

# Englist.me



## Vocabulary Builder Reference from...

*Richard Weller: Could the sun be good for your heart? | TED Talk*

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### All Words

#### IMPORTANT

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## Session 1: Word List

### dermatology

*n.* a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases

*synonym*: skin care, skin medicine, skin science

(1) pediatric **dermatology**, (2) **dermatology** research

She visited a **dermatology** clinic to get treatment for her skin condition.

### medicinal

*adj.* of or relating to the treatment or cure of disease

*synonym*: curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**

The **medicinal** properties of this herb have been known to help with various ailments.

### 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.

### magnanimous

*adj.* having or showing a generous, noble, and forgiving spirit; being unselfish and kind to others, especially those who have wronged or offended you

*synonym*: generous, benevolent, noble

(1) **magnanimous** forgiveness, (2) **magnanimous** attitude

The company's **magnanimous** donation to the charity helped many people in need.

## victory

*n.* success in a game, competition, election, or battle, or the knowledge that you have won

*synonym*: win, triumph, success

(1) **victory** in the law court, (2) **victory** over terrorism

We are optimistic about our final **victory**.

## cricket

*n.* leaping insect; a game played with a ball and bat by two teams of eleven players

(1) **cricket** match, (2) a pine **cricket**

The sound of the **crickets** chirping filled the air on a warm summer evening.

## rugby

*n.* a sport played with an oval ball, with two teams of fifteen players trying to score goals by carrying or kicking the ball over the opponent's goal line

(1) **rugby** match, (2) **rugby** team

He was a passionate fan of **rugby** and loved watching matches.

## journal

*n.* a newspaper or magazine specialized in a specific topic or profession

*synonym*: periodical, diary, bulletin

(1) scientific **journal**, (2) **journal** articles

The physician is reading the **journals** related to medicine

## 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.

## cardiovascular

*adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)

(1) **cardiovascular** diseases, (2) **cardiovascular** tissue  
Smoking places you at severe risk of **cardiovascular** and respiratory disease.

## mortality

*n.* the quality or state of being subject to death

*synonym*: fatality

(1) **mortality** due to cancer, (2) lower infant **mortality**  
This disease has a high **mortality**.

## 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.

## shocking

*adj.* extremely or surprisingly bad, or causing a strong emotional response such as surprise or disgust

*synonym*: startling, surprising, astounding

(1) **shocking** response, (2) **shocking** revelation

The news of the accident was **shocking** and left many in shock.

## stroke

*n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

*synonym*: blow

(1) suffer **stroke**, (2) a **stroke** of the putter

This year's extreme heat has resulted in many heat **stroke** cases.

## bunch

*n.* a grouping of several similar things which are growing or fastened together

*synonym*: group, assemblage, bundle

(1) a **bunch** of trees, (2) a **bunch** of schoolgirls  
One bad apple spoils the whole **bunch**.

## moral

*adj.* concerned with the principles of what is right and wrong, fairness, honesty, etc.

*synonym* : honest, ethical, conscientious

(1) **moral** hazard, (2) **moral** burden

Ethics deals with **moral** conduct.

## weed

*n.* a wild plant growing where it is not wanted and in competition with cultivated plants

*synonym* : plant, grass, shrub

(1) pull up a **weed**, (2) **weed** management

The garden was full of **weeds** that needed to be pulled.

## gradient

*n.* the degree or rate of incline or decline along a physical or abstract line; a gradual progression

*synonym* : slope, incline, grade

(1) **gradient** descent, (2) economic **gradient**

The road's **gradient** was steep, making it challenging for cyclists.

## degree

*n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

*synonym* : level, qualification, diploma

(1) bachelor's **degree**, (2) **degree** centigrade

She received her **degree** in psychology from the university.

## 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.

## horrible

*adj.* extremely unpleasant or bad; causing fear or disgust  
*synonym* : dreadful, terrible, awful

(1) **horrible** accident, (2) **horrible** smell

The experience was **horrible** and left a lasting impression.

## mar

*v.* to damage or spoil the appearance or surface of something

*synonym* : damage, deface, disfigure

(1) **mar** a proper relationship, (2) **mar** the reputation

The scratches on the car **marred** its otherwise perfect appearance.

## chip

*n.* a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat

*synonym* : flake, fragment, chunk

(1) a **chip** of wood, (2) I don't care a **chip**

We can use this campaign as a bargaining **chip** in the negotiations.

## diet

*n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

*synonym* : food, dietary

(1) eat a vegetarian **diet**, (2) **Diet** approval

A balanced **diet** is more important for health than supplements.

## 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.

## sunlight

*n.* the light emitted by the sun; the rays of the sun

*synonym* : daylight, rays, sunshine

(1) a glare of **sunlight**, (2) in direct **sunlight**

Radiation from **sunlight** has a different wavelength.

## vitamin

*n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body

*synonym*: nutrient, micronutrient, dietary supplement

(1) rich in **vitamin** D, (2) **vitamin** deficiency

**Vitamin** C is important for immune system function and skin health.

## requirement

*n.* something that is needed or wanted

*synonym*: prerequisite, provision, condition

(1) meet **requirement**, (2) school **requirement**

What is the entry **requirement** for this course?

## rickets

*n.* a childhood disease caused by a deficiency of vitamin D, calcium, or phosphate, characterized by weak or deformed bones

*synonym*: bone softening disease, vitamin D deficiency

(1) **rickets** diagnosis, (2) childhood **rickets**

Poor nutrition and lack of sunlight contributed to the development of **rickets** in the child.

## liver

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

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

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

## distinctly

*adv.* in a way that is clearly or noticeably different or separates from something else; in a way that is unmistakably or unequivocally defined or identifiable

*synonym*: clearly, obviously, unmistakably

(1) **distinctly** remember, (2) **distinctly** different

The **distinctly** floral scent of the perfume lingered in the air long after the wearer had left the room.

## 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.

## 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.

## supplement

*n.* something that is added to something else to make it better or complete it

*synonym*: complement, addendum, accessory

(1) wage **supplement**, (2) use of dietary **supplements**

Certain **supplements** may promote tumor growth.

## exposure

*n.* the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret

*synonym*: vulnerability, disclosure, uncovering

(1) a southern **exposure**, (2) the **exposure** of a fraud

The long **exposure** to the air tarnished the antique tableware.

## obvious

*adj.* easy to see, discover or understand

*synonym*: apparent, conspicuous, evident

(1) **obvious** reasons, (2) his conclusion was **obvious**

There are **obvious** differences between the two wine-producing regions.

## substance

*n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug

*synonym*: essence, core, material

(1) an explosive **substance**, (2) **substance** abuse problem

The **substance** of the argument was well-presented.

## nitric

*n.* pertaining to or containing nitrogen in its higher valence states, particularly compounds containing nitrogen and oxygen

*synonym*: nitrogen, NO, n-oxide

(1) **nitric** oxide, (2) **nitric** compound

The **nitric** acid spilled and caused a hazardous situation in the laboratory.

## oxide

*n.* a chemical compound that contains at least one oxygen atom and one other element

(1) silver **oxide**, (2) combined **oxide**

The blood's red coloring comes from iron **oxide**.

## chemical

*adj.* relating to or connected with chemistry;

*synonym*: chemic, synthetic

(1) toxic **chemicals**, (2) a **chemical** compound

The firm has grown into a large **chemical** manufacturing.

## transmitter

*n.* a piece of equipment used for generating and sending electronic signals, especially radio or television signals

*synonym*: sender

(1) a **transmitter** of a family line, (2) radio **transmitter**

This substance acts as a neural **transmitter** substance.

## dilate

*v.* to make something wider, larger, or more open

*synonym*: widen, open, enlarge

(1) **dilate** the bronchial tubes, (2) **dilate** blood vessel

The pupils of the eyes **dilate** in low light.

## vessel

*n.* a ship or large boat

*synonym*: boat, ship, craft

(1) blood **vessels**, (2) naval **vessels**



The **vessel** arrived in port the following day.

## coronary

*adj.* of or relating to the heart, especially the arteries that supply blood to the heart muscle; (noun) medical conditions related to these arteries, such as coronary artery disease

*synonym*: cardiac, heart-related, heart disease

(1) **coronary** artery bypass grafting, (2) **coronary** disease

The patient underwent **coronary** angiography to visualize the blood flow in his heart.

## artery

*n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.

*synonym*: blood vessel, channel, roadway

(1) **artery** blockage, (2) risk of coronary **artery** disease

Continuous consumption of fatty foods leads to the hardening of the **artery**.

## remarkable

*adj.* worthy of attention because unusual or special

*synonym*: outstanding, exceptional, extraordinary

(1) **remarkable** achievement, (2) the **remarkable** breadth of knowledge

The election was a **remarkable** success for the Whigs.

## messenger

*n.* someone or something that carries a message, especially one sent to convey information, news, or an official document

*synonym*: courier, transmitter, envoy

(1) **messenger** app, (2) a secret **messenger**

An mRNA vaccine is a type of vaccine that uses a copy of a molecule called **messenger** RNA.

## complicated

*adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze

*synonym*: complex, convoluted, intricate

(1) a **complicated** process, (2) become increasingly

### **complicated**

He did **complicated** pen-and-ink drawings in just a few days.

### **estrogen**

*n.* a category of female steroid sex hormone responsible for the development and regulation of the female reproductive system and secondary sex characteristics

(1) **estrogen** receptor, (2) **estrogen-responsive** breast cancer

The older woman also suffers bone loss caused by **estrogen** deficiency.

