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Vocabulary Builder Reference from...

Robert Lustig: Sugar: Hiding in plain sight | TED Talk
https://www.ted.com/talks/robert_lustig_sugar_hiding_in_plain_sight

All Words

IMPORTANT

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Session 1: Word List

- soda** *n.* a carbonated soft drink containing a sweetened syrup or flavoring, often used interchangeably with "pop" or "soda pop" in different regions of the world
synonym : pop, cola, soft drink
(1) **soda** pop, (2) lemon-lime **soda**
I'm craving a cold **soda** to quench my thirst.
- 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.
- plain** *adj.* without being decorated in any way; (Noun) a vast expanse of flat land with few trees
synonym : basic, straight, bare
(1) **plain** answer, (2) delta **plain**
The lowest lowland region is mostly flat **plain**.
- sight** *n.* the ability to see; anything that is seen
synonym : vision, spectacle, view
(1) an unexpected **sight**, (2) dull **sight**

Many famous **sights** are within walking distance.

witness

n. a person who sees something happen, especially a crime or an accident

synonym: onlooker, attestant, bystander

(1) **witness** of the car accident, (2) a material **witness**

The manufacturing industry is **witnessing** fierce competition.

suspect

v. to consider anything to be actual or probable

synonym: assume, distrust, surmise

(1) **suspect** a plot, (2) **suspect** that he is sick

The cops **suspected** him of being the killer.

ingredient

n. one of the things used to make something, especially one of the foods used to make a particular dish

synonym: element, component

(1) secret **ingredients**, (2) compound the **ingredients**

Greed is the primary **ingredient** in the making of criminals.

sauce

n. a liquid or semi-solid food served on or used in preparing other foods

synonym: condiment, gravy, dressing

(1) a flavorful **sauce**, (2) soy **sauce**

The pasta dish was served with a rich tomato **sauce**.

soy

n. a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed

(1) **soy** allergy, (2) **soy** milk

Many people use **soy** sauce for sushi, stir-fries, and marinades.

stick

v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

synonym: pierce, adhere, stay

(1) **stick** a key in a lock, (2) fire **stick**

You **stick** a bill in the change machine, and the coins pop out.

peanut

n. a type of legume that grows underground and is widely cultivated and consumed as a food source

synonym: nut, groundnut, earthenut

(1) **peanut** butter, (2) the seed of a **peanut**

Some people have severe allergies to **peanuts** and must avoid them completely.

quarter

n. one of four equal parts; a fourth part or portion

synonym: fourth, one-fourth

(1) a **quarter** mile, (2) end of the first **quarter**

The unemployment rate in the first **quarter** was 2.3 percentage points higher than in the previous.

grocery

n. a shop that sells food and other household items

synonym: foodstuff, market

(1) the **grocery** business, (2) run a **grocery**

I will go to the **grocery** store to buy food for dinner.

bob

v. to move up and down quickly and repeatedly, often in a short, jerky motion; to cut, trim, or shorten hair, especially by repeatedly snipping with scissors; (noun) a hairstyle in which the hair is cut short and even all around, usually above the shoulders

synonym: bobble, bounce, wag

(1) **bob** a quick curtsy, (2) **bob** on the surface of the water

I need to **bob** my head to the beat of the music.

alias

n. an assumed or false name often used to conceal one's true identity; (adverb) as known or named at another time or place

synonym: false name, (adverb) also known as

(1) **alias** name, (2) sign an email **alias**

The author often writes under the **alias** of a fictional character.

syrup

n. a sweet, thick liquid made by dissolving sugar in water, often flavored with fruit, spices, or other ingredients

synonym: nectar, sap, honey

(1) maple **syrup**, (2) **syrup** bottle

She mixed the **syrup** with water to make a sweet drink.

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.

tricky

adj. requiring care and skill because challenging to do or deal with

synonym: thorny, problematic, crafty

(1) **tricky** problem, (2) a **tricky** recipe to follow

We have discussed the entirety of this **tricky** problem.

nickname

n. a familiar or humorous name given to a person or thing instead of or as well as the real name

synonym: moniker, sobriquet, handle

(1) endearing **nickname**, (2) **nickname** for a person

The team has a **nickname** for their star player: "The Ace."

concentration

n. the ability to focus all your time and energy on one thing without thinking about anything else.

synonym: attention, engagement, assiduity

(1) **concentration** of armaments, (2) his research area of **concentration**

This exam requires excellent **concentration** to pass.

