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Vocabulary Builder Reference from...

David Epstein: Are athletes really getting faster, better, stronger? | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

motto

n. a phrase or slogan that expresses a guiding principle or goal

synonym: slogan, catchphrase, phrase

(1) the **motto** for safe traffic, (2) company **motto**

The company's **motto** is "Innovation and Service," which is reflected in its products and customer support.

athlete

n. a person who competes in one or more sports that involve physical strength, speed, or endurance

synonym: player, contestant, jock

(1) become a professional **athlete**, (2) high school **athletes**

His dream is to become an Olympic **athlete**.

fulfill

v. to meet the requirements or expectations; to achieve or realize

synonym: satisfy, complete, accomplish

(1) **fulfill** a contract, (2) **fulfill** a lifetime dream

It was the first time for her, but she **fulfilled** the role of Priest.

marathon

n. a long-distance race of 42.195 kilometers

synonym: endurance, race, event

(1) run a **marathon**, (2) watch a **marathon**

She successfully completed her first **marathon** with a

personal best time.

inexorable

adj. describing a process or situation that is impossible to stop, prevent, or change; relentless, unyielding, or unstoppable in force or effect

synonym : relentless, implacable, unyielding

(1) **inexorable** decline, (2) **inexorable** force

His **inexorable** determination to succeed made him a force to be reckoned with.

progression

n. the act or process of changing to the next stage or phase or moving forward

synonym : advancement, development, evolution

(1) **progression** of civilization, (2) **progression** of disease

The company has made great strides in its **progression** toward sustainability.

evolve

v. to develop gradually, or to cause the development of something or someone gradually

synonym : develop, mature, grow

(1) **evolve**, (2) **evolve** over the past decade

Eyeless fish **evolved** in dark caves.

march

v. to walk militarily with stiff, regular steps

synonym : parade

(1) **march** against the war, (2) **march** east

The troops **marched** shoulder-to-shoulder.

athletics

n. the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking

synonym : sports, physical activity, exercise

(1) high school **athletics**, (2) professional **athletics**

She excelled in **athletics** during high school and went on to compete at the collegiate level.

championship

n. a contest to decide who is the best player or team in a particular sport; the act of providing approval and support

synonym : crown, title, contest

(1) a world **championship**, (2) **championship** flag

His team won the **championship** for three years running.

sprint

v. to run at full speed over a short distance or period of time

synonym : dash, bolt, race

(1) **sprint** for a bus, (2) **sprint** towards the finish line

Top athletes can **sprint** 100 meters in less than 10 seconds.

bolt

n. a metal bar that slides across to lock a door or window closed; a discharge of lightning accompanied by thunder; (verb) to move or jump suddenly

synonym : lock, fastener, thunderbolt

(1) **bolt** diameter, (2) **bolt** from my bed

The lightning **bolt** twiggged in several directions.

demonstration

n. a display or show, often of a particular skill or product, intended to convince or persuade others

synonym : manifestation, presentation, show

(1) **demonstration** project, (2) a campus **demonstration**

Thousands of people attended the protest **demonstration** against the proposed policy.

conceive

v. to have or develop an idea, a plan, etc. in mind; to become pregnant

synonym : imagine, envision, concoct

(1) **conceive** of an idea, (2) **conceive** a child

I can't **conceive** he'd want to harm us.

tuck

v. to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable

synonym : insert, wrap, pinch

(1) **tuck** a baby in the blanket, (2) **tuck** into another cigarette

You should **tuck** your shirt into your trousers.

stadium

n. a large, usually roofless building with tiers of seats for spectators at sports or other events

synonym: arena, field, park

(1) **stadium** seating, (2) **stadium** capacity

The baseball **stadium** was filled with excited fans eagerly awaiting the start of the game.

fan

n. a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces

synonym: lover, devotee, blade

(1) a film **fan**, (2) engine cooling **fan**

I'm a big **fan** of French food.

bait

n. a type of food or lure used to attract fish, animals, or people; something used to provoke or irritate someone into responding or reacting in a certain way

synonym: lure, enticement, temptation

(1) **bait** and switch, (2) fishing **bait**

The **bait** brought the fish into the trap.

breath

n. the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

synonym: air, puff, whiff

(1) hold your **breath**, (2) **breath** of wind

He bated his **breath** when talking about this affair.

bulb

n. a rounded underground storage organ of some plants from which the plant grows; the rounded part of a cylindrical structure; electric lamp consisting of a glass ball

(1) wet- **bulb** thermometer, (2) a lily **bulb**

The light **bulb** has burned out.

coil

v. to wind something in a spiral or helical shape; to create a coil or coil-like shape; to group or organize something closely together in a circular or spiral pattern

synonym : twist, wind, loop

(1) **coil** wire, (2) **coil** an arm

She carefully **coiled** the rope so that it wouldn't tangle.

pretension

n. the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition

synonym : presumption, pretense, affectation

(1) **pretension** to authority, (2) baseless **pretension**

His **pretensions** of being a gourmet were quickly exposed when he could not identify basic herbs and spices.

bang

v. to hit or cause to hit something in a way that makes a loud noise

synonym : crash, hit, smash

(1) **bang** his fist on a desk, (2) **bang** a phone down

My father tried to **bang** mathematics into my head since childhood.

beep

v. to make a short, high-pitched sound, typically as a signal or warning

synonym : bleep, honk, buzz

(1) **beep** out a warning, (2) **beep** the horn

The timer **beeped**, reminding me that the cake was ready to come out of the oven.

propel

v. to move, drive or push something forward or in a particular direction, often with a lot of force

synonym : drive, push, move

(1) **propel** growth, (2) **propel** the ship

An increase in employment helps **propel** economic growth.

fabric

n. cloth or other material produced by weaving wool, cotton, silk, etc., used for making clothes, covering furniture, etc.

synonym : cloth, material, goods

(1) a hand-loomed **fabric**, (2) **fabric** of creation

These synthetic **fabrics** are used in military vests because of their excellent abrasion resistance.

humanly

adv. in a way that is characteristic of or relating to human beings; in a way that is possible for humans to achieve or accomplish

synonym : physically, mundanely, practically

(1) **humanly** possible, (2) **humanly** acceptable

It is **humanly** difficult to understand why some people choose to harm others for no reason

cinder

n. a small piece of partly burned coal or wood that has stopped glowing but is still hot or warm; the residue left over after combustion or burning, often used as a material in construction or landscaping

synonym : ash, debris, soot

(1) **cinder** ash, (2) **cinder** path

The old house was empty and filled with piles of **cinder** and debris.

ash

n. the powdery residue left after the burning of a substance, typically containing minerals and other impurities; the solid remains of a dead person after cremation

synonym : cinder, soot, dust

(1) **ash** tree, (2) soda **ash**

The volcanic **ash** covered the island after the eruption.

trowel

n. a flat-bladed hand tool with a handle used for spreading and leveling substances such as mortar or plaster in construction or gardening

synonym : shovel, spade, scoop

(1) **trowel** handle, (2) bricklaying **trowel**

She reached for her garden **trowel** to plant the new seedlings.

mechanical

adj. operated by a machine, relating to or concerned with machinery or tools

synonym: machinelike, automated, automatic

(1) a **mechanical** style of writing, (2) the influence of **mechanical** action

A **mechanical** engineer is still in demand in many companies.

analyze

v. to think about in-depth and evaluate to discover essential features or meaning

synonym: explore, examine, investigate

(1) **analyze** a chemical compound, (2) **analyze** your real motives

The teacher attempted to **analyze** the root cause of our mistake.

joint

adj. shared, held, or made between two or more people;
(noun) the point of connection between two bones or elements of a skeleton

synonym: collaborative, cooperative, combined

(1) a **joint** venture, (2) the bone of a **joint**

After the summit meeting, the prime ministers issued a **joint** statement.

stride

v. to walk with long steps in a particular direction; (noun) an important and positive progress

synonym: step, walk, march

(1) **stride** across a room, (2) **stride** down a slope

She **strides** confidently across the stage to accept her award.

nowadays

adv. at the current time, in comparison to the past

synonym : currently, presently, today

(1) young people **nowadays**, (2) not to be seen **nowadays**

People can clone a sheep **nowadays**.

occasion

n. a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done

synonym : event, time, occurrence

(1) a glad **occasion**, (2) as **occasion** demands

She wore her best dress for the special **occasion**.

synthetic

adj. made by combining chemical substances as opposed to being naturally occurring

synonym : artificial, manufactured, fabricated

(1) **synthetic** fiber, (2) **synthetic** fertilizer

Synthetic diamonds play an essential role as machine tool blades.

consult

v. to seek or get advice or information from a person, book, or other source having special knowledge on a particular subject

synonym : confer, consider, see

(1) regularly **consult** with a doctor, (2) **consult** my wallet

Always **consult** a lawyer before launching a business.

biomechanics

n. the study and application of mechanical principles to biological systems, especially as related to human movement and the physical performance of athletes and performers

(1) **biomechanics** of movement, (2) **biomechanics** research

The study of **biomechanics** is important in understanding the physical implications of movement and sports performance.

consensus

n. general agreement or accord in the judgment or opinion reached by a group as a whole

synonym: agreement, accord, harmony

(1) a public **consensus**, (2) **consensus** among scientists

The two parties have reached a **consensus**.

slowdown

n. (also "go-slow") a reduction or decrease in the rate or pace of something; a delay or interruption in progress

synonym: deceleration, reduction, retardation

(1) **slowdown** in production, (2) abrupt **slowdown**

The economic **slowdown** has affected many businesses in the region.

conversion

n. the act or process of changing something from one thing to another; the state of being changed

synonym: transformation, change, metamorphosis

(1) **conversion** rate, (2) **conversion** therapy

The developer's **conversion** of the old factory into a modern loft apartment complex was a major success.

perspective

n. a confident attitude toward something; a particular style of thinking about something

synonym: viewpoint, standpoint, outlook

(1) a **perspective** view, (2) the **perspective** of the battle

His father's death changed his whole **perspective** on life.

intelligent

adj. having the capacity for thought and reason, especially to a high degree

synonym: brilliant, clever, competent

(1) an **intelligent** person, (2) **intelligent** assisting system

Intelligent robots that can cooperate with humans have limited motor output for safety.

ditch

n. a long, narrow, and shallow depression or channel that is dug into the ground; (verb) to throw away

synonym: trench, channel, furrow

(1) agricultural **ditch**, (2) **ditch** my career

The farmers used **ditches** to drain water from their fields.

gynecology

n. (also "gyno") the medical study and treatment of the physiology and diseases of the female reproductive system

synonym: obstetrics, women's health, women's medicine

(1) **gynecology** clinic, (2) **gynecology** exam

The **gynecology** department at the hospital offers state-of-the-art treatments for women's health issues.

poison

n. a substance that can cause illness, injury, or death when ingested, inhaled, or absorbed through the skin; something harmful, malicious, or toxic; the act of damaging or ruining a relationship; (verb) to introduce a substance into something or someone harmful and potentially deadly

synonym: toxin, venom, pollutant

(1) **poison** ivy, (2) **poison** bilateral relations

The plant's leaves contain a deadly **poison** that can cause hallucinations and seizures.

brandy

n. an alcoholic beverage made by distilling wine and aging it in oak barrels; typically has a higher alcohol content and a stronger flavor than wine

synonym: cognac, armagnac, eau-de-vie

(1) **brandy** distillery, (2) **brandy** cocktail

I love the taste of **brandy**, especially on a cold winter night.

enhance

v. to increase or improve the quality, amount, or strength of someone or something

synonym: improve, enrich, refine

(1) **enhance** value, (2) **enhance** the flavor of the vanilla

The new strategy will **enhance** the profitability of our company.

savvy

n. the condition of being aware of and able to deal with a situation effectively; (adjective) having knowledge and

understanding of a particular subject or activity

synonym: know-how, expertise, skill

(1) a **savvy** investor, (2) tech- **savvy**

His business **savvy** was evident in the success of his company.

trend

n. a general direction in which something is changing or developing

synonym: direction, movement, tendency

(1) an international **trend**, (2) the **trend** away from television

The oil price continued their downward **trend**.

downward

adj. moving towards a lower position or a lower level

synonym: lower, earthward, descending

(1) a **downward** slope, (2) maintain **downward** compatibility

The stock market has been in a **downward** trend for the past month.

punctuate

v. to insert punctuation marks (= comma, period, colon, etc.) in the text; to interrupt periodically

synonym: emphasize, accent, mark

(1) **punctuate** a sentence, (2) **punctuate** his talk

Strikes had also **punctuated** the preceding weeks.

steep

adj. having a sharp inclination or slope

synonym: sheer, precipitous, abrupt

(1) a **steep** staircase, (2) **steep** discount

The **steep** cliff made it difficult to climb.

cliff

n. a steep rock face, especially one at the edge of the sea or a river

synonym: crag, escarpment, precipice

(1) a bold **cliff**, (2) **cliff** diving

He stood at the edge of the **cliff** and looked out to sea.

introduction

n. a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market

synonym: initiation, preamble, prologue

(1) **introduction** education, (2) self- **introduction**

The **introduction** to the new class was informative and engaging.

flip

v. to turn over into a different position quickly; to throw or toss with a light motion

synonym: throw, jump

(1) **flip** over the pork chop, (2) **flip** a coin

He **flipped** when he heard that he had been accepted into the university.

somersault

n. a complete forward or backward roll of the body, typically performed by tucking in the head and reaching out with the hands and feet

synonym: flip, tumble, cartwheel

(1) **somersault** flip, (2) backward **somersault**

The gymnast performed a perfect **somersault** during her routine.

opposition

n. the act of disagreeing or resisting; the state of strong disagreement

synonym: resistance, hostility, antagonism

(1) **opposition** campaign, (2) meet with **opposition**

The **opposition** party strongly disagreed with the government's proposed legislation.

gutter

n. a channel along the edge of a road or structure for carrying away rainwater

synonym: channel, trench, drain

(1) **gutter** system, (2) a building **gutter**

The **gutter** on the roof's edge was clogged with leaves, causing water to overflow.

splash

v. to cause liquid to scatter in irregular drops, especially with force

synonym : scatter, dash, gurgle

(1) **splash** water, (2) **splash** everywhere

The mountain was **splashed** with snow.

turbulence

n. a state of great disturbance, confusion, or uncertainty, often accompanied by violent or disruptive activity or behavior, such as air turbulence during a flight

synonym : choppiness, tumult, agitation

(1) financial **turbulence**, (2) emotional **turbulence**

The ride on the rollercoaster was full of dips and turns, creating a feeling of **turbulence**.

imp

n. a mischievous or misbehaving child; a small and mischievous demon or sprite in folklore

synonym : demon, sprite, mischievous child

(1) a little **imp**, (2) behave like an **imp**

The mischievous **imp** caused trouble wherever it went.

friction

n. the force that opposes motion between two objects in contact, especially by producing heat and wear, and is proportional to the normal force between the objects

synonym : rub, scrape, resistance

(1) **friction** force, (2) surface **friction**

The **friction** between the two countries was causing tension.

swimsuit

n. a piece of clothing worn for swimming

synonym : bathing suit, swimwear, bathers

(1) **swimsuit** model, (2) **swimsuit** designer

She wore a bright red **swimsuit** for the beach trip.

eddy

n. a circular current of water or air that flows in the opposite direction to the main current, causing a small whirlpool; a current of opinion, activity, or trend that goes against the main current

synonym : whirlpool, vortex, swirl

(1) **eddy** of water, (2) **eddy** of leaves

Unfortunately, the swirling **eddy** in the river made it difficult to swim.