### **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.

### **nervous**

*adj.* worried and anxious about something; relating to the nerves

*synonym*: neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

### **transmission**

*n.* the act or process of sending something from one person or place to another; the process of broadcasting over the airwaves, as in radio or television

*synonym*: transportation, communication, broadcast

(1) **transmission** speed, (2) the **transmission** gears of a car

Education is the **transmission** of civilization.

### **complexity**

*n.* the state or quality of being complicated or intricate and difficult to understand

*synonym*: intricacy, sophistication, elaboration

(1) cognitive **complexity**, (2) **complexity** theory

The project's **complexity** made it difficult for the team to

complete it on time.

## process

*n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

*synonym*: procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

## 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.

## 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.

## molecule

*n.* a group of two or more atoms held together by attractive forces known as chemical bonds

*synonym*: particle, element, atom

(1) small **molecules**, (2) **molecule** behavior

The shape of the DNA **molecule** is a double helix.

## nitrogen

*n.* a chemical element with the symbol N and atomic number 7, which is a highly reactive element that forms part of many compounds, including amino acids and proteins

(1) heavy **nitrogen**, (2) **nitrogen** absorption

**Nitrogen** gas is used to inflate car tires because it does not react with rubber.

## oxygen

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

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

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

## stick

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

*synonym* : pierce, adhere, stay

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

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

## unclear

*adj.* poorly stated or described and therefore not easy to understand; not easy to perceive

*synonym* : ambiguous, fuzzy, obscure

(1) an **unclear** match, (2) in no **unclear** terms

It is important not to undertake tasks with **unclear** objectives to improve productivity.

## 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.

## statistics

*n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data

(1) **statistics** for cancer, (2) official **statistics**

The **statistics** demonstrate that poverty and unemployment

are genuine problems.

## survive

*v.* to live or exist despite a dangerous event or period  
*synonym* : endure, persist, stay

(1) **survive** a blizzard, (2) **survive** a plane crash

These birds can only **survive** in temperate climates.

## resistance

*n.* the act of defending oneself from an aggressor or refusing to accept something

*synonym* : opposition, antagonism, defiance

(1) **resistance** movement, (2) **resistance** to insulin

The bill to increase the consumption tax had passed despite much **resistance** from the public.

## mechanism

*n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

*synonym* : means, method, system

(1) the **mechanism** for DNA replication, (2) defense **mechanism**

He discovered unique **mechanisms** for photochemical reactions.

## experimental

*adj.* relating to or based on new ideas, forms, methods, etc. that have not been tried before, usually to find out what effect they have

*synonym* : empirical, exploratory, observed

(1) **experimental** data, (2) **experimental** design

The product is still in the **experimental** stage.

## medical

*adj.* relating to the treatment of illness or injuries; relating to the practice of medicine

*synonym* : health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment

The **medical** team worked quickly to save the patient's life.

## 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.

## shave

*v.* to remove body hair with a razor; to cut the price of something

*synonym* : trim, cut down, prune

(1) **shave** my head, (2) **shave** cheese

That supermarket tried to **shave** certain costs by saving electricity.

## picket

*n.* a pointed wooden or metal stake driven into the ground used as a support or for marking an area or boundary; a group of people, typically strikers or protestors, stationed or moving around in front of a workplace, government building, or other location, to demonstrate opposition or to pick up supporters

*synonym* : fence, stake, lookout

(1) **picket** sign, (2) cross the **picket** line

The farmer built a **picket** fence around his garden to keep the animals out.

## 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**.

## reproduce

*v.* to make a copy of something such as a picture, piece of text, music, etc.; to produce offspring through a sexual or asexual process

*synonym* :

duplicate, breed, imitate

(1) **reproduce** the painting, (2) **reproduce** by myself  
By dividing and creating copies of themselves, bacteria **reproduce**.

## enzyme

*n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction  
*synonym*: catalyst, activator, accelerator

(1) **enzyme** reaction, (2) lack of digestive **enzymes**  
A deficiency in the **enzyme** can lead to a medical condition.

## inject

*v.* to put a liquid such as a drug or other substance into a person's or an animal's body using a needle and syringe (= small tube)

*synonym*: shoot, infiltrate, insinuate

(1) **inject** under the skin, (2) **inject** a personal opinion into a debate

Let's try to **inject** a bit of enthusiasm into your performance.

## release

*v.* to set free or allow to escape from confinement

*synonym*: free, let go, discharge

(1) **release** a prisoner, (2) **release** CO<sub>2</sub> into the air

The animal rights group worked to **release** the dolphins back into the wild.

## nit

*n.* the egg of a louse (= that is a tiny insect that lives in human hair) or some other insect; a foolish person

(1) **nit** in the dog's fur, (2) she is a little **nit**

Careful brushing can remove **nit**.

## stable

*adj.* firm and steady; not easily moved, disturbed, or changed

*synonym*: sturdy, unmoving, durable

(1) in **stable** condition, (2) have a **stable** job

Relations between the two countries have been relatively **stable** due to the summit meeting.

## circulation

- n.* the movement of blood through the body or of a fluid through a system; the number of copies of a newspaper or magazine that are sold  
*synonym* : flow, movement, dissemination  
(1) lymphatic **circulation**, (2) **circulation** of money  
The **circulation** of the magazine has been steadily declining.

## expose

- v.* to show something by uncovering it; to make something accessible to some action or influence  
*synonym* : disclose, reveal, uncover  
(1) **expose** a crime, (2) **expose** a person to risks  
That newspaper **exposed** a political scandal in a big way.

## volunteer

- n.* a person who performs or offers to perform a job or service without being paid for or forced to do  
*synonym* : unpaid worker, draftee, enlistee  
(1) seek **volunteers**, (2) my **volunteer** work  
The teachers make full use of **volunteer** assistance.

## exposed

- adj.* having no protection or shield from something, such as bad weather, attack, or criticism  
*synonym* : endangered, revealed, disclosed  
(1) **exposed** to radiation, (2) an **exposed** rock  
Tech companies often employ **exposed** ducts and other materials in their office interiors.

## ultraviolet

- adj.* relating to or occupying the part of the spectrum beyond the violet end, especially radiation  
*synonym* : black light, UV light, invisible light  
(1) **ultraviolet** protection, (2) **ultraviolet** light  
**Ultraviolet** radiation can cause skin damage if one is exposed for too long.

## sunlamp

- n.* a device that produces ultraviolet light for tanning, improving one's skin color, or treating certain medical conditions; a lamp that emits light similar to that of the sun



*synonym*: tanning bed, UV light, solarium

(1) tanning **sunlamp**, (2) indoor **sunlamp**

The doctor prescribed **sunlamp** therapy to help alleviate my skin condition.

## ray

*n.* a narrow line of light, heat, or another form of energy

*synonym*: beam, light, glimmer

(1) opaque to X- **rays**, (2) effect of cosmic **rays**

Gamma **rays** penetrate body tissues and cause cell damage.

## separate

*v.* to force, take, or pull apart; mark as different

*synonym*: disunite, isolate, ramify

(1) **separate** video into chapter, (2) **separate** cream from milk

We need to **separate** the aspect of his personality from the part of his competence when making an investment decision.

## equivalent

*n.* having the same value, quality, meaning, purpose, etc.

*synonym*: equal, counterpart, match

(1) **equivalent** amounts, (2) **equivalent** in meaning

The European Central Bank is Europe's **equivalent** of the Federal Reserve.

## sunshine

*n.* the direct light and heat that comes from the sun

*synonym*: sunlight, daylight, rays

(1) warm **sunshine**, (2) morning **sunshine**

The **sunshine** was so bright that I had to wear sunglasses to protect my eyes.

## circulate

*v.* to move continuously or freely around a place or closed system

*synonym*: flow, disperse, rotate

(1) **circulate** a rumor, (2) **circulate** an agenda before the meeting

The fan **circulates** the air in the room quickly.

## patient

*n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic

*synonym*: client, recipient, subject

(1) **patient** in the hospital, (2) **patient** with weight loss

The doctor carefully examined the **patient's** medical history.

## individual

*n.* a single person or thing, as distinct from a group

*synonym*: person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

## shift

*n.* a slight transition in position, direction, or trend

*synonym*: transition, change, modification

(1) Doppler **shift**, (2) major paradigm **shift**

Could you help me **shift** some furniture?

## 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.

## in-law

*n.* a relative by marriage, such as a mother-in-law, brother-in-law, or sister-in-law

*synonym*: relative by marriage, family connection, affinal

(1) future **in-law**, (2) meeting **in-laws**

My sister- **in-law** is a pediatrician who works in a children's hospital.

## mention

*v.* to speak or write about something or someone briefly

*synonym*: reference, allude, cite

(1) **mention** name, (2) **mention** in a report

I **mentioned** to him that I had seen his sister at the grocery store earlier that day.

## calcium

*n.* a chemical element with the symbol Ca and atomic number 20, which is an important mineral for the human body

*synonym*: Ca, lime, chalk

(1) **calcium** deficiency, (2) ion of **calcium**

The patient was prescribed a **calcium** supplement to help prevent osteoporosis.

## metabolism

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

(1) **metabolism** enzyme, (2) hemoglobin **metabolism**

Better sleep leads to increased **metabolism**.

## chop

*v.* to cut something into pieces with a sharp tool, such as a knife

*synonym*: cut, hack, slice

(1) **chop** wood, (2) **chop** a meet with a knife

The cook **chopped** the vegetables for the soup.

## clamp

*v.* to fasten or secure something tightly, often using a tool or device called a clamp; to restrict something or someone's freedom or movement; (noun) a device used to secure, fasten, or hold objects together; a mass or group of things that are held or gathered tightly together

*synonym*: fasten, secure, hold tight

(1) **clamp** down on extremism, (2) **clamp** coupling

He used a wrench to **clamp** down the pipes tightly.