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.

twin

n. either of two children born at the same time from the same mother

(1) a **twin-lens** camera, (2) a **twin** room

Its **twin** brothers are difficult to tell apart except for their parents.

organic

adj. of or derived from biological substance; producing plants and animals for food and other items without the use of

synthetic chemicals

synonym : biological

(1) **organic** soils, (2) eat **organic** food

The kidney is an **organic** component of the body.

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.

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.

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.

recommend

v. to suggest that someone or something would be a suitable fit for a particular purpose or role

synonym : advise, suggest, instruct

(1) **recommend** a hospitalization, (2) **recommend** reading

We **recommend** taking media training every six months.

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**?

organization

n. a group of people who work together for a shared purpose

synonym : association, institution, community

(1) **organization** chart, (2) agricultural **organization**

She is the president of a large international **organization**.

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.

glucose

n. a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things

synonym: sugar, blood sugar

(1) blood **glucose** test, (2) **glucose** level

The doctor injected **glucose** into his patient's veins.

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.

composition

n. the different parts of something's elements or ingredients; the way in which the different components are organized; a piece of music written by someone

synonym: creating, formatting, arrangement

(1) age **composition** of the population, (2) the piano passages in the **composition**

Their innovative concepts were consistent across their bodies of **composition**.

carbon

n. a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals

(1) **carbon** dioxide, (2) **carbon** emission

Trees absorb **carbon** dioxide and give off oxygen.

hydrogen

n. the chemical element that is the lightest gas is colorless, odorless, tasteless, and combines with oxygen to form water

(1) **hydrogen** gas, (2) heavy **hydrogen**

The **hydrogen** and the oxygen react and then form water.

oxygen

n. the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

(1) the hydrogen binds the **oxygen**, (2) lack of **oxygen**

The passenger grabbed for the **oxygen** mask.

structure

n. the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

synonym: construction, architecture, establishment

(1) the **structure** of a machine, (2) **structure** and function of the brain

The organizational **structure** of start-ups is often flat and straightforward.

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**.

primarily

adv. mainly

synonym: largely, mainly, mostly

(1) intended **primarily** for young people, (2) **primarily** affect adults

All peaceful cooperation is based **primarily** on mutual trust.

liver

n. a large organ in the body, involved in many metabolic processes, such as detoxification of the organism, and the synthesis of proteins

(1) **liver** disease, (2) fatty **liver**

The patient will undergo **liver** transplant surgery tomorrow.

overload

v. to put too much a load in or on something

synonym: overfill, excess, weigh down

(1) **overload** the circulatory system, (2) **overload** a muscle

Be careful not to **overload** the laundry machine.

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.

naturally

adv. as might be expected; by natural manners

synonym: by nature, inherently, intrinsically

(1) **naturally** arising, (2) **naturally** regenerated forest

He was **naturally** gifted.

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.

absorption

n. a process in which one substance permeates another; a fluid permeates or is dissolved by a liquid or solid

synonym: consumption, digestion, soaking up

(1) the **absorption** of photons, (2) **absorption** energy

Vitamin D is essential to assist the **absorption** of calcium from food.

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.

crust

n. a hard outer layer that forms on the surface of a liquid as it cools or on a solid as a result of exposure to air or moisture

synonym : layer, coating, shell

(1) **crust** formation, (2) the earth's **crust**

The bread's **crust** was golden brown and crispy.

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, preservative, 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**.

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.

sink

- v. to submerge or go down below the surface of a liquid or substance; to decline or deteriorate; to cause something to go down into a liquid substance or sink into something else

synonym: descend, drop, plummet

(1) **sink** a lot of capital, (2) **sink** a buzzer-beater

The abandoned ship slowly began to **sink** into the murky waters of the harbor.

intake

- n. the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body

synonym: consumption, absorption, inhalation

(1) a small **intake** of breath, (2) an **intake** pipe

He has been advised to reduce his daily fat **intake**.