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.

improvisation

n. the act of making something up on the spot or creating or performing something without preparation

synonym: spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

aerodynamics

n. the study of the motion of air, particularly its interaction with solid objects moving through it, such as aircraft or cars

synonym: aeromechanics, aeronautics, airflow

(1) **aerodynamics** research, (2) **aerodynamics** design

The **aerodynamics** of the car allowed it to glide smoothly through the air.

cycle

n. an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

synonym: revolution, rotation, bike

(1) the **cycle** of the seasons, (2) go to the workplace by **cycle**

The food chain causes a material **cycle**.

union

n. a group of employees who have banded together to advocate for their rights and better their working

conditions; the act or the state of joining together or being joined together

synonym : alliance, coalition, confederation

(1) bank and credit **unions**, (2) a craft **union**

The trade **union** remained adamant about its demands.

decree

n. an official order that has the force of law

synonym : edict, mandate, order

(1) order by **decree**, (2) divorce **decree**

The dictator issued a **decree** limiting the freedom of the press.

essentially

adv. relating to the essential features or concepts of anything

synonym : fundamentally, basically, virtually

(1) **essentially** correct, (2) become **essentially** same

Essentially, a society is an organism.

equip

v. to provide a person or a place with the things that are needed for a particular purpose or activity

synonym : prepare, furnish, provide

(1) **equip** an army, (2) **equip** our children with some special skills

The construction company **equipped** the building with an earthquake-resistant device.

grand

adj. important and large in size, scope, or extent

synonym : impressive, great, ambitious

(1) a **grand** meal, (2) **grand** bargain

This year's **grand** gathering will be held in Canada.

improve

v. to make or become better

synonym : enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score

We want to **improve** ties between our two countries.

competitive

adj. involving competition or competitiveness

synonym : aggressive, ambitious, militant

(1) a **competitive** price, (2) **competitive** position

The mobile application industry is a **competitive** one.

instruct

v. to teach someone practical skills or knowledge; to formally order or tell someone to do something

synonym : train, coach, guide

(1) **instruct** a student, (2) **instruct** a computer

The facility manager **instructed** the security guards to be on high alert.

endeavor

v. to make an earnest attempt or effort; to strive or work hard towards a goal or objective

synonym : attempt, strive, undertake

(1) **endeavor** to succeed, (2) **endeavor** as much as possible

We will **endeavor** to find a solution to the problem as quickly as possible.

medium

adj. of a size, amount, or level that is average or intermediate; (noun) a means or instrumentality for storing or communicating information

synonym : average, intermediate, (noun) channel

(1) **medium** color, (2) an advertising **medium**

The **medium** size shirt fits him perfectly.

elite

adj. belonging to the wealthiest, most potent, best-educated, or best-trained group in a society

synonym : privileged, favored, elect

(1) earn **elite** status, (2) **elite** athlete

Very few educational **elites** go to Oxford or Cambridge.

potter

n. a person who makes pottery, objects that are made of clay and then fired in a kiln to make them hard and durable; (verb, also putter) to occupy oneself in a leisurely or casual way, often with no particular goal or

aim in mind

synonym : shape, form, mold

(1) **potter's** studio, (2) **potter** around in the garden

The ancient Egyptians were skilled **potters** and left behind many beautiful artifacts.

fade

v. to vanish; to fade away; to lose color; to lose freshness

synonym : languish, wither

(1) **fade** away almost completely, (2) **fade** in importance

My memory will **fade**, but my heart will live on.

niche

n. a specialized role or position that a species occupies within an ecosystem; a job or position particularly well suited to the person who occupies it

synonym : role, position, habitat

(1) **niche** market, (2) every **niche** of society

The species occupies a unique **niche** in the ecosystem as a top predator.

pound

n. the standard unit of money in the UK; the standard unit of weight equal to 16 ounces

(1) three-fourths of a **pound**, (2) thousands of **pounds**

The car's front bumper cost fifteen hundred **pounds**.

plot

n. a secret plan or scheme to achieve a specific goal; the plan or main story of a literary work; (verb) to plan secretly, usually something illegal

synonym : scheme, plan, design

(1) **plot** twist, (2) **plot** a revolution

The **plot** of the novel centers around a group of friends who uncover a conspiracy to control the world's water supply.

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.

graph

n. a picture consisting of a line, lines, points, etc., that shows how two or more sets of certain quantities are related to each other

synonym : chart, diagram, figure

(1) **graph** theory, (2) a **graph** sample

This bar **graph** shows sales over the past five years.

disperse

v. to spread out or distribute over a broad region, or to cause something to do so

synonym : dissipate, spread, scatter

(1) **disperse** false information, (2) **disperse** the protesters

Before authorities **dispersed** the protesters, they yelled slogans.

digital

adj. processing or storing information as a succession of 1 and 0 to show that a signal is present or missing; relating to the use of computer technology, especially the internet

synonym : numerical, computerized, cyber

(1) a **digital** watch, (2) **digital** electronic signature

Sensors convert physical phenomena into **digital** signals.

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.

incentive

n. something, such as a punishment, reward, etc., that encourages a person to do something

synonym : encouragement, inducement, enticement

(1) financial **incentives**, (2) an **incentive** to work hard

They have no **incentive** to win the game.

fame

n. the condition of being well-known and discussed by a large number of people as a result of one's accomplishments, abilities, and so on

synonym : celebrity, renown, stardom

(1) leap into **fame**, (2) his undying **fame**

Good **fame** is better than a good face.

glory

n. great honor or success won by notable achievements

synonym : acclaim, credit, recognition

(1) greatest **glory**, (2) former **glory**

It is preferable to die in **glory** than to live in dishonor.

afford

v. to have enough money or time to be able to buy or do something

(1) **afford** to buy a new car, (2) **afford** a high travel cost

He cannot **afford** a holiday.

skyrocket

v. to rapidly ascend to a very high level; increase rapidly;

synonym : rocket, soar, shoot up

(1) **skyrocket** the cost, (2) price **skyrocketed**

Production has decreased, but costs and unemployment have **skyrocketed** dramatically.

tip

n. the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

synonym : edge, advice, gratuity

(1) the **tip** of a paintbrush, (2) give the waiter a **tip** .

I will introduce some **tips** on learning English in this class.

echelon

n. a level or rank in a hierarchical organization or system; a step or stage in a hierarchical structure or scale; a formation of troops, ships, aircraft, etc., arranged in a step-like order

synonym : level, rank, tier

(1) lower **echelon** employees, (2) military **echelon**

He quickly climbed up the corporate **echelon** and became the CEO within a few years.

accelerate

v. to make something faster or earlier; to cause to develop or progress more quickly

synonym: speed up, quicken, rev

(1) **accelerate** a chemical reaction, (2) **accelerate** the car

The government tried to **accelerate** the commercialization of this development.

chart

n. a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea

synonym: diagram, graph, map

(1) a weather **chart**, (2) a statistical **chart**

This pie **chart** represents our market share.

expand

v. to increase or to make something greater in size, number, or importance

synonym: extend, grow, boost

(1) **expand** a lineup, (2) **expand** agricultural output

They hope to **expand** their business worldwide.

universe

n. everything that exists, especially all physical matter, including planets, stars, galaxies, and all other forms of matter and energy

synonym: cosmos, macrocosm

(1) theory of the **universe**, (2) expansion of the **universe**

The **universe** is about 13.8 billion years old.

galaxy

n. an independent group of stars, interstellar gas, dark matter, etc., in the universe, bound together by gravity

synonym: star cluster, nebula, star system

(1) elliptical **galaxy**, (2) a **galaxy** of famous actors

The Milky Way **galaxy** has numerous water-bearing planets.

discovery

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

synonym: finding, uncovering, detection

(1) a scientific **discovery**, (2) the great **discovery** of the century

Her research team made an important **discovery**.

nation

n. a large organized community of people living in a particular country or region and having a particular culture

synonym: country, state, sovereign entity

(1) **nation-state**, (2) a seafaring **nation**

The **nation** of Japan is known for its unique culture and advanced technology.

association

n. a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship

synonym: affiliation, collaboration, society

(1) word **associations**, (2) a scholarship **association**

His membership in the **association** provided him with numerous benefits.

groundbreaking

adj. producing fresh findings; using novel techniques

synonym: innovative, revolutionary

(1) **groundbreaking** concept, (2) **groundbreaking** settlement

He has produced **groundbreaking** research on the subject.

league

n. an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters

synonym: association, organization, alliance

(1) **league** championship, (2) a baseball **league**

He was recruited to play in the professional **league**.

entitle

v. to give someone the right to have or do something; to give a title to someone or something

synonym: allow, permit, enable

(1) **entitle** him to a pension, (2) **entitle** the company to use the logo

The employee was **entitled** to a week of vacation time.

revenue

n. the income that a government receives from taxes or that a company earns from its business

synonym: earnings, payment, remuneration

(1) tax **revenue**, (2) annual **revenue**

This graph indicates the city's tourism **revenue** over five years.

contract

n. a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law

synonym: agreement, deal, arrangement

(1) employment **contract**, (2) **contract** law

The company signed a **contract** with the supplier for the delivery of goods.

suddenly

adv. quickly and unexpectedly

synonym: abruptly, unexpectedly, unawares

(1) **suddenly** attacked by an enemy, (2) die **suddenly**

Who answers **suddenly** knows little.

scour

v. to clean thoroughly and vigorously by scrubbing or rubbing; to search or examine something thoroughly and systematically

synonym: cleanse, scrub, clean

(1) **scour** a pot, (2) **scour** the Internet

She had to **scour** the kitchen to find a clean dish to use for dinner.

globe

n. the earth or world, mainly used to emphasize its vastness

synonym : Earth, world, sphere

(1) terrestrial **globe**, (2) around the **globe**

His final goal is to sail around the **globe**.

overnight

adj. lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time

synonym : all-night, sudden, immediate

(1) **overnight** parking, (2) **overnight** success

The **overnight** package delivery arrived at my door this morning.

proportion

n. a part, share, or amount of something considered in comparative relation to a whole

synonym : ratio, balance, consonance

(1) direct **proportion**, (2) a building of vast **proportions**

He is more concerned about the **proportion** of his body fat than usual because of an upcoming bodybuilding competition.

incredibly

adv. in a way that is very difficult to believe; exceedingly or extremely

synonym : enormously, exceptionally, extraordinarily

(1) **incredibly** cheerful character, (2) get **incredibly** insecure

Several cities are experiencing **incredibly** high unemployment rates.

span

n. the entire length of something, such as time or space from beginning to end; the amount of space that something covers

synonym : interval, period, length

(1) the **span** of a bird's wings, (2) the average life **span**

He slightly modified the **span** of training because it was just before a match.

ridiculous

adj. very silly or unreasonable and deserving to be laughed at

synonym: absurd, fatuous, foolish

(1) a **ridiculous** amount of money, (2) a **ridiculous** suggestion

Everyone regarded the theory he advocated as **ridiculous** but was later proven correct.

ludicrous

adj. so ridiculous, unreasonable, or out of place as to be amusing; absurd

synonym: absurd, ridiculous, farcical

(1) **ludicrous** idea, (2) **ludicrous** behavior

It's **ludicrous** to blame the teachers for the education system's failures.

rectangle

n. a four-sided geometric shape with four right angles, where opposite sides are parallel and of equal length

synonym: oblong, square, quadrangle

(1) orthogonal **rectangle**, (2) **rectangle** box

The living room had a **rectangle-shaped** coffee table in the center of it.

ellipse

n. a closed curve with a shape resembling a stretched circle; in geometry, a figure formed by the intersection of a cone with a plane, where the plane cuts through both halves of the cone

synonym: oval, oblong, curve

(1) Kepler's **ellipse**, (2) planetary **ellipse**

He used the **ellipse** equation to calculate the dimensions of the oval-shaped garden.

converse

v. to talk informally

synonym: discourse, discuss, exchange

(1) **converse** with an acquaintance, (2) ask a **converse** question

She enjoyed the opportunity to **converse** with a person who

spoke her language.

diminutive

adj. very small or tiny in size; expressing smallness or endearment; (noun) a word or suffix that indicates smallness in size or affection

synonym : tiny, small, miniature

(1) **diminutive** size, (2) **diminutive** figure

The **diminutive** kitten was easily overlooked in the litter.

stature

n. the height of a human or animal body; the level of respect or reputation that a person or entity holds in a particular community

synonym : height, standing, prestige

(1) **stature** enhancement, (2) short **stature**

A leader needs to have a **stature** that commands respect from their followers.

advantage

n. a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has

synonym : benefit, edge, asset

(1) score an **advantage**, (2) take **advantage** of his weak points

One of the main **advantages** of the new product is its increased efficiency.

gymnast

n. a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment

synonym : acrobat, tumbler, contortionist

(1) talented **gymnast**, (2) female **gymnast**

The Olympic **gymnast** performed a flawless routine on the balance beam and received a perfect ten score.

shrink

v. to become smaller, or to make something smaller in size or amount

synonym : decrease, diminish, shy away

(1) **shrink** the tumor, (2) **shrink** with fear
This shirt will **shrink** in the wash.

ratio

n. the relative size or amount of one thing to another, typically expressed in the form of a fraction or decimal
synonym: proportion, rate, quota

(1) debt-to-income **ratio**, (2) **ratio** of boys to girls
The **ratio** of water to sugar in the recipe is 1:2.

spinning

n. the act of rotating rapidly around an axis; in the context of textiles, the process of twisting fibers together to form thread or yarn

synonym: whirling, rotating, spinning wheel

(1) **spinning** machine, (2) **spinning** wheel
She took a **spinning** class at the gym to improve her cardiovascular fitness.

weird

adj. extraordinary, unexpected, or difficult to explain
synonym: bizarre, creepy, peculiar

(1) a **weird** dress, (2) the state of being **weird**
My computer has been acting **weird** recently.

forearm

n. the part of a person's arm between the elbow and the wrist; (verb) to arm in advance of a confrontation

(1) **forearm** bone, (2) several veins of the **forearm**
The accident left him with numbness in his left **forearm**.

