\_\_rm disease *n.* a parasitic worm that attaches itself to the intestinal wall of a host and feeds on its blood, causing anemia, fatigue, and other symptoms
45. pathogenic mi\_\_\_\_\_e *n.* a tiny living thing that can only be seen with a microscope and that may cause disease
46. injected ve\_\_m *n.* a toxic substance produced by an animal, typically a snake or insect, and injected into prey or an enemy by biting or stinging
47. on\_\_\_\_\_ht of criticism *n.* a fierce or violent attack; a sudden and intense outburst of something, usually negative
48. ind\_\_\_\_\_ize service *v.* to organize the production of something into an industry
49. drug-induced lu\_\_s *n.* an autoimmune disease that can affect various parts of the body, including the skin, joints, and internal organs, and is characterized by inflammation and tissue damage
50. sc\_\_\_\_\_ic plaques *adj.* referring to the hardening or thickening of a tissue, organ, or other body parts, often due to infection, disease, or aging
51. ho\_\_\_\_\_rm larvae *n.* a parasitic worm that attaches itself to the intestinal wall of a host and feeds on its blood, causing anemia, fatigue, and other symptoms

ANSWERS: 43. sneeze, 44. hookworm, 45. microbe, 46. venom, 47. onslaught, 48. industrialize, 49. lupus, 50. sclerotic, 51. hookworm

52. ov\_\_\_\_\_ct to the criticism *v.* to react more strongly or excessively than is necessary or appropriate
53. in\_\_\_\_\_us joke *adj.* not harmful or dangerous; unlikely to cause injury or damage
54. in\_\_\_\_\_e his passion *v.* to cause very strong feelings such as anger or excitement in a person or a group of people
55. la\_\_h mechanism *n.* a device for holding a door or gate closed, typically a sliding bar or bolt
56. ind\_\_\_\_\_ized textile production *v.* to organize the production of something into an industry
57. i\_\_h constantly *v.* to have an uncomfortable feeling on the skin that makes you want to scratch it
58. anthrax sp\_\_e *n.* a reproductive cell that is capable of developing into a new individual without fertilization, especially one produced by certain bacteria, fungi, and algae
59. allergenic da\_\_\_\_r *n.* tiny scales or particles of dry skin that are shed by animals, particularly cats and dogs, and can cause allergic reactions in some individuals
60. symbiotic fu\_\_\_\_s *n.* a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive
61. pet da\_\_\_\_r *n.* tiny scales or particles of dry skin that are shed by animals, particularly cats and dogs, and can cause allergic reactions in some individuals

ANSWERS: 52. overreact, 53. innocuous, 54. inflame, 55. latch, 56. industrialize, 57. itch, 58. spore, 59. dander, 60. fungus, 61. dander





70. insulin aut\_\_\_\_\_ne syndrome *adj.* relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances
71. sp\_\_e reproduction *n.* a reproductive cell that is capable of developing into a new individual without fertilization, especially one produced by certain bacteria, fungi, and algae
72. sw\_\_l a population *v.* to become larger or more inflated; to become more intense or important
73. the arrest of the cu\_\_\_\_\_t *n.* someone who is responsible for a crime or wrongdoing
74. airborne al\_\_\_\_\_en *n.* a substance, such as pollen, dust mites, certain foods, or pet dander that can trigger an allergic reaction in susceptible individuals
75. of\_\_\_\_d a customer *v.* to cause someone to feel upset, angry, or annoyed
76. go to a wa\_\_\_\_y grave *adj.* full of or containing water; wet
77. sc\_\_\_\_\_ic lesion *adj.* referring to the hardening or thickening of a tissue, organ, or other body parts, often due to infection, disease, or aging
78. atrial ov\_\_\_\_\_ve pacing *n.* a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard
79. a wa\_\_\_\_y fluid *adj.* full of or containing water; wet

ANSWERS: 70. autoimmune, 71. spore, 72. swell, 73. culprit, 74. allergen, 75. offend, 76. watery, 77. sclerotic, 78. overdrive, 79. watery