Session 2: Spelling

- | | | |
|---|----|---|
| 1. ov____ad the circulatory system | v. | to put too much a load in or on something |
| 2. 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 |
| 3. b__y emotion | v. | to place a dead body in the ground, grave, or tomb |
| 4. b__y in the earth | v. | to place a dead body in the ground, grave, or tomb |
| 5. the piano passages in the com_____on | n. | the different parts of something's elements or ingredients; the way in which the different components are organized; a piece of music written by someone |
| 6. hemoglobin met_____sm | n. | the set of chemical reactions in cells or organisms that are necessary for life-sustaining |
| 7. the hydrogen binds the ox___n | n. | the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live |
| 8. the earth's cr__t | n. | a hard outer layer that forms on the surface of a liquid as it cools or on a solid as a result of exposure to air or moisture |
| 9. 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: 1. overload, 2. spoil, 3. bury, 4. bury, 5. composition, 6. metabolism, 7. oxygen, 8. crust, 9. calorie

10. the gr____y business *n.* a shop that sells food and other household items
11. toxic ch____als *adj.* relating to or connected with chemistry;
12. fr____se content *n.* a simple sugar that is found in many fruits and vegetables and is about twice as sweet as sucrose
13. 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
14. 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
15. an ex____s of exports *n.* an amount or quantity beyond what is acceptable, expected, or reasonable
16. b_b on the surface of the water *v.* to move up and down quickly and repeatedly, often in a short, jerky motion; to cut, trim, or shorten hair, especially by repeatedly snipping with scissors; (noun) a hairstyle in which the hair is cut short and even all around, usually above the shoulders
17. a t__n-lens camera *n.* either of two children born at the same time from the same mother
18. end of the first qu____r *n.* one of four equal parts; a fourth part or portion

ANSWERS: 10. grocery, 11. chemical, 12. fructose, 13. malt, 14. demerara, 15. excess, 16. bob, 17. twin, 18. quarter

19. 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
20. a flavorful sa__e *n.* a liquid or semi-solid food served on or used in preparing other foods
21. tr___y problem *adj.* requiring care and skill because challenging to do or deal with
22. hy_____en gas *n.* the chemical element that is the lightest gas is colorless, odorless, tasteless, and combines with oxygen to form water
23. org_____ion chart *n.* a group of people who work together for a shared purpose
24. sp__l the surprise *v.* to ruin the taste, appearance, or quality of something; to become or cause something to become rotten or bad
25. pr_____ly affect adults *adv.* mainly
26. secret ing_____nts *n.* one of the things used to make something, especially one of the foods used to make a particular dish
27. fatty li__r *n.* a large organ in the body, involved in many metabolic processes, such as detoxification of the organism, and the synthesis of proteins
28. ca___n emission *n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals

ANSWERS: 19. label, 20. sauce, 21. tricky, 22. hydrogen, 23. organization, 24. spoil, 25. primarily, 26. ingredient, 27. liver, 28. carbon

29. lack of ox___n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
30. lemon-lime s__a *n.* a carbonated soft drink containing a sweetened syrup or flavoring, often used interchangeably with "pop" or "soda pop" in different regions of the world
31. 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
32. a qu____r mile *n.* one of four equal parts; a fourth part or portion
33. ba___y crop *n.* a type of cereal grain that is used for food, either in the form of whole grains, flour, or malt
34. delta pl__n *adj.* without being decorated in any way; (Noun) a vast expanse of flat land with few trees
35. an unexpected si__t *n.* the ability to see; anything that is seen
36. synthetic fi__r *n.* thread or filament used to make a vegetable tissue, mineral material, or textile
37. an in___e pipe *n.* the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body

ANSWERS: 29. oxygen, 30. soda, 31. sugary, 32. quarter, 33. barley, 34. plain, 35. sight, 36. fiber, 37. intake

38. a tr___y recipe to follow *adj.* requiring care and skill because challenging to do or deal with
39. a ch___al compound *adj.* relating to or connected with chemistry;
40. a small in___e of breath *n.* the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body
41. b_b a quick curtsy *v.* to move up and down quickly and repeatedly, often in a short, jerky motion; to cut, trim, or shorten hair, especially by repeatedly snipping with scissors; (noun) a hairstyle in which the hair is cut short and even all around, usually above the shoulders
42. dull si__t *n.* the ability to see; anything that is seen
43. 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
44. s__k a lot of capital *v.* to submerge or go down below the surface of a liquid or substance; to decline or deteriorate; to cause something to go down into a liquid substance or sink into something else
45. the seed of a pe___t *n.* a type of legume that grows underground and is widely cultivated and consumed as a food source
46. 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

