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## Vocabulary Builder Reference from...

*Eleanor Nelsen: How to unboil an egg | TED Talk*

[https://www.ted.com/talks/eleanor\\_nelsen\\_how\\_to\\_unboil\\_an\\_egg](https://www.ted.com/talks/eleanor_nelsen_how_to_unboil_an_egg)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### proverb

*n.* a short saying that expresses a truth or gives advice based on practical experience

*synonym* : adage, saying, maxim

(1) a hackneyed **proverb**, (2) ancient **proverb**

The famous **proverb** "actions speak louder than words" reminds us to focus on deeds instead of words.

### intricate

*adj.* having many different parts and small details that all work together

*synonym* : complicated, convoluted, complex

(1) **intricate** details, (2) **intricate** lacework

The politician managed to deal with that **intricate** issue.

### disrupt

*v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

*synonym* : interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep

I'm so sorry to **disrupt** you when you're pretty busy.

### unfold

*v.* to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown

*synonym* : open, spread out, expose

(1) **unfold** the story, (2) **unfold** the stroller

The mystery **unfolded** as the detectives gathered more clues.

## unwind

*v.* to relax and release tension, often by engaging in leisure activities or by simply resting; to reverse the winding or twisting of something

*synonym*: relax, de-stress, unroll

(1) **unwind** after work, (2) **unwind** on vacation

I like to **unwind** with a good book after a long day at work.

## wiggle

*v.* to move or cause to move up and down or from side to side in short and quick movements

*synonym*: wiggle, jiggle, squirm

(1) **wiggle** her lips, (2) **wiggle** with excitement

Her hips **wiggle** as she walks.

## entangle

*v.* to become twisted or knotted together, especially in a way that makes it difficult to separate them; to involve in something complicated or difficult to escape

*synonym*: ensnare, entrap, involve

(1) **entangle** in wires, (2) emotionally **entangle**

The vines of the plant **entangled** themselves around the trellis.

## entanglement

*n.* involvement in a complicated or difficult situation; a tangled mass

*synonym*: snarl, tangle, knot

(1) **entanglement** in conflict, (2) romantic **entanglement**

The **entanglement** of the fishing net was making it difficult for the whales to swim.

## microscopic

*adj.* tiny; exceedingly precise and detail-oriented; of or used in microscopy

*synonym*: infinitesimal, tiny, atomic

(1) **microscopic** inquiry, (2) **microscopic** analysis

Inspectors noticed **microscopic** cracks in the submarine's hull.

## reversible

*adj.* capable of being turned or done in the opposite direction or way; capable of being reversed or undone

*synonym*: invertible, changeable, undoable

(1) **reversible** decision, (2) **reversible** fabrics

The jacket is **reversible** so that you can wear it with the fur lining on the outside or the inside.

## seize

*v.* to catch or take hold of someone or something suddenly and forcibly; to capture the attention or imagination of something

*synonym*: grab, grasp, capture

(1) **seize** a person's property, (2) **seize** the day

He has the superpower to **seize** a business opportunity.

## retrace

*v.* to trace again, reexamine, or follow the path or course of something; to go back over something or retrace one's steps

*synonym*: backtrack, follow back

(1) **retrace** my life, (2) **retrace** a journey

I need to **retrace** my steps to find the lost keys.

## tangle

*n.* a confused mass of something twisted together

*synonym*: knot, snarl, entanglement

(1) in a **tangle**, (2) **tangle** wires

The cords behind my computer were a **tangled** mess.

## dissolve

*v.* to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss

*synonym*: disband, disappear, liquefy

(1) **dissolve** the sugar, (2) officially **dissolved** the marriage

The political party **dissolved** after much internal fighting.

## urea

*n.* a nitrogen-containing compound formed in the liver and excreted in the urine often used as a fertilizer or in the

synthesis of various chemicals and plastics

*synonym*: ammonia, uric acid, carbamide

(1) **urea** production, (2) **urea** excretion

Farmers often use **urea** fertilizer to provide a rich nitrogen source to their crops, enhancing growth and yield.

## lubricate

v. to apply a substance, such as oil or grease, to reduce friction or wear on a surface

*synonym*: grease, oil, make slippery

(1) **lubricate** the economy, (2) **lubricate** the hinges with oil

The mechanic **lubricated** the gears to prevent them from grinding.

