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Cynthia Kenyon: Experiments that hint of longer lives
| TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

lifespan

n. the length of time for which a person, animal lives, or thing exists

synonym: duration, lifetime, continuance

(1) **lifespan** extension, (2) **lifespan** retrieval curve

Generally speaking, men have a shorter **lifespan** than women.

experiment

n. the scientific test conducted to observe what happens and gain new knowledge

synonym: experimentation, investigation

(1) **experiment** design, (2) series of **experiments**

His **experiments** showed highly positive results.

extend

v. to broaden in scope, range, or area

synonym: prolong, lengthen, advance

(1) **extend** the warranty, (2) **extend** a line

Her visit will **extend** from Monday to Friday.

eventually

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

synonym: finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco

business.

worm

n. a long, thin creature with a soft and long cylindrical tube-like body, no limbs, and a lack of eyes

(1) wiggly **worms**, (2) can of **worms**

Worms help dispose of the food waste produced by humans.

optimistic

adj. hoping or expecting that good thing will happen or something will be successful

synonym: hopeful, auspicious, cheery

(1) he is **optimistic**, (2) **optimistic** outlook

Most executives were **optimistic** about future business conditions.

mutant

n. an organism that has characteristics resulting from a mutation (= alteration in the nucleic acid sequence of the genome)

(1) **mutant** Omicron strain, (2) **mutant** animal

The biologist thinks this **mutant** gene links to cancer.

random

adj. made, done, or happening without method, conscious decision, or any regular pattern

synonym: incidental, arbitrary, unanticipated

(1) a **random** choice, (2) bombs fell at **random**

To find drunk drivers, police conduct **random** tests.

mutation

n. the way in which genes of a person, plant, animal, or other organism change and produce permanent differences

synonym: metamorphosis, transformation, alteration

(1) **mutation** of DNA, (2) hereditary **mutation**

Radiation often promotes genetic **mutations** in plants and animals.

damage

v. to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or

relationship; (noun) harm or injury that is caused to a person, thing, or entity

synonym: harm, impair, injure

(1) **damage** a relationship, (2) **damage** assessment

During the surgery, the doctor had to be extremely cautious not to **damage** a blood vessel.

norm

n. something that is regarded as usual, typical, or standard

synonym: criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

fellow

adj. someone who has the same job or interests as you, or is in the same class, profession, or situation as you

synonym: buddy, mate, affiliate

(1) junior **fellow**, (2) nice **fellow**

He is the kind of **fellow** who only works for his success.

miserable

adj. very unhappy, uncomfortable, or unpleasant; causing great distress or suffering

synonym: unhappy, wretched, cheerless

(1) **miserable** weather, (2) **miserable** experience

She felt **miserable** after her dog passed away.

fertile

adj. capable of producing abundant vegetation or crops; intellectually productive

synonym: fruitful, productive, rich

(1) **fertile** ground, (2) **fertile** market

Herbs require **fertile** soil in a sunny, sheltered location.

progeny

n. the descendants or offspring of a person, animal, or plant

synonym: offspring, children, descendants

(1) **progeny** viral DNA, (2) **progeny** of plants

The royal family has much **progeny** scattered across the

globe.

handkerchief

n. a small square or rectangular piece of cloth, typically carried or kept in one's pocket or purse for various purposes, such as wiping one's face or hands, or as a fashion accessory

synonym: hankie, pocket square

(1) **handkerchief** embroidery, (2) patterned **handkerchief**

She used her silk **handkerchief** to wipe away her tears.

nurse

n. a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury

synonym: healthcare worker, caregiver, medic

(1) **nurse** practitioner, (2) a volunteer **nurse**

The night shift **nurse** checked my vital signs before administering the medication.

tissue

n. an ensemble of similar cells of the animal or plant that together carry out a specific function

synonym: structure, texture, anatomy

(1) a facial **tissue**, (2) loss of muscle **tissue**

The researcher separated the nervous **tissue** for microscopic examinations.

deteriorate

v. to become worse in quality; to decline or degenerate

synonym: decline, degenerate, regress

(1) **deteriorate** at a slow pace, (2) **deteriorate** condition

The patient's health **deteriorated** rapidly after being diagnosed with the disease.

universal

adj. existing or affecting everywhere or everyone

synonym: common, broad, worldwide

(1) **universal** life, (2) principles of **universal** design

The picture earned near- **universal** acclaim from critics.

bachelor

n. an unmarried man; a person who holds an undergraduate degree from a college or university

synonym: unmarried man, single

(1) **bachelor** degree, (2) **bachelor** party

He decided to enjoy his freedom as a **bachelor** before settling down.

instruction

n. detailed direction, order, etc., on how to do or use something

synonym: education, direction, guidance

(1) individual **instruction**, (2) follow his **instructions**

They needed further **instruction** to perform their duties efficiently.

protein

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

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

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

encode

v. to convert information into a code or format suitable for storage or transmission

synonym: transcribe, convert

(1) **encode** data, (2) **encode** information

The software can **encode** and decode encrypted messages.

hormone

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**

The doctor diagnosed me with a **hormone** disorder.

receptor

n. an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way

(1) cellular **receptor**, (2) **receptor** for HIV in humans

Hay fever occurs when a substance called histamine binds to **receptors** in the nose and eyes.

punch

v. to strike someone or something with one's fist; to make a hole in something

synonym: hit, strike, slap

(1) **punch** out numbers, (2) **punch** a ticket

He **punched** the wall in anger.

glove

n. a piece of clothing worn on the hand and wrist for protection against cold, dirt, etc., with separate parts for each finger

synonym: mitt

(1) a right-hand **glove**, (2) 5-finger **glove**

She was wearing a black **glove**.

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**.

arrow

n. a thin, pointed projectile designed to be shot from a bow; a symbol or pointer that is shaped like an arrow

synonym: shaft, dart, projectile

(1) **arrow** pointing, (2) **arrow** diagram

The archer aimed his **arrow** carefully at the target.

grim

adj. looking or sounding very serious or gloomy

synonym: fierce, harsh, gloomy

(1) **grim** reality, (2) a **grim-featured** man

The result presented a **grim** picture of inefficiency and

corruption.

reaper

n. a person or machine that harvests crops; death personified as a figure in art or literature

synonym: harvester, cutter, mower

(1) Grim **Reaper**, (2) a skillful **reaper**

The **reaper** machine harvested the crops in the field.

specifically

adv. only associated with or meant for one thing

synonym: especially, particularly, notably

(1) designed **specifically** for men, (2) for **specifically** American customers

This ad campaign is aimed **specifically** at young women.

testosterone

n. a male hormone that is responsible for the development of male secondary sex characteristics

(1) **testosterone** enhancer, (2) a synthetic derivative of **testosterone**

Training with sufficient intensity increases blood **testosterone** levels.

adrenaline

n. (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

synonym: epinephrine

(1) **adrenaline** receptor, (2) **adrenaline** addiction

The band has released a lot of **adrenaline-pumping** rock music.

insulin

n. a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes

(1) daily **insulin** dose, (2) development of **insulin** resistance

He had an **insulin** shock after drinking large quantities of fruit juices.

promote

v. to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank

synonym: boost, raise, advertise

(1) **promote** a better relationship, (2) **promote** bad behavior
The government should do more to **promote** sustainable agribusiness.

uptake

n. the rate or amount of something that is taken in or used by a particular system or organism; the process of taking food into the body through the mouth by eating

synonym: absorption, incorporation, intake

(1) **uptake** rate, (2) **uptake** of calcium

The **uptake** of the new technology was slower than expected.

nutrient

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

synonym: food, vitamin

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

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

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**.

pathway

n. a track that constitutes or serves as a path; an approach or a way of doing something

synonym: route, footpath, trail

(1) **pathway** to understanding, (2) cellular signaling **pathways**

When the first molecule in the **pathway** receives a signal, it activates other molecules.

ancient

adj. relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old

synonym : archaic, age-old, obsolete

(1) pre-Christian **ancient**, (2) **ancient** stories

They have been living near water since **ancient** times.

evolution

n. a gradual process of transformation of living things

synonym : elaboration, expansion, transition

(1) human **evolution**, (2) **evolution** theory

They study the **evolution** of the universe.

precursor

n. a person or thing that comes before another of the same kind and that contributes to or influences its growth

synonym : antecedent, forerunner, herald

(1) **precursor** cell, (2) **precursor** to serotonin

Sulfur dioxide and nitrogen oxides are the primary **precursors** of acid rain.

hint

n. an indirect suggestion; a slight but appreciable amount of something

synonym : clue, indication, suggestion

(1) **hint** of trouble, (2) helpful **hints**

There was no **hint** of a problem.

