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Vocabulary Builder Reference from...

Jessica Green and Karen Guillemin: You are your microbes | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

independence

n. freedom from another's or others' control or influence
synonym: freedom, liberty, autonomy

(1) financial **independence**, (2) **independence** ceremony

There is nothing more valuable than **independence** and freedom.

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.

microscopic

adj. tiny; exceedingly precise and detail-oriented; of or used in microscopy

synonym: infinitesimal, tiny, atomic

(1) **microscopic** inquiry, (2) **microscopic** analysis

Inspectors noticed **microscopic** cracks in the submarine's hull.

inhabit

v. to live in a specific location; to reside

synonym: settle, occupy, populate

(1) **inhabit** a cave, (2) **inhabit** the stomach

I have no idea what sort of folks **inhabit** the neighborhood.

microbe

n. a tiny living thing that can only be seen with a microscope and that may cause disease

synonym: germ, microorganism, bacterium

(1) pathogenic **microbe**, (2) **microbes** sterilizer

Microbes thrive on the surface of the human skin.

communal

adj. belonging to or used by a group rather than individuals; for common use

synonym: collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

Communal elections were held in several European countries.

arid

adj. lacking in moisture or rainfall; dry and barren; lacking in interest, life, or vitality

synonym: dry, parched, barren

(1) **arid** terrain, (2) semi- **arid** zone

The desert is known for its **arid** climate and lack of rainfall.

desert

n. arid land with little or no vegetation often covered with sand or rocks

(1) **desert** basin, (2) oasis in the **desert**

This region is predominantly **desert**.

distinctive

adj. having a quality or characteristic that makes it stand out from others

synonym: characteristic, individual, unique

(1) **distinctive** ability, (2) design to be **distinctive**

His writing style was **distinctive**, with a clear and concise voice.

gutsy

adj. displaying courage, determination, or boldness; characterized by a willingness to take risks or face challenges

synonym: courageous, brave, daring

(1) **gutsy** move, (2) **gutsy** performance

It was **gutsy** to quit her job and start her own business.

metropolis

n. a large and densely populated city, typically the most important city or the capital of a country or region; a major center of commerce, culture, and activity

synonym: city, megacity, urban center

(1) **metropolis** skyline, (2) bustling **metropolis**

Paris is a romantic **metropolis** famous for its art, fashion, and cuisine.

interact

v. to communicate or react with somebody

synonym: cooperate, combine, collaborate

(1) **interact** directly with customers, (2) **interact** with one another

He should **interact** more with his colleagues.

bustle

v. to move or act energetically and noisily; (noun) a rapid active commotion

synonym: hurry, rush, flurry

(1) **bustle** around a kitchen, (2) hustle- **bustle** lifestyle

The city **bustled** with activity as people rushed to work.

constant

adj. happening repeatedly or all the time

synonym: ceaseless, stable, unchanging

(1) a **constant** wind, (2) a **constant** temperature

Constant dropping wears away the stone.

influx

n. the arrival or entry of a large number of people, objects, or ideas into a place or system

synonym: inflow, arrival, impression

(1) **influx** of capital, (2) **influx** of tourists

The **influx** of immigrants into urban areas can create significant social, economic, and political challenges for local communities.

cellulose

n. a complex carbohydrate that is the main structural component of plant cell walls and fibers; a substance used to make paper, textiles, and other materials

synonym : fiber, paper, wood pulp

(1) **cellulose** acetate, (2) **cellulose** insulation

The **cellulose** content in fruits and vegetables contributes to their dietary fiber.

bacteria

n. single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease

synonym : microorganism, microbe

(1) pathogenic **bacteria**, (2) harmless **bacteria**

Bacteria prevalent in hospitals are often resistant to antibiotics.

compound

n. an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements

synonym : combination, mixture, blend

(1) aquatic **compound**, (2) harmful **compound**

Common salt is a sodium and chlorine **compound**.

respire

v. to breathe; to inhale and exhale air; to live

synonym : breathe, inhale, exhale

(1) **respire** deeply, (2) unable to **respire** on my own

The scuba diver needed to follow the proper techniques to **respire** while exploring the underwater world.

snatch

v. to take or grab something suddenly or quickly

synonym : grab, seize, capture

(1) **snatch** a hasty meal, (2) **snatch** up her purse

He **snatches** victory from the jaws of defeat in the game's final seconds.

