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Vocabulary Builder Reference from...

Emma Bryce: What is a calorie? | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

calorie

n. unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce

(1) **calorie** calculation, (2) reduce my **calorie** intake

It would be best if you burned off **calories** through vigorous exercise.

jack

n. a mechanical device used for lifting or supporting heavy objects

synonym: lever, crank, wrench

(1) a **jack** of all trades, (2) a line-in **jack**

He used a **jack** to lift the car to change the tire.

distance

n. the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance

synonym: space, gap, span

(1) driving **distance**, (2) social **distance**

The marathon runner covered a long **distance** in a short amount of time.

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.

balance

n. a condition in which everything has the same weight or force; something left after other parts have been taken away

synonym: equilibrium, counterpoise, remainder

(1) the **balance** of power, (2) asset on the company's **balance** sheet

Try to keep a **balance** between work and off.

consistent

adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.

synonym: coherent, constant, compatible

(1) do on a **consistent** basis, (2) get **consistent** results

You are not **consistent** in your behavior.

excess

n. an amount or quantity beyond what is acceptable, expected, or reasonable

synonym: exuberance, glut, surplus

(1) lose **excess** weight, (2) an **excess** of exports

The road of **excess** leads to the palace of wisdom.

gradual

adj. happening slowly over a long period of time or distance; not steep or abrupt

synonym: incremental, gradational, piecemeal

(1) a **gradual** process, (2) a **gradual** change

The country experienced a **gradual** increase in population.

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.

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.

define

v. to state or explain precisely the nature, scope, or meaning of something

synonym: characterize, depict, express

(1) **define** a word, (2) **define** my position

To advance this discussion, we must **define** "success" rigorously.

temperature

n. the degree of hotness or coldness of a thing or place

synonym: climate, warmth, degree

(1) extreme **temperatures**, (2) the atmospheric **temperature**

Cities around the world set records for highest **temperatures** this summer.

gram

n. a metric unit of weight equal to one-thousandth of a kilogram

(1) centimeter- **gram-second** system, (2) **gram** amount

How much is it per one hundred **grams**?

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.

chemical

adj. relating to or connected with chemistry;

synonym: chemic, synthetic

(1) toxic **chemicals**, (2) a **chemical** compound
The firm has grown into a large **chemical** manufacturing.

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**.

slice

n. a flat, often thin, piece of bread, meat, cheese, etc., that has been cut from a larger piece; a wound made by cutting

synonym: piece, portion, slit

(1) a **slice** of the company's revenue, (2) **slice** a tomato thin

The children complained because one **slice** of cake was slightly larger than the other.

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.

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**.

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.

fuel

n. a substance that is typically burned to generate heat or energy

synonym: energy, power, gas

(1) biomass **fuel**, (2) smokeless **fuel**

The **fuel** scarcity most severely impacted the manufacturing sector

chunk

n. a thick and solid mass or piece of something

synonym: block, lump, piece

(1) a **chunk** of money, (2) a tiny **chunk** of meat

The new start-up company carved out a large **chunk** of the market within a year.

function

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

synonym: purpose, mapping, job

(1) **function** properly, (2) immune **function**

The brain is an incredibly complex organ that controls the body's **function**.

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.

correspond

v. to match or be similar to something else almost exactly; to exchange messages

synonym: match, equate, communicate

(1) **correspond** to a standard, (2) **correspond** with a

foreign student

The numbers on the sign **correspond** to points on the map.

basal

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

synonym : beginning, rudimentary, introductory

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

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

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**.

survive

v. to live or exist despite a dangerous event or period

synonym : endure, persist, stay

(1) **survive** a blizzard, (2) **survive** a plane crash

These birds can only **survive** in temperate climates.

guideline

n. a general rule or principle that provides guidance to appropriate behavior; a piece of advice or instructions that tell you how something should be done or what something should be

synonym : policy, direction, protocol

(1) an education **guideline**, (2) **guideline** for clinical trial

This book will be a practical **guideline** when coding.

estimate

v. to guess or calculate the cost, size, value, etc. of something

synonym : calculate, gauge, evaluate

(1) **estimate** a fair value, (2) **estimate** this chicken to weigh three pounds

We **estimated** the season's total trade deficit at \$50 billion.

mass

n. a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together

synonym : abundance, crowd, mob

(1) a **mass** of molten rock, (2) critical **mass**

The **mass** of people who do not own property is politically impotent.

necessarily

adv. in an essential manner; in such a way as could not be otherwise

synonym : inevitable, certainly, automatically

(1) not **necessarily** a problem, (2) **necessarily** true

This accident was something that happened **necessarily**.