Jewish

adj. of or relating to people whose traditional religion is Judaism

synonym : Judaic

(1) **Jewish** history, (2) **Jewish** culture

My friend is a **Jewish** woman who celebrates Hanukkah every year.

dam

n. a wall constructed over a river to block the flow of water, mainly used to generate energy

synonym : barricade, barrier, embankment

(1) **dam-building** program, (2) **dam** collapsing

The break in the **dam** threatened the valley.

susceptible

adj. easily influenced, harmed, or affected by something
synonym : exposed, liable, gullible

(1) a **susceptible** young woman, (2) **susceptible** of proof
Well-stretched muscles are less **susceptible** to injury.

relate

v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

synonym : connect, link, associate

(1) **relate** a story, (2) **relate** a message

He tried to **relate** his experience to the group, but they couldn't understand.

disease

n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

synonym : illness, ailment, affliction

(1) **disease** prevention, (2) **disease** control

The doctor diagnosed him with a rare **disease** that had no known cure.

cancer

n. abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

synonym : tumor, carcinoma, malignancy

(1) **cancer** diagnosis, (2) **cancer** research

Breast **cancer** is the most common type of cancer in women.

Alzheimer

n. a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

synonym : dementia, memory loss, cognitive decline

(1) **Alzheimer's** brain, (2) **Alzheimer's** risk factors

My grandmother has **Alzheimer's** disease requires special

care and attention from her caregivers.

resistant

adj. not affected by something, especially changes or new ideas; of or relating to immunity to disease or infection

synonym: unsusceptible, immune, invulnerable

(1) penicillin- **resistant** bacteria, (2) **resistant** to persuasion
Insects in urban areas are becoming **resistant** to insecticides.

severe

adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous

synonym: harsh, relentless, powerful

(1) **severe** heat, (2) a **severe** case of pneumonia
The senator received **severe** criticism from his opponent.

therapeutic

adj. relating to or involved in the treatment of illness or injury

synonym: healing, remedial, curative

(1) **therapeutic** massage, (2) **therapeutic** administration
Yoga is known to have **therapeutic** benefits for the mind and body.

ultimate

adj. furthest or highest in degree or order

synonym: highest, maximum, foremost

(1) the **ultimate** goal in life, (2) the **ultimate** luxury
Management must take **ultimate** responsibility for the accident.

nucleus

n. the central and most important part of something; (biology) a part of the cell containing DNA and RNA and responsible for growth and reproduction; (physics) the very dense central region of an atom

synonym: core, heart, middle

(1) form a **nucleus**, (2) the **nucleus** of a team
DNA is stored in the **nucleus** of a cell.

compartment

n. a separate section or part of a larger enclosed space, such as a train carriage or a ship's cabin

synonym : section, part, subdivision

(1) **compartment** door, (2) a watertight **compartment**

The train's **compartment** was small but comfortable.

bind

v. to tie or fasten someone or something tightly with rope, string, etc. so that they cannot move or are held together strongly

synonym : tie, stick to, adhere

(1) **bind** the man's hands, (2) **bind** old letters into a bundle

The company's rules **bind** the employee's working hours.

antioxidant

n. a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products

(1) high levels of **antioxidants**, (2) **antioxidant** behavior

Fruits and vegetables are good sources of **antioxidants**.

giver

n. a person who gives or donates something, particularly money, time, or resources, to others; a philanthropist or benefactor

synonym : donor, contributor, benefactor

(1) charitable **giver**, (2) generous **giver**

My friend is a natural **giver**, always putting others before herself.

escort

n. a person or group of people accompanying someone for protection, guidance, or courtesy; a companion or attendant; a service or a person providing a service for accompanying someone or something to or from a destination

synonym : chaperone, guardian, attendant

(1) **escort** for VIPs, (2) personal **escort**

An **escort** of bodyguards surrounded the celebrity to keep fans safe.

garbage

n. waste material, especially food waste and kitchen refuse

synonym : waste, trash, debris

(1) **garbage** collection, (2) lump of **garbage**

The **garbage** truck will be coming to pick up the trash every Monday morning.

recycle

v. to sort and collect things to process them and produce valuable materials that can be used again

synonym : reclaim, reuse, reprocess

(1) **recycle** the cardboard boxes, (2) **recycle** milk packaging into new paper

We largely **recycle** the circuit board of cell phones because they contain a lot of valuable metals.

immune

adj. protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

synonym : resistant, unsusceptible, unaffected

(1) **immune** from criminal prosecution, (2) the cell of the **immune** system

The vaccination does not necessarily make you completely **immune**.

contribute

v. to give something, especially money or goods, to provide or achieve something together with other people

synonym : donate, devote, commit

(1) **contribute** a large sum of money to the fund,

(2) **contribute** to society

Government workers cannot **contribute** to political campaigns.

latent

adj. existing but not yet expressed, active, or visible; hidden or dormant

synonym : dormant, inactive, potential

(1) **latent** desire, (2) **latent** threat

Many people have **latent** talents they are not aware of.

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.

trigger

v. to make something happen suddenly; to cause something such as a device, machine, etc. to function
synonym: activate, spark, drive

(1) **trigger** a biochemical response, (2) **trigger** inflation
The incident **triggered** a political controversy.

environment

n. the natural world such as air, water, and land in which humans, animals, and plants live
synonym: atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**
Every human is responsible for taking care of the Earth's **environment**.

roll

v. to move in a particular direction by turning over and over or from side to side
synonym: spin, swirl, wheel

(1) **roll** a ball, (2) **roll** down his cheeks
He was exhausted and **rolled** into bed as soon as he got home.