- fuel** *n.* a substance that is typically burned to generate heat or energy
synonym: energy, power, gas
(1) biomass **fuel**, (2) smokeless **fuel**
The **fuel** scarcity most severely impacted the manufacturing sector
- digestive** *adj.* relating to or capable of causing or promoting digestion of food
(1) **digestive** juices, (2) a **digestive** enzyme
A nutritious diet improves **digestive** functions.
- tract** *n.* a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body
synonym: region, area, tube
(1) a urinary **tract** infection, (2) a **tract** of virgin forest
The farmer owns a large **tract** of land where he grows corn and soybeans.
- extract** *n.* a short passage taken from a book, piece of music, etc.; a substance obtained from something through a specific process; (verb) to obtain from something or to remove something by effort or force
synonym: excerpt, quote, distillation
(1) a brief **extract** from the book, (2) botanical **extract**
Anesthetize the gum before **extracting** the teeth.
- convert** *v.* to have a talk with someone; (adjective) reversed in order, relation, or action
synonym: alter, remake, transform
(1) **convert** fat into energy, (2) **convert** base 10 to base 16
I want to **convert** my sadness into strength.
- 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.

alcohol

n. a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

synonym: booze, liquor, ethanol

(1) stop drinking **alcohol**, (2) diluted **alcohol**

There is a clear association between **alcohol** consumption and cognitive decline.

hydrogen

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

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

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

spew

v. to eject forcefully and abundantly; to flow out rapidly and in large amounts

synonym: vomit, spout, discharge

(1) **spew** carbon dioxide, (2) **spew** insults

The volcano started to **spew** lava and ash, causing panic among residents.

depth

n. the distance between the top and bottom of something; between the top surface and a distance below it

synonym: deepness, profoundness, extent

(1) **depth** camera, (2) the **depth** of the water

The pond's **depth** was around five feet.

gut

n. the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant

synonym: belly, abdomen, courage

(1) the blind **gut**, (2) **gut** feelings

He told me a **gut-wrenching** truth about my parent's death.

syntrophism

n. a symbiotic relationship between microorganisms in which one organism benefits from the metabolic activity of another organism, leading to mutual benefits or dependencies for both organisms

synonym: mutualism, symbiosis, cooperation

(1) **syntrophism** dynamics, (2) anaerobic **syntrophism**
Scientists studying **syntrophism** interactions discovered that certain bacteria species rely on one another for nutrients neither could produce alone.

eke

v. to make a living or support oneself with difficulty or by supplementing one's income with additional work or resources; to manage or get by with what is available, often by means of careful or thrifty measures

synonym: supplement, stretch, squeeze out

(1) **eke** out a few extra dollars, (2) **eke** out a narrow victory
He managed to **eke** out a living by doing odd jobs.

trash

n. discarded material, refuse, or waste

synonym: garbage, waste, refuse

(1) **trash** bin, (2) **trash** disposal site

The city is taking measures to reduce the amount of **trash** in the streets.

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.

release

v. to set free or allow to escape from confinement

synonym: free, let go, discharge

(1) **release** a prisoner, (2) **release** CO2 into the air

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

absorb

v. to take in a fluid or other substance gradually

synonym: consume, soak, ingest

(1) **absorb** energy, (2) **absorb** a shock

The sponge **absorbs** water well.

diverse

adj. including numerous categories of individuals or entities; various

synonym: manifold, various, myriad

(1) **diverse** backgrounds, (2) a person of **diverse** talents

New York is a city with a **diverse** ethnic population.

fraction

n. a small part or item forming a piece of a whole; the quotient of two rational numbers

synonym: piece, part, fragment

(1) a **fractional** share of the vote, (2) a numerator in a **fraction**

He spent only a **fraction** of his earnings.

calorie

n. unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce

(1) **calorie** calculation, (2) reduce my **calorie** intake

It would be best if you burned off **calories** through vigorous exercise.

determinant

n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

synonym: cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop yields

One **determinant** of success is having a positive attitude and

a strong work ethic.

membership

n. the state of belonging to a group, a club, an organization, etc.

synonym: belonging, enrollment, participation

(1) a **membership** fee, (2) **membership** in a stock exchange

My application for **membership** in the association was accepted.