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.

pregnant

adj. having a baby or young animal developing in the uterus

synonym : expectant

(1) needs of **pregnant** women, (2) a silence **pregnant** with suspense

She vacated the position when she got **pregnant**.

slightly

adv. in a small degree or extent; a little

synonym : barely, narrowly, scarcely

(1) increase **slightly**, (2) **slightly** alkaline soils

He moved his body **slightly** to the left.

elderly

adj. (a polite word for) old

synonym : aged, old, senior

(1) a home for the **elderly**, (2) **elderly** woman

The **elderly** woman is quite energetic.

typical

adj. having the usual characteristics or traits of a specific group of things

synonym : characteristic, usual, distinctive

(1) **typical** leader, (2) fairly **typical** symptoms
This artwork is **typical** of her work.

nutrition

n. the substances or the process that organisms take into their bodies as food for their growth and health
synonym: alimentation, nourishment, sustenance

(1) **nutrition** condition, (2) **nutrition** intake
This food contains all the **nutrition** your dog requires.

label

n. a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category
synonym: tag, mark, identifier

(1) a mailing **label**, (2) **label** a bag with my name
The **label** on the food package lists the ingredients and nutritional information.

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.

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.

wheat

n. a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc

synonym: grain, cereal
(1) harvesting **wheat**, (2) **wheat** crop
The farmer grew **wheat** on his land.

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.

chip

n. a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat

synonym : flake, fragment, chunk

(1) a **chip** of wood, (2) I don't care a **chip**

We can use this campaign as a bargaining **chip** in the negotiations.

mention

v. to speak or write about something or someone briefly

synonym : reference, allude, cite

(1) **mention** name, (2) **mention** in a report

I **mentioned** to him that I had seen his sister at the grocery store earlier that day.

nutrient

n. any substance that is essential for the maintenance and growth of living things

synonym : food, vitamin

(1) **nutrient** medicine, (2) a **nutrient** for hair

They used fast-acting **nutrients** on the flowers in the flower beds.

protein

n. a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

(1) stress **protein**, (2) **protein** synthesis

The body needs a certain amount of **protein** to build and repair tissues.

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.

overweight

adj. weighing more than is considered normal, desirable, or healthy for a particular height and build

synonym : heavy, obese, fat

(1) dangerously **overweight**, (2) an **overweight** patient

The doctor advised him to lose weight and maintain a healthy diet to avoid becoming **overweight**.

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.

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.

gut

n. the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant

synonym : belly, abdomen, courage

(1) the blind **gut**, (2) **gut** feelings

He told me a **gut-wrenching** truth about my parent's death.

bacteria

n. single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease

synonym : microorganism, microbe

(1) pathogenic **bacteria**, (2) harmless **bacteria**

Bacteria prevalent in hospitals are often resistant to antibiotics.

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.

individual

n. a single person or thing, as distinct from a group

synonym : person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

extract

n. a short passage taken from a book, piece of music, etc.; a substance obtained from something through a specific process; (verb) to obtain from something or to remove something by effort or force

synonym : excerpt, quote, distillation

(1) a brief **extract** from the book, (2) botanical **extract**

Anesthetize the gum before **extracting** the teeth.

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.