## absolutely

*adv.* without restriction or limitation; completely or utterly

*synonym*: completely, utterly, definitely

(1) **absolutely** against, (2) **absolutely** obsessed with the girl

I am **absolutely** opposed to his idea because of morality.

## fundamental

*adj.* forming an essential base or core from which everything else develops or is affected

*synonym* : basic, essential, entire

(1) **fundamental** education, (2) **fundamental** rights

Human behavior has **fundamental** characteristics.

## 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.

## 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.

## swell

*v.* to become larger or more inflated; to become more intense or important

*synonym* : expand, increase, inflate

(1) **swell** at room temperature, (2) **swell** a population

His arm was **swelling** from the insect bite.

## sham

*n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

*synonym* : bogus, counterfeit, fraudulent

(1) a **sham** battle, (2) turn out to be all **sham**

The data he prepared was completely **sham**.

## irradiate

*v.* to expose or subject something to radiation or intense light, often for sterilization or treatment; to emit or give off rays of light or energy; to illuminate or make

something clear or evident

*synonym* : radiate, beam, emit

(1) **irradiate** the atmosphere, (2) **irradiate** a tumor

The nuclear power plant was designed to **irradiate** the uranium rods to produce energy.

## cleave

*v.* to split or divide something into two parts, often with force; to adhere or cling to something closely and cohesively

*synonym* : split, sever, cleave

(1) **cleave** meat, (2) **cleave** the party

He swung the axe with all his might to **cleave** the wood in half.

## wavelength

*n.* the distance between two points in the same phase in consecutive cycles of a wave

(1) **wavelength** of light, (2) long- **wavelength** laser

White color is made up of many different **wavelengths** of light.

## equator

*n.* an line of latitude that separates Earth's northern and southern hemispheres and has a radius of around 40,075 kilometers (24,901 miles)

(1) south of the **equator**, (2) above the **equator**

Ecuador is on the **equator**.

## 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.

## overhead

*n.* the expense of maintaining something that is involved in operating a business, such as rent and heating; (adverb) above your head; in the sky

*synonym* : expense, upkeep, (adverb) aloft

(1) **overhead** capital, (2) a cloud passing **overhead**  
This merger will help them reduce **overhead** costs substantially.

## atmosphere

*n.* the mass of air that surrounds the Earth; the pervading tone or mood of a place, situation, or creative work  
*synonym*: air, ambiance, circumstances

(1) carbon dioxide in the **atmosphere**, (2) a convivial **atmosphere**

The spaceship began to burn up as it approached the Earth's **atmosphere**.

## multiply

*v.* to add a number to itself a specified number of times; to increase or cause to increase very much in number or quantity

*synonym*: boost, amplify, reproduce

(1) **multiply** 5 and 6, (2) **multiply** about hundredfold

**Multiply** a number by itself twice.

## calculate

*v.* to judge or find out the amount or number of something by using mathematics

*synonym*: compute, figure, estimate

(1) **calculate** the distance, (2) **calculate** his credit score

He couldn't **calculate** the actual value of the artwork.

## purple

*adj.* of a color intermediate between red and blue

*synonym*: violet

(1) deep **purple**, (2) **purple** sweet potatoes

The plant has a stunning **purple** blossom.

## curve

*n.* a bend or angle in a line or surface that deviates from a straight or flat path; a gradual or smooth change in direction or shape

*synonym*: bend, arc, turn

(1) learning **curve**, (2) yield **curve**

The **curve** in the road was so sharp that I had to slow down

to navigate it safely.

## 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.

## decent

*adj.* satisfactory, acceptable, or good in a general sense

*synonym* : respectable, honorable, good

(1) yearn for the **decent** living, (2) a **decent** education

He earned a **decent** salary at his job.

## beneath

*adv.* in or to a lower place than someone or something

*synonym* : down, under, low

(1) the ground **beneath** my feet, (2) **beneath** contempt

A great stretch of the lake lay **beneath** them.

## 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.

## 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.

## divide

*v.* to separate or cause to separate into parts or groups  
*synonym*: separate, disconnect, split

(1) **divide** the cake into two pieces, (2) **divide** money equally

Can you **divide** 123321 by eleven?

## relevance

*n.* the state or degree of being closely connected or appropriate to the matter at hand

*synonym*: pertinence, applicability, connection

(1) have no **relevance**, (2) **relevance** category

The **relevance** of this information to the current situation needs to be investigated.

## suspect

*v.* to consider anything to be actual or probable

*synonym*: assume, distrust, surmise

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

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

## leafy

*adj.* covered with or having many leaves; of or relating to plants that produce many leaves, especially those that are broad and flat

*synonym*: verdant, leaf-covered, foliated

(1) **leafy** canopy, (2) **leafy** suburbs

The neighborhood is known for its **leafy** trees and verdant gardens.

## beet

*n.* a thick, fleshy, edible root vegetable typically having a dark red or purplish color; a plant of the goosefoot family that produces this vegetable

(1) **beet** salad, (2) roasted **beet**

She made a delicious salad using fresh **beets** from her garden.

## lettuce

*n.* a leafy vegetable that is often used as a base for salads or sandwiches; it has green leaves and a mild flavor

*synonym*: greens, salad, cress

(1) crisp **lettuce**, (2) wilted **lettuce**



I want a sandwich with extra **lettuce**, please.

## beneficial

*adj.* helpful, useful, or sound; promoting or enhancing well-being

*synonym*: useful, advantageous, fruitful

(1) a **beneficial** result, (2) **beneficial** to all countries

Laughing is **beneficial** to our health.

## ongoing

*adj.* continuing to exist or develop, or currently happening

*synonym*: continuous, current, proceeding

(1) still **ongoing**, (2) **ongoing** support

The new prime minister has vowed to take measures against the **ongoing** economic crisis.

## 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.

## finesse

*n.* skillful handling of a situation or problem with diplomacy, tact, or grace; subtle, artful maneuvering; refinement or delicacy in performance or execution; (verb) to handle a situation or problem with sensitivity, tact, and diplomacy

*synonym*: skill, dexterity, refinement

(1) creative **finesse**, (2) **finesse** a shot in golf

He displays great **finesse** when playing the guitar.

## Session 2: Spelling

- |                                 |   |
|---------------------------------|---|
| 1. debt-to-income ra__o         | <i>n.</i> the relative size or amount of one thing to another, typically expressed in the form of a fraction or decimal                                 |
| 2. meet req_____nt              | <i>n.</i> something that is needed or wanted  |
| 3. a glare of su_____ht         | <i>n.</i> the light emitted by the sun; the rays of the sun   |
| 4. temporary me_____l treatment | <i>adj.</i> relating to the treatment of illness or injuries; relating to the practice of medicine  |
| 5. cl___e meat                  | <i>v.</i> to split or divide something into two parts, often with force; to adhere or cling to something closely and cohesively                         |
| 6. a gr__h sample               | <i>n.</i> a picture consisting of a line, lines, points, etc., that shows how two or more sets of certain quantities are related to each other          |
| 7. ex___d a lineup              | <i>v.</i> to increase or to make something greater in size, number, or importance   |
| 8. get ne_____s                 | <i>adj.</i> worried and anxious about something; relating to the nerves   |
| 9. naval ve_____ls              | <i>n.</i> a ship or large boat  |
| 10. turn out to be all s__m     | <i>n.</i> something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not |

ANSWERS: 1. ratio, 2. requirement, 3. sunlight, 4. medical, 5. cleave, 6. graph, 7. expand, 8. nervous, 9. vessel, 10. sham

11. pr\_\_\_\_\_le in business      *n.* a fundamental law or truth that explains or controls how something happens or works
12. a st\_\_\_e of the putter      *n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
13. 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
14. equ\_\_\_\_\_nt amounts      *n.* having the same value, quality, meaning, purpose, etc.
15. ni\_\_\_c compound      *n.* pertaining to or containing nitrogen in its higher valence states, particularly compounds containing nitrogen and oxygen
16. 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
17. a private ind\_\_\_\_\_al      *n.* a single person or thing, as distinct from a group
18. a ch\_\_\_\_al compound      *adj.* relating to or connected with chemistry;
19. lower infant mo\_\_\_\_\_ty      *n.* the quality or state of being subject to death
20. 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

ANSWERS: 11. principle, 12. stroke, 13. latitude, 14. equivalent, 15. nitric, 16. latitude, 17. individual, 18. chemical, 19. mortality, 20. association

21. childhood ri\_\_\_\_s      *n.* a childhood disease caused by a deficiency of vitamin D, calcium, or phosphate, characterized by weak or deformed bones
22. pu\_\_\_e sweet potatoes      *adj.* of a color intermediate between red and blue
23. on\_\_\_\_g support      *adj.* continuing to exist or develop, or currently happening
24. yield cu\_\_e      *n.* a bend or angle in a line or surface that deviates from a straight or flat path; a gradual or smooth change in direction or shape
25. n\_t in the dog's fur      *n.* the egg of a louse (= that is a tiny insect that lives in human hair) or some other insect; a foolish person
26. heavy ni\_\_\_\_en      *n.* a chemical element with the symbol N and atomic number 7, which is a highly reactive element that forms part of many compounds, including amino acids and proteins
27. 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
28. have no re\_\_\_\_ce      *n.* the state or degree of being closely connected or appropriate to the matter at hand
29. combined ox\_\_e      *n.* a chemical compound that contains at least one oxygen atom and one other element

ANSWERS: 21. rickets, 22. purple, 23. ongoing, 24. curve, 25. nit, 26. nitrogen, 27. insulin, 28. relevance, 29. oxide

