

# Englist.me



## Vocabulary Builder Reference from...

Emma Bryce: What is a calorie? | TED Talk

[https://www.ted.com/talks/emma\\_bryce\\_what\\_is\\_a\\_calorie](https://www.ted.com/talks/emma_bryce_what_is_a_calorie)

### Advanced Words Only

#### IMPORTANT

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

## Session 1: Word List

### fidget

*v.* to make small, restless movements; to be unable to sit still

*synonym*: fiddle, jiggle, squirm

(1) **fidget** with hands, (2) **fidget** on my lap

He **fidgeted** with his pen while waiting for the interview to begin.

### replenish

*v.* to fill something that had previously been emptied

*synonym*: refill, reload, restock

(1) **replenish** a reserve fund, (2) **replenish** my spirit

Please **replenish** my glass with some more wine.

### 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**.

### basal

*adj.* forming or belonging to a bottom layer or base of something

*synonym*: beginning, rudimental, introductory

(1) **basal** activity, (2) **basal** cells in the skin

The patient has to keep a record of **basal** body temperature.

## **guzzle**

*v.* to drink something quickly, greedily, and usually in large amounts.

*synonym* : gobble, carouse, quaff

(1) **guzzle** beer, (2) **guzzle** their food

They **guzzled** the cheap vodka.

## **celery**

*n.* a plant of the parsley family with crisp green stalks and leaves, used as a vegetable in cooking and for salads

(1) **celery** stick, (2) **celery** juice

I like to eat **celery** with peanut butter as a healthy snack.

## **malnourished**

*adj.* not getting enough of the right type of food to stay healthy and strong

*synonym* : undernourished, underfed

(1) premature **malnourished** infant, (2) **malnourished** population

**Malnourished** children are at risk of developmental delays and chronic health problems.

## **intestine**

*n.* a long, tube-like organ in the digestive system that is responsible for absorbing nutrients from food and eliminating waste products

*synonym* : gut, bowel, tract

(1) large **intestine**, (2) **intestine** wall

The small **intestine** is responsible for absorbing most of the nutrients from food.

## Session 2: Spelling

1. mal\_\_\_\_\_hed population *adj.* not getting enough of the right type of food to stay healthy and strong
2. re\_\_\_\_\_sh a reserve fund *v.* to fill something that had previously been emptied
3. ce\_\_\_y stick *n.* a plant of the parsley family with crisp green stalks and leaves, used as a vegetable in cooking and for salads
4. ba\_\_l activity *adj.* forming or belonging to a bottom layer or base of something
5. re\_\_\_\_\_sh my spirit *v.* to fill something that had previously been emptied
6. ba\_\_l cells in the skin *adj.* forming or belonging to a bottom layer or base of something
7. gu\_\_\_e beer *v.* to drink something quickly, greedily, and usually in large amounts.
8. in\_\_\_\_\_ne wall *n.* a long, tube-like organ in the digestive system that is responsible for absorbing nutrients from food and eliminating waste products
9. premature mal\_\_\_\_\_hed infant *adj.* not getting enough of the right type of food to stay healthy and strong
10. gu\_\_\_e their food *v.* to drink something quickly, greedily, and usually in large amounts.
11. ce\_\_\_y juice *n.* a plant of the parsley family with crisp green stalks and leaves, used as a vegetable in cooking and for salads

ANSWERS: 1. malnourished, 2. replenish, 3. celery, 4. basal, 5. replenish, 6. basal, 7. guzzle, 8. intestine, 9. malnourished, 10. guzzle, 11. celery

12. large in\_\_\_\_\_ne *n.* a long, tube-like organ in the digestive system that is responsible for absorbing nutrients from food and eliminating waste products
13. fi\_\_\_t with hands *v.* to make small, restless movements; to be unable to sit still
14. 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
15. fi\_\_\_t on my lap *v.* to make small, restless movements; to be unable to sit still
16. 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

ANSWERS: 12. intestine, 13. fidget, 14. digestion, 15. fidget, 16. digestion

## Session 3: Fill in the Blanks

1. I like to eat \_\_\_\_\_ with peanut butter as a healthy snack.  
*n.* a plant of the parsley family with crisp green stalks and leaves, used as a vegetable in cooking and for salads
  
2. The small \_\_\_\_\_ is responsible for absorbing most of the nutrients from food.  
*n.* a long, tube-like organ in the digestive system that is responsible for absorbing nutrients from food and eliminating waste products
  
3. Please \_\_\_\_\_ my glass with some more wine.  
*v.* to fill something that had previously been emptied
  
4. 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
  
5. The patient has to keep a record of \_\_\_\_\_ body temperature.  
*adj.* forming or belonging to a bottom layer or base of something
  
6. \_\_\_\_\_ children are at risk of developmental delays and chronic health problems.  
*adj.* not getting enough of the right type of food to stay healthy and strong
  
7. He \_\_\_\_\_ with his pen while waiting for the interview to begin.  
*v.* to make small, restless movements; to be unable to sit still

ANSWERS: 1. celery, 2. intestine, 3. replenish, 4. digestion, 5. basal, 6. Malnourished, 7. fidgeted

8. They \_\_\_\_\_ the cheap vodka.

v. to drink something quickly, greedily, and usually in large amounts.

ANSWERS: 8. guzzled