Session 2: Spelling

1. dangerously ove_____ht
adj. weighing more than is considered normal, desirable, or healthy for a particular height and build
2. do on a con_____nt basis
adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.
3. lose ex___s weight
n. an amount or quantity beyond what is acceptable, expected, or reasonable
4. hemoglobin met_____sm
n. the set of chemical reactions in cells or organisms that are necessary for life-sustaining
5. get con_____nt results
adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.
6. fu_____on properly
n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
7. gu___e beer
v. to drink something quickly, greedily, and usually in large amounts.
8. pathogenic ba_____ia
n. single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease

ANSWERS: 1. overweight, 2. consistent, 3. excess, 4. metabolism, 5. consistent, 6. function, 7. guzzle, 8. bacteria

9. 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
10. mo____le behavior *n.* a group of two or more atoms held together by attractive forces known as chemical bonds
11. g_t feelings *n.* the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant
12. di____t information *v.* to transform food into absorbable substances; break down
13. a j__k of all trades *n.* a mechanical device used for lifting or supporting heavy objects
14. driving di____ce *n.* the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance
15. de____e a word *v.* to state or explain precisely the nature, scope, or meaning of something
16. centimeter-g__m-second system *n.* a metric unit of weight equal to one-thousandth of a kilogram
17. harmless ba____ia *n.* single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease

ANSWERS: 9. process, 10. molecule, 11. gut, 12. digest, 13. jack, 14. distance, 15. define, 16. gram, 17. bacteria

18. es____te a fair value *v.* to guess or calculate the cost, size, value, etc. of something
19. de____e my position *v.* to state or explain precisely the nature, scope, or meaning of something
20. not nec____ly a problem *adv.* in an essential manner; in such a way as could not be otherwise
21. co____e electricity *v.* to spend something, especially fuel, energy, or time, in a large amount
22. botanical ex____t *n.* a short passage taken from a book, piece of music, etc.; a substance obtained from something through a specific process; (*v.*) to obtain from something or to remove something by effort or force
23. extreme tem____res *n.* the degree of hotness or coldness of a thing or place
24. 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
25. es____te this chicken to weigh three pounds *v.* to guess or calculate the cost, size, value, etc. of something
26. an ove____ht patient *adj.* weighing more than is considered normal, desirable, or healthy for a particular height and build
27. a ch__k of money *n.* a thick and solid mass or piece of something
28. increase sl____ly *adv.* in a small degree or extent; a little

ANSWERS: 18. estimate, 19. define, 20. necessarily, 21. consume, 22. extract, 23. temperature, 24. intestine, 25. estimate, 26. overweight, 27. chunk, 28. slightly

29. re_____sh my spirit *v.* to fill something that had previously been emptied
30. the blind g_t *n.* the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant
31. 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
32. critical m__s *n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
33. gu_____ne for clinical trial *n.* a general rule or principle that provides guidance to appropriate behavior; a piece of advice or instructions that tell you how something should be done or what something should be
34. 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
35. needs of pr_____nt women *adj.* having a baby or young animal developing in the uterus
36. 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

ANSWERS: 29. replenish, 30. gut, 31. vitamin, 32. mass, 33. guideline, 34. intestine, 35. pregnant, 36. enzyme

37. re____e CO2 into the air *v.* to set free or allow to escape from confinement
38. an ex___s of exports *n.* an amount or quantity beyond what is acceptable, expected, or reasonable
39. nu_____nt medicine *n.* any substance that is essential for the maintenance and growth of living things
40. wh__t crop *n.* a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc
41. loss of muscle ti____e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
42. nec_____ly true *adv.* in an essential manner; in such a way as could not be otherwise
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
44. premature mal_____hed infant *adj.* not getting enough of the right type of food to stay healthy and strong
45. toxic ch_____als *adj.* relating to or connected with chemistry;
46. a gr_____l process *adj.* happening slowly over a long period of time or distance; not steep or abrupt
47. carbon fi__r *n.* thread or filament used to make a vegetable tissue, mineral material, or textile

ANSWERS: 37. release, 38. excess, 39. nutrient, 40. wheat, 41. tissue, 42. necessarily, 43. vitamin, 44. malnourished, 45. chemical, 46. gradual, 47. fiber