genetic

adj. of or relating to genes (= parts of the DNA in cells) or the science of genes

synonym: hereditary, genetical, inborn

(1) have **genetic** testing, (2) a **genetic** disorder

Understanding protein folding is a vital step in deciphering the **genetic** code.

makeup

n. colored substances used on someone's face to improve or change their appearance

synonym: maquillage, composition, cosmetic

(1) **makeup** artist, (2) take the **makeup** off her face

Her beauty resulted from a good night's sleep rather than **makeup**.

encounter

v. to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly

synonym: meet, run into, come across

(1) **encounter** a crisis, (2) **encounter** a storm

I'm prepared to **encounter** challenges throughout this adventure.

contribute

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

synonym: donate, devote, commit

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

(2) **contribute** to society

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

ecosystem

n. all the plants and living creatures in an area and the way they affect each other and the environment

(1) marine **ecosystem**, (2) change the **ecosystem**

Human conservation efforts often fail unexpectedly because they disturb the balance of the **ecosystem**.

influence

n. the ability to affect someone's or something's character, growth, or behavior, or the effect itself

synonym: power, leverage, effect

(1) **influence** a child's future, (2) **influence** the daily life

The former emperor had a particular **influence** even after he abdicated.

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.

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.

lollipop

n. a type of candy made of hard candy or toffee on a stick; a round or oval-shaped candy or sweet on a stick

synonym: sucker, candy, sweet

(1) **lollipop** candy, (2) giant **lollipop**

The child happily licked the rainbow-colored **lollipop**.

function

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

synonym: purpose, mapping, job

(1) **function** properly, (2) immune **function**

The brain is an incredibly complex organ that controls the body's **function**.

suffer

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

synonym: endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

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.

diabetes

n. a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

(1) juvenile **diabetes**, (2) **diabetes** patient

My father was tested for **diabetes**.

chronic

adj. being long-lasting and recurrent or characterized by long suffering; habitual

synonym: established, regular, constant

(1) risk of **chronic** disease, (2) **chronic** alcohol consumption

Chronic hyperglycemia is a trigger for a variety of serious

diseases.

inflammation

n. a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury

synonym: rash, hives, irritation

(1) reduce **inflammation** and pain, (2) **inflammation** of the lungs

The medicine soothes the pain of chronic **inflammation**.

typical

adj. having the usual characteristics or traits of a specific group of things

synonym: characteristic, usual, distinctive

(1) **typical** leader, (2) fairly **typical** symptoms

This artwork is **typical** of her work.

vary

v. to become different in terms of size, shape, etc.

synonym: alter, contrast, differ

(1) **vary** according to the age, (2) **vary** directly with the price

Maximum heart rates **vary** a lot for each individual.

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.

revitalization

n. the process of giving new life or energy to something

synonym: renewal, reactivation, rejuvenation

(1) **revitalization** project, (2) **revitalization** of humanity

The **revitalization** of the downtown area brought new life to the community.

landscape

n. an expanse of scenery that can be seen in a single view; a large area of land, especially in the country and

relating to its appearance

synonym : geography, terrain, topography

(1) a peaceful **landscape**, (2) **landscape** painting

Recent electoral shocks have shaken the political **landscape** in Europe.

rev

n. a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

synonym : revolution, RPM, speed

(1) low- **rev** engine, (2) **rev** up the crowd

He stepped on the gas pedal, and the engine released a loud **rev**.

nurture

v. to take care of, feed, and protect someone or something while they are growing and developing

synonym : boost, cultivate, enable

(1) **nurture** love, (2) **nurture** his talents

Schools should **nurture** children's mutual interest spirit.

invisible

adj. impossible or nearly impossible to see

synonym : hidden, imperceptible, unseen

(1) an **invisible** asset, (2) **invisible** stars

The phenomenon is **invisible** at optical wavelengths.

identity

n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another

synonym : character, personality, individuality

(1) mistaken **identity**, (2) **identity** as an individual

The terrorist's **identity** remains unknown.

well-being

n. the state of being happy and healthy and prosperous

synonym : health, welfare, happiness

(1) the **well-being** of a nation, (2) a sense of **well-being**

We are responsible for the care and **well-being** of all our employees.