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**.

superintendent

n. a person who is responsible for the management or supervision of a particular organization, institution, or system, especially in an educational or public service context
synonym: administrator, manager, overseer

(1) **superintendent** office, (2) school **superintendent**

The building's **superintendent** was quick to fix the plumbing issue.

suddenly

adv. quickly and unexpectedly

synonym : abruptly, unexpectedly, unawares

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

Who answers **suddenly** knows little.

hurricane

n. a violent, tropical, cyclonic storm of the western North Atlantic, having wind speeds of or over 64 knots (74 miles per hour)

synonym : cyclone, typhoon, storm

(1) a **hurricane** of applause, (2) the ravages of a **hurricane**

The devastating **hurricane** caused widespread damage and left many people homeless.

fortify

v. to make something stronger or more resistant to attack or damage; to give someone or something more strength or support

synonym : strengthen, reinforce, bolster

(1) **fortify** a building, (2) **fortify** an immune system

He drank a protein shake to **fortify** his muscles before the marathon.

concept

n. an idea or principle associated with something abstract

synonym : idea, notion, vision

(1) learn new **concepts**, (2) **concept** car

One such rapidly growing **concept** is quantum cryptography.

extension

n. a thing that is added to something to make it longer, larger, or wider; an educational opportunity provided by colleges and universities to people who are not enrolled as regular students; an additional telephone set that is connected to the same telephone line

synonym : addition, augment, supplement

(1) time **extension**, (2) telephone **extension**

They are building an **extension** to the house to add more

bedrooms.

frequent

adj. happening constantly

synonym : periodic, recurring, routine

(1) **frequent** absence, (2) **frequent** use

His heartaches are less **frequent** now.

represent

v. to speak, act, or be present on behalf of another person or group; to form or constitute

synonym : depict, express, describe

(1) **represent** by a diagram, (2) the characters that **represent** numbers

We elected him to **represent** us at the international conference.

tweak

v. to pinch or squeeze something sharply; to adjust something finely

synonym : nip, pinch, fine-tune

(1) **tweak** his cheek, (2) **tweak** the economy

He didn't **tweak** the plan, even though he had time.

longevity

n. the property of being long-lived; significant duration of service

synonym : seniority, endurance

(1) **longevity** crisis, (2) **longevity** genes

He is proud of the **longevity** of the business.

exciting

adj. causing a lot of interest or excitement

synonym : exhilarating, stimulating, thrilling

(1) **exciting** football player, (2) **exciting** news

The findings of the experiment were both **exciting** and unexpected.

lab

n. a workplace for the conduct of scientific research; a laboratory

synonym : workshop, laboratory, research chamber

(1) **lab** instrument, (2) medical **lab**

The Prime Minister will pay a courtesy visit to the Nobel laureate's **lab**.

develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym: evolve, progress, advance

(1) **develop** a strategy, (2) **develop** a skill

We must **develop** a new system to streamline our workflow and increase efficiency.

delay

v. to cause something to happen at a later time than originally intended or expected

synonym: block, adjourn, detain

(1) **delay** a flight three hours, (2) **delay** the new project

We **delayed** the payment because of an incorrect invoice.

tor

n. a peak or rocky outcrop on a hill or mountain; a high, craggy hill or rocky mountain

synonym: rock, peak, crag

(1) **tor** hill, (2) rocky **tor**

We had an excellent view of the surrounding landscape from the top of the granite **tor**.

rapamycin

n. a naturally occurring compound derived from bacteria that is used as an immunosuppressive drug, especially in organ transplantation, which is studied for its potential anti-cancer and anti-aging properties

(1) **rapamycin** treatment, (2) **rapamycin** resistance

The **rapamycin** mechanism of action targets the mTOR pathway, influencing cellular growth and metabolism.

inhibit

v. to prevent something, such as an action, process, etc., from happening or make it less likely to happen than

normal

synonym : deter, hinder, impede

(1) **inhibit** desires, (2) **inhibit** tumor growth

Excessive parental interference may **inhibit** children's eagerness to learn.

suppress

v. to bring something under control by force or authority; to put an end by force

synonym : subdue, bury, stifle

(1) **suppress** a yawn, (2) **suppress** a revolt

The doctor prescribed medication to **suppress** the patient's appetite.

transplant

v. to move or transfer something from one place or person to another; to take living tissue or an organ from one person, animal, part of the body, etc. and put it into or onto another

synonym : relocate, emigrate, graft

(1) **transplant** a heart, (2) **transplant** my family to America

He tried to **transplant** the seedling into a larger pot.

reject

v. to refuse to accept, consider, or use something or someone

synonym : decline, turn down, repudiate

(1) **reject** the proposal, (2) **reject** all imperfect merchandise

The company **rejected** the job candidate's application due to a lack of experience.

matte

adj. having a surface without a shine, luster; non-glossy

synonym : dull, flat, lusterless

(1) **matte** coating, (2) photo with a **matte** finish

The body of his car has a **matte** finish.

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.

ethical

adj. of or relating to principles about what is right and wrong, or the branch of knowledge dealing with these

synonym : honorable, moral, virtuous

(1) an **ethical** doctrine, (2) shoulder **ethical** responsibility
The president must have the highest **ethical** standards.

scratch

v. to cut or damage the surface of something or the skin with a sharp or pointed object

synonym : claw, rub, scrape

(1) **scratch** off a name, (2) **scratch** my signature
Don't **scratch** your mosquito bites.

principle

n. a fundamental law or truth that explains or controls how something happens or works

synonym : rule, creed, code

(1) **principle** of treatment, (2) **principle** in business
Efficiency isn't an essential **principle** here; fairness is.

essential

adj. indispensable; fundamental

synonym : critical, crucial, basic

(1) **essential** amino acid, (2) **essential** commodities of life
Trial and error is an **essential** part of education.

involve

v. to include or affect someone or something as a necessary part of something else

synonym : implicate, include, engage

(1) **involve** a lot of paperwork, (2) **involve** a high degree of risk

The investigation **involves** several government agencies and is expected to take several months.

phenomenon

n. something that exists and can be perceptible, especially one that is not fully understood

synonym :

marvel, wonder, splendor

(1) natural **phenomenon**, (2) historical **phenomenon**

A rainbow is a natural **phenomenon**.

negligible

adj. so small or insignificant as to be not worth considering; negligible amounts or effects are too minor or unimportant to have any major impact

synonym: insignificant, trivial, minor

(1) **negligible** impact, (2) a **negligible** amount of time

The cost of the repairs was **negligible** compared to the value of the antique car.

senescence

n. the process of aging or growing old; the gradual deterioration of biological functions and loss of vitality associated with old age

synonym: aging, agedness, decline

(1) **senescence** in plants, (2) premature **senescence**

The study aimed to investigate the molecular mechanisms involved in cellular **senescence**.

creature

n. a living being, especially an animal

synonym: being, animal, organism

(1) **creature** of habit, (2) artificial **creature**

The deep sea **creature** was unlike anything the scientists had ever seen before.

planet

n. any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

synonym: earth, world, globe

(1) **planet** like the Earth, (2) save the **planet**

Mercury is the closest **planet** to the sun.

tortoise

n. a slow-moving, herbivorous reptile characterized by a hard shell that protects its body; many species of tortoise are long-lived and have lifespans of over 100 years

synonym : turtle, chelonian

(1) giant **tortoise**, (2) **tortoise** shell

The Galapagos **tortoise** is a fascinating creature with a long lifespan.

scout

n. a person or group sent out to obtain information, gather intelligence, or make observations, typically in a military context; a person or group sent out to explore or prospect for new opportunities, resources, or locations

synonym : scoutmaster, explorer, surveyor

(1) boy **scout**, (2) **scout** troop

The company sent a **scout** to explore new business opportunities in the overseas market.

nest

n. a structure in which animals lay their eggs or give birth to their young

synonym : roost, perch, burrow

(1) bird's **nest**, (2) a **nest** of thieves

The female birds build a **nest** and lay their eggs in May.

temperature

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

synonym : climate, warmth, degree

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

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

hydrogen

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

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

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

peroxide

n. a compound containing an oxygen-oxygen single bond or the anion O_2^{2-} , often associated with hydrogen peroxide (H_2O_2), a common antiseptic

synonym : bleach, hydrogen peroxide, hair dye

(1) **peroxide-based** cleaner, (2) **peroxide** bleach

She applied hydrogen **peroxide** to the wound to clean it.

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.