30. hemoglobin met\_\_\_\_\_sm *n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining
31. tra\_\_\_\_\_ion speed *n.* the act or process of sending something from one person or place to another; the process of broadcasting over the airwaves, as in radio or television
32. ion of ca\_\_\_\_\_m *n.* a chemical element with the symbol Ca and atomic number 20, which is an important mineral for the human body
33. the rem\_\_\_\_\_le breadth of knowledge *adj.* worthy of attention because unusual or special
34. ex\_\_\_\_\_d to radiation *adj.* having no protection or shield from something, such as bad weather, attack, or criticism
35. 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
36. a de\_\_\_\_\_t education *adj.* satisfactory, acceptable, or good in a general sense
37. the me\_\_\_\_\_sm for DNA replication *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
38. 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

ANSWERS: 30. metabolism, 31. transmission, 32. calcium, 33. remarkable, 34. exposed, 35. insulin, 36. decent, 37. mechanism, 38. graph

39. 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
40. equ\_\_\_\_\_nt in meaning      *n.* having the same value, quality, meaning, purpose, etc.
41. 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
42. pull up a w\_\_d      *n.* a wild plant growing where it is not wanted and in competition with cultivated plants
43. 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
44. have a st\_\_\_e job      *adj.* firm and steady; not easily moved, disturbed, or changed
45. my vo\_\_\_\_\_er work      *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
46. small mo\_\_\_\_\_les      *n.* a group of two or more atoms held together by attractive forces known as chemical bonds
47. effect of cosmic r\_ys      *n.* a narrow line of light, heat, or another form of energy

ANSWERS: 39. association, 40. equivalent, 41. receptor, 42. weed, 43. develop, 44. stable, 45. volunteer, 46. molecule, 47. ray

48. opaque to X-r\_ys *n.* a narrow line of light, heat, or another form of energy
49. ben\_\_\_\_\_al to all countries *adj.* helpful, useful, or sound; promoting or enhancing well-being
50. 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
51. learning cu\_\_e *n.* a bend or angle in a line or surface that deviates from a straight or flat path; a gradual or smooth change in direction or shape
52. su\_\_\_\_\_t that he is sick *v.* to consider anything to be actual or probable
53. in\_\_\_t a personal opinion into a debate *v.* to put a liquid such as a drug or other substance into a person's or an animal's body using a needle and syringe (= small tube)
54. a convivial atm\_\_\_\_\_re *n.* the mass of air that surrounds the Earth; the pervading tone or mood of a place, situation, or creative work
55. dis\_\_\_\_\_ly remember *adv.* in a way that is clearly or noticeably different or separates from something else; in a way that is unmistakably or unequivocally defined or identifiable
56. ir\_\_\_\_\_te a tumor *v.* to expose or subject something to radiation or intense light, often for sterilization or treatment; to emit or give off rays of light or energy; to illuminate or make something clear or evident

ANSWERS: 48. ray, 49. beneficial, 50. advantage, 51. curve, 52. suspect, 53. inject, 54. atmosphere, 55. distinctly, 56. irradiate

57. met\_\_\_\_\_sm enzyme *n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining
58. ru\_\_y match *n.* a sport played with an oval ball, with two teams of fifteen players trying to score goals by carrying or kicking the ball over the opponent's goal line
59. m\_r a proper relationship *v.* to damage or spoil the appearance or surface of something
60. cl\_\_\_e the party *v.* to split or divide something into two parts, often with force; to adhere or cling to something closely and cohesively
61. b\_\_t salad *n.* a thick, fleshy, edible root vegetable typically having a dark red or purplish color; a plant of the goosefoot family that produces this vegetable
62. mag\_\_\_\_\_us forgiveness *adj.* having or showing a generous, noble, and forgiving spirit; being unselfish and kind to others, especially those who have wronged or offended you
63. 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
64. cl\_\_p down on extremism *v.* to fasten or secure something tightly, often using a tool or device called a clamp; to restrict something or someone's freedom or movement; (noun) a device used to secure, fasten, or hold objects together; a mass or group of things that are held or gathered tightly together

ANSWERS: 57. metabolism, 58. rugby, 59. mar, 60. cleave, 61. beet, 62. magnanimous, 63. mass, 64. clamp



65. still on\_\_\_\_g *adj.* continuing to exist or develop, or currently happening
66. a st\_\_\_\_ht line *adj.* extending or moving in one direction without bending or curving; having no deviations
67. mo\_\_l hazard *adj.* concerned with the principles of what is right and wrong, fairness, honesty, etc.
68. cognitive com\_\_\_\_ty *n.* the state or quality of being complicated or intricate and difficult to understand
69. mo\_\_l burden *adj.* concerned with the principles of what is right and wrong, fairness, honesty, etc.
70. scientific jo\_\_\_\_l *n.* a newspaper or magazine specialized in a specific topic or profession
71. in direct su\_\_\_\_ht *n.* the light emitted by the sun; the rays of the sun
72. an un\_\_\_\_r match *adj.* poorly stated or described and therefore not easy to understand; not easy to perceive
73. w\_\_d management *n.* a wild plant growing where it is not wanted and in competition with cultivated plants
74. re\_\_\_\_ce the painting *v.* to make a copy of something such as a picture, piece of text, music, etc.; to produce offspring through a sexual or asexual process
75. defense me\_\_\_\_sm *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

ANSWERS: 65. ongoing, 66. straight, 67. moral, 68. complexity, 69. moral, 70. journal, 71. sunlight, 72. unclear, 73. weed, 74. reproduce, 75. mechanism

76. re\_\_\_\_\_on between cause and effect     *n.* the way two persons or groups of people feel and act toward one another
77. com\_\_\_\_\_ve position     *adj.* involving competition or competitiveness
78. intellectual f\_\_t     *n.* a notable or impressive achievement, especially one that requires great skill or bravery
79. morning su\_\_\_\_\_ne     *n.* the direct light and heat that comes from the sun
80. 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
81. a southern ex\_\_\_\_\_re     *n.* the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret
82. di\_\_\_e the bronchial tubes     *v.* to make something wider, larger, or more open
83. 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
84. exp\_\_\_\_\_tal design     *adj.* relating to or based on new ideas, forms, methods, etc. that have not been tried before, usually to find out what effect they have

ANSWERS: 76. relation, 77. competitive, 78. feat, 79. sunshine, 80. disease, 81. exposure, 82. dilate, 83. cancer, 84. experimental

85. ex\_\_\_\_ng football player *adj.* causing a lot of interest or excitement
86. a tra\_\_\_\_\_er of a family line *n.* a piece of equipment used for generating and sending electronic signals, especially radio or television signals
87. sh\_\_\_\_ng response *adj.* extremely or surprisingly bad, or causing a strong emotional response such as surprise or disgust
88. ex\_\_\_e a crime *v.* to show something by uncovering it; to make something accessible to some action or influence
89. es\_\_\_\_\_en-responsive breast cancer *n.* a category of female steroid sex hormone responsible for the development and regulation of the female reproductive system and secondary sex characteristics
90. en\_\_\_e reaction *n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction
91. a com\_\_\_\_\_ve price *adj.* involving competition or competitiveness
92. c\_\_p a meet with a knife *v.* to cut something into pieces with a sharp tool, such as a knife
93. an ex\_\_\_\_\_d rock *adj.* having no protection or shield from something, such as bad weather, attack, or criticism
94. ex\_\_\_e a person to risks *v.* to show something by uncovering it; to make something accessible to some action or influence

ANSWERS: 85. exciting, 86. transmitter, 87. shocking, 88. expose, 89. estrogen, 90. enzyme, 91. competitive, 92. chop, 93. exposed, 94. expose

95. major paradigm sh\_\_t *n.* a slight transition in position, direction, or trend
96. jo\_\_\_\_\_l articles *n.* a newspaper or magazine specialized in a specific topic or profession
97. ca\_\_\_\_\_te the distance *v.* to judge or find out the amount or number of something by using mathematics
98. res\_\_\_\_\_ce movement *n.* the act of defending oneself from an aggressor or refusing to accept something
99. silver ox\_\_e *n.* a chemical compound that contains at least one oxygen atom and one other element
100. su\_\_\_\_\_t a plot *v.* to consider anything to be actual or probable
101. be\_\_\_\_\_h contempt *adv.* in or to a lower place than someone or something
102. get inc\_\_\_\_\_ly insecure *adv.* in a way that is very difficult to believe; exceedingly or extremely
103. wage sup\_\_\_\_\_nt *n.* something that is added to something else to make it better or complete it
104. a bu\_\_h of trees *n.* a grouping of several similar things which are growing or fastened together
105. ob\_\_\_\_\_s reasons *adj.* easy to see, discover or understand
106. a bu\_\_h of schoolgirls *n.* a grouping of several similar things which are growing or fastened together
107. ex\_\_\_d agricultural output *v.* to increase or to make something greater in size, number, or importance

ANSWERS: 95. shift, 96. journal, 97. calculate, 98. resistance, 99. oxide, 100. suspect, 101. beneath, 102. incredibly, 103. supplement, 104. bunch, 105. obvious, 106. bunch, 107. expand

108. 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
109. c\_\_p wood *v.* to cut something into pieces with a sharp tool, such as a knife
110. co\_\_\_\_ry artery bypass grafting *adj.* of or relating to the heart, especially the arteries that supply blood to the heart muscle; (noun) medical conditions related to these arteries, such as coronary artery disease
111. di\_\_\_e money equally *v.* to separate or cause to separate into parts or groups
112. ru\_\_y team *n.* a sport played with an oval ball, with two teams of fifteen players trying to score goals by carrying or kicking the ball over the opponent's goal line
113. vi\_\_\_\_y in the law court *n.* success in a game, competition, election, or battle, or the knowledge that you have won
114. cl\_\_p coupling *v.* to fasten or secure something tightly, often using a tool or device called a clamp; to restrict something or someone's freedom or movement; (noun) a device used to secure, fasten, or hold objects together; a mass or group of things that are held or gathered tightly together
115. lack of ox\_\_\_n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