Session 2: Spelling

1. in___x of tourists *n.* the arrival or entry of a large number of people, objects, or ideas into a place or system
2. co_____t fat into energy *v.* to have a talk with someone; (adjective) reversed in order, relation, or action
3. nu_____e his talents *v.* to take care of, feed, and protect someone or something while they are growing and developing
4. r_v up the crowd *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
5. 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
6. stop drinking al_____l *n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
7. g_t feelings *n.* the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant

ANSWERS: 1. influx, 2. convert, 3. nurture, 4. rev, 5. process, 6. alcohol, 7. gut

8. en_____er a crisis *v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
9. a numerator in a fr_____on *n.* a small part or item forming a piece of a whole; the quotient of two rational numbers
10. in_____t a cave *v.* to live in a specific location; to reside
11. ind_____nce ceremony *n.* freedom from another's or others' control or influence
12. hy_____en gas *n.* the chemical element that is the lightest gas is colorless, odorless, tasteless, and combines with oxygen to form water
13. change the ec_____em *n.* all the plants and living creatures in an area and the way they affect each other and the environment
14. fu_____on properly *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
15. reduce inf_____ion and pain *n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury

ANSWERS: 8. encounter, 9. fraction, 10. inhabit, 11. independence, 12. hydrogen, 13. ecosystem, 14. function, 15. inflammation

16. pathogenic ba____ia *n.* single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease
17. mistaken id____ty *n.* the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
18. dis____ve ability *adj.* having a quality or characteristic that makes it stand out from others
19. 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
20. botanical ex____t *n.* a short passage taken from a book, piece of music, etc.; a substance obtained from something through a specific process; (verb) to obtain from something or to remove something by effort or force
21. bustling met____is *n.* a large and densely populated city, typically the most important city or the capital of a country or region; a major center of commerce, culture, and activity

ANSWERS: 16. bacteria, 17. identity, 18. distinctive, 19. process, 20. extract, 21. metropolis

22. in_____ct directly with customers *v.* to communicate or react with somebody
23. pathogenic mi_____e *n.* a tiny living thing that can only be seen with a microscope and that may cause disease
24. v__y directly with the price *v.* to become different in terms of size, shape, etc.
25. rev_____ion project *n.* the process of giving new life or energy to something
26. biomass f__l *n.* a substance that is typically burned to generate heat or energy
27. cognitive com_____ty *n.* the state or quality of being complicated or intricate and difficult to understand
28. a brief ex_____t from the book *n.* a short passage taken from a book, piece of music, etc.; a substance obtained from something through a specific process; (verb) to obtain from something or to remove something by effort or force
29. di_____ve juices *adj.* relating to or capable of causing or promoting digestion of food
30. a__d terrain *adj.* lacking in moisture or rainfall; dry and barren; lacking in interest, life, or vitality
31. v__y according to the age *v.* to become different in terms of size, shape, etc.
32. harmful co_____nd *n.* an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements

ANSWERS: 22. interact, 23. microbe, 24. vary, 25. revitalization, 26. fuel, 27. complexity, 28. extract, 29. digestive, 30. arid, 31. vary, 32. compound

33. reduce my ca_____e intake *n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
34. a ge_____c disorder *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
35. ce_____se insulation *n.* a complex carbohydrate that is the main structural component of plant cell walls and fibers; a substance used to make paper, textiles, and other materials
36. smokeless f__l *n.* a substance that is typically burned to generate heat or energy
37. lo_____op candy *n.* a type of candy made of hard candy or toffee on a stick; a round or oval-shaped candy or sweet on a stick
38. semi-a__d zone *adj.* lacking in moisture or rainfall; dry and barren; lacking in interest, life, or vitality
39. gu__y move *adj.* displaying courage, determination, or boldness; characterized by a willingness to take risks or face challenges
40. a ch_____al compound *adj.* relating to or connected with chemistry;
41. di_____e backgrounds *adj.* including numerous categories of individuals or entities; various
42. in___x of capital *n.* the arrival or entry of a large number of people, objects, or ideas into a place or system

ANSWERS: 33. calorie, 34. genetic, 35. cellulose, 36. fuel, 37. lollipop, 38. arid, 39. gutsy, 40. chemical, 41. diverse, 42. influx