Session 2: Spelling

1. mu___t Omicron strain
n. an organism that has characteristics resulting from a mutation (= alteration in the nucleic acid sequence of the genome)
2. learn new co_____ts
n. an idea or principle associated with something abstract
3. follow his ins_____ons
n. detailed direction, order, etc., on how to do or use something
4. heavy hy_____en
n. the chemical element that is the lightest gas is colorless, odorless, tasteless, and combines with oxygen to form water
5. det_____te at a slow pace
v. to become worse in quality; to decline or degenerate
6. env_____nt affairs
n. the natural world such as air, water, and land in which humans, animals, and plants live
7. the atmospheric tem_____re
n. the degree of hotness or coldness of a thing or place
8. school sup_____ent
n. a person who is responsible for the management or supervision of a particular organization, institution, or system, especially in an educational or public service context
9. giant to_____se
n. a slow-moving, herbivorous reptile characterized by a hard shell that protects its body; many species of tortoise are long-lived and have lifespans of over 100 years

ANSWERS: 1. mutant, 2. concept, 3. instruction, 4. hydrogen, 5. deteriorate, 6. environment, 7. temperature, 8. superintendent, 9. tortoise

10. pr_____le of treatment *n.* a fundamental law or truth that explains or controls how something happens or works
11. opt_____ic outlook *adj.* hoping or expecting that good thing will happen or something will be successful
12. 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
13. pl____t like the Earth *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
14. up____e rate *n.* the rate or amount of something that is taken in or used by a particular system or organism; the process of taking food into the body through the mouth by eating
15. for spe_____lly American customers *adv.* only associated with or meant for one thing
16. penicillin-re_____nt bacteria *adj.* not affected by something, especially changes or new ideas; of or relating to immunity to disease or infection
17. re_____or for HIV in humans *n.* an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way
18. 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

ANSWERS: 10. principle, 11. optimistic, 12. discovery, 13. planet, 14. uptake, 15. specifically, 16. resistant, 17. receptor, 18. discovery

19. rocky t_r *n.* a peak or rocky outcrop on a hill or mountain; a high, craggy hill or rocky mountain
20. en___e information *v.* to convert information into a code or format suitable for storage or transmission
21. telephone ex_____on *n.* a thing that is added to something to make it longer, larger, or wider; an educational opportunity provided by colleges and universities to people who are not enrolled as regular students; an additional telephone set that is connected to the same telephone line
22. the ravages of a hu_____ne *n.* a violent, tropical, cyclonic storm of the western North Atlantic, having wind speeds of or over 64 knots (74 miles per hour)
23. tes_____one enhancer *n.* a male hormone that is responsible for the development of male secondary sex characteristics
24. ex_____ng football player *adj.* causing a lot of interest or excitement
25. the ul_____te goal in life *adj.* furthest or highest in degree or order
26. su_____ss a revolt *v.* to bring something under control by force or authority; to put an end by force
27. ra_____in resistance *n.* a naturally occurring compound derived from bacteria that is used as an immunosuppressive drug, especially in organ transplantation, which is studied for its potential anti-cancer and anti-aging properties

ANSWERS: 19. tor, 20. encode, 21. extension, 22. hurricane, 23. testosterone, 24. exciting, 25. ultimate, 26. suppress, 27. rapamycin

28. pr_____or cell *n.* a person or thing that comes before another of the same kind and that contributes to or influences its growth
29. save the pl____t *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
30. ev_____on theory *n.* a gradual process of transformation of living things
31. can of w__ms *n.* a long, thin creature with a soft and long cylindrical tube-like body, no limbs, and a lack of eyes
32. a facial ti____e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
33. personal es____t *n.* a person or group of people accompanying someone for protection, guidance, or courtesy; a companion or attendant; a service or a person providing a service for accompanying someone or something to or from a destination
34. a g__m-featured man *adj.* looking or sounding very serious or gloomy
35. medical l_b *n.* a workplace for the conduct of scientific research; a laboratory
36. com_____nt door *n.* a separate section or part of a larger enclosed space, such as a train carriage or a ship's cabin

ANSWERS: 28. precursor, 29. planet, 30. evolution, 31. worm, 32. tissue, 33. escort, 34. grim, 35. lab, 36. compartment

37. extreme tem_____res *n.* the degree of hotness or coldness of a thing or place
38. se___e heat *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
39. a nu_____nt for hair *n.* any substance that is essential for the maintenance and growth of living things
40. da___e assessment *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
41. sc_____h my signature *v.* to cut or damage the surface of something or the skin with a sharp or pointed object
42. individual ins_____on *n.* detailed direction, order, etc., on how to do or use something
43. a right-hand gl___e *n.* a piece of clothing worn on the hand and wrist for protection against cold, dirt, etc., with separate parts for each finger
44. tra_____nt a heart *v.* to move or transfer something from one place or person to another; to take living tissue or an organ from one person, animal, part of the body, etc. and put it into or onto another
45. cellular re_____or *n.* an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way

ANSWERS: 37. temperature, 38. severe, 39. nutrient, 40. damage, 41. scratch, 42. instruction, 43. glove, 44. transplant, 45. receptor

46. series of exp_____nts *n.* the scientific test conducted to observe what happens and gain new knowledge
47. the cell of the im___e system *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
48. fo_____y a building *v.* to make something stronger or more resistant to attack or damage; to give someone or something more strength or support
49. ar__w pointing *n.* a thin, pointed projectile designed to be shot from a bow; a symbol or pointer that is shaped like an arrow
50. mi_____le weather *adj.* very unhappy, uncomfortable, or unpleasant; causing great distress or suffering
51. tra_____nt my family to America *v.* to move or transfer something from one place or person to another; to take living tissue or an organ from one person, animal, part of the body, etc. and put it into or onto another
52. su_____ly attacked by an enemy *adv.* quickly and unexpectedly
53. re___e a message *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
54. pa_____y to understanding *n.* a track that constitutes or serves as a path; an approach or a way of doing something

ANSWERS: 46. experiment, 47. immune, 48. fortify, 49. arrow, 50. miserable, 51. transplant, 52. suddenly, 53. relate, 54. pathway

55. de__y the new project *v.* to cause something to happen at a later time than originally intended or expected
56. lump of ga_____e *n.* waste material, especially food waste and kitchen refuse
57. a n__t of thieves *n.* a structure in which animals lay their eggs or give birth to their young
58. ra_____in treatment *n.* a naturally occurring compound derived from bacteria that is used as an immunosuppressive drug, especially in organ transplantation, which is studied for its potential anti-cancer and anti-aging properties
59. 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
60. in_____e a high degree of risk *v.* to include or affect someone or something as a necessary part of something else
61. ar__w diagram *n.* a thin, pointed projectile designed to be shot from a bow; a symbol or pointer that is shaped like an arrow
62. Je___h history *adj.* of or relating to people whose traditional religion is Judaism
63. pr_____or to serotonin *n.* a person or thing that comes before another of the same kind and that contributes to or influences its growth
64. pu__h out numbers *v.* to strike someone or something with one's fist; to make a hole in something

ANSWERS: 55. delay, 56. garbage, 57. nest, 58. rapamycin, 59. span, 60. involve, 61. arrow, 62. Jewish, 63. precursor, 64. punch

65. es_____al commodities of life *adj.* indispensable; fundamental
66. ca____r research *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
67. lo_____ty genes *n.* the property of being long-lived; significant duration of service
68. human ev_____on *n.* a gradual process of transformation of living things
69. ba____or party *n.* an unmarried man; a person who holds an undergraduate degree from a college or university
70. cellular signaling pa_____ys *n.* a track that constitutes or serves as a path; an approach or a way of doing something
71. designed spe_____lly for men *adv.* only associated with or meant for one thing
72. bombs fell at ra____m *adj.* made, done, or happening without method, conscious decision, or any regular pattern
73. co_____t car *n.* an idea or principle associated with something abstract
74. con_____te to society *v.* to give something, especially money or goods, to provide or achieve something together with other people
75. n__m of action *n.* something that is regarded as usual, typical, or standard