ANSWERS: 108. mass, 109. chop, 110. coronary, 111. divide, 112. rugby, 113. victory, 114. clamp, 115. oxygen

116. rich in vi\_\_\_\_\_n D      *n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body
117. pr\_\_\_\_\_s improvement      *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
118. a cloud passing ov\_\_\_\_\_ad      *n.* the expense of maintaining something that is involved in operating a business, such as rent and heating; (adverb) above your head; in the sky
119. der\_\_\_\_\_gy research      *n.* a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases
120. wav\_\_\_\_\_th of light      *n.* the distance between two points in the same phase in consecutive cycles of a wave
121. in no un\_\_\_\_\_r terms      *adj.* poorly stated or described and therefore not easy to understand; not easy to perceive
122. ult\_\_\_\_\_et protection      *adj.* relating to or occupying the part of the spectrum beyond the violet end, especially radiation
123. se\_\_\_\_\_te video into chapter      *v.* to force, take, or pull apart; mark as different

ANSWERS: 116. vitamin, 117. process, 118. overhead, 119. dermatology, 120. wavelength, 121. unclear, 122. ultraviolet, 123. separate

124. es\_\_\_\_\_en receptor *n.* a category of female steroid sex hormone responsible for the development and regulation of the female reproductive system and secondary sex characteristics
125. se\_\_\_\_\_te cream from milk *v.* to force, take, or pull apart; mark as different
126. the ex\_\_\_\_\_re of a fraud *n.* the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret
127. vi\_\_\_\_\_n deficiency *n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body
128. use of dietary sup\_\_\_\_\_nts *n.* something that is added to something else to make it better or complete it
129. inc\_\_\_\_\_ly cheerful character *adv.* in a way that is very difficult to believe; exceedingly or extremely
130. D\_\_t approval *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
131. ci\_\_\_\_\_te an agenda before the meeting *v.* to move continuously or freely around a place or closed system
132. mo\_\_\_\_\_le behavior *n.* a group of two or more atoms held together by attractive forces known as chemical bonds

ANSWERS: 124. estrogen, 125. separate, 126. exposure, 127. vitamin, 128. supplement, 129. incredibly, 130. diet, 131. circulate, 132. molecule

133. long-wav\_\_\_\_\_th laser      *n.* the distance between two points in the same phase in consecutive cycles of a wave
134. ho\_\_\_\_\_le smell      *adj.* extremely unpleasant or bad; causing fear or disgust
135. in st\_\_\_\_e condition      *adj.* firm and steady; not easily moved, disturbed, or changed
136. rem\_\_\_\_\_le achievement      *adj.* worthy of attention because unusual or special
137. crisp le\_\_\_\_\_e      *n.* a leafy vegetable that is often used as a base for salads or sandwiches; it has green leaves and a mild flavor
138. ca\_\_\_\_\_te his credit score      *v.* to judge or find out the amount or number of something by using mathematics
139. creative fi\_\_\_\_\_e      *n.* skillful handling of a situation or problem with diplomacy, tact, or grace; subtle, artful maneuvering; refinement or delicacy in performance or execution; (verb) to handle a situation or problem with sensitivity, tact, and diplomacy
140. cross the pi\_\_\_\_t line      *n.* a pointed wooden or metal stake driven into the ground used as a support or for marking an area or boundary; a group of people, typically strikers or protestors, stationed or moving around in front of a workplace, government building, or other location, to demonstrate opposition or to pick up supporters

ANSWERS: 133. wavelength, 134. horrible, 135. stable, 136. remarkable, 137. lettuce, 138. calculate, 139. finesse, 140. picket



141. fire st\_\_k *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
142. medical l\_b *n.* a workplace for the conduct of scientific research; a laboratory
143. mag\_\_\_\_\_us attitude *adj.* having or showing a generous, noble, and forgiving spirit; being unselfish and kind to others, especially those who have wronged or offended you
144. lack of digestive en\_\_\_es *n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction
145. cir\_\_\_\_\_on of money *n.* the movement of blood through the body or of a fluid through a system; the number of copies of a newspaper or magazine that are sold
146. mu\_\_\_\_\_ly about hundredfold *v.* to add a number to itself a specified number of times; to increase or cause to increase very much in number or quantity
147. re\_\_\_\_\_ce category *n.* the state or degree of being closely connected or appropriate to the matter at hand
148. ult\_\_\_\_\_et light *adj.* relating to or occupying the part of the spectrum beyond the violet end, especially radiation
149. school req\_\_\_\_\_nt *n.* something that is needed or wanted

ANSWERS: 141. stick, 142. lab, 143. magnanimous, 144. enzyme, 145. circulation, 146. multiply, 147. relevance, 148. ultraviolet, 149. requirement

150. fun\_\_\_\_\_al education *adj.* forming an essential base or core from which everything else develops or is affected
151. su\_\_\_\_\_e a plane crash *v.* to live or exist despite a dangerous event or period
152. the ground be\_\_\_\_\_h my feet *adv.* in or to a lower place than someone or something
153. 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
154. roasted b\_\_t *n.* a thick, fleshy, edible root vegetable typically having a dark red or purplish color; a plant of the goosefoot family that produces this vegetable
155. deep pu\_\_\_e *adj.* of a color intermediate between red and blue
156. indoor su\_\_\_\_\_p *n.* a device that produces ultraviolet light for tanning, improving one's skin color, or treating certain medical conditions; a lamp that emits light similar to that of the sun
157. yearn for the de\_\_\_t living *adj.* satisfactory, acceptable, or good in a general sense
158. become increasingly com\_\_\_\_\_ed *adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze
159. lymphatic cir\_\_\_\_\_on *n.* the movement of blood through the body or of a fluid through a system; the number of copies of a newspaper or magazine that are sold

ANSWERS: 150. fundamental, 151. survive, 152. beneath, 153. advantage, 154. beet, 155. purple, 156. sunlamp, 157. decent, 158. complicated, 159. circulation

160. pa\_\_\_\_t with weight loss      *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
161. warm su\_\_\_\_ne      *n.* the direct light and heat that comes from the sun
162. 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
163. sw\_\_l at room temperature      *v.* to become larger or more inflated; to become more intense or important
164. m\_r the reputation      *v.* to damage or spoil the appearance or surface of something
165. f\_\_t accomplishment      *n.* a notable or impressive achievement, especially one that requires great skill or bravery
166. a s\_\_m battle      *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
167. re\_\_\_\_on of inclusion      *n.* the way two persons or groups of people feel and act toward one another
168. bachelor's de\_\_\_\_e      *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
169. traditional me\_\_\_\_al      *adj.* of or relating to the treatment or cure of disease

ANSWERS: 160. patient, 161. sunshine, 162. receptor, 163. swell, 164. mar, 165. feat, 166. sham, 167. relation, 168. degree, 169. medicinal

170. car\_\_\_\_\_lar diseases      *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
171. pi\_\_\_t sign      *n.* a pointed wooden or metal stake driven into the ground used as a support or for marking an area or boundary; a group of people, typically strikers or protestors, stationed or moving around in front of a workplace, government building, or other location, to demonstrate opposition or to pick up supporters
172. st\_\_\_\_\_ht for two months      *adj.* extending or moving in one direction without bending or curving; having no deviations
173. ir\_\_\_\_\_te the atmosphere      *v.* to expose or subject something to radiation or intense light, often for sterilization or treatment; to emit or give off rays of light or energy; to illuminate or make something clear or evident
174. blood ve\_\_\_ls      *n.* a ship or large boat
175. a secret me\_\_\_\_\_er      *n.* someone or something that carries a message, especially one sent to convey information, news, or an official document
176. st\_\_k a key in a lock      *v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material

ANSWERS: 170. cardiovascular, 171. picket, 172. straight, 173. irradiate, 174. vessel, 175. messenger, 176. stick

177. 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
178. sh\_\_\_\_\_ng revelation *adj.* extremely or surprisingly bad, or causing a strong emotional response such as surprise or disgust
179. the tra\_\_\_\_\_ion gears of a car *n.* the act or process of sending something from one person or place to another; the process of broadcasting over the airwaves, as in radio or television
180. gr\_\_\_\_\_nt descent *n.* the degree or rate of incline or decline along a physical or abstract line; a gradual progression
181. his conclusion was ob\_\_\_\_\_s *adj.* easy to see, discover or understand
182. 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
183. pr\_\_\_\_\_le of treatment *n.* a fundamental law or truth that explains or controls how something happens or works
184. meeting in\_\_\_ws *n.* a relative by marriage, such as a mother-in-law, brother-in-law, or sister-in-law
185. 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

ANSWERS: 177. develop, 178. shocking, 179. transmission, 180. gradient, 181. obvious, 182. disease, 183. principle, 184. in-law, 185. ratio

186. re\_\_\_\_e CO2 into the air      *v.* to set free or allow to escape from confinement
187. fun\_\_\_\_\_al rights      *adj.* forming an essential base or core from which everything else develops or is affected
188. pa\_\_\_\_t in the hospital      *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
189. fatty li\_\_r      *n.* a large organ in the body, involved in many metabolic processes, such as detoxification of the organism, and the synthesis of proteins
190. a ben\_\_\_\_\_al result      *adj.* helpful, useful, or sound; promoting or enhancing well-being
191. I don't care a c\_\_p      *n.* a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat
192. pediatric der\_\_\_\_\_gy      *n.* a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases
193. ov\_\_\_\_ad capital      *n.* the expense of maintaining something that is involved in operating a business, such as rent and heating; (adverb) above your head; in the sky
194. suffer st\_\_\_e      *n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

