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Vocabulary Builder Reference from...

Robert Lustig: Sugar: Hiding in plain sight | TED Talk
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Advanced Words Only

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Session 1: Word List

barley

n. a type of cereal grain that is used for food, either in the form of whole grains, flour, or malt

synonym : wheat, grain, oats

(1) **barley** field, (2) **barley** crop

The fields were ripe with **barley**, ready for harvest.

malt

n. grains, typically barley that has been soaked, germinated, and dried in a specific process, used as a key ingredient in the production of beer, whisky, and malt vinegar, and used as a sweet or flavored ingredient in foods

synonym : grain, cereal, barley

(1) **malt** whiskey, (2) **malt** vinegar

The **malt** extract is a key ingredient in this homemade bread recipe, giving it a unique flavor.

demerara

n. a sugar obtained from the sugarcane, characterized by its large, golden-brown crystals and rich aroma, often used to sweeten beverages or in baking

synonym : brown sugar, cane sugar

(1) **demerara** syrup, (2) the rich flavor of **demerara** rum

The **demerara** molasses give this gingerbread recipe a deep, caramelized flavor.

fructose

n. a simple sugar that is found in many fruits and vegetables and is about twice as sweet as sucrose

synonym : fruit sugar, levulose, laevulose

(1) **fructose** content, (2) heredity **fructose** intolerance

High **fructose** corn syrup is a common ingredient in processed foods.

sugary

adj. having the taste, texture, or appearance of sugar; excessively sweet or cloying; overly sentimental or flattering in a way that seems insincere

synonym : sweet, syrupy, saccharine

(1) **sugary** treat, (2) excessively **sugary**

I avoid eating **sugary** foods to maintain a healthy diet.

evaporate

v. to turn a liquid into a gas; to become less intense and disappear gradually

synonym : vaporize, disappear, vanish

(1) **evaporate** the water, (2) **evaporate** almost overnight

The sun will **evaporate** the mist.

bury

v. to place a dead body in the ground, grave, or tomb

synonym : entomb, sink, forget

(1) **bury** in the earth, (2) **bury** emotion

There is plenty of space to **bury** everyone.

carbohydrate

n. (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals

synonym : sugar, starch, cellulose

(1) complex **carbohydrate**, (2) **carbohydrate** metabolism

Foods high in **carbohydrates** include bread, pasta, and rice.

chew

v. to crush or grind something, especially food, with the teeth and then swallow it

synonym : masticate, crush, grind

(1) **chew** each word, (2) **chew** a stick of gum

My dog loves to **chew** on bones.

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.

preservative

adj. used to preserve or protect something, especially food or other perishable items, from decay or spoilage; tending to prevent or delay change or deterioration

synonym: conservative, preservatory, saving

(1) **preservative-free**, (2) natural **preservative**

The **preservative** chemicals in packaged foods have been a cause of concern for many health experts.

spoil

v. to ruin the taste, appearance, or quality of something; to become or cause something to become rotten or bad

synonym: rot, decay, deteriorate

(1) **spoil** a person's sport, (2) **spoil** the surprise

If you leave the milk out of the refrigerator for too long, it will **spoil**.

Session 2: Spelling

1. sp__l the surprise
v. to ruin the taste, appearance, or quality of something; to become or cause something to become rotten or bad
2. b__y emotion
v. to place a dead body in the ground, grave, or tomb
3. c__w a stick of gum
v. to crush or grind something, especially food, with the teeth and then swallow it
4. pre_____ive-free
adj. used to preserve or protect something, especially food or other perishable items, from decay or spoilage; tending to prevent or delay change or deterioration
5. sp__l a person's sport
v. to ruin the taste, appearance, or quality of something; to become or cause something to become rotten or bad
6. a gas cr___h
n. a loud, crackling noise made by something being crushed or broken; a difficult or critical situation
7. natural pre_____ive
adj. used to preserve or protect something, especially food or other perishable items, from decay or spoilage; tending to prevent or delay change or deterioration
8. m__t vinegar
n. grains, typically barley that has been soaked, germinated, and dried in a specific process, used as a key ingredient in the production of beer, whisky, and malt vinegar, and used as a sweet or flavored ingredient in foods

ANSWERS: 1. spoil, 2. bury, 3. chew, 4. preservative, 5. spoil, 6. crunch, 7. preservative, 8. malt