ANSWERS: 65. essential, 66. cancer, 67. longevity, 68. evolution, 69. bachelor, 70. pathway, 71. specifically, 72. random, 73. concept, 74. contribute, 75. norm

76. di_____e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
77. pr_____e a better relationship *v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
78. ga_____e collection *n.* waste material, especially food waste and kitchen refuse
79. re____t all imperfect merchandise *v.* to refuse to accept, consider, or use something or someone
80. lo_____ty crisis *n.* the property of being long-lived; significant duration of service
81. 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
82. adr_____ne receptor *n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
83. form a nu_____s *n.* the central and most important part of something; (biology) a part of the cell containing DNA and RNA and responsible for growth and reproduction; (physics) the very dense central region of an atom
84. hereditary mu_____on *n.* the way in which genes of a person, plant, animal, or other organism change and produce permanent differences

ANSWERS: 76. disease, 77. promote, 78. garbage, 79. reject, 80. longevity, 81. span, 82. adrenaline, 83. nucleus, 84. mutation

85. fr____nt absence *adj.* happening constantly
86. generous gi__r *n.* a person who gives or donates something, particularly money, time, or resources, to others; a philanthropist or benefactor
87. the____ic massage *adj.* relating to or involved in the treatment of illness or injury
88. a watertight com____nt *n.* a separate section or part of a larger enclosed space, such as a train carriage or a ship's cabin
89. ba____or degree *n.* an unmarried man; a person who holds an undergraduate degree from a college or university
90. fe____e market *adj.* capable of producing abundant vegetation or crops; intellectually productive
91. in____t desires *v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
92. es____al amino acid *adj.* indispensable; fundamental
93. g__m reality *adj.* looking or sounding very serious or gloomy
94. not no____ly drink much *adv.* usually; under normal conditions
95. a skillful re____r *n.* a person or machine that harvests crops; death personified as a figure in art or literature
96. ho____e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

ANSWERS: 85. frequent, 86. giver, 87. therapeutic, 88. compartment, 89. bachelor, 90. fertile, 91. inhibit, 92. essential, 93. grim, 94. normally, 95. reaper, 96. hormone

97. ex___d the warranty *v.* to broaden in scope, range, or area
98. the characters that re_____nt numbers *v.* to speak, act, or be present on behalf of another person or group; to form or constitute
99. stress pr_____n *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
100. daily in_____n dose *n.* a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes
101. cultural n___m *n.* something that is regarded as usual, typical, or standard
102. ca___r diagnosis *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
103. development of in_____n resistance *n.* a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes
104. the nu_____s of a team *n.* the central and most important part of something; (biology) a part of the cell containing DNA and RNA and responsible for growth and reproduction; (physics) the very dense central region of an atom

ANSWERS: 97. extend, 98. represent, 99. protein, 100. insulin, 101. norm, 102. cancer, 103. insulin, 104. nucleus

105. con_____te a large sum of money
to the fund *v.* to give something, especially money or goods, to provide or achieve something together with other people
106. pr_____y of plants *n.* the descendants or offspring of a person, animal, or plant
107. mu____t animal *n.* an organism that has characteristics resulting from a mutation (= alteration in the nucleic acid sequence of the genome)
108. artificial cr_____re *n.* a living being, especially an animal
109. b__d old letters into a bundle *v.* to tie or fasten someone or something tightly with rope, string, etc. so that they cannot move or are held together strongly
110. r__l a ball *v.* to move in a particular direction by turning over and over or from side to side
111. high levels of ant_____nts *n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products
112. nu_____nt medicine *n.* any substance that is essential for the maintenance and growth of living things
113. a se___e case of pneumonia *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
114. pu__h a ticket *v.* to strike someone or something with one's fist; to make a hole in something
115. a sus_____le young woman *adj.* easily influenced, harmed, or affected by something

ANSWERS: 105. contribute, 106. progeny, 107. mutant, 108. creature, 109. bind, 110. roll, 111. antioxidant, 112. nutrient, 113. severe, 114. punch, 115. susceptible

116. wiggly w__ms *n.* a long, thin creature with a soft and long cylindrical tube-like body, no limbs, and a lack of eyes
117. sus_____le of proof *adj.* easily influenced, harmed, or affected by something
118. nu__e practitioner *n.* a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury
119. t_r hill *n.* a peak or rocky outcrop on a hill or mountain; a high, craggy hill or rocky mountain
120. Grim Re____r *n.* a person or machine that harvests crops; death personified as a figure in art or literature
121. patterned han_____ief *n.* a small square or rectangular piece of cloth, typically carried or kept in one's pocket or purse for various purposes, such as wiping one's face or hands, or as a fashion accessory
122. in_____t tumor growth *v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
123. tr_____r a biochemical response *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
124. sen_____ce in plants *n.* the process of aging or growing old; the gradual deterioration of biological functions and loss of vitality associated with old age

ANSWERS: 116. worm, 117. susceptible, 118. nurse, 119. tor, 120. reaper, 121. handkerchief, 122. inhibit, 123. trigger, 124. senescence

125. pr_____le in business *n.* a fundamental law or truth that explains or controls how something happens or works
126. di_____e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
127. det_____te condition *v.* to become worse in quality; to decline or degenerate
128. tw__k the economy *v.* to pinch or squeeze something sharply; to adjust something finely
129. Al_____er's brain *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
130. 5-finger gl__e *n.* a piece of clothing worn on the hand and wrist for protection against cold, dirt, etc., with separate parts for each finger
131. de_____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
132. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
133. pr_____n synthesis *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

ANSWERS: 125. principle, 126. disease, 127. deteriorate, 128. tweak, 129. Alzheimer, 130. glove, 131. develop, 132. improvisation, 133. protein

134. en___e data *v.* to convert information into a code or format suitable for storage or transmission
135. hy_____en gas *n.* the chemical element that is the lightest gas is colorless, odorless, tasteless, and combines with oxygen to form water
136. a hu_____ne of applause *n.* a violent, tropical, cyclonic storm of the western North Atlantic, having wind speeds of or over 64 knots (74 miles per hour)
137. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
138. principles of un_____al design *adj.* existing or affecting everywhere or everyone
139. the_____ic administration *adj.* relating to or involved in the treatment of illness or injury
140. r__l down his cheeks *v.* to move in a particular direction by turning over and over or from side to side
141. to_____se shell *n.* a slow-moving, herbivorous reptile characterized by a hard shell that protects its body; many species of tortoise are long-lived and have lifespans of over 100 years
142. im___e from criminal prosecution *adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells

ANSWERS: 134. encode, 135. hydrogen, 136. hurricane, 137. environment, 138. universal, 139. therapeutic, 140. roll, 141. tortoise, 142. immune

143. a neg_____le amount of time *adj.* so small or insignificant as to be not worth considering; negligible amounts or effects are too minor or unimportant to have any major impact
144. junior fe___w *adj.* someone who has the same job or interests as you, or is in the same class, profession, or situation as you
145. exp_____nt design *n.* the scientific test conducted to observe what happens and gain new knowledge
146. ma__e coating *adj.* having a surface without a shine, luster; non-glossy
147. de_____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
148. pre-Christian an_____t *adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
149. re___t the proposal *v.* to refuse to accept, consider, or use something or someone
150. re_____e the cardboard boxes *v.* to sort and collect things to process them and produce valuable materials that can be used again
151. re_____nt to persuasion *adj.* not affected by something, especially changes or new ideas; of or relating to immunity to disease or infection
152. l_b instrument *n.* a workplace for the conduct of scientific research; a laboratory