ANSWERS: 186. release, 187. fundamental, 188. patient, 189. liver, 190. beneficial, 191. chip, 192. dermatology, 193. overhead, 194. stroke

195. ar\_\_\_y blockage *n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.
196. decision-making pr\_\_\_\_s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
197. me\_\_\_\_\_er app *n.* someone or something that carries a message, especially one sent to convey information, news, or an official document
198. sta\_\_\_\_\_cs for cancer *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
199. me\_\_\_\_\_al chemistry *adj.* of or relating to the treatment or cure of disease
200. ci\_\_\_\_\_te a rumor *v.* to move continuously or freely around a place or closed system
201. di\_\_\_e the cake into two pieces *v.* to separate or cause to separate into parts or groups
202. re\_\_\_\_\_ce by myself *v.* to make a copy of something such as a picture, piece of text, music, etc.; to produce offspring through a sexual or asexual process

ANSWERS: 195. artery, 196. process, 197. messenger, 198. statistics, 199. medicinal, 200. circulate, 201. divide, 202. reproduce

203. dis\_\_\_\_\_ly different *adv.* in a way that is clearly or noticeably different or separates from something else; in a way that is unmistakably or unequivocally defined or identifiable
204. re\_\_\_\_\_e a prisoner *v.* to set free or allow to escape from confinement
205. le\_\_y canopy *adj.* covered with or having many leaves; of or relating to plants that produce many leaves, especially those that are broad and flat
206. me\_\_\_\_\_n in a report *v.* to speak or write about something or someone briefly
207. com\_\_\_\_\_ty theory *n.* the state or quality of being complicated or intricate and difficult to understand
208. future in\_\_\_w *n.* a relative by marriage, such as a mother-in-law, brother-in-law, or sister-in-law
209. vi\_\_\_\_\_y over terrorism *n.* success in a game, competition, election, or battle, or the knowledge that you have won
210. eat a vegetarian d\_\_t *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
211. seek vo\_\_\_\_\_ers *n.* a person who performs or offers to perform a job or service without being paid for or forced to do
212. ho\_\_\_\_\_le accident *adj.* extremely unpleasant or bad; causing fear or disgust

ANSWERS: 203. distinctly, 204. release, 205. leafy, 206. mention, 207. complexity, 208. in-law, 209. victory, 210. diet, 211. volunteer, 212. horrible



213. ni\_\_\_c oxide *n.* pertaining to or containing nitrogen in its higher valence states, particularly compounds containing nitrogen and oxygen
214. su\_\_\_\_\_e a blizzard *v.* to live or exist despite a dangerous event or period
215. a me\_\_\_\_\_l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
216. in\_\_\_t under the skin *v.* to put a liquid such as a drug or other substance into a person's or an animal's body using a needle and syringe (= small tube)
217. risk of coronary ar\_\_\_y disease *n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.
218. economic gr\_\_\_\_\_nt *n.* the degree or rate of incline or decline along a physical or abstract line; a gradual progression
219. she is a little n\_t *n.* the egg of a louse (= that is a tiny insect that lives in human hair) or some other insect; a foolish person
220. li\_\_\_r disease *n.* a large organ in the body, involved in many metabolic processes, such as detoxification of the organism, and the synthesis of proteins
221. de\_\_\_e centigrade *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

ANSWERS: 213. nitric, 214. survive, 215. medical, 216. inject, 217. artery, 218. gradient, 219. nit, 220. liver, 221. degree

222. toxic ch\_\_\_\_als *adj.* relating to or connected with chemistry;
223. south of the eq\_\_\_\_r *n.* an line of latitude that separates Earth's northern and southern hemispheres and has a radius of around 40,075 kilometers (24,901 miles)
224. 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
225. tanning su\_\_\_\_p *n.* a device that produces ultraviolet light for tanning, improving one's skin color, or treating certain medical conditions; a lamp that emits light similar to that of the sun
226. ri\_\_\_\_s diagnosis *n.* a childhood disease caused by a deficiency of vitamin D, calcium, or phosphate, characterized by weak or deformed bones
227. car\_\_\_\_\_lar tissue *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
228. an explosive su\_\_\_\_ce *n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug
229. a pine cr\_\_\_\_t *n.* leaping insect; a game played with a ball and bat by two teams of eleven players

ANSWERS: 222. chemical, 223. equator, 224. cancer, 225. sunlamp, 226. rickets, 227. cardiovascular, 228. substance, 229. cricket

230. 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
231. exp\_\_\_\_\_tal data *adj.* relating to or based on new ideas, forms, methods, etc. that have not been tried before, usually to find out what effect they have
232. le\_\_y suburbs *adj.* covered with or having many leaves; of or relating to plants that produce many leaves, especially those that are broad and flat
233. development of the ne\_\_\_\_\_s system *adj.* worried and anxious about something; relating to the nerves
234. di\_\_\_e blood vessel *v.* to make something wider, larger, or more open
235. sh\_\_e cheese *v.* to remove body hair with a razor; to cut the price of something
236. official sta\_\_\_\_\_cs *n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
237. abs\_\_\_\_\_ly obsessed with the girl *adv.* without restriction or limitation; completely or utterly
238. cr\_\_\_\_\_t match *n.* leaping insect; a game played with a ball and bat by two teams of eleven players
239. Doppler sh\_\_t *n.* a slight transition in position, direction, or trend

ANSWERS: 230. physiological, 231. experimental, 232. leafy, 233. nervous, 234. dilate, 235. shave, 236. statistics, 237. absolutely, 238. cricket, 239. shift

240. radio tra\_\_\_\_\_er *n.* a piece of equipment used for generating and sending electronic signals, especially radio or television signals
241. sw\_\_l a population *v.* to become larger or more inflated; to become more intense or important
242. ex\_\_\_\_\_ng news *adj.* causing a lot of interest or excitement
243. res\_\_\_\_\_ce to insulin *n.* the act of defending oneself from an aggressor or refusing to accept something
244. su\_\_\_\_\_ce abuse problem *n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug
245. carbon dioxide in the atm\_\_\_\_\_re *n.* the mass of air that surrounds the Earth; the pervading tone or mood of a place, situation, or creative work
246. co\_\_\_\_\_ry disease *adj.* of or relating to the heart, especially the arteries that supply blood to the heart muscle; (noun) medical conditions related to these arteries, such as coronary artery disease
247. l\_b instrument *n.* a workplace for the conduct of scientific research; a laboratory
248. ca\_\_\_\_\_m deficiency *n.* a chemical element with the symbol Ca and atomic number 20, which is an important mineral for the human body
249. the hydrogen binds the ox\_\_\_\_n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

ANSWERS: 240. transmitter, 241. swell, 242. exciting, 243. resistance, 244. substance, 245. atmosphere, 246. coronary, 247. lab, 248. calcium, 249. oxygen

250. sh\_\_e my head *v.* to remove body hair with a razor; to cut the price of something
251. ni\_\_\_\_en absorption *n.* a chemical element with the symbol N and atomic number 7, which is a highly reactive element that forms part of many compounds, including amino acids and proteins
252. mo\_\_\_\_\_ty due to cancer *n.* the quality or state of being subject to death
253. above the eq\_\_\_\_r *n.* an line of latitude that separates Earth's northern and southern hemispheres and has a radius of around 40,075 kilometers (24,901 miles)
254. wilted le\_\_\_\_\_e *n.* a leafy vegetable that is often used as a base for salads or sandwiches; it has green leaves and a mild flavor
255. a c\_\_p of wood *n.* a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat
256. ind\_\_\_\_\_al freedom *n.* a single person or thing, as distinct from a group
257. a com\_\_\_\_\_ed process *adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze
258. abs\_\_\_\_\_ly against *adv.* without restriction or limitation; completely or utterly
259. 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

ANSWERS: 250. shave, 251. nitrogen, 252. mortality, 253. equator, 254. lettuce, 255. chip, 256. individual, 257. complicated, 258. absolutely, 259. physiological

260. mu\_\_\_\_ly 5 and 6

*v.* to add a number to itself a specified number of times; to increase or cause to increase very much in number or quantity

261. me\_\_\_\_n name

*v.* to speak or write about something or someone briefly

262. fi\_\_\_\_e a shot in golf

*n.* skillful handling of a situation or problem with diplomacy, tact, or grace; subtle, artful maneuvering; refinement or delicacy in performance or execution; (verb) to handle a situation or problem with sensitivity, tact, and diplomacy

ANSWERS: 260. multiply, 261. mention, 262. finesse

## Session 3: Fill in the Blanks

1. The project's \_\_\_\_\_ made it difficult for the team to complete it on time.  
*n.* the state or quality of being complicated or intricate and difficult to understand
2. The \_\_\_\_\_ demonstrate that poverty and unemployment are genuine problems.  
*n.* the discipline that concerns the collection, organization, analysis, interpretation, and presentation of data
3. \_\_\_\_\_ gas is used to inflate car tires because it does not react with rubber.  
*n.* a chemical element with the symbol N and atomic number 7, which is a highly reactive element that forms part of many compounds, including amino acids and proteins
4. The \_\_\_\_\_ was so bright that I had to wear sunglasses to protect my eyes.  
*n.* the direct light and heat that comes from the sun
5. A balanced \_\_\_\_\_ is more important for health than supplements.  
*n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
6. The doctor prescribed \_\_\_\_\_ therapy to help alleviate my skin condition.  
*n.* a device that produces ultraviolet light for tanning, improving one's skin color, or treating certain medical conditions; a lamp that emits light similar to that of the sun
7. Can you \_\_\_\_\_ 123321 by eleven?  
*v.* to separate or cause to separate into parts or groups