43. a fr____onal share of the vote *n.* a small part or item forming a piece of a whole; the quotient of two rational numbers
44. e_e out a narrow victory *v.* to make a living or support oneself with difficulty or by supplementing one's income with additional work or resources; to manage or get by with what is available, often by means of careful or thrifty measures
45. ty____l leader *adj.* having the usual characteristics or traits of a specific group of things
46. take the ma____p off her face *n.* colored substances used on someone's face to improve or change their appearance
47. co____t base 10 to base 16 *v.* to have a talk with someone; (adjective) reversed in order, relation, or action
48. environmental det____nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
49. ab____b energy *v.* to take in a fluid or other substance gradually
50. mi____es sterilizer *n.* a tiny living thing that can only be seen with a microscope and that may cause disease
51. nu____e love *v.* to take care of, feed, and protect someone or something while they are growing and developing
52. s__w insults *v.* to eject forcefully and abundantly; to flow out rapidly and in large amounts

ANSWERS: 43. fraction, 44. eke, 45. typical, 46. makeup, 47. convert, 48. determinant, 49. absorb, 50. microbe, 51. nurture, 52. spew

53. a private ind_____al *n.* a single person or thing, as distinct from a group
54. con_____te a large sum of money to the fund *v.* to give something, especially money or goods, to provide or achieve something together with other people
55. juvenile di_____es *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
56. en_____er a storm *v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
57. co_____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
58. sn____h a hasty meal *v.* to take or grab something suddenly or quickly
59. mic_____ic inquiry *adj.* tiny; exceedingly precise and detail-oriented; of or used in microscopy
60. sn____h up her purse *v.* to take or grab something suddenly or quickly
61. a det_____nt of crop yields *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
62. aquatic co_____nd *n.* an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements
63. su____r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

ANSWERS: 53. individual, 54. contribute, 55. diabetes, 56. encounter, 57. communal, 58. snatch, 59. microscopic, 60. snatch, 61. determinant, 62. compound, 63. suffer

64. hustle-bu___e lifestyle *v.* to move or act energetically and noisily; (noun) a rapid active commotion
65. heavy hy_____en *n.* the chemical element that is the lightest gas is colorless, odorless, tasteless, and combines with oxygen to form water
66. anaerobic syn_____sm *n.* a symbiotic relationship between microorganisms in which one organism benefits from the metabolic activity of another organism, leading to mutual benefits or dependencies for both organisms
67. ch_____c alcohol consumption *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
68. 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
69. a sense of wel_____ng *n.* the state of being happy and healthy and prosperous
70. ab___b a shock *v.* to take in a fluid or other substance gradually
71. toxic ch_____als *adj.* relating to or connected with chemistry;
72. unable to re_____e on my own *v.* to breathe; to inhale and exhale air; to live
73. 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

ANSWERS: 64. bustle, 65. hydrogen, 66. syntrophism, 67. chronic, 68. diet, 69. well-being, 70. absorb, 71. chemical, 72. respire, 73. disease

74. immune fu____on *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
75. small mo____les *n.* a group of two or more atoms held together by attractive forces known as chemical bonds
76. co____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
77. ca____e calculation *n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
78. giant lo____op *n.* a type of candy made of hard candy or toffee on a stick; a round or oval-shaped candy or sweet on a stick
79. e_e out a few extra dollars *v.* to make a living or support oneself with difficulty or by supplementing one's income with additional work or resources; to manage or get by with what is available, often by means of careful or thrifty measures
80. rev_____ion of humanity *n.* the process of giving new life or energy to something

ANSWERS: 74. function, 75. molecule, 76. communal, 77. calorie, 78. lollipop, 79. eke, 80. revitalization

81. ind_____al freedom *n.* a single person or thing, as distinct from a group
82. con_____te to society *v.* to give something, especially money or goods, to provide or achieve something together with other people
83. 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
84. re_____e a prisoner *v.* to set free or allow to escape from confinement
85. a di_____ve enzyme *adj.* relating to or capable of causing or promoting digestion of food
86. in_____ce the daily life *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
87. design to be dis_____ve *adj.* having a quality or characteristic that makes it stand out from others
88. in_____ct with one another *v.* to communicate or react with somebody
89. tr__h bin *n.* discarded material, refuse, or waste
90. inf_____ion of the lungs *n.* a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
91. in_____t the stomach *v.* to live in a specific location; to reside
92. mo_____le behavior *n.* a group of two or more atoms held together by attractive forces known as chemical bonds

ANSWERS: 81. individual, 82. contribute, 83. diet, 84. release, 85. digestive, 86. influence, 87. distinctive, 88. interact, 89. trash, 90. inflammation, 91. inhabit, 92. molecule