## glide

v. to move smoothly and effortlessly

*synonym*: slide, skim, coast

(1) **glide** through the water, (2) **glide** down the mountain

The eagle gracefully **glided** on the thermals, soaring above the mountains.

## breakneck

*adj.* extremely fast and reckless; dangerous and high-speed

*synonym*: risky, perilous, hazardous

(1) **breakneck** acceleration, (2) **breakneck** pace

She drove at a **breakneck** speed, despite the dangerous conditions on the road.

## centrifuge

n. a machine that uses centrifugal force (= a type of inertial force that appears to act on an object moving in a circular path and is directed away from the center) to separate substances of different densities, especially to separate liquids from solids

*synonym*: separator, extractor, spinner

(1) **centrifuge** tube, (2) ultra-high-speed **centrifuges**

The laboratory technician placed the blood samples in the **centrifuge** to separate the different components.

## anyhow

*adv.* anyway; regardless of what has happened or been said  
*synonym* : anyway, nonetheless

(1) **anyhow** possible, (2) **anyhow** it turns out

**Anyhow**, let's change the subject because I don't want to talk about this anymore.

## untangle

*v.* to separate or straighten out something that is tangled, confused, or complicated; to clarify or make sense of something difficult to understand or explain

*synonym* : disentangle, unravel, decipher

(1) **untangle** a situation, (2) **untangle** a problem

I need to **untangle** this knot before using this rope piece.

## caramel

*n.* a sweet, dark brown, sticky substance made by heating sugar or syrup until it melts and then cooling it quickly

*synonym* : toffee, dulce de leche, butterscotch

(1) **caramel** candy, (2) **caramel** topping

The **caramel** sauce on the ice cream was the perfect finishing touch.

## crunch

*n.* a loud, crackling noise made by something being crushed or broken; a difficult or critical situation

*synonym* : crushing, snapping, crisis

(1) financial **crunch**, (2) a gas **crunch**

The **crunch** of the leaves underfoot was heard as they walked through the park.

## Session 2: Spelling

1. cen\_\_\_\_\_ge tube  
*n.* a machine that uses centrifugal force (= a type of inertial force that appears to act on an object moving in a circular path and is directed away from the center) to separate substances of different densities, especially to separate liquids from solids
2. di\_\_\_\_\_ve the sugar  
*v.* to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss
3. mic\_\_\_\_\_ic analysis  
*adj.* tiny; exceedingly precise and detail-oriented; of or used in microscopy
4. ta\_\_\_\_e wires  
*n.* a confused mass of something twisted together
5. lu\_\_\_\_\_te the hinges with oil  
*v.* to apply a substance, such as oil or grease, to reduce friction or wear on a surface
6. gl\_\_e down the mountain  
*v.* to move smoothly and effortlessly
7. officially di\_\_\_\_\_ved the marriage  
*v.* to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss
8. emotionally en\_\_\_\_\_le  
*v.* to become twisted or knotted together, especially in a way that makes it difficult to separate them; to involve in something complicated or difficult to escape

ANSWERS: 1. centrifuge, 2. dissolve, 3. microscopic, 4. tangle, 5. lubricate, 6. glide, 7. dissolve, 8. entangle

9. br\_\_\_\_\_ck pace *adj.* extremely fast and reckless; dangerous and high-speed
10. a hackneyed pr\_\_\_\_\_b *n.* a short saying that expresses a truth or gives advice based on practical experience
11. se\_\_e the day *v.* to catch or take hold of someone or something suddenly and forcibly; to capture the attention or imagination of something
12. in a ta\_\_\_\_e *n.* a confused mass of something twisted together
13. ancient pr\_\_\_\_\_b *n.* a short saying that expresses a truth or gives advice based on practical experience
14. re\_\_\_\_\_e my life *v.* to trace again, reexamine, or follow the path or course of something; to go back over something or retrace one's steps
15. mic\_\_\_\_\_ic inquiry *adj.* tiny; exceedingly precise and detail-oriented; of or used in microscopy
16. ca\_\_\_\_\_l candy *n.* a sweet, dark brown, sticky substance made by heating sugar or syrup until it melts and then cooling it quickly
17. romantic ent\_\_\_\_\_ent *n.* involvement in a complicated or difficult situation; a tangled mass
18. ent\_\_\_\_\_ent in conflict *n.* involvement in a complicated or difficult situation; a tangled mass
19. gl\_\_e through the water *v.* to move smoothly and effortlessly
20. un\_\_\_\_\_le a situation *v.* to separate or straighten out something that is tangled, confused, or complicated; to clarify or make sense of something difficult to understand or explain