ANSWERS: 38. tricky, 39. chemical, 40. intake, 41. bob, 42. sight, 43. carbohydrate, 44. sink, 45. peanut, 46. demerara

47. na_____ly arising *adv.* as might be expected; by natural manners
48. carbon fi__r *n.* thread or filament used to make a vegetable tissue, mineral material, or textile
49. 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
50. abs_____on energy *n.* a process in which one substance permeates another; a fluid permeates or is dissolved by a liquid or solid
51. 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
52. 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
53. g__m amount *n.* a metric unit of weight equal to one-thousandth of a kilogram
54. con_____ion of armaments *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
55. st__k a key in a lock *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

ANSWERS: 47. naturally, 48. fiber, 49. distance, 50. absorption, 51. carbohydrate, 52. preservative, 53. gram, 54. concentration, 55. stick

56. ca____e calculation *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
57. sign an email al__s *n.* an assumed or false name often used to conceal one's true identity; (adverb) as known or named at another time or place
58. 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
59. sy__p bottle *n.* a sweet, thick liquid made by dissolving sugar in water, often flavored with fruit, spices, or other ingredients
60. financial cr____h *n.* a loud, crackling noise made by something being crushed or broken; a difficult or critical situation
61. s__k a buzzer-beater *v.* to submerge or go down below the surface of a liquid or substance; to decline or deteriorate; to cause something to go down into a liquid substance or sink into something else
62. 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

ANSWERS: 56. calorie, 57. alias, 58. label, 59. syrup, 60. crunch, 61. sink, 62. distance

63. eat or____c food *adj.* of or derived from biological substance; producing plants and animals for food and other items without the use of synthetic chemicals
64. heavy hy____en *n.* the chemical element that is the lightest gas is colorless, odorless, tasteless, and combines with oxygen to form water
65. the abs____on of photons *n.* a process in which one substance permeates another; a fluid permeates or is dissolved by a liquid or solid
66. re____nd a hospitalization *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
67. gl____e level *n.* a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things
68. blood gl____e test *n.* a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things
69. ba____y field *n.* a type of cereal grain that is used for food, either in the form of whole grains, flour, or malt
70. fire st__k *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
71. su____t a plot *v.* to consider anything to be actual or probable

ANSWERS: 63. organic, 64. hydrogen, 65. absorption, 66. recommend, 67. glucose, 68. glucose, 69. barley, 70. stick, 71. suspect

72. s_y allergy *n.* a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed
73. ni____me for a person *n.* a familiar or humorous name given to a person or thing instead of or as well as the real name
74. ev_____te almost overnight *v.* to turn a liquid into a gas; to become less intense and disappear gradually
75. endearing ni____me *n.* a familiar or humorous name given to a person or thing instead of or as well as the real name
76. 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
77. or____c soils *adj.* of or derived from biological substance; producing plants and animals for food and other items without the use of synthetic chemicals
78. wi____s of the car accident *n.* a person who sees something happen, especially a crime or an accident
79. the st_____re of a machine *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
80. centimeter-g__m-second system *n.* a metric unit of weight equal to one-thousandth of a kilogram
81. 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

ANSWERS: 72. soy, 73. nickname, 74. evaporate, 75. nickname, 76. sugary, 77. organic, 78. witness, 79. structure, 80. gram, 81. preservative

82. ca___n dioxide *n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals
83. na_____ly regenerated forest *adv.* as might be expected; by natural manners
84. his research area of
con_____ion *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
85. maple sy__p *n.* a sweet, thick liquid made by dissolving sugar in water, often flavored with fruit, spices, or other ingredients
86. pl__n answer *adj.* without being decorated in any way; (Noun) a vast expanse of flat land with few trees
87. s__a pop *n.* a carbonated soft drink containing a sweetened syrup or flavoring, often used interchangeably with "pop" or "soda pop" in different regions of the world
88. age com_____on of the
population *n.* the different parts of something's elements or ingredients; the way in which the different components are organized; a piece of music written by someone
89. lose ex___s weight *n.* an amount or quantity beyond what is acceptable, expected, or reasonable
90. run a gr_____y *n.* a shop that sells food and other household items