80. fatal ana\_\_\_\_\_is

*n.* a severe and potentially life-threatening allergic reaction including difficulty breathing, low blood pressure, hives, and swelling that occurs rapidly and affects multiple organs, typically triggered by exposure to an allergen such as a food, medication, or insect sting

ANSWERS: 80. anaphylaxis

## Session 3: Fill in the Blanks

1. The spider in the corner of the room seemed \_\_\_\_\_ but it made her uneasy.  
*adj.* not harmful or dangerous; unlikely to cause injury or damage
2. She \_\_\_\_\_ to the situation and caused unnecessary stress.  
*v.* to react more strongly or excessively than is necessary or appropriate
3. She has been suffering from chronic \_\_\_\_\_ for years and has tried various medications to relieve her symptoms.  
*n.* inflammation or irritation of the mucous membrane lining the nose, resulting in symptoms such as sneezing, nasal congestion, runny nose, and itching
4. He has an \_\_\_\_\_ spirit and is unafraid of risks.  
*adj.* willing to take risks and try new or difficult things
5. I can't stop \_\_\_\_\_ my arm because of the mosquito bite.  
*v.* to have an uncomfortable feeling on the skin that makes you want to scratch it
6. The village was unprepared for the sudden \_\_\_\_\_ of the enemy army.  
*n.* a fierce or violent attack; a sudden and intense outburst of something, usually negative
7. She became \_\_\_\_\_ to criticism after being bullied in school.  
*adj.* easily or overly affected emotionally, physically, or mentally by stimuli or situations that are not normally considered stressful or upsetting
8. The \_\_\_\_\_ on the gate was broken, so the cows got loose.  
*n.* a device for holding a door or gate closed, typically a sliding bar or bolt

ANSWERS: 1. innocuous, 2. overreacted, 3. rhinitis, 4. adventurous, 5. itching, 6. onslaught, 7. hypersensitive, 8. latch

9. The \_\_\_\_\_ infection can cause serious health problems if left untreated.
- n.* a parasitic worm that attaches itself to the intestinal wall of a host and feeds on its blood, causing anemia, fatigue, and other symptoms
10. The smell of freshly baked bread began to \_\_\_\_\_ through the house.
- v.* to be carried along, as if by a current of air or water; to float or drift gently; (noun) a gentle movement or flow of air, usually carrying a scent, sound, or sensation with it
11. Certain types of \_\_\_\_\_ can be toxic to humans, causing severe illness if ingested.
- n.* a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive
12. After intensive icing by the trainer, the \_\_\_\_\_ went down.
- n.* an abnormal local enlargement of a part of your body, mainly because of illness or injury
13. Her eyes \_\_\_\_\_ with crying.
- v.* to cause very strong feelings such as anger or excitement in a person or a group of people
14. My allergies flare up during \_\_\_\_\_ season, making it difficult to breathe.
- n.* a fine powder substance consisting of microscopic grains produced by plants that facilitate their reproductive process through the process of pollination
15. The \_\_\_\_\_ heat made it difficult to work outside for too long.
- n.* the middle of the summer season; traditionally, the time around the summer solstice (= the longest day of the year) and the period of greatest warmth and light

ANSWERS: 9. hookworm, 10. waft, 11. fungus, 12. swelling, 13. inflamed, 14. pollen, 15. midsummer

16. Bacteria and some algae also produce \_\_\_\_\_ as a means of survival and dispersal, and they are often found in soil, water, and other environments.
- n.* a reproductive cell that is capable of developing into a new individual without fertilization, especially one produced by certain bacteria, fungi, and algae
17. When the body temperature drops, \_\_\_\_\_ secretion fails.
- n.* a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc.
18. The car's \_\_\_\_\_ function allows it to shift into a higher gear for better fuel efficiency on the highway.
- n.* a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard
19. \_\_\_\_\_ thrive on the surface of the human skin.
- n.* a tiny living thing that can only be seen with a microscope and that may cause disease
20. His arm was \_\_\_\_\_ from the insect bite.
- v.* to become larger or more inflated; to become more intense or important
21. Pollen is a common \_\_\_\_\_ that triggers hay fever in many people.
- n.* a substance, such as pollen, dust mites, certain foods, or pet dander that can trigger an allergic reaction in susceptible individuals
22. I have a severe allergy to cat \_\_\_\_\_ so I try to avoid places with cats.
- n.* tiny scales or particles of dry skin that are shed by animals, particularly cats and dogs, and can cause allergic reactions in some individuals