ANSWERS: 143. negligible, 144. fellow, 145. experiment, 146. matte, 147. develop, 148. ancient, 149. reject, 150. recycle, 151. resistant, 152. lab

153. charitable gi__r *n.* a person who gives or donates something, particularly money, time, or resources, to others; a philanthropist or benefactor
154. h__t of trouble *n.* an indirect suggestion; a slight but appreciable amount of something
155. pr____y viral DNA *n.* the descendants or offspring of a person, animal, or plant
156. pe____de-based cleaner *n.* a compound containing an oxygen-oxygen single bond or the anion O_2^{2-} , often associated with hydrogen peroxide (H_2O_2), a common antiseptic
157. female ho____e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
158. neg____le impact *adj.* so small or insignificant as to be not worth considering; negligible amounts or effects are too minor or unimportant to have any major impact
159. premature sen____ce *n.* the process of aging or growing old; the gradual deterioration of biological functions and loss of vitality associated with old age
160. tr____r inflation *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
161. mi____le experience *adj.* very unhappy, uncomfortable, or unpleasant; causing great distress or suffering

ANSWERS: 153. giver, 154. hint, 155. progeny, 156. peroxide, 157. hormone, 158. negligible, 159. senescence, 160. trigger, 161. miserable

162. ant_____nt behavior *n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products
163. cr_____re of habit *n.* a living being, especially an animal
164. sc__t troop *n.* a person or group sent out to obtain information, gather intelligence, or make observations, typically in a military context; a person or group sent out to explore or prospect for new opportunities, resources, or locations
165. boy sc__t *n.* a person or group sent out to obtain information, gather intelligence, or make observations, typically in a military context; a person or group sent out to explore or prospect for new opportunities, resources, or locations
166. d_m-building program *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
167. es___t for VIPs *n.* a person or group of people accompanying someone for protection, guidance, or courtesy; a companion or attendant; a service or a person providing a service for accompanying someone or something to or from a destination
168. nice fe___w *adj.* someone who has the same job or interests as you, or is in the same class, profession, or situation as you
169. complete no_____ly *adv.* usually; under normal conditions

ANSWERS: 162. antioxidant, 163. creature, 164. scout, 165. scout, 166. dam, 167. escort, 168. fellow, 169. normally

170. up___e of calcium *n.* the rate or amount of something that is taken in or used by a particular system or organism; the process of taking food into the body through the mouth by eating
171. eve_____ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
172. in_____e a lot of paperwork *v.* to include or affect someone or something as a necessary part of something else
173. li_____an retrieval curve *n.* the length of time for which a person, animal lives, or thing exists
174. a st_____ht line *adj.* extending or moving in one direction without bending or curving; having no deviations
175. mu_____on of DNA *n.* the way in which genes of a person, plant, animal, or other organism change and produce permanent differences
176. un_____al life *adj.* existing or affecting everywhere or everyone
177. st_____ht for two months *adj.* extending or moving in one direction without bending or curving; having no deviations
178. Al_____er's risk factors *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
179. han_____ief embroidery *n.* a small square or rectangular piece of cloth, typically carried or kept in one's pocket or purse for various purposes, such as wiping one's face or hands, or as a fashion accessory

ANSWERS: 170. uptake, 171. eventually, 172. involve, 173. lifespan, 174. straight, 175. mutation, 176. universal, 177. straight, 178. Alzheimer, 179. handkerchief

180. su____ss a yawn *v.* to bring something under control by force or authority; to put an end by force
181. a synthetic derivative of tes_____one *n.* a male hormone that is responsible for the development of male secondary sex characteristics
182. bird's n__t *n.* a structure in which animals lay their eggs or give birth to their young
183. helpful h__ts *n.* an indirect suggestion; a slight but appreciable amount of something
184. natural phe_____on *n.* something that exists and can be perceptible, especially one that is not fully understood
185. de__y a flight three hours *v.* to cause something to happen at a later time than originally intended or expected
186. sc_____h off a name *v.* to cut or damage the surface of something or the skin with a sharp or pointed object
187. a ra___m choice *adj.* made, done, or happening without method, conscious decision, or any regular pattern
188. li_____an extension *n.* the length of time for which a person, animal lives, or thing exists
189. a volunteer nu__e *n.* a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury
190. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation

ANSWERS: 180. suppress, 181. testosterone, 182. nest, 183. hint, 184. phenomenon, 185. delay, 186. scratch, 187. random, 188. lifespan, 189. nurse, 190. improvisation

191. da___e a relationship *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
192. fo____y an immune system *v.* to make something stronger or more resistant to attack or damage; to give someone or something more strength or support
193. re____e milk packaging into new paper *v.* to sort and collect things to process them and produce valuable materials that can be used again
194. an et____l doctrine *adj.* of or relating to principles about what is right and wrong, or the branch of knowledge dealing with these
195. ex____d a line *v.* to broaden in scope, range, or area
196. 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
197. sup_____ent office *n.* a person who is responsible for the management or supervision of a particular organization, institution, or system, especially in an educational or public service context

ANSWERS: 191. damage, 192. fortify, 193. recycle, 194. ethical, 195. extend, 196. function, 197. superintendent

198. fe_____e ground *adj.* capable of producing abundant vegetation or crops; intellectually productive
199. he is opt_____ic *adj.* hoping or expecting that good thing will happen or something will be successful
200. pe_____de bleach *n.* a compound containing an oxygen-oxygen single bond or the anion O_2^{2-} , often associated with hydrogen peroxide (H_2O_2), a common antiseptic
201. ex_____ng news *adj.* causing a lot of interest or excitement
202. d_m collapsing *n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
203. die su_____ly *adv.* quickly and unexpectedly
204. the ul_____te luxury *adj.* furthest or highest in degree or order
205. adr_____ne addiction *n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
206. la_____t desire *adj.* existing but not yet expressed, active, or visible; hidden or dormant
207. fr_____nt use *adj.* happening constantly
208. 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

ANSWERS: 198. fertile, 199. optimistic, 200. peroxide, 201. exciting, 202. dam, 203. suddenly, 204. ultimate, 205. adrenaline, 206. latent, 207. frequent, 208. function

209. la___t threat *adj.* existing but not yet expressed, active, or visible; hidden or dormant
210. photo with a ma___e finish *adj.* having a surface without a shine, luster; non-glossy
211. time ex_____on *n.* a thing that is added to something to make it longer, larger, or wider; an educational opportunity provided by colleges and universities to people who are not enrolled as regular students; an additional telephone set that is connected to the same telephone line
212. tw___k his cheek *v.* to pinch or squeeze something sharply; to adjust something finely
213. re_____nt by a diagram *v.* to speak, act, or be present on behalf of another person or group; to form or constitute
214. eve_____ly become obsolete *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
215. historical phe_____on *n.* something that exists and can be perceptible, especially one that is not fully understood
216. pr_____e bad behavior *v.* to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
217. an_____t stories *adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
218. loss of muscle ti___e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function

ANSWERS: 209. latent, 210. matte, 211. extension, 212. tweak, 213. represent, 214. eventually, 215. phenomenon, 216. promote, 217. ancient, 218. tissue

219. b__d the man's hands *v.* to tie or fasten someone or something tightly with rope, string, etc. so that they cannot move or are held together strongly
220. re___e a story *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
221. shoulder et_____l responsibility *adj.* of or relating to principles about what is right and wrong, or the branch of knowledge dealing with these
222. Je___h culture *adj.* of or relating to people whose traditional religion is Judaism