48. a m__s of molten rock *n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
49. pr____n synthesis *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
50. asset on the company's ba____e sheet *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
51. ba__l activity *adj.* forming or belonging to a bottom layer or base of something
52. stress pr____n *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
53. mal____hed population *adj.* not getting enough of the right type of food to stay healthy and strong
54. nu____on intake *n.* the substances or the process that organisms take into their bodies as food for their growth and health
55. el____y woman *adj.* (a polite word for) old
56. co____e a large of alcohol *v.* to spend something, especially fuel, energy, or time, in a large amount
57. bit of nut____al yeast *adj.* of or relating to the substance required by the body to maintain health and growth
58. gu____e their food *v.* to drink something quickly, greedily, and usually in large amounts.

ANSWERS: 48. mass, 49. protein, 50. balance, 51. basal, 52. protein, 53. malnourished, 54. nutrition, 55. elderly, 56. consume, 57. nutritional, 58. guzzle

59. ba__l cells in the skin *adj.* forming or belonging to a bottom layer or base of something
60. social di____ce *n.* the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance
61. fi__t on my lap *v.* to make small, restless movements; to be unable to sit still
62. a line-in j__k *n.* a mechanical device used for lifting or supporting heavy objects
63. nu_____on condition *n.* the substances or the process that organisms take into their bodies as food for their growth and health
64. a silence pr_____nt with suspense *adj.* having a baby or young animal developing in the uterus
65. a mailing la__l *n.* a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category
66. a private ind_____al *n.* a single person or thing, as distinct from a group
67. 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
68. reduce my ca_____e intake *n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce

ANSWERS: 59. basal, 60. distance, 61. fidget, 62. jack, 63. nutrition, 64. pregnant, 65. label, 66. individual, 67. celery, 68. calorie

69. poor di_____on
70. impaired di_____on
71. me_____n name
72. ind_____al freedom
73. ca_____e calculation
74. a tiny ch__k of meat
75. su_____e a blizzard
76. de___e centigrade
- 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
- 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
- v.* to speak or write about something or someone briefly
- n.* a single person or thing, as distinct from a group
- n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
- n.* a thick and solid mass or piece of something
- v.* to live or exist despite a dangerous event or period
- n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

ANSWERS: 69. digestion, 70. digestion, 71. mention, 72. individual, 73. calorie, 74. chunk, 75. survive, 76. degree

77. a ch____al compound *adj.* relating to or connected with chemistry;
78. an education gu_____ne *n.* a general rule or principle that provides guidance to appropriate behavior; a piece of advice or instructions that tell you how something should be done or what something should be
79. I don't care a c__p *n.* a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat
80. su_____e a plane crash *v.* to live or exist despite a dangerous event or period
81. a home for the el____y *adj.* (a polite word for) old
82. biomass f__l *n.* a substance that is typically burned to generate heat or energy
83. a facial ti___e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
84. nut_____al supplement *adj.* of or relating to the substance required by the body to maintain health and growth
85. smokeless f__l *n.* a substance that is typically burned to generate heat or energy
86. help di___t food *v.* to transform food into absorbable substances; break down
87. a gr_____l change *adj.* happening slowly over a long period of time or distance; not steep or abrupt
88. small mo_____les *n.* a group of two or more atoms held together by attractive forces known as chemical bonds

ANSWERS: 77. chemical, 78. guideline, 79. chip, 80. survive, 81. elderly, 82. fuel, 83. tissue, 84. nutritional, 85. fuel, 86. digest, 87. gradual, 88. molecule

89. re_____e a prisoner *v.* to set free or allow to escape from confinement
90. the ba_____e of power *n.* a condition in which everything has the same weight or force; something left after other parts have been taken away
91. me_____n in a report *v.* to speak or write about something or someone briefly
92. the atmospheric tem_____re *n.* the degree of hotness or coldness of a thing or place
93. met_____sm enzyme *n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining
94. g__m amount *n.* a metric unit of weight equal to one-thousandth of a kilogram
95. sl_____ly alkaline soils *adv.* in a small degree or extent; a little
96. a sl__e of the company's revenue *n.* a flat, often thin, piece of bread, meat, cheese, etc., that has been cut from a larger piece; a wound made by cutting
97. 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
98. fairly ty_____l symptoms *adj.* having the usual characteristics or traits of a specific group of things
99. ty_____l leader *adj.* having the usual characteristics or traits of a specific group of things
100. 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