ANSWERS: 16. spores, 17. mucus, 18. overdrive, 19. Microbes, 20. swelling, 21. allergen, 22. dander,

23. The nations of South East Asia will quickly \_\_\_\_\_ and catch up with the West.
- v. to organize the production of something into an industry
24. Many people suffer from allergies due to the pollen released by \_\_\_\_\_ plants during the summer.
- n. a type of flowering plant in the genus *Ambrosia*, often considered a weed, that produces pollen responsible for causing allergic reactions in some people
25. The crowds at the festival \_\_\_\_\_ as the night went on.
- v. to gradually decrease in size, amount, or strength; to become smaller
26. Tapeworms are \_\_\_\_\_ that live in the intestines of humans and animals.
- n. an organism that lives on or in another organism and benefits by deriving nutrients at the other's expense
27. Whenever I get a cold, I tend to \_\_\_\_\_ a lot.
- v. to make a sudden, involuntary expulsion of air from the nose and mouth, usually due to irritation caused by the presence of dust, pollen, or other irritants
28. They finally found the \_\_\_\_\_ of the bug after a long time.
- n. someone who is responsible for a crime or wrongdoing
29. The roads to the airport were heavily \_\_\_\_\_.
- v. to make something blocked or crowded so as to hinder or prevent freedom of movement or flow of liquid
30. mRNA vaccines are approved faster because they do not contain inactivated \_\_\_\_\_.
- n. a bacterium, virus, or other microorganism that causes disease

ANSWERS: 23. industrialize, 24. ragweed, 25. dwindled, 26. parasites, 27. sneeze, 28. culprit, 29. congested, 30. pathogens

31. We all \_\_\_\_\_ to think about what will happen if the company goes bankrupt.
- v.* to be very afraid of or worried about something that is going to happen or that might happen
32. The soup was too \_\_\_\_\_ and needed more flavor.
- adj.* full of or containing water; wet
33. The \_\_\_\_\_ arteries in his legs made it difficult for him to walk long distances.
- adj.* referring to the hardening or thickening of a tissue, organ, or other body parts, often due to infection, disease, or aging
34. The presence of certain substances triggered the \_\_\_\_\_ response.
- adj.* relating to a condition in which the body's immune system attacks and destroys healthy body tissue, mistaking it for harmful foreign substances
35. His allergies caused \_\_\_\_\_ release in his body, leading to congestion and sneezing.
- n.* a substance produced by the body, sometimes found in foods, that can cause allergic reactions, inflammation, or other physiological responses
36. Mushrooms and \_\_\_\_\_ are fungi.
- n.* a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long
37. Treatment for \_\_\_\_\_ depends on the severity of the disease and may include medication, lifestyle changes, and regular check-ups with a rheumatologist.
- n.* an autoimmune disease that can affect various parts of the body, including the skin, joints, and internal organs, and is characterized by inflammation and tissue damage

ANSWERS: 31. dread, 32. watery, 33. sclerotic, 34. autoimmune, 35. histamine, 36. mold, 37. lupus



38. The snake's \_\_\_\_\_ is highly toxic and can be fatal to humans.

- n.* a toxic substance produced by an animal, typically a snake or insect, and injected into prey or an enemy by biting or stinging

39. His rude comments \_\_\_\_\_ many people at the party.

- v.* to cause someone to feel upset, angry, or annoyed

40. He had a severe allergic reaction and went into life-threatening \_\_\_\_\_ within minutes.

- n.* a severe and potentially life-threatening allergic reaction including difficulty breathing, low blood pressure, hives, and swelling that occurs rapidly and affects multiple organs, typically triggered by exposure to an allergen such as a food, medication, or insect sting

ANSWERS: 38. venom, 39. offended, 40. anaphylaxis