ANSWERS: 1. complexity, 2. statistics, 3. Nitrogen, 4. sunshine, 5. diet, 6. sunlamp, 7. divide

8. This disease has a high \_\_\_\_\_.
- n.* the quality or state of being subject to death
9. Smoking places you at severe risk of \_\_\_\_\_ and respiratory disease.
- adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
10. 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
11. A deficiency in the \_\_\_\_\_ can lead to a medical condition.
- n.* a substance produced by a living organism that acts as a catalyst to bring about a specific biochemical reaction
12. 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
13. The plant has a stunning \_\_\_\_\_ blossom.
- adj.* of a color intermediate between red and blue
14. He displays great \_\_\_\_\_ when playing the guitar.
- n.* skillful handling of a situation or problem with diplomacy, tact, or grace; subtle, artful maneuvering; refinement or delicacy in performance or execution; (verb) to handle a situation or problem with sensitivity, tact, and diplomacy
15. The older woman also suffers bone loss caused by \_\_\_\_\_ deficiency.
- n.* a category of female steroid sex hormone responsible for the development and regulation of the female reproductive system and secondary sex characteristics

ANSWERS: 8. mortality, 9. cardiovascular, 10. relations, 11. enzyme, 12. insulin, 13. purple, 14. finesse, 15. estrogen



16. The \_\_\_\_\_ for applying for a visa can be lengthy and complicated.
- n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
17. The fan \_\_\_\_\_ the air in the room quickly.
- v.* to move continuously or freely around a place or closed system
18. The \_\_\_\_\_ properties of this herb have been known to help with various ailments.
- adj.* of or relating to the treatment or cure of disease
19. The physician is reading the \_\_\_\_\_ related to medicine
- n.* a newspaper or magazine specialized in a specific topic or profession
20. The \_\_\_\_\_ floral scent of the perfume lingered in the air long after the wearer had left the room.
- adv.* in a way that is clearly or noticeably different or separates from something else; in a way that is unmistakably or unequivocally defined or identifiable
21. As an \_\_\_\_\_ he had the right to make his own decisions and live his life as he saw fit.
- n.* a single person or thing, as distinct from a group
22. He used a wrench to \_\_\_\_\_ down the pipes tightly.
- v.* to fasten or secure something tightly, often using a tool or device called a clamp; to restrict something or someone's freedom or movement; (noun) a device used to secure, fasten, or hold objects together; a mass or group of things that are held or gathered tightly together

ANSWERS: 16. process, 17. circulates, 18. medicinal, 19. journals, 20. distinctly, 21. individual, 22. clamp

23. He couldn't \_\_\_\_\_ the actual value of the artwork.  
*v.* to judge or find out the amount or number of something by using mathematics
24. The mobile application industry is a \_\_\_\_\_ one.  
*adj.* involving competition or competitiveness
25. The scratches on the car \_\_\_\_\_ its otherwise perfect appearance.  
*v.* to damage or spoil the appearance or surface of something
26. The blood's red coloring comes from iron \_\_\_\_\_.  
*n.* a chemical compound that contains at least one oxygen atom and one other element
27. He was a passionate fan of \_\_\_\_\_ and loved watching matches.  
*n.* a sport played with an oval ball, with two teams of fifteen players trying to score goals by carrying or kicking the ball over the opponent's goal line
28. 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
29. It is important not to undertake tasks with \_\_\_\_\_ objectives to improve productivity.  
*adj.* poorly stated or described and therefore not easy to understand; not easy to perceive
30. I want a sandwich with extra \_\_\_\_\_ please.  
*n.* a leafy vegetable that is often used as a base for salads or sandwiches; it has green leaves and a mild flavor

ANSWERS: 23. calculate, 24. competitive, 25. marred, 26. oxide, 27. rugby, 28. advantages, 29. unclear, 30. lettuce,

31. The \_\_\_\_\_ of the magazine has been steadily declining.  
*n.* the movement of blood through the body or of a fluid through a system; the number of copies of a newspaper or magazine that are sold
32. The European Central Bank is Europe's \_\_\_\_\_ of the Federal Reserve.  
*n.* having the same value, quality, meaning, purpose, etc.
33. The experience was \_\_\_\_\_ and left a lasting impression.  
*adj.* extremely unpleasant or bad; causing fear or disgust
34. They hope to \_\_\_\_\_ their business worldwide.  
*v.* to increase or to make something greater in size, number, or importance
35. Tech companies often employ \_\_\_\_\_ ducts and other materials in their office interiors.  
*adj.* having no protection or shield from something, such as bad weather, attack, or criticism
36. I am \_\_\_\_\_ opposed to his idea because of morality.  
*adv.* without restriction or limitation; completely or utterly
37. She visited a \_\_\_\_\_ clinic to get treatment for her skin condition.  
*n.* a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases
38. He discovered unique \_\_\_\_\_ for photochemical reactions.  
*n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

ANSWERS: 31. circulation, 32. equivalent, 33. horrible, 34. expand, 35. exposed, 36. absolutely, 37. dermatology, 38. mechanisms

39. Careful brushing can remove \_\_\_\_.
- n.* the egg of a louse (= that is a tiny insect that lives in human hair) or some other insect; a foolish person
40. White color is made up of many different \_\_\_\_\_ of light.
- n.* the distance between two points in the same phase in consecutive cycles of a wave
41. What is the entry \_\_\_\_\_ for this course?
- n.* something that is needed or wanted
42. 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
43. The spaceship began to burn up as it approached the Earth's \_\_\_\_\_.
- n.* the mass of air that surrounds the Earth; the pervading tone or mood of a place, situation, or creative work
44. He was sick for five \_\_\_\_\_ days.
- adj.* extending or moving in one direction without bending or curving; having no deviations
45. The animal rights group worked to \_\_\_\_\_ the dolphins back into the wild.
- v.* to set free or allow to escape from confinement
46. Ecuador is on the \_\_\_\_\_.
- n.* an line of latitude that separates Earth's northern and southern hemispheres and has a radius of around 40,075 kilometers (24,901 miles)

ANSWERS: 39. nit, 40. wavelengths, 41. requirement, 42. feat, 43. atmosphere, 44. straight, 45. release, 46. equator

47. He did \_\_\_\_\_ pen-and-ink drawings in just a few days.  
*adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze
48. The patient was prescribed a \_\_\_\_\_ supplement to help prevent osteoporosis.  
*n.* a chemical element with the symbol Ca and atomic number 20, which is an important mineral for the human body
49. These birds can only \_\_\_\_\_ in temperate climates.  
*v.* to live or exist despite a dangerous event or period
50. The \_\_\_\_\_ of the argument was well-presented.  
*n.* the real physical material of which a thing or person consist; the most important or main part of some idea or experience; an illegal drug
51. This substance acts as a neural \_\_\_\_\_ substance.  
*n.* a piece of equipment used for generating and sending electronic signals, especially radio or television signals
52. 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
53. The \_\_\_\_\_ in the road was so sharp that I had to slow down to navigate it safely.  
*n.* a bend or angle in a line or surface that deviates from a straight or flat path; a gradual or smooth change in direction or shape
54. The doctor carefully examined the \_\_\_\_\_ medical history.  
*n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic

ANSWERS: 47. complicated, 48. calcium, 49. survive, 50. substance, 51. transmitter, 52. disease, 53. curve, 54. patient's

55. 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
56. The \_\_\_\_\_ arrived in port the following day.  
*n.* a ship or large boat
57. He earned a \_\_\_\_\_ salary at his job.  
*adj.* satisfactory, acceptable, or good in a general sense
58. The company's \_\_\_\_\_ donation to the charity helped many people in need.  
*adj.* having or showing a generous, noble, and forgiving spirit; being unselfish and kind to others, especially those who have wronged or offended you
59. He swung the axe with all his might to \_\_\_\_\_ the wood in half.  
*v.* to split or divide something into two parts, often with force; to adhere or cling to something closely and cohesively
60. The news of the accident was \_\_\_\_\_ and left many in shock.  
*adj.* extremely or surprisingly bad, or causing a strong emotional response such as surprise or disgust
61. The patient underwent \_\_\_\_\_ angiography to visualize the blood flow in his heart.  
*adj.* of or relating to the heart, especially the arteries that supply blood to the heart muscle; (noun) medical conditions related to these arteries, such as coronary artery disease
62. This merger will help them reduce \_\_\_\_\_ costs substantially.  
*n.* the expense of maintaining something that is involved in operating a business, such as rent and heating; (adverb) above your head; in the sky

ANSWERS: 55. association, 56. vessel, 57. decent, 58. magnanimous, 59. cleave, 60. shocking, 61. coronary, 62. overhead