ANSWERS: 89. release, 90. balance, 91. mention, 92. temperature, 93. metabolism, 94. gram, 95. slightly, 96. slice, 97. bond, 98. typical, 99. typical, 100. degree

101. synthetic fi__r *n.* thread or filament used to make a vegetable tissue, mineral material, or textile
102. 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
103. 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
104. 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
105. immune fu____on *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
106. a nu____nt for hair *n.* any substance that is essential for the maintenance and growth of living things
107. harvesting wh__t *n.* a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc

ANSWERS: 101. fiber, 102. celery, 103. process, 104. bond, 105. function, 106. nutrient, 107. wheat

108. re_____sh a reserve fund *v.* to fill something that had previously been emptied
109. sl__e a tomato thin *n.* a flat, often thin, piece of bread, meat, cheese, etc., that has been cut from a larger piece; a wound made by cutting
110. a c__p of wood *n.* a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat
111. a brief ex_____t from the book *n.* a short passage taken from a book, piece of music, etc.; a substance obtained from something through a specific process; (verb) to obtain from something or to remove something by effort or force
112. cor_____nd to a standard *v.* to match or be similar to something else almost exactly; to exchange messages
113. cor_____nd with a foreign student *v.* to match or be similar to something else almost exactly; to exchange messages
114. fi__t with hands *v.* to make small, restless movements; to be unable to sit still
115. la__l a bag with my name *n.* a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category
116. en___e reaction *n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction

ANSWERS: 108. replenish, 109. slice, 110. chip, 111. extract, 112. correspond, 113. correspond, 114. fidget, 115. label, 116. enzyme

Session 3: Fill in the Blanks

1. Try to keep a _____ between work and off.
 - n.* a condition in which everything has the same weight or force; something left after other parts have been taken away

2. The numbers on the sign _____ to points on the map.
 - v.* to match or be similar to something else almost exactly; to exchange messages

3. _____ 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

4. We can use this campaign as a bargaining _____ in the negotiations.
 - n.* a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat

5. The _____ on the food package lists the ingredients and nutritional information.
 - n.* a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category

6. This book will be a practical _____ when coding.
 - n.* a general rule or principle that provides guidance to appropriate behavior; a piece of advice or instructions that tell you how something should be done or what something should be

7. As an _____ he had the right to make his own decisions and live his life as he saw fit.
 - n.* a single person or thing, as distinct from a group

ANSWERS: 1. balance, 2. correspond, 3. Vitamin, 4. chip, 5. label, 6. guideline, 7. individual,

8. The doctor advised him to lose weight and maintain a healthy diet to avoid becoming _____.

adj. weighing more than is considered normal, desirable, or healthy for a particular height and build

9. Anesthetize the gum before _____ the teeth.

n. a short passage taken from a book, piece of music, etc.; a substance obtained from something through a specific process; (verb) to obtain from something or to remove something by effort or force

10. He used a _____ to lift the car to change the tire.

n. a mechanical device used for lifting or supporting heavy objects

11. 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

12. A smaller car will _____ less fuel.

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

13. Most babies can readily _____ a wide variety of foods.

v. to transform food into absorbable substances; break down

14. 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

15. She vacated the position when she got _____.

adj. having a baby or young animal developing in the uterus

ANSWERS: 8. overweight, 9. extracting, 10. jack, 11. process, 12. consume, 13. digest, 14. bond, 15. pregnant

16. This artwork is _____ of her work.

adj. having the usual characteristics or traits of a specific group of things

17. This accident was something that happened _____.

adv. in an essential manner; in such a way as could not be otherwise

18. He _____ with his pen while waiting for the interview to begin.

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

19. _____ prevalent in hospitals are often resistant to antibiotics.

n. single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease

20. We _____ the season's total trade deficit at \$50 billion.

v. to guess or calculate the cost, size, value, etc. of something

21. You are not _____ in your behavior.

adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.