93. in_____le stars *adj.* impossible or nearly impossible to see
94. in_____ce a child's future *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
95. ce_____se acetate *n.* a complex carbohydrate that is the main structural component of plant cell walls and fibers; a substance used to make paper, textiles, and other materials
96. de____t basin *n.* arid land with little or no vegetation often covered with sand or rocks
97. syn_____sm dynamics *n.* a symbiotic relationship between microorganisms in which one organism benefits from the metabolic activity of another organism, leading to mutual benefits or dependencies for both organisms
98. su____r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
99. mem_____ip in a stock exchange *n.* the state of belonging to a group, a club, an organization, etc.
100. financial ind_____nce *n.* freedom from another's or others' control or influence
101. bu____e around a kitchen *v.* to move or act energetically and noisily; (noun) a rapid active commotion
102. 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

ANSWERS: 93. invisible, 94. influence, 95. cellulose, 96. desert, 97. syntrophism, 98. suffer, 99. membership, 100. independence, 101. bustle, 102. disease

103. ma___p artist *n.* colored substances used on someone's face to improve or change their appearance
104. harmless ba_____ia *n.* single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease
105. re_____e CO2 into the air *v.* to set free or allow to escape from confinement
106. tr__h disposal site *n.* discarded material, refuse, or waste
107. gu__y performance *adj.* displaying courage, determination, or boldness; characterized by a willingness to take risks or face challenges
108. a peaceful la_____pe *n.* an expanse of scenery that can be seen in a single view; a large area of land, especially in the country and relating to its appearance
109. the blind g_t *n.* the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant
110. a tr__t of virgin forest *n.* a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body

ANSWERS: 103. makeup, 104. bacteria, 105. release, 106. trash, 107. gutsy, 108. landscape, 109. gut, 110. tract

111. met_____is skyline *n.* a large and densely populated city, typically the most important city or the capital of a country or region; a major center of commerce, culture, and activity
112. an in_____le asset *adj.* impossible or nearly impossible to see
113. a co_____nt wind *adj.* happening repeatedly or all the time
114. mic_____ic analysis *adj.* tiny; exceedingly precise and detail-oriented; of or used in microscopy
115. com_____ty theory *n.* the state or quality of being complicated or intricate and difficult to understand
116. di_____es patient *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
117. oasis in the de____t *n.* arid land with little or no vegetation often covered with sand or rocks
118. diluted al_____l *n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
119. a co_____nt temperature *adj.* happening repeatedly or all the time
120. low-r_v engine *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
121. have ge_____c testing *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
122. marine ec_____em *n.* all the plants and living creatures in an area and the way they affect each other and the environment

ANSWERS: 111. metropolis, 112. invisible, 113. constant, 114. microscopic, 115. complexity, 116. diabetes, 117. desert, 118. alcohol, 119. constant, 120. rev, 121. genetic, 122. ecosystem

123. de__h camera *n.* the distance between the top and bottom of something; between the top surface and a distance below it
124. the de__h of the water *n.* the distance between the top and bottom of something; between the top surface and a distance below it
125. a urinary tr__t infection *n.* a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body
126. fairly ty____l symptoms *adj.* having the usual characteristics or traits of a specific group of things
127. id____ty as an individual *n.* the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
128. risk of ch____c disease *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
129. s__w carbon dioxide *v.* to eject forcefully and abundantly; to flow out rapidly and in large amounts
130. re____e deeply *v.* to breathe; to inhale and exhale air; to live
131. a mem____ip fee *n.* the state of belonging to a group, a club, an organization, etc.
132. a person of di____e talents *adj.* including numerous categories of individuals or entities; various
133. the wel____ng of a nation *n.* the state of being happy and healthy and prosperous
134. la____pe painting *n.* an expanse of scenery that can be seen in a single view; a large area of land, especially in the country and relating to its appearance

ANSWERS: 123. depth, 124. depth, 125. tract, 126. typical, 127. identity, 128. chronic, 129. spew, 130. respire, 131. membership, 132. diverse, 133. well-being, 134. landscape

ANSWERS:

Session 3: Fill in the Blanks

1. My father was tested for _____.
n. a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
2. One _____ of success is having a positive attitude and a strong work ethic.
n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
3. The city is taking measures to reduce the amount of _____ in the streets.
n. discarded material, refuse, or waste
4. A nutritious diet improves _____ functions.
adj. relating to or capable of causing or promoting digestion of food
5. Common salt is a sodium and chlorine _____.
n. an item composed of two or more distinct elements combined; a chemical formed by the combination of two or more elements
6. The terrorist's _____ remains unknown.
n. the fact of being who or what somebody or something is; the features, emotions, or ideas that distinguish persons from one another
7. His writing style was _____ with a clear and concise voice.
adj. having a quality or characteristic that makes it stand out from others
8. 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

ANSWERS: 1. diabetes, 2. determinant, 3. trash, 4. digestive, 5. compound, 6. identity, 7. distinctive, 8. disease

9. 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
10. The desert is known for its _____ climate and lack of rainfall.
adj. lacking in moisture or rainfall; dry and barren; lacking in interest, life, or vitality
11. _____ thrive on the surface of the human skin.
n. a tiny living thing that can only be seen with a microscope and that may cause disease
12. Human conservation efforts often fail unexpectedly because they disturb the balance of the _____.
n. all the plants and living creatures in an area and the way they affect each other and the environment
13. We are responsible for the care and _____ of all our employees.
n. the state of being happy and healthy and prosperous
14. He _____ victory from the jaws of defeat in the game's final seconds.
v. to take or grab something suddenly or quickly
15. The sponge _____ water well.
v. to take in a fluid or other substance gradually
16. The farmer owns a large _____ of land where he grows corn and soybeans.
n. a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body

ANSWERS: 9. diet, 10. arid, 11. Microbes, 12. ecosystem, 13. well-being, 14. snatches, 15. absorbs, 16. tract

17. Understanding protein folding is a vital step in deciphering the _____ code.
adj. of or relating to genes (= parts of the DNA in cells) or the science of genes
18. _____ hyperglycemia is a trigger for a variety of serious diseases.
adj. being long-lasting and recurrent or characterized by long suffering; habitual
19. Paris is a romantic _____ famous for its art, fashion, and cuisine.
n. a large and densely populated city, typically the most important city or the capital of a country or region; a major center of commerce, culture, and activity
20. The brain is an incredibly complex organ that controls the body's _____.
n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
21. The medicine soothes the pain of chronic _____.
n. a physical condition in which a part of the body becomes red, painful, hot, and often swollen, especially as a reaction to infection or injury
22. The volcano started to _____ lava and ash, causing panic among residents.
v. to eject forcefully and abundantly; to flow out rapidly and in large amounts
23. He managed to _____ out a living by doing odd jobs.
v. to make a living or support oneself with difficulty or by supplementing one's income with additional work or resources; to manage or get by with what is available, often by means of careful or thrifty measures
24. Government workers cannot _____ to political campaigns.
v. to give something, especially money or goods, to provide or achieve something together with other people

ANSWERS: 17. genetic, 18. Chronic, 19. metropolis, 20. function, 21. inflammation, 22. spew, 23. eke, 24. contribute

25. The animal rights group worked to _____ the dolphins back into the wild.
v. to set free or allow to escape from confinement
26. The phenomenon is _____ at optical wavelengths.
adj. impossible or nearly impossible to see
27. Anesthetize the gum before _____ the teeth.
n. a short passage taken from a book, piece of music, etc.; a substance obtained from something through a specific process; (verb) to obtain from something or to remove something by effort or force
28. He spent only a _____ of his earnings.
n. a small part or item forming a piece of a whole; the quotient of two rational numbers
29. The former emperor had a particular _____ even after he abdicated.
n. the ability to affect someone's or something's character, growth, or behavior, or the effect itself
30. The firm has grown into a large _____ manufacturing.
adj. relating to or connected with chemistry;
31. The _____ of immigrants into urban areas can create significant social, economic, and political challenges for local communities.
n. the arrival or entry of a large number of people, objects, or ideas into a place or system
32. I have no idea what sort of folks _____ the neighborhood.
v. to live in a specific location; to reside

ANSWERS: 25. release, 26. invisible, 27. extracting, 28. fraction, 29. influence, 30. chemical, 31. influx, 32. inhabit