ANSWERS: 82. carbon, 83. naturally, 84. concentration, 85. syrup, 86. plain, 87. soda, 88. composition, 89. excess, 90. grocery

91. a t__n room *n.* either of two children born at the same time from the same mother
92. agricultural org_____ion *n.* a group of people who work together for a shared purpose
93. s_y milk *n.* a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed
94. st_____re and function of the brain *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
95. intended pr_____ly for young people *adv.* mainly
96. c__w a stick of gum *v.* to crush or grind something, especially food, with the teeth and then swallow it
97. al__s name *n.* an assumed or false name often used to conceal one's true identity; (adverb) as known or named at another time or place
98. su_____t that he is sick *v.* to consider anything to be actual or probable
99. pe___t butter *n.* a type of legume that grows underground and is widely cultivated and consumed as a food source
100. cr__t formation *n.* a hard outer layer that forms on the surface of a liquid as it cools or on a solid as a result of exposure to air or moisture

ANSWERS: 91. twin, 92. organization, 93. soy, 94. structure, 95. primarily, 96. chew, 97. alias, 98. suspect, 99. peanut, 100. crust

101. c__w each word *v.* to crush or grind something, especially food, with the teeth and then swallow it
102. compound the ing_____nts *n.* one of the things used to make something, especially one of the foods used to make a particular dish
103. met_____sm enzyme *n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining
104. ov_____ad a muscle *v.* to put too much a load in or on something
105. li__r disease *n.* a large organ in the body, involved in many metabolic processes, such as detoxification of the organism, and the synthesis of proteins
106. ev_____te the water *v.* to turn a liquid into a gas; to become less intense and disappear gradually
107. a gas cr___h *n.* a loud, crackling noise made by something being crushed or broken; a difficult or critical situation
108. a material wi_____s *n.* a person who sees something happen, especially a crime or an accident
109. heredity fr_____se intolerance *n.* a simple sugar that is found in many fruits and vegetables and is about twice as sweet as sucrose
110. re_____nd reading *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
111. soy sa__e *n.* a liquid or semi-solid food served on or used in preparing other foods

ANSWERS: 101. chew, 102. ingredient, 103. metabolism, 104. overload, 105. liver, 106. evaporate, 107. crunch, 108. witness, 109. fructose, 110. recommend, 111. sauce

112. 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: 112. malt

Session 3: Fill in the Blanks

1. My dog loves to _____ on bones.
v. to crush or grind something, especially food, with the teeth and then swallow it
2. I will go to the _____ store to buy food for dinner.
n. a shop that sells food and other household items
3. The doctor injected _____ into his patient's veins.
n. a type of sugar that is found in plants, especially fruit, and is an essential energy source in living things
4. I'm craving a cold _____ to quench my thirst.
n. a carbonated soft drink containing a sweetened syrup or flavoring, often used interchangeably with "pop" or "soda pop" in different regions of the world
5. 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
6. 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
7. The manufacturing industry is _____ fierce competition.
n. a person who sees something happen, especially a crime or an accident
8. 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

ANSWERS: 1. chew, 2. grocery, 3. glucose, 4. soda, 5. crunch, 6. demerara, 7. witnessing, 8. distance

9. We have discussed the entirety of this _____ problem.

adj. requiring care and skill because challenging to do or deal with

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

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

11. The kidney is an _____ component of the body.

adj. of or derived from biological substance; producing plants and animals for food and other items without the use of synthetic chemicals

12. Its _____ brothers are difficult to tell apart except for their parents.

n. either of two children born at the same time from the same mother

13. Some people have severe allergies to _____ and must avoid them completely.

n. a type of legume that grows underground and is widely cultivated and consumed as a food source

14. There is plenty of space to _____ everyone.

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

15. Vitamin D is essential to assist the _____ of calcium from food.

n. a process in which one substance permeates another; a fluid permeates or is dissolved by a liquid or solid

16. He was _____ gifted.

adv. as might be expected; by natural manners

17. She is the president of a large international _____.

n. a group of people who work together for a shared purpose

ANSWERS: 9. tricky, 10. excess, 11. organic, 12. twin, 13. peanuts, 14. bury, 15. absorption, 16. naturally, 17. organization

18. He has been advised to reduce his daily fat _____.

- n.* the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body

19. Trees absorb _____ dioxide and give off oxygen.

- n.* a chemical element that can be found in pure form as diamond or graphite, and it is also an essential part of coal and oil and is found in all plants and animals