22. To advance this discussion, we must _____ "success" rigorously.

v. to state or explain precisely the nature, scope, or meaning of something

23. Please _____ my glass with some more wine.

v. to fill something that had previously been emptied

24. The _____ woman is quite energetic.

adj. (a polite word for) old

ANSWERS: 16. typical, 17. necessarily, 18. fidgeted, 19. Bacteria, 20. estimated, 21. consistent, 22. define, 23. replenish, 24. elderly

25. 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
26. I _____ to him that I had seen his sister at the grocery store earlier that day.
v. to speak or write about something or someone briefly
27. 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
28. This food contains all the _____ your dog requires.
n. the substances or the process that organisms take into their bodies as food for their growth and health
29. 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
30. The patient has to keep a record of _____ body temperature.
adj. forming or belonging to a bottom layer or base of something
31. He moved his body _____ to the left.
adv. in a small degree or extent; a little
32. The _____ of people who do not own property is politically impotent.
n. a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together

ANSWERS: 25. celery, 26. mentioned, 27. tissue, 28. nutrition, 29. enzyme, 30. basal, 31. slightly, 32. mass

33. Cities around the world set records for highest _____ this summer.
n. the degree of hotness or coldness of a thing or place
34. The new start-up company carved out a large _____ of the market within a year.
n. a thick and solid mass or piece of something
35. The farmer grew _____ on his land.
n. a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc
36. The children complained because one _____ of cake was slightly larger than the other.
n. a flat, often thin, piece of bread, meat, cheese, etc., that has been cut from a larger piece; a wound made by cutting
37. 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
38. The firm has grown into a large _____ manufacturing.
adj. relating to or connected with chemistry;
39. The marathon runner covered a long _____ in a short amount of time.
n. the amount of space between two points, measured in units such as miles, meters, or kilometers; the extent, scope, or range between two things, such as distance or emotional distance
40. These birds can only _____ in temperate climates.
v. to live or exist despite a dangerous event or period

ANSWERS: 33. temperatures, 34. chunk, 35. wheat, 36. slice, 37. nutritional, 38. chemical, 39. distance, 40. survive

41. The brain is an incredibly complex organ that controls the body's _____.
- n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
42. The animal rights group worked to _____ the dolphins back into the wild.
- v.* to set free or allow to escape from confinement
43. Better sleep leads to increased _____.
- n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining
44. 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
45. They used fast-acting _____ on the flowers in the flower beds.
- n.* any substance that is essential for the maintenance and growth of living things
46. How much is it per one hundred _____
- n.* a metric unit of weight equal to one-thousandth of a kilogram
47. 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
48. It would be best if you burned off _____ through vigorous exercise.
- n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce

ANSWERS: 41. function, 42. release, 43. metabolism, 44. molecule, 45. nutrients, 46. grams?, 47. digestion, 48. calories

49. The body needs a certain amount of _____ to build and repair tissues.
n. a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
50. They _____ the cheap vodka.
v. to drink something quickly, greedily, and usually in large amounts.
51. He told me a _____ truth about my parent's death.
n. the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant
52. The country experienced a _____ increase in population.
adj. happening slowly over a long period of time or distance; not steep or abrupt
53. _____ 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
54. The _____ scarcity most severely impacted the manufacturing sector
n. a substance that is typically burned to generate heat or energy
55. 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
56. 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

ANSWERS: 49. protein, 50. guzzled, 51. gut-wrenching, 52. gradual, 53. Malnourished, 54. fuel, 55. degree, 56. intestine

57. We must consume dietary _____ to maintain good health.

n. thread or filament used to make a vegetable tissue, mineral material, or textile

58. The road of _____ leads to the palace of wisdom.

n. an amount or quantity beyond what is acceptable, expected, or reasonable

ANSWERS: 57. fiber, 58. excess