ANSWERS: 219. bind, 220. relate, 221. ethical, 222. Jewish

Session 3: Fill in the Blanks

1. The train's _____ was small but comfortable.
 - n.* a separate section or part of a larger enclosed space, such as a train carriage or a ship's cabin
2. We largely _____ the circuit board of cell phones because they contain a lot of valuable metals.
 - v.* to sort and collect things to process them and produce valuable materials that can be used again
3. Cities around the world set records for highest _____ this summer.
 - n.* the degree of hotness or coldness of a thing or place
4. The patient's health _____ rapidly after being diagnosed with the disease.
 - v.* to become worse in quality; to decline or degenerate
5. To find drunk drivers, police conduct _____ tests.
 - adj.* made, done, or happening without method, conscious decision, or any regular pattern
6. The doctor prescribed medication to _____ the patient's appetite.
 - v.* to bring something under control by force or authority; to put an end by force
7. We must _____ a new system to streamline our workflow and increase efficiency.
 - v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

ANSWERS: 1. compartment, 2. recycle, 3. temperatures, 4. deteriorated, 5. random, 6. suppress, 7. develop

8. The Galapagos _____ is a fascinating creature with a long lifespan.
- n.* a slow-moving, herbivorous reptile characterized by a hard shell that protects its body; many species of tortoise are long-lived and have lifespans of over 100 years
9. 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
10. He _____ the wall in anger.
- v.* to strike someone or something with one's fist; to make a hole in something
11. The _____ machine harvested the crops in the field.
- n.* a person or machine that harvests crops; death personified as a figure in art or literature
12. He is proud of the _____ of the business.
- n.* the property of being long-lived; significant duration of service
13. They have been living near water since _____ times.
- adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
14. He didn't _____ the plan, even though he had time.
- v.* to pinch or squeeze something sharply; to adjust something finely
15. The software can _____ and decode encrypted messages.
- v.* to convert information into a code or format suitable for storage or transmission

ANSWERS: 8. tortoise, 9. function, 10. punched, 11. reaper, 12. longevity, 13. ancient, 14. tweak, 15. encode

16. During the surgery, the doctor had to be extremely cautious not to _____ a blood vessel.
- v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
17. The break in the ____ threatened the valley.
- n.* a wall constructed over a river to block the flow of water, mainly used to generate energy
18. Her visit will _____ from Monday to Friday.
- v.* to broaden in scope, range, or area
19. This ad campaign is aimed _____ at young women.
- adv.* only associated with or meant for one thing
20. Every human is responsible for taking care of the Earth's _____.
- n.* the natural world such as air, water, and land in which humans, animals, and plants live
21. We had an excellent view of the surrounding landscape from the top of the granite _____.
- n.* a peak or rocky outcrop on a hill or mountain; a high, craggy hill or rocky mountain
22. Sulfur dioxide and nitrogen oxides are the primary _____ of acid rain.
- n.* a person or thing that comes before another of the same kind and that contributes to or influences its growth

ANSWERS: 16. damage, 17. dam, 18. extend, 19. specifically, 20. environment, 21. tor, 22. precursors

23. The _____ truck will be coming to pick up the trash every Monday morning.
n. waste material, especially food waste and kitchen refuse
24. He was sick for five _____ days.
adj. extending or moving in one direction without bending or curving; having no deviations
25. The senator received _____ criticism from his opponent.
adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
26. The royal family has much _____ scattered across the globe.
n. the descendants or offspring of a person, animal, or plant
27. The night shift _____ checked my vital signs before administering the medication.
n. a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury
28. We _____ the payment because of an incorrect invoice.
v. to cause something to happen at a later time than originally intended or expected
29. Most executives were _____ about future business conditions.
adj. hoping or expecting that good thing will happen or something will be successful
30. Who answers _____ knows little.
adv. quickly and unexpectedly

ANSWERS: 23. garbage, 24. straight, 25. severe, 26. progeny, 27. nurse, 28. delayed, 29. optimistic, 30. suddenly

31. Generally speaking, men have a shorter _____ than women.
n. the length of time for which a person, animal lives, or thing exists
32. The company _____ the job candidate's application due to a lack of experience.
v. to refuse to accept, consider, or use something or someone
33. He is the kind of _____ who only works for his success.
adj. someone who has the same job or interests as you, or is in the same class, profession, or situation as you
34. The _____ and the oxygen react and then form water.
n. the chemical element that is the lightest gas is colorless, odorless, tasteless, and combines with oxygen to form water
35. The study aimed to investigate the molecular mechanisms involved in cellular _____.
n. the process of aging or growing old; the gradual deterioration of biological functions and loss of vitality associated with old age
36. The archer aimed his _____ carefully at the target.
n. a thin, pointed projectile designed to be shot from a bow; a symbol or pointer that is shaped like an arrow
37. Trial and error is an _____ part of education.
adj. indispensable; fundamental
38. Hay fever occurs when a substance called histamine binds to _____ in the nose and eyes.
n. an organ having nerve endings that respond to stimulation such as heat or cold and makes the body react in a particular way

ANSWERS: 31. lifespan, 32. rejected, 33. fellow, 34. hydrogen, 35. senescence, 36. arrow, 37. essential, 38. receptors

39. He tried to _____ the seedling into a larger pot.

- v.* to move or transfer something from one place or person to another; to take living tissue or an organ from one person, animal, part of the body, etc. and put it into or onto another

40. Don't _____ your mosquito bites.

- v.* to cut or damage the surface of something or the skin with a sharp or pointed object

41. My friend is a natural _____ always putting others before herself.

- n.* a person who gives or donates something, particularly money, time, or resources, to others; a philanthropist or benefactor

42. The picture earned near-_____ acclaim from critics.

- adj.* existing or affecting everywhere or everyone

43. We elected him to _____ us at the international conference.

- v.* to speak, act, or be present on behalf of another person or group; to form or constitute

44. The female birds build a _____ and lay their eggs in May.

- n.* a structure in which animals lay their eggs or give birth to their young

45. The doctor diagnosed him with a rare _____ that had no known cure.

- n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

46. He tried to _____ his experience to the group, but they couldn't understand.

- v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

ANSWERS: 39. transplant, 40. scratch, 41. giver, 42. universal, 43. represent, 44. nest, 45. disease, 46. relate

47. The _____ of the new technology was slower than expected.
- n.* the rate or amount of something that is taken in or used by a particular system or organism; the process of taking food into the body through the mouth by eating
48. DNA is stored in the _____ of a cell.
- n.* the central and most important part of something; (biology) a part of the cell containing DNA and RNA and responsible for growth and reproduction; (physics) the very dense central region of an atom
49. Government workers cannot _____ to political campaigns.
- v.* to give something, especially money or goods, to provide or achieve something together with other people
50. He was exhausted and _____ into bed as soon as he got home.
- v.* to move in a particular direction by turning over and over or from side to side
51. The vaccination does not necessarily make you completely _____.
- adj.* protected against a particular disease or toxin due to the presence of specific antibodies or sensitized white blood cells
52. His heartaches are less _____ now.
- adj.* happening constantly
53. My grandmother has _____ disease requires special care and attention from her caregivers.
- n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
54. She felt _____ after her dog passed away.
- adj.* very unhappy, uncomfortable, or unpleasant; causing great distress or suffering

ANSWERS: 47. uptake, 48. nucleus, 49. contribute, 50. rolled, 51. immune, 52. frequent, 53. Alzheimer's, 54. miserable