polo

n. a sport played on horseback in which two teams try to hit a ball through a goal using long-handled mallets

(1) **polo** shirt, (2) **polo** championship
I watched a thrilling **polo** match at the club over the weekend.

relation

n. the way two persons or groups of people feel and act toward one another

synonym: association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of

inclusion

The industrial **relations** laws were passed with little to no alteration.

forceful

adj. having or showing great strength or energy

synonym: powerful, strong, energetic

(1) **forceful** argument, (2) take **forceful** action

She spoke with a **forceful** tone and made her point clear.

whip

v. to hit a person or an animal severely with a thin, flexible stick with a cord or leather thong at the end, as a punishment, discipline, etc.

synonym: thrash, flog, scourge

(1) **whip** egg whites, (2) **whip** into shape

The jockey **whipped** the horse hard to take first place.

torso

n. the human trunk from the neck to the abdomen

synonym: trunk, body, frame

(1) **torso** injury, (2) a **torso** in bronze

He was hit in the **torso** and was rushed to the hospital.

hull

n. the main body or frame of a ship, airplane, or other vehicles, or the outer covering or shell of a seed, fruit, or other objects

synonym: shell, skin, outer covering

(1) set a strake on the **hull**, (2) double- **hull** tank

The ship's **hull** was damaged in the storm, and the crew had to make emergency repairs.

canoe

n. a narrow, light boat with pointy ends and no keel that is propelled by a paddle

(1) **canoe** race, (2) make a **canoe** trip

After the accident, the police found an empty **canoe**.

advantageous

adj. providing a benefit or advantage; favorable or beneficial

synonym: beneficial, favorable, profitable

(1) **advantageous** conditions, (2) **advantageous** interest rate

The new job opportunity offered by the company is highly **advantageous**.

pants

n. an item of clothing that covers the lower part of the body and each leg separately, typically with a waistband and two legs

synonym: trousers, breeches, slacks

(1) woolly **pants**, (2) pajama **pants**

I always wear **pants** when I go outside, even in the summer.

compete

v. to strive to achieve more success than someone or something

synonym: contend, contest, vie

(1) **compete** against a friend, (2) **compete** fiercely

You must **compete** with others to obtain this position.

tribe

n. a social group made up of members who live together, sharing the same language, culture, religion, etc., especially those who do not live in towns or cities

synonym: family, clan, kinsfolk

(1) aboriginal **tribe**, (2) mountain **tribe**

The **tribe** had distinctly defined gender roles.

vast

adj. enormous in size, number, amount, or quantity

synonym: expansive, extended, boundless

(1) **vast** majority, (2) **vast** desert

A **vast** audience viewed the broadcast.

physiology

n. the branch of the biological sciences dealing with the functioning of organisms

(1) human **physiology**, (2) **physiology** research

Physiology is the science of how living things work.

extremity

n. the farthest or most remote point or the greatest or the highest degree

synonym : end, tip, limit

(1) **extremity** injury, (2) **extremity** amputation

He broke his arm at the **extremity** of the bone.

ancestry

n. the family or the ethnic descent that you come from

synonym : ancestor, family, descent

(1) a distinguished **ancestry**, (2) prehuman **ancestry**

He looked down on the royal **ancestry** of the neighboring country.

latitude

n. the distance of a place north or south of the earth's equator, measured in degrees; freedom from normal restraints in conduct

synonym : breadth, range, freedom

(1) high **latitudes**, (2) **latitude** of choice

The city is located at a **latitude** of 40 degrees north.

climate

n. the weather in a particular location averaged over some long period

synonym : atmosphere, weather, environment

(1) a cold **climate**, (2) effects of **climate** change

Climate and weather have an impact on every part of our lifestyles.

evolutionary

adj. relating to or denoting how living things develop or change from earlier forms

synonym : developmental, mutative, transformative

(1) ecology and **evolutionary** biology, (2) the **evolutionary** process

Evolutionary algorithms can find ways to optimize that humans do not anticipate.

adaptation

n. the action or process of changing to suit different conditions

synonym : adaption, adjustment, transformation

(1) **adaptation** ability, (2) language **adaptation**

The company's **adaptation** approach has been highly effective.

limb

n. an arm and leg of a person or animal

synonym : arm, appendage, branch

(1) a prosthetic **limb**, (2) **limb** amputation

You should wrap the bandage carefully and firmly around the injured **limb**.

radiate

v. to spread out or emit something, such as light or heat, in all directions

synonym : give off, scatter, beam

(1) **radiate** an aura, (2) **radiate** in all directions

Roads **radiate** from the famous building in the center of the city.

volume

n. the amount of space occupied by an object or substance; the magnitude of sound

synonym : capacity, amount, intensity

(1) **volume** of work, (2) high **volume**

This container has a **volume** of 10 cubic meters.

pendulum

n. a weight hung from a fixed point used to regulate the movement of a clock or other mechanism

synonym : oscillator, balance, clock

(1) **pendulum** swings, (2) political **pendulum**

The **pendulum** clock was a familiar sight in the old house.

efficient

adj. performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials

synonym : productive, effective, competent

(1) **efficient** operation, (2) energy- **efficient** appliances

The new washing machine is much more **efficient** than the old one.

pace

n. the speed at which someone or something moves, or the rate at which something happens or changes

synonym: gait, rate, speed

(1) at your own **pace**, (2) the runner's **pace**

The economy is growing at a supercharged **pace**.

metropolitan

adj. of or relating to a large city or a city that is considered to be the cultural or economic center of a region or country

synonym: urban, city, municipal

(1) major **metropolitan** area, (2) **metropolitan** city

The city is a true **metropolitan**, with a diverse population and bustling streets.

mindset

n. the established set of attitudes or fixed ideas held by someone

synonym: attitude, ethos, mentality

(1) flexible **mindset**, (2) the **mindset** in an education system

Countries whose goal is economic development often focus on fostering an entrepreneurial **mindset** in each individual.

electrical

adj. relating to electricity

(1) an **electrical** storm, (2) degree in **electrical** engineering

Actuators convert **electrical** pulses into motion.

shock

n. a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant

synonym: amazement, surprise, stunner

(1) death from **shock**, (2) **shock-resistant**

He got an electric **shock** at work.

impulse

n. a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber

synonym: stimulation, provocation, urge

(1) a combative **impulse**, (2) profound religious **impulses**

Nerve **impulses** cross a synapse through the action of neurotransmitters.

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.

twitch

v. to make a sudden and quick movement with a part of the body; (noun) a sudden, small, jerky movement of a muscle or part of the body

synonym: spasm, jerk, flinch

(1) **twitch** at his sleeve, (2) **twitch** of an eye

She couldn't stop her leg from **twitching** nervously.

normally

adv. usually; under normal conditions

synonym: commonly, generally, naturally

(1) complete **normally**, (2) not **normally** drink much

I don't **normally** take a vacation in the middle of summer.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

tendon

n. a strong, fibrous cord of tissue that connects muscle to bone

synonym: tissue, sinew, ligament

(1) **tendon** grafting, (2) **tendon** collagen

Tendon injuries are common among athletes.

ligament

n. a band of tissue that connects bones or holds organs in place to support and stabilize the body

synonym: band, cord, tendon

(1) a **ligament** in the ankle, (2) cruciate **ligament**

The **ligaments** in the knee provide stability and support.

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**.

convincing

adj. able to make someone believe that something is true

synonym: clear, compelling, believable

(1) a **convincing** victory, (2) **convincing** biochemical explanation

I found her assertion pretty **convincing**.

mortal

adj. subject to death; unrelenting and deadly

synonym: deathly, perishable, non-eternal

(1) a **mortal** combat, (2) this **mortal** life

All humans are **mortal** and will eventually die.

endurance

n. the ability to withstand hardship, stress, or adversity; the ability to persist in the face of difficulty or challenge; the act of sustaining or maintaining something over time

synonym: stamina, perseverance, resilience

(1) **endurance** training, (2) mental **endurance**

The marathon runner's **endurance** was impressive as he crossed the finish line.

trait

n. a particular feature of your nature

synonym: attribute, feature, quality

(1) chemical **trait**, (2) personality **traits**

Multiple genes may influence behavioral **traits** concurrently.

- fur** *n.* the hairy coat of a mammal, especially when fine, soft, and thick
synonym : hair, coat, pelt
(1) an artificial **fur**, (2) **fur** coat
The **fur** of the animal was thick and soft to the touch.
- glut** *n.* an excessive amount of something, especially of a commodity, that results in a decline in price
synonym : surplus, excess, overflow
(1) **glut** of information, (2) capital **glut**
The restaurant had a **glut** of food left over from the weekend.
- sweat** *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
synonym : perspiration, steam, hardwork
(1) all in a **sweat**, (2) **sweat** bath
She wiped the **sweat** off her forehead with a towel.
- gland** *n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
synonym : secretor
(1) the function of the thyroid **gland**, (2) a mammary **gland**
The adrenal **glands** produce steroids.
- waist** *n.* the part of the human body between the ribs and hips or the corresponding part in other animals
synonym : midriff, torso, abdomen
(1) **waist** measurement, (2) a slim **waist**
She cinched her dress at the **waist** to accentuate her hourglass figure.
- frame** *n.* a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window
synonym : body, skeleton, scaffolding
(1) a picture **frame**, (2) the **frame** of the policy
The detective looked for fingerprints on the window **frame**.

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.

arch

n. a curved structure with two supports that holds the weight of something above it, such as a bridge or the upper part of a building

synonym: turn, bow, arc

(1) the **arch** of a person's foot, (2) an **arch-shaped** stone structure

The **arch** bears the weight of the overhead bridge.

grasping

adj. eager in acquiring or wanting to acquire more wealth, property, or power than is necessary

synonym: greedy, extorting, acquisitive

(1) **grasping** landlord, (2) **grasping** disposition

He was criticized for his **grasping** attitude, always looking for ways to make more money.

straight

adj. extending or moving in one direction without bending or curving; having no deviations

synonym: linear, honest, consecutive

(1) a **straight** line, (2) **straight** for two months

He was sick for five **straight** days.

primate

n. any mammal of the order Primates, which includes monkeys, apes, and humans

synonym: ape, monkey, lemur

(1) **primate** species, (2) **primate** sanctuary

Many scientists study **primate** behavior and intelligence.

cousin

n. the child of your aunt or uncle

synonym: relative

(1) cross- **cousin** marriage, (2) **cousin's** family

I used to play with my younger male **cousins** when I was a little girl.

upright

adj. perpendicular to a horizontal surface or line; (adverb) in a vertical position

synonym: vertical, perpendicular, plumb

(1) **upright** posture, (2) sit **upright** in a chair

The bookcase was **upright** against the wall.

ape

n. a large animal with long arms, no tail, and usually a lot of body hair, including gorillas, chimpanzees, orangutans, and gibbons

synonym: monkey, primate, simian

(1) jungle **ape**, (2) play the **ape**

The scientist studied the behavior of **apes** in the wild.

suited

adj. appropriate, fitting, or acceptable for a particular purpose or occasion; matched or corresponding to a specific person, dress, or circumstances

synonym: appropriate, fitting, suitable

(1) **suited** for the job, (2) well- **suited** personality

The job offer was perfectly **suited** to her skills and experience.

feat

n. a notable or impressive achievement, especially one that requires great skill or bravery

synonym: achievement, accomplishment, exploit

(1) intellectual **feat**, (2) **feat** accomplishment

It is an incredible **feat** to climb Mount Everest, the highest mountain in the world.

unthinkable

adj. too unlikely or shocking to imagine or accept

synonym: impossible, inconceivable, outlandish

(1) an **unthinkable** coincidence, (2) in **unthinkable** trouble

That accident was something **unthinkable** with my long experience.

vertical

adj. upright or perpendicular to a horizontal surface or line
synonym : perpendicular, upright, plumb

(1) **vertical** takeoff, (2) **vertical** axis

The ladder leaned against the **vertical** surface of the building.

ascent

n. the act of climbing or moving upwards, often referring to a physical ascent of a mountain or a spiritual ascent or improvement; an upward movement; the process of moving upwards

synonym : climb, rise, hike

(1) spiritual **ascent**, (2) the **ascent** of a rocket

The hikers experienced a difficult **ascent** to the summit due to the steep and rocky terrain.

amazing

adj. extremely surprising, especially in a way that you like or admire

synonym : exceptional, extraordinary, wonderful

(1) **amazing** advances, (2) the most **amazing** feeling

The golfer recorded an **amazing** distance.

talented

adj. having a natural ability or aptitude for something; showing exceptional skill or ability in a particular area

synonym : gifted, able, skilled

(1) a very **talented** actor, (2) **talented** athlete

She is a **talented** musician, able to play several instruments.

physiological

adj. relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

synonym : biological, organic, bodily

(1) **physiological** response, (2) **physiological** activity

The doctor explained the various **physiological** changes that occur during pregnancy.

freak

n. an abnormality that is not typical or expected

synonym: anomaly, deviation, oddity

(1) a rock **freak**, (2) **freak** weather

The **freak** accident caused the car to flip over and land on its roof.

innovation

n. the creation of a new device or process resulting from study and experimentation

synonym: invention, initiation, creation

(1) **innovation** leader, (2) cutting-edge **innovation**

The vegetarian burger was an **innovation** that quickly spread to the United Kingdom.

technique

n. a particular way or art of doing something that needs skill

synonym: approach, procedure, strategy

(1) a **technique** in martial arts, (2) the **technique** applied to construction

Jockey's superior **technique** brought him victory.

democracy

n. a form of government in which the people have the authority to deliberate and decide legislation, or to choose governing officials to do so

synonym: self-government, republic, commonwealth

(1) **democracy** advocate, (2) principles of **democracy**

Democracy often entails inclusive capitalism as well.

imaginary

adj. existing only in someone's mind

synonym: fictional, ideal, fantastical

(1) **imaginary** number, (2) **imaginary** pregnancy

Little children tend to have **imaginary** friends.

conspire

v. to plan or plot together secretly, especially with an evil or unlawful purpose

synonym: plot, scheme, collude

(1) **conspire** his ruin, (2) **conspire** to corner the market

The group of friends **conspired** to pull a prank on their teacher.

bold

adj. brave, daring, and confident; not frightened of danger or afraid to say what you feel or to take risks

synonym: brave, courageous, fearless

(1) a **bold** design, (2) big, **bold** piano sounds

The effort to alleviate climate change needs **bold** action.