33. _____ elections were held in several European countries.
adj. belonging to or used by a group rather than individuals; for common use
34. He stepped on the gas pedal, and the engine released a loud _____.
n. a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
35. There is a clear association between _____ consumption and cognitive decline.
n. a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
36. He told me a _____ truth about my parent's death.
n. the long tube in the body of a person or animal through which food passes when it leaves the stomach; the mental strength or bravery required to do something difficult or unpleasant
37. _____ prevalent in hospitals are often resistant to antibiotics.
n. single-celled or noncellular spherical or spiral or rod-shaped organisms that exist in large numbers in the air, water, and soil, and also in living and dead creatures and plants, and are often a cause of disease
38. Scientists studying _____ interactions discovered that certain bacteria species rely on one another for nutrients neither could produce alone.
n. a symbiotic relationship between microorganisms in which one organism benefits from the metabolic activity of another organism, leading to mutual benefits or dependencies for both organisms
39. 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

ANSWERS: 33. Communal, 34. rev, 35. alcohol, 36. gut-wrenching, 37. Bacteria, 38. syntrophism, 39. complexity

40. Schools should _____ children's mutual interest spirit.
- v.* to take care of, feed, and protect someone or something while they are growing and developing
41. The pond's _____ was around five feet.
- n.* the distance between the top and bottom of something; between the top surface and a distance below it
42. 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
43. This region is predominantly _____.
- n.* arid land with little or no vegetation often covered with sand or rocks
44. I'm prepared to _____ challenges throughout this adventure.
- v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
45. Her beauty resulted from a good night's sleep rather than _____.
- n.* colored substances used on someone's face to improve or change their appearance
46. It was _____ to quit her job and start her own business.
- adj.* displaying courage, determination, or boldness; characterized by a willingness to take risks or face challenges
47. Inspectors noticed _____ cracks in the submarine's hull.
- adj.* tiny; exceedingly precise and detail-oriented; of or used in microscopy

ANSWERS: 40. nurture, 41. depth, 42. molecule, 43. desert, 44. encounter, 45. makeup, 46. gutsy, 47. microscopic

48. Recent electoral shocks have shaken the political _____ in Europe.
n. an expanse of scenery that can be seen in a single view; a large area of land, especially in the country and relating to its appearance
49. The _____ of the downtown area brought new life to the community.
n. the process of giving new life or energy to something
50. New York is a city with a _____ ethnic population.
adj. including numerous categories of individuals or entities; various
51. The older man _____ from arthritis and finds it difficult to move around.
v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
52. The scuba diver needed to follow the proper techniques to _____ while exploring the underwater world.
v. to breathe; to inhale and exhale air; to live
53. The city _____ with activity as people rushed to work.
v. to move or act energetically and noisily; (noun) a rapid active commotion
54. It would be best if you burned off _____ through vigorous exercise.
n. unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
55. 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

ANSWERS: 48. landscape, 49. revitalization, 50. diverse, 51. suffers, 52. respire, 53. bustled, 54. calories, 55. individual,

56. 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
57. The _____ and the oxygen react and then form water.
- n.* the chemical element that is the lightest gas is colorless, odorless, tasteless, and combines with oxygen to form water
58. The _____ content in fruits and vegetables contributes to their dietary fiber.
- n.* a complex carbohydrate that is the main structural component of plant cell walls and fibers; a substance used to make paper, textiles, and other materials
59. This artwork is _____ of her work.
- adj.* having the usual characteristics or traits of a specific group of things
60. There is nothing more valuable than _____ and freedom.
- n.* freedom from another's or others' control or influence
61. My application for _____ in the association was accepted.
- n.* the state of belonging to a group, a club, an organization, etc.
62. He should _____ more with his colleagues.
- v.* to communicate or react with somebody
63. The _____ scarcity most severely impacted the manufacturing sector
- n.* a substance that is typically burned to generate heat or energy

ANSWERS: 56. process, 57. hydrogen, 58. cellulose, 59. typical, 60. independence, 61. membership, 62. interact, 63. fuel

64. Maximum heart rates _____ a lot for each individual.

v. to become different in terms of size, shape, etc.

65. _____ dropping wears away the stone.

adj. happening repeatedly or all the time

66. I want to _____ my sadness into strength.

v. to have a talk with someone; (adjective) reversed in order, relation, or action

67. The child happily licked the rainbow-colored _____.

n. a type of candy made of hard candy or toffee on a stick; a round or oval-shaped candy or sweet on a stick

ANSWERS: 64. vary, 65. Constant, 66. convert, 67. lollipop