ANSWERS: 9. breakneck, 10. proverb, 11. seize, 12. tangle, 13. proverb, 14. retrace, 15. microscopic, 16. caramel, 17. entanglement, 18. entanglement, 19. glide, 20. untangle

21. br\_\_\_\_\_ck acceleration *adj.* extremely fast and reckless; dangerous and high-speed
22. an\_\_\_w it turns out *adv.* anyway; regardless of what has happened or been said
23. un\_\_\_d the stroller *v.* to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown
24. re\_\_\_\_\_e a journey *v.* to trace again, reexamine, or follow the path or course of something; to go back over something or retrace one's steps
25. un\_\_\_d after work *v.* to relax and release tension, often by engaging in leisure activities or by simply resting; to reverse the winding or twisting of something
26. un\_\_\_d on vacation *v.* to relax and release tension, often by engaging in leisure activities or by simply resting; to reverse the winding or twisting of something
27. di\_\_\_\_\_t sleep *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
28. rev\_\_\_\_\_le fabrics *adj.* capable of being turned or done in the opposite direction or way; capable of being reversed or undone
29. wi\_\_\_e with excitement *v.* to move or cause to move up and down or from side to side in short and quick movements

ANSWERS: 21. breakneck, 22. anyhow, 23. unfold, 24. retrace, 25. unwind, 26. unwind, 27. disrupt, 28. reversible, 29. wiggle



30. a gas cr\_\_\_h *n.* a loud, crackling noise made by something being crushed or broken; a difficult or critical situation
31. un\_\_\_\_\_le a problem *v.* to separate or straighten out something that is tangled, confused, or complicated; to clarify or make sense of something difficult to understand or explain
32. in\_\_\_\_\_te details *adj.* having many different parts and small details that all work together
33. u\_\_a production *n.* a nitrogen-containing compound formed in the liver and excreted in the urine often used as a fertilizer or in the synthesis of various chemicals and plastics
34. wi\_\_\_e her lips *v.* to move or cause to move up and down or from side to side in short and quick movements
35. ca\_\_\_\_\_l topping *n.* a sweet, dark brown, sticky substance made by heating sugar or syrup until it melts and then cooling it quickly
36. in\_\_\_\_\_te lacework *adj.* having many different parts and small details that all work together
37. ultra-high-speed cen\_\_\_\_\_ges *n.* a machine that uses centrifugal force (= a type of inertial force that appears to act on an object moving in a circular path and is directed away from the center) to separate substances of different densities, especially to separate liquids from solids

ANSWERS: 30. crunch, 31. untangle, 32. intricate, 33. urea, 34. wiggle, 35. caramel, 36. intricate, 37. centrifuge

38. an\_\_\_w possible *adv.* anyway; regardless of what has happened or been said
39. en\_\_\_\_\_le in wires *v.* to become twisted or knotted together, especially in a way that makes it difficult to separate them; to involve in something complicated or difficult to escape
40. u\_\_a excretion *n.* a nitrogen-containing compound formed in the liver and excreted in the urine often used as a fertilizer or in the synthesis of various chemicals and plastics
41. di\_\_\_\_\_t a well-ordered condition *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
42. lu\_\_\_\_\_te the economy *v.* to apply a substance, such as oil or grease, to reduce friction or wear on a surface
43. rev\_\_\_\_\_le decision *adj.* capable of being turned or done in the opposite direction or way; capable of being reversed or undone
44. un\_\_\_\_\_d the story *v.* to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown
45. se\_\_e a person's property *v.* to catch or take hold of someone or something suddenly and forcibly; to capture the attention or imagination of something

ANSWERS: 38. anyhow, 39. entangle, 40. urea, 41. disrupt, 42. lubricate, 43. reversible, 44. unfold, 45. seize

46. financial cr\_\_\_h

*n.* a loud, crackling noise made by something being crushed or broken; a difficult or critical situation

ANSWERS: 46. crunch

## Session 3: Fill in the Blanks

1. The famous \_\_\_\_\_ "actions speak louder than words" reminds us to focus on deeds instead of words.
  - n.* a short saying that expresses a truth or gives advice based on practical experience
  