Session 2: Spelling

- | | |
|---------------------------|--|
| 1. a public co_____us | <i>n.</i> general agreement or accord in the judgment or opinion reached by a group as a whole |
| 2. wa__t measurement | <i>n.</i> the part of the human body between the ribs and hips or the corresponding part in other animals |
| 3. a hand-loomed fa___c | <i>n.</i> cloth or other material produced by weaving wool, cotton, silk, etc., used for making clothes, covering furniture, etc. |
| 4. short st_____e | <i>n.</i> the height of a human or animal body; the level of respect or reputation that a person or entity holds in a particular community |
| 5. a slim wa__t | <i>n.</i> the part of the human body between the ribs and hips or the corresponding part in other animals |
| 6. met_____tan city | <i>adj.</i> of or relating to a large city or a city that is considered to be the cultural or economic center of a region or country |
| 7. every ni__e of society | <i>n.</i> a specialized role or position that a species occupies within an ecosystem; a job or position particularly well suited to the person who occupies it |
| 8. sw_____it designer | <i>n.</i> a piece of clothing worn for swimming |
| 9. run a ma_____on | <i>n.</i> a long-distance race of 42.195 kilometers |

ANSWERS: 1. consensus, 2. waist, 3. fabric, 4. stature, 5. waist, 6. metropolitan, 7. niche, 8. swimsuit, 9. marathon

10. ve____al takeoff *adj.* upright or perpendicular to a horizontal surface or line
11. orthogonal re_____le *n.* a four-sided geometric shape with four right angles, where opposite sides are parallel and of equal length
12. a li_____nt in the ankle *n.* a band of tissue that connects bones or holds organs in place to support and stabilize the body
13. a statistical ch__t *n.* a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea
14. 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
15. en_____e the flavor of the vanilla *v.* to increase or improve the quality, amount, or strength of someone or something
16. co___n's family *n.* the child of your aunt or uncle
17. p__t a revolution *n.* a secret plan or scheme to achieve a specific goal; the plan or main story of a literary work; (verb) to plan secretly, usually something illegal

ANSWERS: 10. vertical, 11. rectangle, 12. ligament, 13. chart, 14. function, 15. enhance, 16. cousin, 17. plot

18. an artificial f_r *n.* the hairy coat of a mammal, especially when fine, soft, and thick
19. int_____nt assisting system *adj.* having the capacity for thought and reason, especially to a high degree
20. the t_p of a paintbrush *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
21. po____n bilateral relations *n.* a substance that can cause illness, injury, or death when ingested, inhaled, or absorbed through the skin; something harmful, malicious, or toxic; the act of damaging or ruining a relationship; (verb) to introduce a substance into something or someone harmful and potentially deadly
22. up_____t posture *adj.* perpendicular to a horizontal surface or line; (adverb) in a vertical position
23. high school at_____es *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
24. gyn_____gy exam *n.* (also "gyno") the medical study and treatment of the physiology and diseases of the female reproductive system
25. t__k a baby in the blanket *v.* to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable

ANSWERS: 18. fur, 19. intelligent, 20. tip, 21. poison, 22. upright, 23. athlete, 24. gynecology, 25. tuck

26. sy_____ic fertilizer *adj.* made by combining chemical substances as opposed to being naturally occurring
27. ex_____ty amputation *n.* the farthest or most remote point or the greatest or the highest degree
28. a gr__h sample *n.* a picture consisting of a line, lines, points, etc., that shows how two or more sets of certain quantities are related to each other
29. st_____m seating *n.* a large, usually roofless building with tiers of seats for spectators at sports or other events
30. company mo__o *n.* a phrase or slogan that expresses a guiding principle or goal
31. pu_____te his talk *v.* to insert punctuation marks (= comma, period, colon, etc.) in the text; to interrupt periodically
32. l__b amputation *n.* an arm and leg of a person or animal
33. phy_____cal activity *adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body
34. financial tur_____ce *n.* a state of great disturbance, confusion, or uncertainty, often accompanied by violent or disruptive activity or behavior, such as air turbulence during a flight
35. a bold cl__f *n.* a steep rock face, especially one at the edge of the sea or a river

ANSWERS: 26. synthetic, 27. extremity, 28. graph, 29. stadium, 30. motto, 31. punctuate, 32. limb, 33. physiological, 34. turbulence, 35. cliff

36. re____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
37. a jo__t venture *adj.* shared, held, or made between two or more people; (noun) the point of connection between two bones or elements of a skeleton
38. this mo___l life *adj.* subject to death; unrelenting and deadly
39. the runner's p__e *n.* the speed at which someone or something moves, or the rate at which something happens or changes
40. an advertising me___m *adj.* of a size, amount, or level that is average or intermediate; (noun) a means or instrumentality for storing or communicating information
41. an unt____le coincidence *adj.* too unlikely or shocking to imagine or accept
42. ess____ly correct *adv.* relating to the essential features or concepts of anything
43. sh___k the tumor *v.* to become smaller, or to make something smaller in size or amount
44. b__g a phone down *v.* to hit or cause to hit something in a way that makes a loud noise
45. word ass____ons *n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
46. sp___t for a bus *v.* to run at full speed over a short distance or period of time

ANSWERS: 36. relation, 37. joint, 38. mortal, 39. pace, 40. medium, 41. unthinkable, 42. essentially, 43. shrink, 44. bang, 45. association, 46. sprint

47. tw___h of an eye *v.* to make a sudden and quick movement with a part of the body; (noun) a sudden, small, jerky movement of a muscle or part of the body
48. the state of being we__d *adj.* extraordinary, unexpected, or difficult to explain
49. principles of de_____cy *n.* a form of government in which the people have the authority to deliberate and decide legislation, or to choose governing officials to do so
50. ev___e over the past decade *v.* to develop gradually, or to cause the development of something or someone gradually
51. his undying f__e *n.* the condition of being well-known and discussed by a large number of people as a result of one's accomplishments, abilities, and so on
52. theory of the un_____se *n.* everything that exists, especially all physical matter, including planets, stars, galaxies, and all other forms of matter and energy
53. fa___c of creation *n.* cloth or other material produced by weaving wool, cotton, silk, etc., used for making clothes, covering furniture, etc.
54. become ess_____ly same *adv.* relating to the essential features or concepts of anything
55. co_____ct law *n.* a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law

ANSWERS: 47. twitch, 48. weird, 49. democracy, 50. evolve, 51. fame, 52. universe, 53. fabric, 54. essentially, 55. contract

56. hu____y acceptable *adv.* in a way that is characteristic of or relating to human beings; in a way that is possible for humans to achieve or accomplish
57. a very ta_____ed actor *adj.* having a natural ability or aptitude for something; showing exceptional skill or ability in a particular area
58. not to be seen no_____ys *adv.* at the current time, in comparison to the past
59. im_____e a process *v.* to make or become better
60. capital g__t *n.* an excessive amount of something, especially of a commodity, that results in a decline in price
61. elliptic ga____y *n.* an independent group of stars, interstellar gas, dark matter, etc., in the universe, bound together by gravity
62. pro_____on of civilization *n.* the act or process of changing to the next stage or phase or moving forward
63. abs_____on energy *n.* a process in which one substance permeates another; a fluid permeates or is dissolved by a liquid or solid
64. st____e across a room *v.* to walk with long steps in a particular direction; (noun) an important and positive progress
65. sp____t towards the finish line *v.* to run at full speed over a short distance or period of time
66. im_____ry number *adj.* existing only in someone's mind
67. b__p the horn *v.* to make a short, high-pitched sound, typically as a signal or warning

ANSWERS: 56. humanly, 57. talented, 58. nowadays, 59. improve, 60. glut, 61. galaxy, 62. progression, 63. absorption, 64. stride, 65. sprint, 66. imaginary, 67. beep

68. fo____ul argument *adj.* having or showing great strength or energy
69. pr____l growth *v.* to move, drive or push something forward or in a particular direction, often with a lot of force
70. ra____e an aura *v.* to spread out or emit something, such as light or heat, in all directions
71. gr____ng disposition *adj.* eager in acquiring or wanting to acquire more wealth, property, or power than is necessary
72. Kepler's el____e *n.* a closed curve with a shape resembling a stretched circle; in geometry, a figure formed by the intersection of a cone with a plane, where the plane cuts through both halves of the cone
73. backward som____lt *n.* a complete forward or backward roll of the body, typically performed by tucking in the head and reaching out with the hands and feet
74. a baseball le____e *n.* an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters
75. di__h my career *n.* a long, narrow, and shallow depression or channel that is dug into the ground; (verb) to throw away
76. f__p a coin *v.* to turn over into a different position quickly; to throw or toss with a light motion

ANSWERS: 68. forceful, 69. propel, 70. radiate, 71. grasping, 72. ellipse, 73. somersault, 74. league, 75. ditch, 76. flip

77. 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
78. major met____tan area *adj.* of or relating to a large city or a city that is considered to be the cultural or economic center of a region or country
79. a con____ng victory *adj.* able to make someone believe that something is true
80. all in a sw__t *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
81. en____or to succeed *v.* to make an earnest attempt or effort; to strive or work hard towards a goal or objective
82. a di____l watch *adj.* processing or storing information as a succession of 1 and 0 to show that a signal is present or missing; relating to the use of computer technology, especially the internet
83. aboriginal tr__e *n.* a social group made up of members who live together, sharing the same language, culture, religion, etc., especially those who do not live in towns or cities
84. lower ec____n employees *n.* a level or rank in a hierarchical organization or system; a step or stage in a hierarchical structure or scale; a formation of troops, ships, aircraft, etc., arranged in a step-like order

ANSWERS: 77. distance, 78. metropolitan, 79. convincing, 80. sweat, 81. endeavor, 82. digital, 83. tribe, 84. echelon

85. energy-ef_____nt appliances *adj.* performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials
86. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
87. con_____on rate *n.* the act or process of changing something from one thing to another; the state of being changed
88. a distinguished an_____ry *n.* the family or the ethnic descent that you come from
89. bank and credit un__ns *n.* a group of employees who have banded together to advocate for their rights and better their working conditions; the act or the state of joining together or being joined together
90. com_____ve position *adj.* involving competition or competitiveness
91. co_____t my wallet *v.* to seek or get advice or information from a person, book, or other source having special knowledge on a particular subject
92. ex___d a lineup *v.* to increase or to make something greater in size, number, or importance
93. mental en_____ce *n.* the ability to withstand hardship, stress, or adversity; the ability to persist in the face of difficulty or challenge; the act of sustaining or maintaining something over time

ANSWERS: 85. efficient, 86. brain, 87. conversion, 88. ancestry, 89. union, 90. competitive, 91. consult, 92. expand, 93. endurance

94. the evo_____ary process *adj.* relating to or denoting how living things develop or change from earlier forms
95. terrestrial gl__e *n.* the earth or world, mainly used to emphasize its vastness
96. a little i_p *n.* a mischievous or misbehaving child; a small and mischievous demon or sprite in folklore
97. earn el__e status *adj.* belonging to the wealthiest, most potent, best-educated, or best-trained group in a society
98. f_r coat *n.* the hairy coat of a mammal, especially when fine, soft, and thick
99. surface fr_____on *n.* the force that opposes motion between two objects in contact, especially by producing heat and wear, and is proportional to the normal force between the objects
100. a campus dem_____ion *n.* a display or show, often of a particular skill or product, intended to convince or persuade others
101. te___n grafting *n.* a strong, fibrous cord of tissue that connects muscle to bone
102. adv_____ous conditions *adj.* providing a benefit or advantage; favorable or beneficial
103. tech-sa__y *n.* the condition of being aware of and able to deal with a situation effectively; (adjective) having knowledge and understanding of a particular subject or activity

ANSWERS: 94. evolutionary, 95. globe, 96. imp, 97. elite, 98. fur, 99. friction, 100. demonstration, 101. tendon, 102. advantageous, 103. savvy

104. high school at_____cs *n.* the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking
105. p__t twist *n.* a secret plan or scheme to achieve a specific goal; the plan or main story of a literary work; (verb) to plan secretly, usually something illegal
106. engine cooling f_n *n.* a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces
107. not no_____ly drink much *adv.* usually; under normal conditions
108. well-su____d personality *adj.* appropriate, fitting, or acceptable for a particular purpose or occasion; matched or corresponding to a specific person, dress, or circumstances
109. b__t diameter *n.* a metal bar that slides across to lock a door or window closed; a discharge of lightning accompanied by thunder; (verb) to move or jump suddenly
110. young people no_____ys *adv.* at the current time, in comparison to the past
111. gr__h theory *n.* a picture consisting of a line, lines, points, etc., that shows how two or more sets of certain quantities are related to each other
112. a prosthetic l__b *n.* an arm and leg of a person or animal
113. pr_____e species *n.* any mammal of the order Primates, which includes monkeys, apes, and humans

ANSWERS: 104. athletics, 105. plot, 106. fan, 107. normally, 108. suited, 109. bolt, 110. nowadays, 111. graph, 112. limb, 113. primate

114. synthetic fi__r *n.* thread or filament used to make a vegetable tissue, mineral material, or textile
115. play the a_e *n.* a large animal with long arms, no tail, and usually a lot of body hair, including gorillas, chimpanzees, orangutans, and gibbons
116. c__l wire *v.* to wind something in a spiral or helical shape; to create a coil or coil-like shape; to group or organize something closely together in a circular or spiral pattern
117. the te_____ue applied to construction *n.* a particular way or art of doing something that needs skill
118. as oc_____on demands *n.* a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done
119. to__o injury *n.* the human trunk from the neck to the abdomen
120. fu_____l a contract *v.* to meet the requirements or expectations; to achieve or realize
121. order by de___e *n.* an official order that has the force of law
122. planetary el_____e *n.* a closed curve with a shape resembling a stretched circle; in geometry, a figure formed by the intersection of a cone with a plane, where the plane cuts through both halves of the cone

ANSWERS: 114. fiber, 115. ape, 116. coil, 117. technique, 118. occasion, 119. torso, 120. fulfill, 121. decree, 122. ellipse

123. a mammary gl__d *n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
124. ta____ed athlete *adj.* having a natural ability or aptitude for something; showing exceptional skill or ability in a particular area
125. fr__k weather *n.* an abnormality that is not typical or expected
126. eq__p an army *v.* to provide a person or a place with the things that are needed for a particular purpose or activity
127. af____d a high travel cost *v.* to have enough money or time to be able to buy or do something
128. at your own p__e *n.* the speed at which someone or something moves, or the rate at which something happens or changes
129. br____h of wind *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
130. su____d for the job *adj.* appropriate, fitting, or acceptable for a particular purpose or occasion; matched or corresponding to a specific person, dress, or circumstances
131. a cold cl____e *n.* the weather in a particular location averaged over some long period
132. opp_____on campaign *n.* the act of disagreeing or resisting; the state of strong disagreement
133. an in_____ve to work hard *n.* something, such as a punishment, reward, etc., that encourages a person to do something

ANSWERS: 123. gland, 124. talented, 125. freak, 126. equip, 127. afford, 128. pace, 129. breath, 130. suited, 131. climate, 132. opposition, 133. incentive