9. financial cr___h *n.* a loud, crackling noise made by something being crushed or broken; a difficult or critical situation
10. heredity fr_____se intolerance *n.* a simple sugar that is found in many fruits and vegetables and is about twice as sweet as sucrose
11. complex car_____ate *n.* (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals
12. the rich flavor of de_____ra rum *n.* a sugar obtained from the sugarcane, characterized by its large, golden-brown crystals and rich aroma, often used to sweeten beverages or in baking
13. ev_____te almost overnight *v.* to turn a liquid into a gas; to become less intense and disappear gradually
14. excessively su___y *adj.* having the taste, texture, or appearance of sugar; excessively sweet or cloying; overly sentimental or flattering in a way that seems insincere
15. ev_____te the water *v.* to turn a liquid into a gas; to become less intense and disappear gradually
16. su___y treat *adj.* having the taste, texture, or appearance of sugar; excessively sweet or cloying; overly sentimental or flattering in a way that seems insincere
17. de_____ra syrup *n.* a sugar obtained from the sugarcane, characterized by its large, golden-brown crystals and rich aroma, often used to sweeten beverages or in baking

ANSWERS: 9. crunch, 10. fructose, 11. carbohydrate, 12. demerara, 13. evaporate, 14. sugary, 15. evaporate, 16. sugary, 17. demerara

18. car_____ate metabolism *n.* (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals
19. ba___y crop *n.* a type of cereal grain that is used for food, either in the form of whole grains, flour, or malt
20. c__w each word *v.* to crush or grind something, especially food, with the teeth and then swallow it
21. fr_____se content *n.* a simple sugar that is found in many fruits and vegetables and is about twice as sweet as sucrose
22. ba___y field *n.* a type of cereal grain that is used for food, either in the form of whole grains, flour, or malt
23. b__y in the earth *v.* to place a dead body in the ground, grave, or tomb
24. m__t whiskey *n.* grains, typically barley that has been soaked, germinated, and dried in a specific process, used as a key ingredient in the production of beer, whisky, and malt vinegar, and used as a sweet or flavored ingredient in foods

ANSWERS: 18. carbohydrate, 19. barley, 20. chew, 21. fructose, 22. barley, 23. bury, 24. malt

Session 3: Fill in the Blanks

1. The _____ extract is a key ingredient in this homemade bread recipe, giving it a unique flavor.
 - n.* grains, typically barley that has been soaked, germinated, and dried in a specific process, used as a key ingredient in the production of beer, whisky, and malt vinegar, and used as a sweet or flavored ingredient in foods

2. My dog loves to _____ on bones.
 - v.* to crush or grind something, especially food, with the teeth and then swallow it

3. If you leave the milk out of the refrigerator for too long, it will _____.
 - v.* to ruin the taste, appearance, or quality of something; to become or cause something to become rotten or bad

4. High _____ corn syrup is a common ingredient in processed foods.
 - n.* a simple sugar that is found in many fruits and vegetables and is about twice as sweet as sucrose

5. The fields were ripe with _____ ready for harvest.
 - n.* a type of cereal grain that is used for food, either in the form of whole grains, flour, or malt

6. 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

7. I avoid eating _____ foods to maintain a healthy diet.
 - adj.* having the taste, texture, or appearance of sugar; excessively sweet or cloying; overly sentimental or flattering in a way that seems insincere

ANSWERS: 1. malt, 2. chew, 3. spoil, 4. fructose, 5. barley, 6. crunch, 7. sugary

8. The sun will _____ the mist.

v. to turn a liquid into a gas; to become less intense and disappear gradually

9. There is plenty of space to _____ everyone.

v. to place a dead body in the ground, grave, or tomb

10. The _____ chemicals in packaged foods have been a cause of concern for many health experts.

adj. used to preserve or protect something, especially food or other perishable items, from decay or spoilage; tending to prevent or delay change or deterioration

11. Foods high in _____ include bread, pasta, and rice.

n. (also carb) any of a class of organic compounds that includes sugars, starch, and cellulose and are a principal source of energy in the diet of animals

12. The _____ molasses give this gingerbread recipe a deep, caramelized flavor.

n. a sugar obtained from the sugarcane, characterized by its large, golden-brown crystals and rich aroma, often used to sweeten beverages or in baking

ANSWERS: 8. evaporate, 9. bury, 10. preservative, 11. carbohydrates, 12. demerara