2. She drove at a \_\_\_\_\_ speed, despite the dangerous conditions on the road.
  - adj.* extremely fast and reckless; dangerous and high-speed
  
3. Farmers often use \_\_\_\_\_ fertilizer to provide a rich nitrogen source to their crops, enhancing growth and yield.
  - n.* a nitrogen-containing compound formed in the liver and excreted in the urine often used as a fertilizer or in the synthesis of various chemicals and plastics
  
4. I'm so sorry to \_\_\_\_\_ you when you're pretty busy.
  - v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance
  
5. The political party \_\_\_\_\_ after much internal fighting.
  - v.* to be or cause to be absorbed by a liquid to form a part of the solution; to close down or dismiss
  
6. I need to \_\_\_\_\_ this knot before using this rope piece.
  - v.* to separate or straighten out something that is tangled, confused, or complicated; to clarify or make sense of something difficult to understand or explain
  
7. The mechanic \_\_\_\_\_ the gears to prevent them from grinding.
  - v.* to apply a substance, such as oil or grease, to reduce friction or wear on a surface

ANSWERS: 1. proverb, 2. breakneck, 3. urea, 4. disrupt, 5. dissolved, 6. untangle, 7. lubricated

8. Inspectors noticed \_\_\_\_\_ cracks in the submarine's hull.

*adj.* tiny; exceedingly precise and detail-oriented; of or used in microscopy

9. The \_\_\_\_\_ of the fishing net was making it difficult for the whales to swim.

*n.* involvement in a complicated or difficult situation; a tangled mass

10. The \_\_\_\_\_ sauce on the ice cream was the perfect finishing touch.

*n.* a sweet, dark brown, sticky substance made by heating sugar or syrup until it melts and then cooling it quickly

11. The cords behind my computer were a \_\_\_\_\_ mess.

*n.* a confused mass of something twisted together

12. I like to \_\_\_\_\_ with a good book after a long day at work.

*v.* to relax and release tension, often by engaging in leisure activities or by simply resting; to reverse the winding or twisting of something

13. Her hips \_\_\_\_\_ as she walks.

*v.* to move or cause to move up and down or from side to side in short and quick movements

14. The jacket is \_\_\_\_\_ so that you can wear it with the fur lining on the outside or the inside.

*adj.* capable of being turned or done in the opposite direction or way; capable of being reversed or undone

15. I need to \_\_\_\_\_ my steps to find the lost keys.

*v.* to trace again, reexamine, or follow the path or course of something; to go back over something or retrace one's steps

ANSWERS: 8. microscopic, 9. entanglement, 10. caramel, 11. tangled, 12. unwind, 13. wiggle, 14. reversible, 15. retrace

16. The vines of the plant \_\_\_\_\_ themselves around the trellis.
- v. to become twisted or knotted together, especially in a way that makes it difficult to separate them; to involve in something complicated or difficult to escape
17. The \_\_\_\_\_ of the leaves underfoot was heard as they walked through the park.
- n. a loud, crackling noise made by something being crushed or broken; a difficult or critical situation
18. \_\_\_\_\_ let's change the subject because I don't want to talk about this anymore.
- adv. anyway; regardless of what has happened or been said
19. The laboratory technician placed the blood samples in the \_\_\_\_\_ to separate the different components.
- n. a machine that uses centrifugal force (= a type of inertial force that appears to act on an object moving in a circular path and is directed away from the center) to separate substances of different densities, especially to separate liquids from solids
20. He has the superpower to \_\_\_\_\_ a business opportunity.
- v. to catch or take hold of someone or something suddenly and forcibly; to capture the attention or imagination of something
21. The eagle gracefully \_\_\_\_\_ on the thermals, soaring above the mountains.
- v. to move smoothly and effortlessly
22. The mystery \_\_\_\_\_ as the detectives gathered more clues.
- v. to open up or spread out something that is folded or rolled up; to reveal or disclose something that was previously hidden or unknown

ANSWERS: 16. entangled, 17. crunch, 18. Anyhow, 19. centrifuge, 20. seize, 21. glided, 22. unfolded

23. The politician managed to deal with that \_\_\_\_\_ issue.

*adj.* having many different parts and small details that all work together

ANSWERS: 23. intricate