55. The investigation _____ several government agencies and is expected to take several months.
- v.* to include or affect someone or something as a necessary part of something else
56. His _____ showed highly positive results.
- n.* the scientific test conducted to observe what happens and gain new knowledge
57. One such rapidly growing _____ is quantum cryptography.
- n.* an idea or principle associated with something abstract
58. Fruits and vegetables are good sources of _____.
- n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products
59. Many people have _____ talents they are not aware of.
- adj.* existing but not yet expressed, active, or visible; hidden or dormant
60. There was no _____ of a problem.
- n.* an indirect suggestion; a slight but appreciable amount of something
61. She was wearing a black _____.
- n.* a piece of clothing worn on the hand and wrist for protection against cold, dirt, etc., with separate parts for each finger
62. My friend is a _____ woman who celebrates Hanukkah every year.
- adj.* of or relating to people whose traditional religion is Judaism
63. The company sent a _____ to explore new business opportunities in the overseas market.
- n.* a person or group sent out to obtain information, gather intelligence, or make observations, typically in a military context; a person or group sent out to explore or prospect for new opportunities, resources, or locations

ANSWERS: 55. involves, 56. experiments, 57. concept, 58. antioxidants, 59. latent, 60. hint, 61. glove, 62. Jewish, 63. scout

64. She used her silk _____ to wipe away her tears.
- n.* a small square or rectangular piece of cloth, typically carried or kept in one's pocket or purse for various purposes, such as wiping one's face or hands, or as a fashion accessory
65. The body needs a certain amount of _____ to build and repair tissues.
- n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
66. The incident _____ a political controversy.
- v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
67. They used fast-acting _____ on the flowers in the flower beds.
- n.* any substance that is essential for the maintenance and growth of living things
68. The band has released a lot of _____ rock music.
- n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
69. Well-stretched muscles are less _____ to injury.
- adj.* easily influenced, harmed, or affected by something
70. The corporation _____ dominated the entire tobacco business.
- adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
71. Mercury is the closest _____ to the sun.
- n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

ANSWERS: 64. handkerchief, 65. protein, 66. triggered, 67. nutrients, 68. adrenaline-pumping, 69. susceptible, 70. eventually, 71. planet

72. They study the _____ of the universe.
n. a gradual process of transformation of living things
73. The findings of the experiment were both _____ and unexpected.
adj. causing a lot of interest or excitement
74. Efficiency isn't an essential _____ here; fairness is.
n. a fundamental law or truth that explains or controls how something happens or works
75. They needed further _____ to perform their duties efficiently.
n. detailed direction, order, etc., on how to do or use something
76. Radiation often promotes genetic _____ in plants and animals.
n. the way in which genes of a person, plant, animal, or other organism change and produce permanent differences
77. Breast _____ is the most common type of cancer in women.
n. abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
78. The government should do more to _____ sustainable agribusiness.
v. to encourage or persuade people to like, buy, use, do, or support something; to raise someone to a higher position or rank
79. The deep sea _____ was unlike anything the scientists had ever seen before.
n. a living being, especially an animal

ANSWERS: 72. evolution, 73. exciting, 74. principle, 75. instruction, 76. mutations, 77. cancer, 78. promote, 79. creature

80. They are building an _____ to the house to add more bedrooms.
- n.* a thing that is added to something to make it longer, larger, or wider; an educational opportunity provided by colleges and universities to people who are not enrolled as regular students; an additional telephone set that is connected to the same telephone line
81. Insects in urban areas are becoming _____ to insecticides.
- adj.* not affected by something, especially changes or new ideas; of or relating to immunity to disease or infection
82. The researcher separated the nervous _____ for microscopic examinations.
- n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
83. He drank a protein shake to _____ his muscles before the marathon.
- v.* to make something stronger or more resistant to attack or damage; to give someone or something more strength or support
84. The doctor diagnosed me with a _____ disorder.
- n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
85. The devastating _____ caused widespread damage and left many people homeless.
- n.* a violent, tropical, cyclonic storm of the western North Atlantic, having wind speeds of or over 64 knots (74 miles per hour)
86. The systems we have developed has accepted as industry _____.
- n.* something that is regarded as usual, typical, or standard

ANSWERS: 80. extension, 81. resistant, 82. tissue, 83. fortify, 84. hormone, 85. hurricane, 86. norms

87. A rainbow is a natural _____.
- n.* something that exists and can be perceptible, especially one that is not fully understood
88. He decided to enjoy his freedom as a _____ before settling down.
- n.* an unmarried man; a person who holds an undergraduate degree from a college or university
89. Management must take _____ responsibility for the accident.
- adj.* furthest or highest in degree or order
90. _____ help dispose of the food waste produced by humans.
- n.* a long, thin creature with a soft and long cylindrical tube-like body, no limbs, and a lack of eyes
91. 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
92. When the first molecule in the _____ receives a signal, it activates other molecules.
- n.* a track that constitutes or serves as a path; an approach or a way of doing something
93. An _____ of bodyguards surrounded the celebrity to keep fans safe.
- n.* a person or group of people accompanying someone for protection, guidance, or courtesy; a companion or attendant; a service or a person providing a service for accompanying someone or something to or from a destination
94. Excessive parental interference may _____ children's eagerness to learn.
- v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal

ANSWERS: 87. phenomenon, 88. bachelor, 89. ultimate, 90. Worms, 91. span, 92. pathway, 93. escort, 94. inhibit

95. I don't _____ take a vacation in the middle of summer.
adv. usually; under normal conditions
96. The _____ mechanism of action targets the mTOR pathway, influencing cellular growth and metabolism.
n. a naturally occurring compound derived from bacteria that is used as an immunosuppressive drug, especially in organ transplantation, which is studied for its potential anti-cancer and anti-aging properties
97. 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
98. The Prime Minister will pay a courtesy visit to the Nobel laureate's _____.
n. a workplace for the conduct of scientific research; a laboratory
99. The president must have the highest _____ standards.
adj. of or relating to principles about what is right and wrong, or the branch of knowledge dealing with these
100. The cost of the repairs was _____ compared to the value of the antique car.
adj. so small or insignificant as to be not worth considering; negligible amounts or effects are too minor or unimportant to have any major impact
101. The biologist thinks this _____ gene links to cancer.
n. an organism that has characteristics resulting from a mutation (= alteration in the nucleic acid sequence of the genome)
102. He had an _____ shock after drinking large quantities of fruit juices.
n. a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes

ANSWERS: 95. normally, 96. rapamycin, 97. improvisation, 98. lab, 99. ethical, 100. negligible, 101. mutant, 102. insulin

103. 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

104. Herbs require _____ soil in a sunny, sheltered location.

- adj.* capable of producing abundant vegetation or crops; intellectually productive

105. The body of his car has a _____ finish.

- adj.* having a surface without a shine, luster; non-glossy

106. Yoga is known to have _____ benefits for the mind and body.

- adj.* relating to or involved in the treatment of illness or injury

107. The result presented a _____ picture of inefficiency and corruption.

- adj.* looking or sounding very serious or gloomy

108. Training with sufficient intensity increases blood _____ levels.

- n.* a male hormone that is responsible for the development of male secondary sex characteristics

109. The company's rules _____ the employee's working hours.

- v.* to tie or fasten someone or something tightly with rope, string, etc. so that they cannot move or are held together strongly

110. The building's _____ was quick to fix the plumbing issue.

- n.* a person who is responsible for the management or supervision of a particular organization, institution, or system, especially in an educational or public service context

ANSWERS: 103. discovery, 104. fertile, 105. matte, 106. therapeutic, 107. grim, 108. testosterone, 109. bind, 110. superintendent

111. She applied hydrogen _____ to the wound to clean it.

- n.* a compound containing an oxygen-oxygen single bond or the anion O_2^{2-} , often associated with hydrogen peroxide (H_2O_2), a common antiseptic

ANSWERS: 111. peroxide