63. \_\_\_\_\_ C is important for immune system function and skin health.
- n.* any of a group of organic compounds that are essential in small quantities to the diet and are present in natural foodstuffs or sometimes produced within the body
64. The farmer built a \_\_\_\_\_ fence around his garden to keep the animals out.
- n.* a pointed wooden or metal stake driven into the ground used as a support or for marking an area or boundary; a group of people, typically strikers or protestors, stationed or moving around in front of a workplace, government building, or other location, to demonstrate opposition or to pick up supporters
65. That newspaper \_\_\_\_\_ a political scandal in a big way.
- v.* to show something by uncovering it; to make something accessible to some action or influence
66. \_\_\_\_\_ a number by itself twice.
- v.* to add a number to itself a specified number of times; to increase or cause to increase very much in number or quantity
67. You \_\_\_\_\_ a bill in the change machine, and the coins pop out.
- v.* to put something, usually a sharp object, into something; to restrict yourself to doing or using one certain thing and not change; (noun) a thin piece of wood or other material
68. Better sleep leads to increased \_\_\_\_\_.
- n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining
69. The patient will undergo \_\_\_\_\_ transplant surgery tomorrow.
- n.* a large organ in the body, involved in many metabolic processes, such as detoxification of the organism, and the synthesis of proteins

ANSWERS: 63. Vitamin, 64. picket, 65. exposed, 66. Multiply, 67. stick, 68. metabolism, 69. liver

70. His arm was \_\_\_\_\_ from the insect bite.

*v.* to become larger or more inflated; to become more intense or important

71. The pupils of the eyes \_\_\_\_\_ in low light.

*v.* to make something wider, larger, or more open

72. The cops \_\_\_\_\_ him of being the killer.

*v.* to consider anything to be actual or probable

73. An mRNA vaccine is a type of vaccine that uses a copy of a molecule called \_\_\_\_\_ RNA.

*n.* someone or something that carries a message, especially one sent to convey information, news, or an official document

74. We are optimistic about our final \_\_\_\_\_.

*n.* success in a game, competition, election, or battle, or the knowledge that you have won

75. The nuclear power plant was designed to \_\_\_\_\_ the uranium rods to produce energy.

*v.* to expose or subject something to radiation or intense light, often for sterilization or treatment; to emit or give off rays of light or energy; to illuminate or make something clear or evident

76. Continuous consumption of fatty foods leads to the hardening of the \_\_\_\_\_.

*n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.

77. There are \_\_\_\_\_ differences between the two wine-producing regions.

*adj.* easy to see, discover or understand

ANSWERS: 70. swelling, 71. dilate, 72. suspected, 73. messenger, 74. victory, 75. irradiate, 76. artery, 77. obvious



78. The neighborhood is known for its \_\_\_\_\_ trees and verdant gardens.  
*adj.* covered with or having many leaves; of or relating to plants that produce many leaves, especially those that are broad and flat
79. Poor nutrition and lack of sunlight contributed to the development of \_\_\_\_\_ in the child.  
*n.* a childhood disease caused by a deficiency of vitamin D, calcium, or phosphate, characterized by weak or deformed bones
80. Efficiency isn't an essential \_\_\_\_\_ here; fairness is.  
*n.* a fundamental law or truth that explains or controls how something happens or works
81. 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
82. 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
83. Ethics deals with \_\_\_\_\_ conduct.  
*adj.* concerned with the principles of what is right and wrong, fairness, honesty, etc.
84. Human behavior has \_\_\_\_\_ characteristics.  
*adj.* forming an essential base or core from which everything else develops or is affected
85. The \_\_\_\_\_ acid spilled and caused a hazardous situation in the laboratory.  
*n.* pertaining to or containing nitrogen in its higher valence states, particularly compounds containing nitrogen and oxygen

ANSWERS: 78. leafy, 79. rickets, 80. principle, 81. cancer, 82. mass, 83. moral, 84. fundamental, 85. nitric

86. Radiation from \_\_\_\_\_ has a different wavelength.  
*n.* the light emitted by the sun; the rays of the sun
87. Certain \_\_\_\_\_ may promote tumor growth.  
*n.* something that is added to something else to make it better or complete it
88. We need to \_\_\_\_\_ the aspect of his personality from the part of his competence when making an investment decision.  
*v.* to force, take, or pull apart; mark as different
89. She received her \_\_\_\_\_ in psychology from the university.  
*n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
90. We can use this campaign as a bargaining \_\_\_\_\_ in the negotiations.  
*n.* a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat
91. By dividing and creating copies of themselves, bacteria \_\_\_\_\_.  
*v.* to make a copy of something such as a picture, piece of text, music, etc.; to produce offspring through a sexual or asexual process
92. The \_\_\_\_\_ of this information to the current situation needs to be investigated.  
*n.* the state or degree of being closely connected or appropriate to the matter at hand
93. Laughing is \_\_\_\_\_ to our health.  
*adj.* helpful, useful, or sound; promoting or enhancing well-being

ANSWERS: 86. sunlight, 87. supplements, 88. separate, 89. degree, 90. chip, 91. reproduce, 92. relevance, 93. beneficial

94. The data he prepared was completely \_\_\_\_\_.
- n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
95. 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
96. The findings of the experiment were both \_\_\_\_\_ and unexpected.
- adj.* causing a lot of interest or excitement
97. The product is still in the \_\_\_\_\_ stage.
- adj.* relating to or based on new ideas, forms, methods, etc. that have not been tried before, usually to find out what effect they have
98. Gamma \_\_\_\_\_ penetrate body tissues and cause cell damage.
- n.* a narrow line of light, heat, or another form of energy
99. 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
100. The election was a \_\_\_\_\_ success for the Whigs.
- adj.* worthy of attention because unusual or special
101. \_\_\_\_\_ radiation can cause skin damage if one is exposed for too long.
- adj.* relating to or occupying the part of the spectrum beyond the violet end, especially radiation

ANSWERS: 94. sham, 95. ratio, 96. exciting, 97. experimental, 98. rays, 99. graph, 100. remarkable, 101. Ultraviolet

102. Education is the \_\_\_\_\_ of civilization.

*n.* the act or process of sending something from one person or place to another; the process of broadcasting over the airwaves, as in radio or television

103. 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

104. The garden was full of \_\_\_\_\_ that needed to be pulled.

*n.* a wild plant growing where it is not wanted and in competition with cultivated plants

105. The Prime Minister will pay a courtesy visit to the Nobel laureate's \_\_\_\_\_.

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

106. Relations between the two countries have been relatively \_\_\_\_\_ due to the summit meeting.

*adj.* firm and steady; not easily moved, disturbed, or changed

107. The teachers make full use of \_\_\_\_\_ assistance.

*n.* a person who performs or offers to perform a job or service without being paid for or forced to do

108. One bad apple spoils the whole \_\_\_\_\_.

*n.* a grouping of several similar things which are growing or fastened together

109. The new prime minister has vowed to take measures against the \_\_\_\_\_ economic crisis.

*adj.* continuing to exist or develop, or currently happening

ANSWERS: 102. transmission, 103. receptors, 104. weeds, 105. lab, 106. stable, 107. volunteer, 108. bunch, 109. ongoing

110. 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

111. A great stretch of the lake lay \_\_\_\_\_ them.

- adv.* in or to a lower place than someone or something

112. The cook \_\_\_\_\_ the vegetables for the soup.

- v.* to cut something into pieces with a sharp tool, such as a knife

113. He suffers from \_\_\_\_\_ breakdowns.

- adj.* worried and anxious about something; relating to the nerves

114. 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

115. 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

116. The long \_\_\_\_\_ to the air tarnished the antique tableware.

- n.* the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret

117. The firm has grown into a large \_\_\_\_\_ manufacturing.

- adj.* relating to or connected with chemistry;

ANSWERS: 110. develop, 111. beneath, 112. chopped, 113. nervous, 114. latitude, 115. physiological, 116. exposure, 117. chemical

118. This year's extreme heat has resulted in many heat \_\_\_\_\_ cases.  
*n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
119. The \_\_\_\_\_ team worked quickly to save the patient's life.  
*adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
120. The shape of the DNA \_\_\_\_\_ is a double helix.  
*n.* a group of two or more atoms held together by attractive forces known as chemical bonds
121. My sister-\_\_\_\_\_ is a pediatrician who works in a children's hospital.  
*n.* a relative by marriage, such as a mother-in-law, brother-in-law, or sister-in-law
122. That supermarket tried to \_\_\_\_\_ certain costs by saving electricity.  
*v.* to remove body hair with a razor; to cut the price of something
123. Several cities are experiencing \_\_\_\_\_ high unemployment rates.  
*adv.* in a way that is very difficult to believe; exceedingly or extremely
124. The passenger grabbed for the \_\_\_\_\_ mask.  
*n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
125. Let's try to \_\_\_\_\_ a bit of enthusiasm into your performance.  
*v.* to put a liquid such as a drug or other substance into a person's or an animal's body using a needle and syringe (= small tube)
126. The bill to increase the consumption tax had passed despite much \_\_\_\_\_ from the public.  
*n.* the act of defending oneself from an aggressor or refusing to accept something

ANSWERS: 118. stroke, 119. medical, 120. molecule, 121. in-law, 122. shave, 123. incredibly, 124. oxygen, 125. inject, 126. resistance

127. Could you help me \_\_\_\_\_ some furniture?

*n.* a slight transition in position, direction, or trend

128. I \_\_\_\_\_ to him that I had seen his sister at the grocery store earlier that day.

*v.* to speak or write about something or someone briefly

129. The road's \_\_\_\_\_ was steep, making it challenging for cyclists.

*n.* the degree or rate of incline or decline along a physical or abstract line; a gradual progression

130. She made a delicious salad using fresh \_\_\_\_\_ from her garden.

*n.* a thick, fleshy, edible root vegetable typically having a dark red or purplish color; a plant of the goosefoot family that produces this vegetable

131. The sound of the \_\_\_\_\_ chirping filled the air on a warm summer evening.

*n.* leaping insect; a game played with a ball and bat by two teams of eleven players

ANSWERS: 127. shift, 128. mentioned, 129. gradient, 130. beets, 131. crickets