134. debt-to-income ra__o *n.* the relative size or amount of one thing to another, typically expressed in the form of a fraction or decimal
135. meet with opp_____on *n.* the act of disagreeing or resisting; the state of strong disagreement
136. watch a ma_____on *n.* a long-distance race of 42.195 kilometers
137. am_____g advances *adj.* extremely surprising, especially in a way that you like or admire
138. sp_____ng wheel *n.* the act of rotating rapidly around an axis; in the context of textiles, the process of twisting fibers together to form thread or yarn
139. spiritual as___t *n.* the act of climbing or moving upwards, often referring to a physical ascent of a mountain or a spiritual ascent or improvement; an upward movement; the process of moving upwards
140. tax re_____e *n.* the income that a government receives from taxes or that a company earns from its business
141. pe_____um swings *n.* a weight hung from a fixed point used to regulate the movement of a clock or other mechanism
142. a film f_n *n.* a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces
143. sy_____ic fiber *adj.* made by combining chemical substances as opposed to being naturally occurring

ANSWERS: 134. ratio, 135. opposition, 136. marathon, 137. amazing, 138. spinning, 139. ascent, 140. revenue, 141. pendulum, 142. fan, 143. synthetic

144. employment co____ct *n.* a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law
145. a glad oc____on *n.* a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done
146. fr____on force *n.* the force that opposes motion between two objects in contact, especially by producing heat and wear, and is proportional to the normal force between the objects
147. le___e championship *n.* an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters
148. behave like an i_p *n.* a mischievous or misbehaving child; a small and mischievous demon or sprite in folklore
149. a sa__y investor *n.* the condition of being aware of and able to deal with a situation effectively; (adjective) having knowledge and understanding of a particular subject or activity
150. a combative im____e *n.* a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber

ANSWERS: 144. contract, 145. occasion, 146. friction, 147. league, 148. imp, 149. savvy, 150. impulse

151. sk_____et the cost *v.* to rapidly ascend to a very high level; increase rapidly;
152. som_____lt flip *n.* a complete forward or backward roll of the body, typically performed by tucking in the head and reaching out with the hands and feet
153. re_____le box *n.* a four-sided geometric shape with four right angles, where opposite sides are parallel and of equal length
154. ev___e *v.* to develop gradually, or to cause the development of something or someone gradually
155. st__p discount *adj.* having a sharp inclination or slope
156. a scholarship ass_____on *n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
157. im_____ry pregnancy *adj.* existing only in someone's mind
158. talented gy_____t *n.* a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment
159. a st__p staircase *adj.* having a sharp inclination or slope
160. flexible mi_____t *n.* the established set of attitudes or fixed ideas held by someone
161. cross-co___n marriage *n.* the child of your aunt or uncle
162. co_____us among scientists *n.* general agreement or accord in the judgment or opinion reached by a group as a whole

ANSWERS: 151. skyrocket, 152. somersault, 153. rectangle, 154. evolve, 155. steep, 156. association, 157. imaginary, 158. gymnast, 159. steep, 160. mindset, 161. cousin, 162. consensus

163. b__t from my bed *n.* a metal bar that slides across to lock a door or window closed; a discharge of lightning accompanied by thunder; (verb) to move or jump suddenly
164. w__p into shape *v.* to hit a person or an animal severely with a thin, flexible stick with a cord or leather thong at the end, as a punishment, discipline, etc.
165. 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
166. a st_____ht line *adj.* extending or moving in one direction without bending or curving; having no deviations
167. po___r's studio *n.* a person who makes pottery, objects that are made of clay and then fired in a kiln to make them hard and durable; (verb, also putter) to occupy oneself in a leisurely or casual way, often with no particular goal or aim in mind
168. a do_____rd slope *adj.* moving towards a lower position or a lower level
169. en_____ce training *n.* the ability to withstand hardship, stress, or adversity; the ability to persist in the face of difficulty or challenge; the act of sustaining or maintaining something over time

ANSWERS: 163. bolt, 164. whip, 165. function, 166. straight, 167. potter, 168. downward, 169. endurance

170. cruciate li_____nt *n.* a band of tissue that connects bones or holds organs in place to support and stabilize the body
171. the bone of a jo__t *adj.* shared, held, or made between two or more people; (noun) the point of connection between two bones or elements of a skeleton
172. a scientific di_____ry *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
173. the mi_____t in an education system *n.* the established set of attitudes or fixed ideas held by someone
174. a com_____ve price *adj.* involving competition or competitiveness
175. af___d to buy a new car *v.* to have enough money or time to be able to buy or do something
176. human phy_____gy *n.* the branch of the biological sciences dealing with the functioning of organisms
177. co_____re his ruin *v.* to plan or plot together secretly, especially with an evil or unlawful purpose
178. in unt_____le trouble *adj.* too unlikely or shocking to imagine or accept
179. phy_____gy research *n.* the branch of the biological sciences dealing with the functioning of organisms
180. prehuman an_____ry *n.* the family or the ethnic descent that you come from

ANSWERS: 170. ligament, 171. joint, 172. discovery, 173. mindset, 174. competitive, 175. afford, 176. physiology, 177. conspire, 178. unthinkable, 179. physiology, 180. ancestry

181. effects of cl____e change *n.* the weather in a particular location averaged over some long period
182. t__k into another cigarette *v.* to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable
183. ex___d agricultural output *v.* to increase or to make something greater in size, number, or importance
184. regularly co____t with a doctor *v.* to seek or get advice or information from a person, book, or other source having special knowledge on a particular subject
185. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
186. female gy____t *n.* a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment
187. the average life s__n *n.* the entire length of something, such as time or space from beginning to end; the amount of space that something covers
188. v__t desert *adj.* enormous in size, number, amount, or quantity
189. ni__e market *n.* a specialized role or position that a species occupies within an ecosystem; a job or position particularly well suited to the person who occupies it

ANSWERS: 181. climate, 182. tuck, 183. expand, 184. consult, 185. improvisation, 186. gymnast, 187. span, 188. vast, 189. niche

190. 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
191. ma__h east *v.* to walk militarily with stiff, regular steps
192. annual re____e *n.* the income that a government receives from taxes or that a company earns from its business
193. e__y of water *n.* a circular current of water or air that flows in the opposite direction to the main current, causing a small whirlpool; a current of opinion, activity, or trend that goes against the main current
194. leap into f__e *n.* the condition of being well-known and discussed by a large number of people as a result of one's accomplishments, abilities, and so on
195. p__o championship *n.* a sport played on horseback in which two teams try to hit a ball through a goal using long-handled mallets
196. ra__o of boys to girls *n.* the relative size or amount of one thing to another, typically expressed in the form of a fraction or decimal
197. jungle a_e *n.* a large animal with long arms, no tail, and usually a lot of body hair, including gorillas, chimpanzees, orangutans, and gibbons
198. an ele____al storm *adj.* relating to electricity

ANSWERS: 190. distance, 191. march, 192. revenue, 193. eddy, 194. fame, 195. polo, 196. ratio, 197. ape, 198. electrical

199. a mec_____al style of writing *adj.* operated by a machine, relating to or concerned with machinery or tools
200. a seafaring na____n *n.* a large organized community of people living in a particular country or region and having a particular culture
201. the fr__e of the policy *n.* a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window
202. en_____e him to a pension *v.* to give someone the right to have or do something; to give a title to someone or something
203. the tr__d away from television *n.* a general direction in which something is changing or developing
204. ask a co_____se question *v.* to talk informally
205. br____y distillery *n.* an alcoholic beverage made by distilling wine and aging it in oak barrels; typically has a higher alcohol content and a stronger flavor than wine
206. an int_____nt person *adj.* having the capacity for thought and reason, especially to a high degree
207. a to__o in bronze *n.* the human trunk from the neck to the abdomen
208. a rock fr__k *n.* an abnormality that is not typical or expected
209. emotional tur_____ce *n.* a state of great disturbance, confusion, or uncertainty, often accompanied by violent or disruptive activity or behavior, such as air turbulence during a flight

ANSWERS: 199. mechanical, 200. nation, 201. frame, 202. entitle, 203. trend, 204. converse, 205. brandy, 206. intelligent, 207. torso, 208. freak, 209. turbulence

210. sh__k-resistant *n.* a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant
211. ex____ty injury *n.* the farthest or most remote point or the greatest or the highest degree
212. c__l an arm *v.* to wind something in a spiral or helical shape; to create a coil or coil-like shape; to group or organize something closely together in a circular or spiral pattern
213. the function of the thyroid gl__d *n.* a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream
214. gro_____ing concept *adj.* producing fresh findings; using novel techniques
215. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
216. ov_____ht parking *adj.* lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time
217. sc__r the Internet *v.* to clean thoroughly and vigorously by scrubbing or rubbing; to search or examine something thoroughly and systematically
218. st____m capacity *n.* a large, usually roofless building with tiers of seats for spectators at sports or other events

ANSWERS: 210. shock, 211. extremity, 212. coil, 213. gland, 214. groundbreaking, 215. brain, 216. overnight, 217. scour, 218. stadium

219. pro_____on of disease *n.* the act or process of changing to the next stage or phase or moving forward
220. di_____se the protesters *v.* to spread out or distribute over a broad region, or to cause something to do so
221. score an ad_____ge *n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
222. the as____t of a rocket *n.* the act of climbing or moving upwards, often referring to a physical ascent of a mountain or a spiritual ascent or improvement; an upward movement; the process of moving upwards
223. sp____h everywhere *v.* to cause liquid to scatter in irregular drops, especially with force
224. e__y of leaves *n.* a circular current of water or air that flows in the opposite direction to the main current, causing a small whirlpool; a current of opinion, activity, or trend that goes against the main current
225. co_____e a large of alcohol *v.* to spend something, especially fuel, energy, or time, in a large amount
226. double-h__l tank *n.* the main body or frame of a ship, airplane, or other vehicles, or the outer covering or shell of a seed, fruit, or other objects
227. a picture fr__e *n.* a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window

ANSWERS: 219. progression, 220. disperse, 221. advantage, 222. ascent, 223. splash, 224. eddy, 225. consume, 226. hull, 227. frame

228. co_____ve a child *v.* to have or develop an idea, a plan, etc. in mind; to become pregnant
229. fo_____m bone *n.* the part of a person's arm between the elbow and the wrist; (verb) to arm in advance of a confrontation
230. aer_____ics research *n.* the study of the motion of air, particularly its interaction with solid objects moving through it, such as aircraft or cars
231. complete no_____ly *adv.* usually; under normal conditions
232. take ad_____ge of his weak points *n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
233. ecology and evo_____ary biology *adj.* relating to or denoting how living things develop or change from earlier forms
234. de_____cy advocate *n.* a form of government in which the people have the authority to deliberate and decide legislation, or to choose governing officials to do so
235. co_____ve of an idea *v.* to have or develop an idea, a plan, etc. in mind; to become pregnant
236. the great di_____ry of the century *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
237. financial in_____ves *n.* something, such as a punishment, reward, etc., that encourages a person to do something

ANSWERS: 228. conceive, 229. forearm, 230. aerodynamics, 231. normally, 232. advantage, 233. evolutionary, 234. democracy, 235. conceive, 236. discovery, 237. incentive

238. a gr__d meal *adj.* important and large in size, scope, or extent
239. la____de of choice *n.* the distance of a place north or south of the earth's equator, measured in degrees; freedom from normal restraints in conduct
240. the cy__e of the seasons *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
241. political pe____um *n.* a weight hung from a fixed point used to regulate the movement of a clock or other mechanism
242. co____re to corner the market *v.* to plan or plot together secretly, especially with an evil or unlawful purpose
243. ine____le force *adj.* describing a process or situation that is impossible to stop, prevent, or change; relentless, unyielding, or unstoppable in force or effect
244. co____se with an acquaintance *v.* to talk informally
245. br____y cocktail *n.* an alcoholic beverage made by distilling wine and aging it in oak barrels; typically has a higher alcohol content and a stronger flavor than wine
246. gu____r system *n.* a channel along the edge of a road or structure for carrying away rainwater
247. maintain do____rd compatibility *adj.* moving towards a lower position or a lower level
248. dim____ve size *adj.* very small or tiny in size; expressing smallness or endearment; (noun) a word or suffix that indicates smallness in size or affection

ANSWERS: 238. grand, 239. latitude, 240. cycle, 241. pendulum, 242. conspire, 243. inexorable, 244. converse, 245. brandy, 246. gutter, 247. downward, 248. diminutive

249. the mo__o for safe traffic *n.* a phrase or slogan that expresses a guiding principle or goal
250. pre_____on to authority *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
251. co_____e against a friend *v.* to strive to achieve more success than someone or something
252. high vo___e *n.* the amount of space occupied by an object or substance; the magnitude of sound
253. ada_____on ability *n.* the action or process of changing to suit different conditions
254. a rid_____us suggestion *adj.* very silly or unreasonable and deserving to be laughed at
255. sw__t bath *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
256. an international tr__d *n.* a general direction in which something is changing or developing
257. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
258. f__e away almost completely *v.* to vanish; to fade away; to lose color; to lose freshness
259. ve_____al axis *adj.* upright or perpendicular to a horizontal surface or line
260. big, b__d piano sounds *adj.* brave, daring, and confident; not frightened of danger or afraid to say what you feel or to take risks

ANSWERS: 249. motto, 250. pretension, 251. compete, 252. volume, 253. adaptation, 254. ridiculous, 255. sweat, 256. trend, 257. improvisation, 258. fade, 259. vertical, 260. bold

261. b__g his fist on a desk *v.* to hit or cause to hit something in a way that makes a loud noise
262. an____e a chemical compound *v.* to think about in-depth and evaluate to discover essential features or meaning
263. woolly pa__s *n.* an item of clothing that covers the lower part of the body and each leg separately, typically with a waistband and two legs
264. ci____r ash *n.* a small piece of partly burned coal or wood that has stopped glowing but is still hot or warm; the residue left over after combustion or burning, often used as a material in construction or landscaping
265. tr____l handle *n.* a flat-bladed hand tool with a handle used for spreading and leveling substances such as mortar or plaster in construction or gardening
266. greatest gl__y *n.* great honor or success won by notable achievements
267. vo____e of work *n.* the amount of space occupied by an object or substance; the magnitude of sound
268. co____e electricity *v.* to spend something, especially fuel, energy, or time, in a large amount
269. abrupt sl____wn *n.* (also "go-slow") a reduction or decrease in the rate or pace of something; a delay or interruption in progress
270. acc____te the car *v.* to make something faster or earlier; to cause to develop or progress more quickly

ANSWERS: 261. bang, 262. analyze, 263. pants, 264. cinder, 265. trowel, 266. glory, 267. volume, 268. consume, 269. slowdown, 270. accelerate

271. sh___k with fear *v.* to become smaller, or to make something smaller in size or amount
272. agricultural di__h *n.* a long, narrow, and shallow depression or channel that is dug into the ground; (verb) to throw away
273. cutting-edge inn_____on *n.* the creation of a new device or process resulting from study and experimentation
274. the s__n of a bird's wings *n.* the entire length of something, such as time or space from beginning to end; the amount of space that something covers
275. ov_____ht success *adj.* lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time
276. st_____ht for two months *adj.* extending or moving in one direction without bending or curving; having no deviations
277. a per_____ve view *n.* a confident attitude toward something; a particular style of thinking about something
278. g__t of information *n.* an excessive amount of something, especially of a commodity, that results in a decline in price
279. cl__f diving *n.* a steep rock face, especially one at the edge of the sea or a river
280. me___m color *adj.* of a size, amount, or level that is average or intermediate; (noun) a means or instrumentality for storing or communicating information

ANSWERS: 271. shrink, 272. ditch, 273. innovation, 274. span, 275. overnight, 276. straight, 277. perspective, 278. glut, 279. cliff, 280. medium

281. baseless pre_____on *n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition
282. give the waiter a t_p. *n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services
283. the a__h of a person's foot *n.* a curved structure with two supports that holds the weight of something above it, such as a bridge or the upper part of a building
284. set a strake on the h__l *n.* the main body or frame of a ship, airplane, or other vehicles, or the outer covering or shell of a seed, fruit, or other objects
285. expansion of the un_____se *n.* everything that exists, especially all physical matter, including planets, stars, galaxies, and all other forms of matter and energy
286. the per_____ve of the battle *n.* a confident attitude toward something; a particular style of thinking about something
287. intellectual f__t *n.* a notable or impressive achievement, especially one that requires great skill or bravery
288. price sk_____eted *v.* to rapidly ascend to a very high level; increase rapidly;

ANSWERS: 281. pretension, 282. tip, 283. arch, 284. hull, 285. universe, 286. perspective, 287. feat, 288. skyrocket

289. f__p over the pork chop
v. to turn over into a different position quickly; to throw or toss with a light motion
290. dim_____ve figure
adj. very small or tiny in size; expressing smallness or endearment; (noun) a word or suffix that indicates smallness in size or affection
291. chemical tr__t
n. a particular feature of your nature
292. cha_____hip flag
n. a contest to decide who is the best player or team in a particular sport; the act of providing approval and support
293. self-int_____ion
n. a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
294. bricklaying tr___l
n. a flat-bladed hand tool with a handle used for spreading and leveling substances such as mortar or plaster in construction or gardening
295. phy_____cal response
adj. relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body
296. aer_____ics design
n. the study of the motion of air, particularly its interaction with solid objects moving through it, such as aircraft or cars

ANSWERS: 289. flip, 290. diminutive, 291. trait, 292. championship, 293. introduction, 294. trowel, 295. physiological, 296. aerodynamics

297. die su____ly *adv.* quickly and unexpectedly
298. direct pro_____on *n.* a part, share, or amount of something considered in comparative relation to a whole
299. fishing b__t *n.* a type of food or lure used to attract fish, animals, or people; something used to provoke or irritate someone into responding or reacting in a certain way
300. b__p out a warning *v.* to make a short, high-pitched sound, typically as a signal or warning
301. soda a_h *n.* the powdery residue left after the burning of a substance, typically containing minerals and other impurities; the solid remains of a dead person after cremation
302. pu_____te a sentence *v.* to insert punctuation marks (= comma, period, colon, etc.) in the text; to interrupt periodically
303. eq__p our children with some special skills *v.* to provide a person or a place with the things that are needed for a particular purpose or activity
304. di_____l electronic signature *adj.* processing or storing information as a succession of 1 and 0 to show that a signal is present or missing; relating to the use of computer technology, especially the internet
305. a b__d design *adj.* brave, daring, and confident; not frightened of danger or afraid to say what you feel or to take risks

ANSWERS: 297. suddenly, 298. proportion, 299. bait, 300. beep, 301. ash, 302. punctuate, 303. equip, 304. digital, 305. bold

306. degree in ele_____al engineering *adj.* relating to electricity
307. su_____ly attacked by an enemy *adv.* quickly and unexpectedly
308. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
309. death from sh__k *n.* a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant
310. a te_____ue in martial arts *n.* a particular way or art of doing something that needs skill
311. the influence of mec_____al action *adj.* operated by a machine, relating to or concerned with machinery or tools
312. f__e in importance *v.* to vanish; to fade away; to lose color; to lose freshness
313. con_____ng biochemical explanation *adj.* able to make someone believe that something is true
314. an a__h-shaped stone structure *n.* a curved structure with two supports that holds the weight of something above it, such as a bridge or the upper part of a building
315. divorce de___e *n.* an official order that has the force of law
316. st___e down a slope *v.* to walk with long steps in a particular direction; (noun) an important and positive progress
317. sp___h water *v.* to cause liquid to scatter in irregular drops, especially with force
318. in_____ct a student *v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something

ANSWERS: 306. electrical, 307. suddenly, 308. relation, 309. shock, 310. technique, 311. mechanical, 312. fade, 313. convincing, 314. arch, 315. decree, 316. stride, 317. splash, 318. instruct

319. lu_____us idea *adj.* so ridiculous, unreasonable, or out of place as to be amusing; absurd
320. co_____e fiercely *v.* to strive to achieve more success than someone or something
321. b__t and switch *n.* a type of food or lure used to attract fish, animals, or people; something used to provoke or irritate someone into responding or reacting in a certain way
322. gr__d bargain *adj.* important and large in size, scope, or extent
323. dem_____ion project *n.* a display or show, often of a particular skill or product, intended to convince or persuade others
324. na___n-state *n.* a large organized community of people living in a particular country or region and having a particular culture
325. a craft un___n *n.* a group of employees who have banded together to advocate for their rights and better their working conditions; the act or the state of joining together or being joined together
326. sit up_____t in a chair *adj.* perpendicular to a horizontal surface or line; (adverb) in a vertical position
327. a world cha_____hip *n.* a contest to decide who is the best player or team in a particular sport; the act of providing approval and support
328. profound religious im_____es *n.* a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber

ANSWERS: 319. ludicrous, 320. compete, 321. bait, 322. grand, 323. demonstration, 324. nation, 325. union, 326. upright, 327. championship, 328. impulse

329. the most am_____g feeling *adj.* extremely surprising, especially in a way that you like or admire
330. three-fourths of a po__d *n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
331. pr___l the ship *v.* to move, drive or push something forward or in a particular direction, often with a lot of force
332. a rid_____us amount of money *adj.* very silly or unreasonable and deserving to be laughed at
333. a ga___y of famous actors *n.* an independent group of stars, interstellar gas, dark matter, etc., in the universe, bound together by gravity
334. mountain tr__e *n.* a social group made up of members who live together, sharing the same language, culture, religion, etc., especially those who do not live in towns or cities
335. int_____ion education *n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
336. hu_____y possible *adv.* in a way that is characteristic of or relating to human beings; in a way that is possible for humans to achieve or accomplish
337. military ec_____n *n.* a level or rank in a hierarchical organization or system; a step or stage in a hierarchical structure or scale; a formation of troops, ships, aircraft, etc., arranged in a step-like order

ANSWERS: 329. amazing, 330. pound, 331. propel, 332. ridiculous, 333. galaxy, 334. tribe, 335. introduction, 336. humanly, 337. echelon

338. st____e enhancement *n.* the height of a human or animal body; the level of respect or reputation that a person or entity holds in a particular community
339. tw___h at his sleeve *v.* to make a sudden and quick movement with a part of the body; (noun) a sudden, small, jerky movement of a muscle or part of the body
340. ra____e in all directions *v.* to spread out or emit something, such as light or heat, in all directions
341. a_h tree *n.* the powdery residue left after the burning of a substance, typically containing minerals and other impurities; the solid remains of a dead person after cremation
342. a building of vast pro____ons *n.* a part, share, or amount of something considered in comparative relation to a whole
343. el__e athlete *adj.* belonging to the wealthiest, most potent, best-educated, or best-trained group in a society
344. carbon fi__r *n.* thread or filament used to make a vegetable tissue, mineral material, or textile
345. a we__d dress *adj.* extraordinary, unexpected, or difficult to explain
346. a lily b__b *n.* a rounded underground storage organ of some plants from which the plant grows; the rounded part of a cylindrical structure; electric lamp consisting of a glass ball

ANSWERS: 338. stature, 339. twitch, 340. radiate, 341. ash, 342. proportion, 343. elite, 344. fiber, 345. weird, 346. bulb

347. lu_____us behavior *adj.* so ridiculous, unreasonable, or out of place as to be amusing; absurd
348. a weather ch__t *n.* a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea
349. high la_____des *n.* the distance of a place north or south of the earth's equator, measured in degrees; freedom from normal restraints in conduct
350. inc_____ly cheerful character *adv.* in a way that is very difficult to believe; exceedingly or extremely
351. gro_____ing settlement *adj.* producing fresh findings; using novel techniques
352. sw_____it model *n.* a piece of clothing worn for swimming
353. sl_____wn in production *n.* (also "go-slow") a reduction or decrease in the rate or pace of something; a delay or interruption in progress
354. gr_____ng landlord *adj.* eager in acquiring or wanting to acquire more wealth, property, or power than is necessary
355. a building gu____r *n.* a channel along the edge of a road or structure for carrying away rainwater
356. language ada_____on *n.* the action or process of changing to suit different conditions
357. 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

ANSWERS: 347. ludicrous, 348. chart, 349. latitude, 350. incredibly, 351. groundbreaking, 352. swimsuit, 353. slowdown, 354. grasping, 355. gutter, 356. adaptation, 357. mass

358. en____e the company to use the logo
v. to give someone the right to have or do something; to give a title to someone or something
359. im____e the test score
v. to make or become better
360. v__t majority
adj. enormous in size, number, amount, or quantity
361. go to the workplace by cy__e
n. an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
362. sc__r a pot
v. to clean thoroughly and vigorously by scrubbing or rubbing; to search or examine something thoroughly and systematically
363. te____n collagen
n. a strong, fibrous cord of tissue that connects muscle to bone
364. personality tr__ts
n. a particular feature of your nature
365. ci____r path
n. a small piece of partly burned coal or wood that has stopped glowing but is still hot or warm; the residue left over after combustion or burning, often used as a material in construction or landscaping
366. make a ca__e trip
n. a narrow, light boat with pointy ends and no keel that is propelled by a paddle
367. former gl__y
n. great honor or success won by notable achievements
368. fu____l a lifetime dream
v. to meet the requirements or expectations; to achieve or realize

ANSWERS: 358. entitle, 359. improve, 360. vast, 361. cycle, 362. scour, 363. tendon, 364. trait, 365. cinder, 366. canoe, 367. glory, 368. fulfill

369. en_____e value *v.* to increase or improve the quality, amount, or strength of someone or something
370. sp_____ng machine *n.* the act of rotating rapidly around an axis; in the context of textiles, the process of twisting fibers together to form thread or yarn
371. 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
372. f__t accomplishment *n.* a notable or impressive achievement, especially one that requires great skill or bravery
373. hold your br____h *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
374. a mo____l combat *adj.* subject to death; unrelenting and deadly
375. p__o shirt *n.* a sport played on horseback in which two teams try to hit a ball through a goal using long-handled mallets
376. inn_____on leader *n.* the creation of a new device or process resulting from study and experimentation
377. con_____on therapy *n.* the act or process of changing something from one thing to another; the state of being changed
378. po____n ivy *n.* a substance that can cause illness, injury, or death when ingested, inhaled, or absorbed through the skin; something harmful, malicious, or toxic; the act of damaging or ruining a relationship; (verb) to introduce a substance into something or someone harmful and potentially deadly

ANSWERS: 369. enhance, 370. spinning, 371. absorption, 372. feat, 373. breath, 374. mortal, 375. polo, 376. innovation, 377. conversion, 378. poison

379. get inc_____ly insecure *adv.* in a way that is very difficult to believe; exceedingly or extremely
380. pajama pa__s *n.* an item of clothing that covers the lower part of the body and each leg separately, typically with a waistband and two legs
381. ef_____nt operation *adj.* performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials
382. 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
383. wet-b__b thermometer *n.* a rounded underground storage organ of some plants from which the plant grows; the rounded part of a cylindrical structure; electric lamp consisting of a glass ball
384. adv_____ous interest rate *adj.* providing a benefit or advantage; favorable or beneficial
385. bio_____ics research *n.* the study and application of mechanical principles to biological systems, especially as related to human movement and the physical performance of athletes and performers
386. pr_____e sanctuary *n.* any mammal of the order Primates, which includes monkeys, apes, and humans

ANSWERS: 379. incredibly, 380. pants, 381. efficient, 382. mass, 383. bulb, 384. advantageous, 385. biomechanics, 386. primate

387. ma__h against the war *v.* to walk militarily with stiff, regular steps
388. acc_____te a chemical reaction *v.* to make something faster or earlier; to cause to develop or progress more quickly
389. gyn_____gy clinic *n.* (also "gyno") the medical study and treatment of the physiology and diseases of the female reproductive system
390. professional at_____cs *n.* the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking
391. in_____ct a computer *v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something
392. take fo_____ul action *adj.* having or showing great strength or energy
393. po___r around in the garden *n.* a person who makes pottery, objects that are made of clay and then fired in a kiln to make them hard and durable; (verb, also putter) to occupy oneself in a leisurely or casual way, often with no particular goal or aim in mind
394. several veins of the fo_____m *n.* the part of a person's arm between the elbow and the wrist; (verb) to arm in advance of a confrontation
395. an_____e your real motives *v.* to think about in-depth and evaluate to discover essential features or meaning
396. en_____or as much as possible *v.* to make an earnest attempt or effort; to strive or work hard towards a goal or objective

ANSWERS: 387. march, 388. accelerate, 389. gynecology, 390. athletics, 391. instruct, 392. forceful, 393. potter, 394. forearm, 395. analyze, 396. endeavor

397. di____se false information *v.* to spread out or distribute over a broad region, or to cause something to do so
398. around the gl__e *n.* the earth or world, mainly used to emphasize its vastness
399. bio____ics of movement *n.* the study and application of mechanical principles to biological systems, especially as related to human movement and the physical performance of athletes and performers
400. become a professional at____e *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
401. ine____le decline *adj.* describing a process or situation that is impossible to stop, prevent, or change; relentless, unyielding, or unstoppable in force or effect
402. ca__e race *n.* a narrow, light boat with pointy ends and no keel that is propelled by a paddle
403. thousands of po__ds *n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
404. w__p egg whites *v.* to hit a person or an animal severely with a thin, flexible stick with a cord or leather thong at the end, as a punishment, discipline, etc.

ANSWERS: 397. disperse, 398. globe, 399. biomechanics, 400. athlete, 401. inexorable, 402. canoe, 403. pound, 404. whip

Session 3: Fill in the Blanks

1. She enjoyed the opportunity to _____ with a person who spoke her language.
v. to talk informally
2. The city is a true _____ with a diverse population and bustling streets.
adj. of or relating to a large city or a city that is considered to be the cultural or economic center of a region or country
3. Unfortunately, the swirling _____ in the river made it difficult to swim.
n. a circular current of water or air that flows in the opposite direction to the main current, causing a small whirlpool; a current of opinion, activity, or trend that goes against the main current
4. It is _____ difficult to understand why some people choose to harm others for no reason
adv. in a way that is characteristic of or relating to human beings; in a way that is possible for humans to achieve or accomplish
5. The trade _____ remained adamant about its demands.
n. a group of employees who have banded together to advocate for their rights and better their working conditions; the act or the state of joining together or being joined together
6. He has produced _____ research on the subject.
adj. producing fresh findings; using novel techniques
7. It is an incredible _____ to climb Mount Everest, the highest mountain in the world.
n. a notable or impressive achievement, especially one that requires great skill or bravery

ANSWERS: 1. converse, 2. metropolitan, 3. eddy, 4. humanly, 5. union, 6. groundbreaking, 7. feat

8. The food chain causes a material _____.
- n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
9. She carefully _____ the rope so that it wouldn't tangle.
- v.* to wind something in a spiral or helical shape; to create a coil or coil-like shape; to group or organize something closely together in a circular or spiral pattern
10. 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
11. Who answers _____ knows little.
- adv.* quickly and unexpectedly
12. She excelled in _____ during high school and went on to compete at the collegiate level.
- n.* the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking
13. The timer _____ reminding me that the cake was ready to come out of the oven.
- v.* to make a short, high-pitched sound, typically as a signal or warning
14. That accident was something _____ with my long experience.
- adj.* too unlikely or shocking to imagine or accept

ANSWERS: 8. cycle, 9. coiled, 10. function, 11. suddenly, 12. athletics, 13. beeped, 14. unthinkable

15. Multiple genes may influence behavioral _____ concurrently.
- n.* a particular feature of your nature
16. This pie _____ represents our market share.
- n.* a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea
17. He looked down on the royal _____ of the neighboring country.
- n.* the family or the ethnic descent that you come from
18. The _____ of the car allowed it to glide smoothly through the air.
- n.* the study of the motion of air, particularly its interaction with solid objects moving through it, such as aircraft or cars
19. The teacher attempted to _____ the root cause of our mistake.
- v.* to think about in-depth and evaluate to discover essential features or meaning
20. She took a _____ class at the gym to improve her cardiovascular fitness.
- n.* the act of rotating rapidly around an axis; in the context of textiles, the process of twisting fibers together to form thread or yarn
21. We must consume dietary _____ to maintain good health.
- n.* thread or filament used to make a vegetable tissue, mineral material, or textile
22. The ____ of the animal was thick and soft to the touch.
- n.* the hairy coat of a mammal, especially when fine, soft, and thick
23. This container has a _____ of 10 cubic meters.
- n.* the amount of space occupied by an object or substance; the magnitude of sound

ANSWERS: 15. traits, 16. chart, 17. ancestry, 18. aerodynamics, 19. analyze, 20. spinning, 21. fiber, 22. fur, 23. volume

24. They hope to _____ their business worldwide.
v. to increase or to make something greater in size, number, or importance
25. Nerve _____ cross a synapse through the action of neurotransmitters.
n. a sudden strong and unreflective wish or need to do something; the electrical discharge that travels along a nerve fiber
26. The golfer recorded an _____ distance.
adj. extremely surprising, especially in a way that you like or admire
27. The _____ in the knee provide stability and support.
n. a band of tissue that connects bones or holds organs in place to support and stabilize the body
28. He _____ when he heard that he had been accepted into the university.
v. to turn over into a different position quickly; to throw or toss with a light motion
29. The ship's _____ was damaged in the storm, and the crew had to make emergency repairs.
n. the main body or frame of a ship, airplane, or other vehicles, or the outer covering or shell of a seed, fruit, or other objects
30. An increase in employment helps _____ economic growth.
v. to move, drive or push something forward or in a particular direction, often with a lot of force
31. He was recruited to play in the professional _____.
n. an association of sports teams who compete against each other; an obsolete unit of distance of variable length, equal to about 3 miles or 4,000 meters

ANSWERS: 24. expand, 25. impulses, 26. amazing, 27. ligaments, 28. flipped, 29. hull, 30. propel, 31. league

32. Roads _____ from the famous building in the center of the city.
- v.* to spread out or emit something, such as light or heat, in all directions
33. 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
34. The two parties have reached a _____.
- n.* general agreement or accord in the judgment or opinion reached by a group as a whole
35. The _____ department at the hospital offers state-of-the-art treatments for women's health issues.
- n.* (also "gyno") the medical study and treatment of the physiology and diseases of the female reproductive system
36. My computer has been acting _____ recently.
- adj.* extraordinary, unexpected, or difficult to explain
37. It is preferable to die in _____ than to live in dishonor.
- n.* great honor or success won by notable achievements
38. The _____ brought the fish into the trap.
- n.* a type of food or lure used to attract fish, animals, or people; something used to provoke or irritate someone into responding or reacting in a certain way
39. I watched a thrilling _____ match at the club over the weekend.
- n.* a sport played on horseback in which two teams try to hit a ball through a goal using long-handled mallets

ANSWERS: 32. radiate, 33. distance, 34. consensus, 35. gynecology, 36. weird, 37. glory, 38. bait, 39. polo

40. You must _____ with others to obtain this position.

v. to strive to achieve more success than someone or something

41. Several cities are experiencing _____ high unemployment rates.

adv. in a way that is very difficult to believe; exceedingly or extremely

42. Sensors convert physical phenomena into _____ signals.

adj. processing or storing information as a succession of 1 and 0 to show that a signal is present or missing; relating to the use of computer technology, especially the internet

43. The scientist studied the behavior of _____ in the wild.

n. a large animal with long arms, no tail, and usually a lot of body hair, including gorillas, chimpanzees, orangutans, and gibbons

44. Actuators convert _____ pulses into motion.

adj. relating to electricity

45. He was sick for five _____ days.

adj. extending or moving in one direction without bending or curving; having no deviations

46. I don't _____ take a vacation in the middle of summer.

adv. usually; under normal conditions

47. His dream is to become an Olympic _____.

n. a person who competes in one or more sports that involve physical strength, speed, or endurance

ANSWERS: 40. compete, 41. incredibly, 42. digital, 43. apes, 44. electrical, 45. straight, 46. normally, 47. athlete

48. His father's death changed his whole _____ on life.
- n.* a confident attitude toward something; a particular style of thinking about something
49. After the summit meeting, the prime ministers issued a _____ statement.
- adj.* shared, held, or made between two or more people; (noun) the point of connection between two bones or elements of a skeleton
50. The new strategy will _____ the profitability of our company.
- v.* to increase or improve the quality, amount, or strength of someone or something
51. He used the _____ equation to calculate the dimensions of the oval-shaped garden.
- n.* a closed curve with a shape resembling a stretched circle; in geometry, a figure formed by the intersection of a cone with a plane, where the plane cuts through both halves of the cone
52. After the accident, the police found an empty _____.
- n.* a narrow, light boat with pointy ends and no keel that is propelled by a paddle
53. The _____ clock was a familiar sight in the old house.
- n.* a weight hung from a fixed point used to regulate the movement of a clock or other mechanism
54. He got an electric _____ at work.
- n.* a strong feeling or physical reaction to a sudden and unexpected event or experience, especially something unpleasant
55. Countries whose goal is economic development often focus on fostering an entrepreneurial _____ in each individual.
- n.* the established set of attitudes or fixed ideas held by someone

ANSWERS: 48. perspective, 49. joint, 50. enhance, 51. ellipse, 52. canoe, 53. pendulum, 54. shock, 55. mindset

56. He stood at the edge of the _____ and looked out to sea.

n. a steep rock face, especially one at the edge of the sea or a river

57. The industrial _____ laws were passed with little to no alteration.

n. the way two persons or groups of people feel and act toward one another

58. He was criticized for his _____ attitude, always looking for ways to make more money.

adj. eager in acquiring or wanting to acquire more wealth, property, or power than is necessary

59. We will _____ to find a solution to the problem as quickly as possible.

v. to make an earnest attempt or effort; to strive or work hard towards a goal or objective

60. _____ robots that can cooperate with humans have limited motor output for safety.

adj. having the capacity for thought and reason, especially to a high degree

61. The _____ had distinctly defined gender roles.

n. a social group made up of members who live together, sharing the same language, culture, religion, etc., especially those who do not live in towns or cities

62. The _____ size shirt fits him perfectly.

adj. of a size, amount, or level that is average or intermediate; (noun) a means or instrumentality for storing or communicating information

63. Before authorities _____ the protesters, they yelled slogans.

v. to spread out or distribute over a broad region, or to cause something to do so

ANSWERS: 56. cliff, 57. relations, 58. grasping, 59. endeavor, 60. Intelligent, 61. tribe, 62. medium, 63. dispersed

64. Eyeless fish _____ in dark caves.

- v.* to develop gradually, or to cause the development of something or someone gradually

65. The old house was empty and filled with piles of _____ and debris.

- n.* a small piece of partly burned coal or wood that has stopped glowing but is still hot or warm; the residue left over after combustion or burning, often used as a material in construction or landscaping

66. He slightly modified the _____ of training because it was just before a match.

- n.* the entire length of something, such as time or space from beginning to end; the amount of space that something covers

67. She cinched her dress at the _____ to accentuate her hourglass figure.

- n.* the part of the human body between the ribs and hips or the corresponding part in other animals

68. The accident left him with numbness in his left _____.

- n.* the part of a person's arm between the elbow and the wrist; (verb) to arm in advance of a confrontation

69. Production has decreased, but costs and unemployment have _____ dramatically.

- v.* to rapidly ascend to a very high level; increase rapidly;

70. _____ diamonds play an essential role as machine tool blades.

- adj.* made by combining chemical substances as opposed to being naturally occurring

71. The vegetarian burger was an _____ that quickly spread to the United Kingdom.

- n.* the creation of a new device or process resulting from study and experimentation

ANSWERS: 64. evolved, 65. cinder, 66. span, 67. waist, 68. forearm, 69. skyrocketed, 70. Synthetic, 71. innovation

72. The government tried to _____ the commercialization of this development.
v. to make something faster or earlier; to cause to develop or progress more quickly
73. The new job opportunity offered by the company is highly _____.
adj. providing a benefit or advantage; favorable or beneficial
74. My memory will _____ but my heart will live on.
v. to vanish; to fade away; to lose color; to lose freshness
75. This graph indicates the city's tourism _____ over five years.
n. the income that a government receives from taxes or that a company earns from its business
76. _____ injuries are common among athletes.
n. a strong, fibrous cord of tissue that connects muscle to bone
77. The company signed a _____ with the supplier for the delivery of goods.
n. a legally binding agreement between two or more parties, setting out their rights and obligations to each other, typically in writing and enforceable by law
78. His team won the _____ for three years running.
n. a contest to decide who is the best player or team in a particular sport; the act of providing approval and support
79. People can clone a sheep _____.
adv. at the current time, in comparison to the past
80. I'm a big ___ of French food.
n. a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces

ANSWERS: 72. accelerate, 73. advantageous, 74. fade, 75. revenue, 76. Tendon, 77. contract, 78. championship, 79. nowadays, 80. fan

81. He created a beautiful piece of music using only _____.
- n.* the act of making something up on the spot or creating or performing something without preparation
82. The ride on the rollercoaster was full of dips and turns, creating a feeling of _____.
- n.* a state of great disturbance, confusion, or uncertainty, often accompanied by violent or disruptive activity or behavior, such as air turbulence during a flight
83. The _____ of water to sugar in the recipe is 1:2.
- n.* the relative size or amount of one thing to another, typically expressed in the form of a fraction or decimal
84. The farmers used _____ to drain water from their fields.
- n.* a long, narrow, and shallow depression or channel that is dug into the ground; (verb) to throw away
85. _____ and weather have an impact on every part of our lifestyles.
- n.* the weather in a particular location averaged over some long period
86. The Olympic _____ performed a flawless routine on the balance beam and received a perfect ten score.
- n.* a person who performs physical exercises or feats of agility, strength, balance, and coordination, often for sport or entertainment
87. Strikes had also _____ the preceding weeks.
- v.* to insert punctuation marks (= comma, period, colon, etc.) in the text; to interrupt periodically
88. He is more concerned about the _____ of his body fat than usual because of an upcoming bodybuilding competition.
- n.* a part, share, or amount of something considered in comparative relation to a whole

ANSWERS: 81. improvisation, 82. turbulence, 83. ratio, 84. ditches, 85. Climate, 86. gymnast, 87. punctuated, 88. proportion

89. _____ often entails inclusive capitalism as well.
n. a form of government in which the people have the authority to deliberate and decide legislation, or to choose governing officials to do so
90. The gymnast performed a perfect _____ during her routine.
n. a complete forward or backward roll of the body, typically performed by tucking in the head and reaching out with the hands and feet
91. He cannot _____ a holiday.
v. to have enough money or time to be able to buy or do something
92. He bated his _____ when talking about this affair.
n. the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
93. 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
94. Little children tend to have _____ friends.
adj. existing only in someone's mind
95. The stock market has been in a _____ trend for the past month.
adj. moving towards a lower position or a lower level
96. The developer's _____ of the old factory into a modern loft apartment complex was a major success.
n. the act or process of changing something from one thing to another; the state of being changed

ANSWERS: 89. Democracy, 90. somersault, 91. afford, 92. breath, 93. mass, 94. imaginary, 95. downward, 96. conversion

97. You should _____ your shirt into your trousers.

- v.* to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable

98. The mountain was _____ with snow.

- v.* to cause liquid to scatter in irregular drops, especially with force

99. The employee was _____ to a week of vacation time.

- v.* to give someone the right to have or do something; to give a title to someone or something

100. _____ a society is an organism.

- adv.* relating to the essential features or concepts of anything

101. The plant's leaves contain a deadly _____ that can cause hallucinations and seizures.

- n.* a substance that can cause illness, injury, or death when ingested, inhaled, or absorbed through the skin; something harmful, malicious, or toxic; the act of damaging or ruining a relationship; (verb) to introduce a substance into something or someone harmful and potentially deadly

102. The company has made great strides in its _____ toward sustainability.

- n.* the act or process of changing to the next stage or phase or moving forward

103. I always wear _____ when I go outside, even in the summer.

- n.* an item of clothing that covers the lower part of the body and each leg separately, typically with a waistband and two legs

104. We want to _____ ties between our two countries.

- v.* to make or become better

ANSWERS: 97. tuck, 98. splashed, 99. entitled, 100. Essentially, 101. poison, 102. progression, 103. pants, 104. improve

105. A _____ engineer is still in demand in many companies.

adj. operated by a machine, relating to or concerned with machinery or tools

106. The _____ kitten was easily overlooked in the litter.

adj. very small or tiny in size; expressing smallness or endearment; (noun) a word or suffix that indicates smallness in size or affection

107. The _____ between the two countries was causing tension.

n. the force that opposes motion between two objects in contact, especially by producing heat and wear, and is proportional to the normal force between the objects

108. He was hit in the _____ and was rushed to the hospital.

n. the human trunk from the neck to the abdomen

109. His membership in the _____ provided him with numerous benefits.

n. a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship

110. She successfully completed her first _____ with a personal best time.

n. a long-distance race of 42.195 kilometers

111. She is a _____ musician, able to play several instruments.

adj. having a natural ability or aptitude for something; showing exceptional skill or ability in a particular area

112. Good _____ is better than a good face.

n. the condition of being well-known and discussed by a large number of people as a result of one's accomplishments, abilities, and so on

ANSWERS: 105. mechanical, 106. diminutive, 107. friction, 108. torso, 109. association, 110. marathon, 111. talented, 112. fame

113. The economy is growing at a supercharged _____.

n. the speed at which someone or something moves, or the rate at which something happens or changes

114. The job offer was perfectly _____ to her skills and experience.

adj. appropriate, fitting, or acceptable for a particular purpose or occasion; matched or corresponding to a specific person, dress, or circumstances

115. I found her assertion pretty _____.

adj. able to make someone believe that something is true

116. She spoke with a _____ tone and made her point clear.

adj. having or showing great strength or energy

117. Always _____ a lawyer before launching a business.

v. to seek or get advice or information from a person, book, or other source having special knowledge on a particular subject

118. A _____ audience viewed the broadcast.

adj. enormous in size, number, amount, or quantity

119. All humans are _____ and will eventually die.

adj. subject to death; unrelenting and deadly

120. The group of friends _____ to pull a prank on their teacher.

v. to plan or plot together secretly, especially with an evil or unlawful purpose

121. The ladder leaned against the _____ surface of the building.

adj. upright or perpendicular to a horizontal surface or line

ANSWERS: 113. pace, 114. suited, 115. convincing, 116. forceful, 117. consult, 118. vast, 119. mortal, 120. conspired, 121. vertical

122. The _____ to the new class was informative and engaging.
- n.* a preliminary explanation or remarks given before the start of a text, performance, or event; the act of bringing something new into existence or introducing something to a wider audience or new market
123. Jockey's superior _____ brought him victory.
- n.* a particular way or art of doing something that needs skill
124. The company's _____ approach has been highly effective.
- n.* the action or process of changing to suit different conditions
125. The facility manager _____ the security guards to be on high alert.
- v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something
126. The ancient Egyptians were skilled _____ and left behind many beautiful artifacts.
- n.* a person who makes pottery, objects that are made of clay and then fired in a kiln to make them hard and durable; (verb, also putter) to occupy oneself in a leisurely or casual way, often with no particular goal or aim in mind
127. The economic _____ has affected many businesses in the region.
- n.* (also "go-slow") a reduction or decrease in the rate or pace of something; a delay or interruption in progress
128. The city is located at a _____ of 40 degrees north.
- n.* the distance of a place north or south of the earth's equator, measured in degrees; freedom from normal restraints in conduct
129. The Milky Way _____ has numerous water-bearing planets.
- n.* an independent group of stars, interstellar gas, dark matter, etc., in the universe, bound together by gravity

ANSWERS: 122. introduction, 123. technique, 124. adaptation, 125. instructed, 126. potters, 127. slowdown, 128. latitude, 129. galaxy

130. One of the main _____ of the new product is its increased efficiency.
- n.* a condition or circumstance that puts one in a favorable or superior position; a beneficial feature or asset that someone or something has
131. She had to _____ the kitchen to find a clean dish to use for dinner.
- v.* to clean thoroughly and vigorously by scrubbing or rubbing; to search or examine something thoroughly and systematically
132. His final goal is to sail around the _____.
- n.* the earth or world, mainly used to emphasize its vastness
133. The construction company _____ the building with an earthquake-resistant device.
- v.* to provide a person or a place with the things that are needed for a particular purpose or activity
134. The marathon runner's _____ was impressive as he crossed the finish line.
- n.* the ability to withstand hardship, stress, or adversity; the ability to persist in the face of difficulty or challenge; the act of sustaining or maintaining something over time
135. Top athletes can _____ 100 meters in less than 10 seconds.
- v.* to run at full speed over a short distance or period of time
136. The living room had a _____ coffee table in the center of it.
- n.* a four-sided geometric shape with four right angles, where opposite sides are parallel and of equal length
137. It was the first time for her, but she _____ the role of Priest.
- v.* to meet the requirements or expectations; to achieve or realize

ANSWERS: 130. advantages, 131. scour, 132. globe, 133. equipped, 134. endurance, 135. sprint, 136. rectangle-shaped, 137. fulfilled

138. These synthetic _____ are used in military vests because of their excellent abrasion resistance.
- n.* cloth or other material produced by weaving wool, cotton, silk, etc., used for making clothes, covering furniture, etc.
139. They have no _____ to win the game.
- n.* something, such as a punishment, reward, etc., that encourages a person to do something
140. The _____ is about 13.8 billion years old.
- n.* everything that exists, especially all physical matter, including planets, stars, galaxies, and all other forms of matter and energy
141. _____ is the science of how living things work.
- n.* the branch of the biological sciences dealing with the functioning of organisms
142. She wore a bright red _____ for the beach trip.
- n.* a piece of clothing worn for swimming
143. The light _____ has burned out.
- n.* a rounded underground storage organ of some plants from which the plant grows; the rounded part of a cylindrical structure; electric lamp consisting of a glass ball
144. The car's front bumper cost fifteen hundred _____.
- n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
145. The _____ accident caused the car to flip over and land on its roof.
- n.* an abnormality that is not typical or expected

ANSWERS: 138. fabrics, 139. incentive, 140. universe, 141. Physiology, 142. swimsuit, 143. bulb, 144. pounds, 145. freak

146. The company's _____ is "Innovation and Service," which is reflected in its products and customer support.
- n.* a phrase or slogan that expresses a guiding principle or goal
147. The _____ of Japan is known for its unique culture and advanced technology.
- n.* a large organized community of people living in a particular country or region and having a particular culture
148. The effort to alleviate climate change needs _____ action.
- adj.* brave, daring, and confident; not frightened of danger or afraid to say what you feel or to take risks
149. The hikers experienced a difficult _____ to the summit due to the steep and rocky terrain.
- n.* the act of climbing or moving upwards, often referring to a physical ascent of a mountain or a spiritual ascent or improvement; an upward movement; the process of moving upwards
150. X-rays revealed a small tumor in his _____.
- n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
151. The oil price continued their downward _____.
- n.* a general direction in which something is changing or developing
152. You should wrap the bandage carefully and firmly around the injured _____.
- n.* an arm and leg of a person or animal
153. Thousands of people attended the protest _____ against the proposed policy.
- n.* a display or show, often of a particular skill or product, intended to convince or persuade others

ANSWERS: 146. motto, 147. nation, 148. bold, 149. ascent, 150. brain, 151. trend, 152. limb, 153. demonstration

154. The dictator issued a _____ limiting the freedom of the press.

n. an official order that has the force of law

155. The _____ bears the weight of the overhead bridge.

n. a curved structure with two supports that holds the weight of something above it, such as a bridge or the upper part of a building

156. It's _____ to blame the teachers for the education system's failures.

adj. so ridiculous, unreasonable, or out of place as to be amusing; absurd

157. I can't _____ he'd want to harm us.

v. to have or develop an idea, a plan, etc. in mind; to become pregnant

158. Many scientists study _____ behavior and intelligence.

n. any mammal of the order Primates, which includes monkeys, apes, and humans

159. She wiped the _____ off her forehead with a towel.

n. the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

160. This year's _____ gathering will be held in Canada.

adj. important and large in size, scope, or extent

161. She couldn't stop her leg from _____ nervously.

v. to make a sudden and quick movement with a part of the body; (noun) a sudden, small, jerky movement of a muscle or part of the body

162. The bookcase was _____ against the wall.

adj. perpendicular to a horizontal surface or line; (adverb) in a vertical position

ANSWERS: 154. decree, 155. arch, 156. ludicrous, 157. conceive, 158. primate, 159. sweat, 160. grand, 161. twitching, 162. upright

163. This shirt will _____ in the wash.

v. to become smaller, or to make something smaller in size or amount

164. The study of _____ is important in understanding the physical implications of movement and sports performance.

n. the study and application of mechanical principles to biological systems, especially as related to human movement and the physical performance of athletes and performers

165. The troops _____ shoulder-to-shoulder.

v. to walk militarily with stiff, regular steps

166. The mischievous ____ caused trouble wherever it went.

n. a mischievous or misbehaving child; a small and mischievous demon or sprite in folklore

167. Everyone regarded the theory he advocated as _____ but was later proven correct.

adj. very silly or unreasonable and deserving to be laughed at

168. The adrenal _____ produce steroids.

n. a group of cells in an animal's body that produce substances needed by the body and release them through ducts or directly into the bloodstream

169. His business _____ was evident in the success of his company.

n. the condition of being aware of and able to deal with a situation effectively; (adjective) having knowledge and understanding of a particular subject or activity

170. The jockey _____ the horse hard to take first place.

v. to hit a person or an animal severely with a thin, flexible stick with a cord or leather thong at the end, as a punishment, discipline, etc.

ANSWERS: 163. shrink, 164. biomechanics, 165. marched, 166. imp, 167. ridiculous, 168. glands, 169. savvy, 170. whipped

171. The volcanic ____ covered the island after the eruption.

- n.* the powdery residue left after the burning of a substance, typically containing minerals and other impurities; the solid remains of a dead person after cremation

172. I will introduce some ____ on learning English in this class.

- n.* the top or extreme point of something slender or tapering, usually a mountain or hill; a piece of advice about something practical; a small amount of money given for services

173. Her research team made an important _____.

- n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known

174. A leader needs to have a _____ that commands respect from their followers.

- n.* the height of a human or animal body; the level of respect or reputation that a person or entity holds in a particular community

175. His _____ of being a gourmet were quickly exposed when he could not identify basic herbs and spices.

- n.* the act of claiming or asserting something, especially without good reason or without evidence; an unfounded or excessive claim or ambition

176. The _____ cliff made it difficult to climb.

- adj.* having a sharp inclination or slope

177. The mobile application industry is a _____ one.

- adj.* involving competition or competitiveness

178. The _____ package delivery arrived at my door this morning.

- adj.* lasting for or occurring during one night; occurring or changing extremely quickly or suddenly; happening or being achieved in a short amount of time

ANSWERS: 171. ash, 172. tips, 173. discovery, 174. stature, 175. pretensions, 176. steep, 177. competitive, 178. overnight

179. The _____ of the novel centers around a group of friends who uncover a conspiracy to control the world's water supply.
- n.* a secret plan or scheme to achieve a specific goal; the plan or main story of a literary work; (verb) to plan secretly, usually something illegal
180. The new washing machine is much more _____ than the old one.
- adj.* performing at the highest level of productivity with the least wasted effort or resources; capable of achieving maximum output with minimum wasted effort, time, or materials
181. My father tried to _____ mathematics into my head since childhood.
- v.* to hit or cause to hit something in a way that makes a loud noise
182. The baseball _____ was filled with excited fans eagerly awaiting the start of the game.
- n.* a large, usually roofless building with tiers of seats for spectators at sports or other events
183. She reached for her garden _____ to plant the new seedlings.
- n.* a flat-bladed hand tool with a handle used for spreading and leveling substances such as mortar or plaster in construction or gardening
184. The _____ party strongly disagreed with the government's proposed legislation.
- n.* the act of disagreeing or resisting; the state of strong disagreement
185. The detective looked for fingerprints on the window _____.
- n.* a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window

ANSWERS: 179. plot, 180. efficient, 181. bang, 182. stadium, 183. trowel, 184. opposition, 185. frame

186. The _____ on the roof's edge was clogged with leaves, causing water to overflow.
- n.* a channel along the edge of a road or structure for carrying away rainwater
187. He quickly climbed up the corporate _____ and became the CEO within a few years.
- n.* a level or rank in a hierarchical organization or system; a step or stage in a hierarchical structure or scale; a formation of troops, ships, aircraft, etc., arranged in a step-like order
188. This bar _____ shows sales over the past five years.
- n.* a picture consisting of a line, lines, points, etc., that shows how two or more sets of certain quantities are related to each other
189. He broke his arm at the _____ of the bone.
- n.* the farthest or most remote point or the greatest or the highest degree
190. I love the taste of _____ especially on a cold winter night.
- n.* an alcoholic beverage made by distilling wine and aging it in oak barrels; typically has a higher alcohol content and a stronger flavor than wine
191. 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
192. The restaurant had a _____ of food left over from the weekend.
- n.* an excessive amount of something, especially of a commodity, that results in a decline in price
193. The doctor explained the various _____ changes that occur during pregnancy.
- adj.* relating to the normal functioning of living organisms and their organs and systems; concerning the physical or biochemical processes and activities that occur within the body

ANSWERS: 186. gutter, 187. echelon, 188. graph, 189. extremity, 190. brandy, 191.

absorption, 192. glut, 193. physiological

194. _____ algorithms can find ways to optimize that humans do not anticipate.

adj. relating to or denoting how living things develop or change from earlier forms

195. She _____ confidently across the stage to accept her award.

v. to walk with long steps in a particular direction; (noun) an important and positive progress

196. She wore her best dress for the special _____.

n. a time or event that is suitable or appropriate for something to happen or be done; a particular event or circumstance that requires or allows for something to be done

197. Very few educational _____ go to Oxford or Cambridge.

adj. belonging to the wealthiest, most potent, best-educated, or best-trained group in a society

198. A smaller car will _____ less fuel.

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

199. I used to play with my younger male _____ when I was a little girl.

n. the child of your aunt or uncle

200. His _____ determination to succeed made him a force to be reckoned with.

adj. describing a process or situation that is impossible to stop, prevent, or change; relentless, unyielding, or unstoppable in force or effect

201. The lightning _____ twiggged in several directions.

n. a metal bar that slides across to lock a door or window closed; a discharge of lightning accompanied by thunder; (verb) to move or jump suddenly

ANSWERS: 194. Evolutionary, 195. strides, 196. occasion, 197. elites, 198. consume, 199. cousins, 200. inexorable, 201. bolt

202. The species occupies a unique _____ in the ecosystem as a top predator.

- n.* a specialized role or position that a species occupies within an ecosystem; a job or position particularly well suited to the person who occupies it

ANSWERS: 202. niche