20. Greed is the primary _____ in the making of criminals.

- n.* one of the things used to make something, especially one of the foods used to make a particular dish

21. Many famous _____ are within walking distance.

- n.* the ability to see; anything that is seen

22. Better sleep leads to increased _____.

- n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining

23. The patient will undergo _____ transplant surgery tomorrow.

- n.* a large organ in the body, involved in many metabolic processes, such as detoxification of the organism, and the synthesis of proteins

24. I need to ____ my head to the beat of the music.

- v.* to move up and down quickly and repeatedly, often in a short, jerky motion; to cut, trim, or shorten hair, especially by repeatedly snipping with scissors; (noun) a hairstyle in which the hair is cut short and even all around, usually above the shoulders

25. The lowest lowland region is mostly flat _____.

- adj.* without being decorated in any way; (Noun) a vast expanse of flat land with few trees

ANSWERS: 18. intake, 19. carbon, 20. ingredient, 21. sights, 22. metabolism, 23. liver, 24. bob, 25. plain

26. 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

27. She mixed the _____ with water to make a sweet drink.

n. a sweet, thick liquid made by dissolving sugar in water, often flavored with fruit, spices, or other ingredients

28. How much is it per one hundred _____

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

29. The _____ and the oxygen react and then form water.

n. the chemical element that is the lightest gas is colorless, odorless, tasteless, and combines with oxygen to form water

30. We _____ taking media training every six months.

v. to suggest that someone or something would be a suitable fit for a particular purpose or role

31. The cops _____ him of being the killer.

v. to consider anything to be actual or probable

32. The sun will _____ the mist.

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

33. The passenger grabbed for the _____ mask.

n. the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

ANSWERS: 26. sugary, 27. syrup, 28. grams?, 29. hydrogen, 30. recommend, 31. suspected, 32. evaporate, 33. oxygen

34. 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
35. The unemployment rate in the first _____ was 2.3 percentage points higher than in the previous.
- n.* one of four equal parts; a fourth part or portion
36. 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
37. 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
38. 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
39. 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
40. 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

ANSWERS: 34. barley, 35. quarter, 36. label, 37. carbohydrates, 38. spoil, 39. preservative, 40. fructose

41. Many people use ____ sauce for sushi, stir-fries, and marinades.
- n.* a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed
42. 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
43. The bread's _____ was golden brown and crispy.
- n.* a hard outer layer that forms on the surface of a liquid as it cools or on a solid as a result of exposure to air or moisture
44. The abandoned ship slowly began to ____ into the murky waters of the harbor.
- v.* to submerge or go down below the surface of a liquid or substance; to decline or deteriorate; to cause something to go down into a liquid substance or sink into something else
45. 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
46. The author often writes under the _____ of a fictional character.
- n.* an assumed or false name often used to conceal one's true identity; (adverb) as known or named at another time or place
47. The organizational _____ of start-ups is often flat and straightforward.
- n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

ANSWERS: 41. soy, 42. malt, 43. crust, 44. sink, 45. calories, 46. alias, 47. structure

48. Be careful not to _____ the laundry machine.
v. to put too much a load in or on something
49. We must consume dietary _____ to maintain good health.
n. thread or filament used to make a vegetable tissue, mineral material, or textile
50. The pasta dish was served with a rich tomato _____.
n. a liquid or semi-solid food served on or used in preparing other foods
51. You _____ a bill in the change machine, and the coins pop out.
v. to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
52. Their innovative concepts were consistent across their bodies of _____.
n. the different parts of something's elements or ingredients; the way in which the different components are organized; a piece of music written by someone
53. All peaceful cooperation is based _____ on mutual trust.
adv. mainly
54. The firm has grown into a large _____ manufacturing.
adj. relating to or connected with chemistry;
55. The team has a _____ for their star player: "The Ace."
n. a familiar or humorous name given to a person or thing instead of or as well as the real name
56. This exam requires excellent _____ to pass.
n. the ability to focus all your time and energy on one thing without thinking about anything else.

ANSWERS: 48. overload, 49. fiber, 50. sauce, 51. stick, 52. composition, 53. primarily, 54. chemical, 55. nickname, 56. concentration

ANSWERS: