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Vocabulary Builder Reference from...

A.J. Jacobs: How healthy living nearly killed me | TED Talk

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

All Words

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Session 1: Word List

humiliation

n. the feeling of being made to feel ashamed or foolish
synonym: mortification, degradation, embarrassment

(1) an intolerable **humiliation**, (2) a taste of **humiliation**
His public **humiliation** resulted from a cruel prank played by his colleagues.

hop

v. to jump lightly and quickly on one foot or both feet; to move rapidly from one place to another; to travel using an aircraft, bus, etc.

synonym: jump, bounce, skip

(1) **hop** on one foot, (2) **hop** from one place to another
The rabbit **hopped** over the fence.

improve

v. to make or become better

synonym: enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score
We want to **improve** ties between our two countries.

decide

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym: choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action
She couldn't **decide** whether to order the pizza or the pasta

for dinner.

encyclopedia

n. a comprehensive reference work containing articles on a wide range of subjects or numerous aspects of a particular field or discipline, usually arranged alphabetically or thematically

synonym : dictionary, compendium, almanac

(1) **encyclopedia** entry, (2) online **encyclopedia**

Many bookshops no longer carry printed **encyclopedias**, but some libraries still hold onto their collections.

precise

adj. sharply exact or accurate or delimited

synonym : accurate, exact, distinct

(1) **precise** analyses, (2) estimate **precise** costs

The content is **precise** and informative for me.

amazing

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

synonym : exceptional, extraordinary, wonderful

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

The golfer recorded an **amazing** distance.

fascinating

adj. extremely interesting

synonym : alluring, intriguing, captivating

(1) **fascinating** story, (2) completely **fascinating** to me

The museum houses a **fascinating** collection of Celtic artifacts.

irrelevant

adj. not connected with or related to something and therefore not important

synonym : unrelated, immaterial, extrinsic

(1) an **irrelevant** thought, (2) do something **irrelevant**

They removed **irrelevant** content from the slides.

insert

v. to put something inside something else

synonym : introduce, add, embed

(1) **insert** coin, (2) **insert** a graphic
She **inserted** a new chapter into her manuscript.

conversation

n. an informal talk between two or more people to exchange their views, ideas, information, etc.

synonym : chat, discussion, dialogue

(1) **conversation** in English, (2) a friendly **conversation**
Your **conversation** reflects your thoughts.

downside

n. the negative aspects or consequences of something; the potential for loss or failure

synonym : drawback, negative, disadvantage

(1) major **downside**, (2) **downside** of globalization
The **downside** of the new policy was that it would be more expensive for customers.

spirit

n. the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people

synonym : soul, attitude, enthusiasm

(1) **spirit** and the letter of the law, (2) an indomitable **spirit**
Despite their tragic loss, the family is showing great **spirit**.

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.

religion

n. a deep conviction in a supernatural power that controls human destiny

synonym : faith, creed, belief

(1) **religion** sociology, (2) freedom of **religion**
Their **religion** strictly prohibits them from drinking or gambling.

Jewish

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

synonym : Judaic

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

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

olive

n. a small green or black fruit with a bitter taste that is eaten or used to produce oil or a tree on which this fruit grows

(1) **olive** branch, (2) **olive** oil

They enjoyed reading under the **olive** trees.

bible

n. the sacred writings of the Christian religions, consisting of the Old and New Testaments; a book regarded as authoritative in its field

synonym : authoritative book, holy book, doctrine

(1) a passage from the **Bible**, (2) believe **Bible** prophecy

Students have loved this textbook for many years as a biology **bible**.

heritage

n. the culture and traditions that are passed down from previous generations

synonym : legacy, tradition, inheritance

(1) **heritage** site, (2) historical **heritage**

The **heritage** of the city is reflected in its architecture.

dive

v. to jump into the water with your head and arms going in first, or to move down to a deeper level underwater

synonym : dip, leap, plunge

(1) **dive** into anime communities, (2) **dive** off a cliff

The sperm whale can **dive** to 1,000 meters.

immerse

v. to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered

synonym : dip, inundate, submerge

(1) **immerse** the cloth in the dye, (2) completely **immerse** the ingredient

He **immersed** himself in his research.

commandment

n. a divine rule, especially one of the Ten Commandments; an order or law given by authority

synonym: law, edict, precept

(1) violate a **commandment**, (2) a religious **commandment**

He was punished because he contravened a **commandment** of God.

beard

n. hair that grows on a man's face, often around the mouth and chin

synonym: facial hair, whiskers, stubble

(1) a black **beard**, (2) shave my **beard**

He grew a thick **beard** to change his appearance.

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.

reaction

n. a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others

synonym: response, reply, answer

(1) chemical **reaction**, (2) trigger a **reaction**

There was a chemical **reaction** of the lime with the groundwater.

trilogy

n. a series of three related works, such as books, plays, or movies, that are connected in some way, often by plot, characters, or theme

synonym: triple, triptych

(1) **trilogy** series, (2) **trilogy** format

The Lord of the Rings **trilogy** is a classic in the fantasy genre.

fin

n. a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance

synonym: flipper, appendage, stabilizer

(1) back **fin**, (2) a **fin** of a plane

The shark's powerful **fins** allowed it to swim at high speeds.

killing

n. the act of causing death; a sudden and intense force or effect that causes significant damage or destruction; a situation where someone is making a substantial amount of money or experiencing significant financial success

synonym: slaughter, homicide, assassination

(1) **killing** spree, (2) profit- **killing**

The **killing** of unarmed civilians is considered a war crime.

overwhelming

adj. very great or intense; so powerful that you cannot fight or react against it

synonym: overpowering, astounding, amazing

(1) **overwhelming** majority, (2) an **overwhelming** victory

He has shown signs of uneasiness and **overwhelming** worry.

mind-boggling

adj. extremely surprising or overwhelming and, therefore, difficult to understand or imagine

synonym: overwhelming, amazing, astonishing

(1) a **mind-boggling** puzzle, (2) a **mind-boggling** display

Educating hundreds of thousands of recruits is a **mind-boggling** task.

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.

adviser

n. a person who gives advice about a particular subject
synonym: consultant, guide, expert

(1) a medical **adviser**, (2) chief **adviser**

After retiring, he continued to be an **adviser** to politicians.

meditation

n. the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state

synonym: contemplation, reflection, introspection

(1) **meditation** training, (2) religious **meditation**

The **meditation** instructor guided the group through the relaxation and breathing exercises.

pet

n. an animal that you have at home as a companion and treated kindly

(1) a **pet** bird, (2) a teacher's **pet**

I have a parrot as a **pet**.

treadmill

n. a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill

synonym: exercise machine, routine

(1) **treadmill** workout, (2) nonstop **treadmill**

I like to watch TV while running on the **treadmill** to pass the time.

sunscreen

n. a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays

synonym: sunblock, sun cream, suntan lotion

(1) **sunscreen** lotion, (2) natural **sunscreen**

Wearing **sunscreen** to protect your skin from harmful UV rays is important.

- 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.
- 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.
- advance** *v.* to go or move forward; to develop in a positive way
synonym: progress, boost, come along
(1) **advance** the technology, (2) **advance** a cooperative relationship
Scientific knowledge will **advance** significantly with the power of AI.
- glazed** *adj.* having a shiny surface or coating, as if covered in glass; having a dull, blank expression
synonym: shiny, glossy, glassy
(1) **glazed** roofing tile, (2) **glazed** finish
He looked at her with a **glazed** expression, not quite comprehending what she was saying.
- dough** *n.* a mixture of flour, liquid, and other ingredients, typically used to make bread, pastry, or pasta
synonym: flour, mix
(1) work **dough**, (2) **dough** for pastry
She mixed flour, yeast, sugar, and water to make **dough** for the bread.

prop

n. a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something

synonym: support, buttress, column

(1) emotional **prop**, (2) **prop** stick

We have finally lost our last **prop**.

immunology

n. the branch of medical science that deals with the immune system of the body and its functions, including the body's response to foreign substances such as viruses and bacteria; it also involves the study of immunodeficiencies, autoimmune diseases, and immunotherapies

synonym: study of immunity, immunobiology, serology

(1) **immunology** research, (2) **immunology** laboratory

Recent advances in **immunology** have shown promise in the fight against cancer

wipe

v. to clean or dry something by rubbing with a piece of cloth or paper or one's hand and removing dirt, food, or liquid

synonym: clean, brush, swab

(1) **Wipe** off dirt, (2) **wipe** with water

Please **wipe** your sweat with this towel.

smartphone

n. a mobile phone that functions as a computer and connects to the Internet

(1) **smartphone** app developer, (2) **smartphone** addict

Internet traffic volumes have increased significantly with the advent of **smartphones**.

orgy

n. a wild and uninhibited party or celebration; excessive, often sexual, indulgence; a group activity characterized by chaotic, unrestrained behavior

synonym: binge, debauchery, bacchanal

(1) drunken **orgy**, (2) wild **orgy**

The wild party at the beach turned into an **orgy** of drinking and dancing.

germ

n. a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one

synonym : bacterium, microbe, pathogen

(1) antibiotic-resistant **germ**, (2) a **germ-free** environment

The **germ** of his idea came from watching birds flying in flocks.

inspire

v. to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative

synonym : boost, encourage, enlighten

(1) **inspire** a feeling of curiosity, (2) **inspire** him to write a novel

The unique style of this martial arts **inspired** many action film producers.

council

n. a group of people who have been elected or appointed to make decisions or give advice on a particular subject or in a particular place

synonym : board, committee, assembly

(1) other **council** members, (2) city **council** election

The city **council** voted to approve the new development project.

helmet

n. a protective covering for the head, worn for safety or as part of a uniform or ceremonial dress

synonym : headgear, head protector, safety hat

(1) **helmet** size, (2) safety **helmet**

The worker survived the impact because they were wearing sturdy **helmets**.

extreme

adj. very great in amount or degree

synonym : farthestmost, outermost, fierce

(1) **extreme** sports, (2) **extreme** weather events
Solar gravity creates **extreme** pressures and temperatures.

basis

n. the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged

synonym: foundation, base, ground

(1) on an equal **basis**, (2) **basis** for calculation

This evidence will form the **basis** for our discussion.

cholesterol

n. a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high

synonym: fat, lipid, sterol

(1) **cholesterol** levels, (2) low **cholesterol**

High levels of **cholesterol** can increase the risk of heart disease.

pregnant

adj. having a baby or young animal developing in the uterus

synonym: expectant

(1) needs of **pregnant** women, (2) a silence **pregnant** with suspense

She vacated the position when she got **pregnant**.

unhealthy

adj. not conducive to good health; detrimental to physical or mental well-being

synonym: unwholesome, detrimental, insalubrious

(1) **unhealthy** diet, (2) **unhealthy** habit

Sitting for long hours in front of the computer is considered **unhealthy**.

neglect

v. to not give enough care or attention to something; to leave something undone

synonym: delinquency, carelessness, decay

(1) **neglect** to call, (2) **neglect** ethical issues

He **neglected** his health to make the project a success.

crucial

adj. extremely vital or necessary

synonym : essential, pivotal, vital

(1) **crucial** information, (2) a **crucial** issue for women

The revitalization of technology companies is **crucial** to the country's growth.

overboard

adv. to an extreme or excessive degree; to a point where something becomes unreasonable or irrational

synonym : recklessly, excessively

(1) fell **overboard**, (2) dumped **overboard**

He went **overboard** with his criticism, and it hurt her feelings.

indulge

v. to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat

synonym : pamper, gratify, entertain

(1) **indulge** in debauchery, (2) **indulge** children

She **indulged** in a warm bath after a long day at work.

overeat

v. to eat more food than one needs or can comfortably consume, often to the point of discomfort or illness

synonym : overindulge, binge, pig out

(1) **overeat** snacks, (2) **overeat** in response to pressures

I always seem to **overeat** when I eat at a restaurant.

definitely

adv. without any question and beyond doubt; clearly

synonym : absolutely, certainly, indeed

(1) **definitely** become a problem, (2) say **definitely**

The paper is **definitely** worth reading thoroughly.

stabilize

v. to become or cause to become steady or unlikely to give way

synonym : brace, steady, secure

(1) **stabilize** prices, (2) **stabilize** blood sugar levels

The raising of interest rates **stabilizes** the inflation rate.

adopt

v. to choose to follow something; to legally take a child from another family and care for them as if they were one's own

synonym : accept, assume, take on

(1) **adopt** a child, (2) **adopt** a bill

The national assembly has **adopted** the budget.

noisy

adj. making a lot of sounds, especially loud or disruptive sound

synonym : loud, cacophonous, clamorous

(1) **noisy** neighbor, (2) **noisy** party

The construction outside was creating a **noisy** distraction from my work.

underestimate

v. to think or suppose that a quantity, price, or size is smaller than it is

synonym : underrate, misjudge, miscalculate

(1) **underestimate** an enemy, (2) **underestimate** the probability

They frequently **underestimated** their abilities and felt inferior.

appreciate

v. to value and acknowledge the worth of someone or something; to be grateful for something or someone

synonym : acknowledge, admire, enjoy

(1) **appreciate** her feedback, (2) **appreciate** the value

We would **appreciate** an early reply.

hazard

n. something dangerous and likely to cause damage

synonym : peril, danger, threat

(1) occupational **hazard**, (2) potential health **hazards**

Lost mobile phones lead to another potential **hazard** regarding privacy.

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.

initiate

v. to begin or start something; to teach the basics or fundamentals of something to somebody; to formally admit someone into a group or organization

synonym : commence, start, begin

(1) **initiate** a project, (2) **initiate** a discussion

The committee will **initiate** an investigation into the company's financial records.

flee

v. to leave by running away, especially out of fear or danger

synonym : exit, escape, run away

(1) **flee** their homes, (2) **flee** abroad

It is a basic instinct to **flee** from a dangerous situation.

damage

v. to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

synonym : harm, impair, injure

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

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

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.

organization

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

synonym: association, institution, community

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

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

estimate

v. to guess or calculate the cost, size, value, etc. of something

synonym: calculate, gauge, evaluate

(1) **estimate** a fair value, (2) **estimate** this chicken to weigh three pounds

We **estimated** the season's total trade deficit at \$50 billion.

pollution

n. the introduction of harmful substances or waste into the natural environment that causes adverse change

synonym: corrosion, deterioration, corruption

(1) environmental **pollution**, (2) high levels of air **pollution**

The **pollution** is endangering the local plants and animals.

deadly

adj. likely to cause or capable of causing death

synonym: fatal, lethal, harmful

(1) fight against the **deadly** disease, (2) a **deadly** weapon

The members of religious organizations released **deadly** poisonous gas on a subway train.

brain

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

synonym: intellect, mind, encephalon

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

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

impair

v. to damage something or make it weaker or worse

synonym: degrade, mar, deface

(1) **impair** my health, (2) **impair** insulin sensitivity

The accident made his vision **impaired**.

cognition

n. the psychological process of perception and learning and reasoning; the mental action or process by which knowledge and understanding are developed in the mind

synonym : awareness, understanding, comprehension

(1) social **cognition**, (2) **cognition** disorder

The professor focused on the research of infant **cognition**.

constitution

n. the set of fundamental principles or established precedents that a state, a country, or an organization is governed by; the act of forming or establishing something

synonym : fundamental law, establishment, formation

(1) the national **constitution**, (2) the national **constitution**

When the **constitution** is amended, it often creates a great deal of controversy throughout the country

dirt

n. soil, dust, or any substance that makes a surface not clean; the part of the earth's surface consisting of humus and disintegrated rock

synonym : filth, grime, muck

(1) **dirt** road, (2) **dirt** track

The garden was filled with **dirt** and needed to be tilled before planting.

cobble

n. a rounded, irregularly shaped stone used for paving streets or for building walls; (verb) to make or repair something in a rough and hurried way

synonym : pebble, boulder, stone

(1) **cobble** driveway, (2) **cobble** up a policy accord

The town is known for its historic **cobble** streets, which were laid by hand in the 19th century.

concentration

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

synonym : attention, engagement, assiduity

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

concentration

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

reduction

n. a decrease in size, amount, or degree

synonym: diminution, decrease, cutback

(1) **reduction** strategy, (2) a gradual **reduction**

The **reduction** in carbon emissions has been significant since the implementation of the new policy.

patriot

n. a person who loves their nation and would fight for it if required

synonym: nationalist, loyalist

(1) blind **patriot**, (2) zealous **patriot**

He is more of a hypocrite than a **patriot**, to be honest.

improvisation

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

synonym: spontaneity, ad-lib, extemporization

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

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

unexpected

adj. not anticipated or regarded as likely to happen

synonym: surprising, unanticipated, incredible

(1) an **unexpected** visitor, (2) some **unexpected** events

The **unexpected** rainstorm caused the collapse of the corral.

theme

n. a subject or topic of discourse or artistic representation

synonym: subject, topic, motif

(1) **theme** park, (2) central **theme**

The **theme** of the novel is the corrupting influence of power.

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.

instance

n. a particular example or single occurrence of something
synonym: example, sample, illustration

(1) for **instance**, (2) notable **instance**

These articles cite five **instances** of climate change.

junk

n. discarded or unused material or objects, often considered worthless or of little value; also used to describe cheap or poorly made items or food that is high in calories but lacking in nutrition

synonym: trash, debris, waste

(1) **junk** mail, (2) hunk of **junk**

I need to clear out some of the **junk** in my garage.

industrious

adj. hardworking, diligent, and persistent in effort

synonym: diligent, hardworking, assiduous

(1) **industrious** worker, (2) **industrious** student

He was known to be very **industrious** and would often work late into the night.

pleasurable

adj. giving satisfaction or pleasure; enjoyable

synonym: comforting, enjoyable, gratifying

(1) a **pleasurable** experience, (2) have a very **pleasurable** time

Our marital life was full of happiness and **pleasurable** excitement.

technique

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

synonym: approach, procedure, strategy

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

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

crunch

n. a loud, crackling noise made by something being crushed or broken; a difficult or critical situation

synonym: crushing, snapping, crisis

(1) financial **crunch**, (2) a gas **crunch**

The **crunch** of the leaves underfoot was heard as they walked through the park.

mouthfeel

n. the tactile sensation or feeling of food or drink in the mouth, including its texture, viscosity, and other physical characteristics

synonym: texture, consistency

(1) smooth **mouthfeel**, (2) crispy **mouthfeel**

The creamy **mouthfeel** of the ice cream was due to the high-fat content.

incorporate

v. to include something as a part of a larger entity

synonym: contain, integrate, amalgamate

(1) **incorporate** the current trends, (2) **incorporate** technology into daily life

We will attempt to **incorporate** some of your suggestions into our future strategy.

recipe

n. a set of instructions for preparing a dish, including the ingredients and the method of cooking

synonym: instructions, formula, method

(1) **recipe** book, (2) **recipe** collection

The **recipe** for the cake is passed down from generation to generation in her family.

sunflower

n. a plant with large, round flower heads that have bright yellow petals and a dark center, grown for its edible seeds and oil, as well as for decorative purposes

synonym: helianthus

(1) **sunflower** oil, (2) **sunflower** field

The **sunflower** seeds can be roasted and eaten as a snack.

seed

n. a small, hard, often round, a reproductive structure that contains a plant's genetic material and is capable of growing into a new plant

synonym : germ, kernel, ovule

(1) a **seed** coat, (2) **seed** money

He planted the **seed** in the soil and waited for it to sprout.

Session 2: Spelling

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|--|------|---|
| 1. inc_____te the current trends | v. | to include something as a part of a larger entity |
| 2. antibiotic-resistant g__m | n. | a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one |
| 3. im_____e the cloth in the dye | v. | to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered |
| 4. the te_____ue applied to construction | n. | a particular way or art of doing something that needs skill |
| 5. online enc_____dia | n. | a comprehensive reference work containing articles on a wide range of subjects or numerous aspects of a particular field or discipline, usually arranged alphabetically or thematically |
| 6. d__e off a cliff | v. | to jump into the water with your head and arms going in first, or to move down to a deeper level underwater |
| 7. ind_____us student | adj. | hardworking, diligent, and persistent in effort |
| 8. no__y neighbor | adj. | making a lot of sounds, especially loud or disruptive sound |
| 9. 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: 1. incorporate, 2. germ, 3. immerse, 4. technique, 5. encyclopedia, 6. dive, 7. industrious, 8. noisy, 9. stick

10. org_____ion chart *n.* a group of people who work together for a shared purpose
11. imm_____gy laboratory *n.* the branch of medical science that deals with the immune system of the body and its functions, including the body's response to foreign substances such as viruses and bacteria; it also involves the study of immunodeficiencies, autoimmune diseases, and immunotherapies
12. Je___h culture *adj.* of or relating to people whose traditional religion is Judaism
13. other co_____l members *n.* a group of people who have been elected or appointed to make decisions or give advice on a particular subject or in a particular place
14. estimate pr_____e costs *adj.* sharply exact or accurate or delimited
15. an irr_____nt thought *adj.* not connected with or related to something and therefore not important
16. wild o___y *n.* a wild and uninhibited party or celebration; excessive, often sexual, indulgence; a group activity characterized by chaotic, unrestrained behavior
17. basic br___n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
18. shave my be___d *n.* hair that grows on a man's face, often around the mouth and chin

ANSWERS: 10. organization, 11. immunology, 12. Jewish, 13. council, 14. precise, 15. irrelevant, 16. orgy, 17. brain, 18. beard

19. im____e the test score *v.* to make or become better
20. car_____lar tissue *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
21. do____de of globalization *n.* the negative aspects or consequences of something; the potential for loss or failure
22. believe Bi__e prophecy *n.* the sacred writings of the Christian religions, consisting of the Old and New Testaments; a book regarded as authoritative in its field
23. pr____e analyses *adj.* sharply exact or accurate or delimited
24. a black be__d *n.* hair that grows on a man's face, often around the mouth and chin
25. say def_____ly *adv.* without any question and beyond doubt; clearly
26. fas_____ng story *adj.* extremely interesting
27. d__e into anime communities *v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
28. a silence pr_____nt with suspense *adj.* having a baby or young animal developing in the uterus
29. inc_____te technology into daily life *v.* to include something as a part of a larger entity
30. tr_____y format *n.* a series of three related works, such as books, plays, or movies, that are connected in some way, often by plot, characters, or theme

ANSWERS: 19. improve, 20. cardiovascular, 21. downside, 22. bible, 23. precise, 24. beard, 25. definitely, 26. fascinating, 27. dive, 28. pregnant, 29. incorporate, 30. trilogy

31. ba__s for calculation *n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged
32. his research area of con_____ion *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
33. trigger a re_____on *n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
34. in___t coin *v.* to put something inside something else
35. ne_____t ethical issues *v.* to not give enough care or attention to something; to leave something undone
36. work do__h *n.* a mixture of flour, liquid, and other ingredients, typically used to make bread, pastry, or pasta
37. a te_____ue in martial arts *n.* a particular way or art of doing something that needs skill
38. ex_____e sports *adj.* very great in amount or degree
39. he_____ge site *n.* the culture and traditions that are passed down from previous generations
40. def_____ly become a problem *adv.* without any question and beyond doubt; clearly
41. f__e their homes *v.* to leave by running away, especially out of fear or danger
42. central th__e *n.* a subject or topic of discourse or artistic representation

ANSWERS: 31. basis, 32. concentration, 33. reaction, 34. insert, 35. neglect, 36. dough, 37. technique, 38. extreme, 39. heritage, 40. definitely, 41. flee, 42. theme

43. de___e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
44. an intolerable hum_____on *n.* the feeling of being made to feel ashamed or foolish
45. s__d money *n.* a small, hard, often round, a reproductive structure that contains a plant's genetic material and is capable of growing into a new plant
46. su_____er oil *n.* a plant with large, round flower heads that have bright yellow petals and a dark center, grown for its edible seeds and oil, as well as for decorative purposes
47. im___r my health *v.* to damage something or make it weaker or worse
48. in_____e in debauchery *v.* to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat
49. me_____n name *v.* to speak or write about something or someone briefly
50. gl___d finish *adj.* having a shiny surface or coating, as if covered in glass; having a dull, blank expression
51. und_____ate an enemy *v.* to think or suppose that a quantity, price, or size is smaller than it is
52. high levels of air po_____on *n.* the introduction of harmful substances or waste into the natural environment that causes adverse change

ANSWERS: 43. decide, 44. humiliation, 45. seed, 46. sunflower, 47. impair, 48. indulge, 49. mention, 50. glazed, 51. underestimate, 52. pollution

53. an ove_____ing victory *adj.* very great or intense; so powerful that you cannot fight or react against it
54. ol__e branch *n.* a small green or black fruit with a bitter taste that is eaten or used to produce oil or a tree on which this fruit grows
55. co___e up a policy accord *n.* a rounded, irregularly shaped stone used for paving streets or for building walls; (verb) to make or repair something in a rough and hurried way
56. in___t a graphic *v.* to put something inside something else
57. violate a com_____nt *n.* a divine rule, especially one of the Ten Commandments; an order or law given by authority
58. smooth mo_____el *n.* the tactile sensation or feeling of food or drink in the mouth, including its texture, viscosity, and other physical characteristics
59. tr_____y series *n.* a series of three related works, such as books, plays, or movies, that are connected in some way, often by plot, characters, or theme
60. ind_____us worker *adj.* hardworking, diligent, and persistent in effort
61. drunken o__y *n.* a wild and uninhibited party or celebration; excessive, often sexual, indulgence; a group activity characterized by chaotic, unrestrained behavior
62. a taste of hum_____on *n.* the feeling of being made to feel ashamed or foolish

ANSWERS: 53. overwhelming, 54. olive, 55. cobble, 56. insert, 57. commandment, 58. mouthfeel, 59. trilogy, 60. industrious, 61. orgy, 62. humiliation

63. a min_____ing puzzle *adj.* extremely surprising or overwhelming and, therefore, difficult to understand or imagine
64. d__t road *n.* soil, dust, or any substance that makes a surface not clean; the part of the earth's surface consisting of humus and disintegrated rock
65. sma_____ne app developer *n.* a mobile phone that functions as a computer and connects to the Internet
66. j__k mail *n.* discarded or unused material or objects, often considered worthless or of little value; also used to describe cheap or poorly made items or food that is high in calories but lacking in nutrition
67. sp____t and the letter of the law *n.* the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people
68. Je____h history *adj.* of or relating to people whose traditional religion is Judaism
69. h_p from one place to another *v.* to jump lightly and quickly on one foot or both feet; to move rapidly from one place to another; to travel using an aircraft, bus, etc.
70. tr_____ll workout *n.* a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill

ANSWERS: 63. mind-boggling, 64. dirt, 65. smartphone, 66. junk, 67. spirit, 68. Jewish, 69. hop, 70. treadmill

71. me_____n in a report *v.* to speak or write about something or someone briefly
72. chief ad_____r *n.* a person who gives advice about a particular subject
73. und_____ate the probability *v.* to think or suppose that a quantity, price, or size is smaller than it is
74. cr_____l information *adj.* extremely vital or necessary
75. completely im_____e the ingredient *v.* to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered
76. es_____te this chicken to weigh three pounds *v.* to guess or calculate the cost, size, value, etc. of something
77. su_____en lotion *n.* a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays
78. a gradual re_____on *n.* a decrease in size, amount, or degree
79. in_____te a project *v.* to begin or start something; to teach the basics or fundamentals of something to somebody; to formally admit someone into a group or organization
80. completely fas_____ng to me *adj.* extremely interesting
81. in_____te a discussion *v.* to begin or start something; to teach the basics or fundamentals of something to somebody; to formally admit someone into a group or organization

ANSWERS: 71. mention, 72. adviser, 73. underestimate, 74. crucial, 75. immerse, 76. estimate, 77. sunscreen, 78. reduction, 79. initiate, 80. fascinating, 81. initiate

82. a ple_____le experience *adj.* giving satisfaction or pleasure; enjoyable
83. fell ov_____rd *adv.* to an extreme or excessive degree; to a point where something becomes unreasonable or irrational
84. sh__e cheese *v.* to remove body hair with a razor; to cut the price of something
85. sma_____ne addict *n.* a mobile phone that functions as a computer and connects to the Internet
86. W__e off dirt *v.* to clean or dry something by rubbing with a piece of cloth or paper or one's hand and removing dirt, food, or liquid
87. f__e abroad *v.* to leave by running away, especially out of fear or danger
88. enc_____dia entry *n.* a comprehensive reference work containing articles on a wide range of subjects or numerous aspects of a particular field or discipline, usually arranged alphabetically or thematically
89. profit-ki_____g *n.* the act of causing death; a sudden and intense force or effect that causes significant damage or destruction; a situation where someone is making a substantial amount of money or experiencing significant financial success
90. co_____on disorder *n.* the psychological process of perception and learning and reasoning; the mental action or process by which knowledge and understanding are developed in the mind

ANSWERS: 82. pleasurable, 83. overboard, 84. shave, 85. smartphone, 86. wipe, 87. flee, 88. encyclopedia, 89. killing, 90. cognition

91. ob____s reasons *adj.* easy to see, discover or understand
92. notable in____ce *n.* a particular example or single occurrence of something
93. da____e a relationship *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
94. der____gy research *n.* a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases
95. a g__m-free environment *n.* a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one
96. major do____de *n.* the negative aspects or consequences of something; the potential for loss or failure
97. he____t size *n.* a protective covering for the head, worn for safety or as part of a uniform or ceremonial dress
98. low cho____ol *n.* a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high
99. a min____ing display *adj.* extremely surprising or overwhelming and, therefore, difficult to understand or imagine

ANSWERS: 91. obvious, 92. instance, 93. damage, 94. dermatology, 95. germ, 96. downside, 97. helmet, 98. cholesterol, 99. mind-boggling

100. a me_____l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
101. re_____on strategy *n.* a decrease in size, amount, or degree
102. historical he_____ge *n.* the culture and traditions that are passed down from previous generations
103. occupational ha____d *n.* something dangerous and likely to cause damage
104. for in_____ce *n.* a particular example or single occurrence of something
105. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
106. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
107. ad__t a child *v.* to choose to follow something; to legally take a child from another family and care for them as if they were one's own
108. have a very ple_____le time *adj.* giving satisfaction or pleasure; enjoyable
109. a gas cr____h *n.* a loud, crackling noise made by something being crushed or broken; a difficult or critical situation
110. agricultural org_____ion *n.* a group of people who work together for a shared purpose
111. temporary me_____l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine

ANSWERS: 100. medical, 101. reduction, 102. heritage, 103. hazard, 104. instance, 105. improvisation, 106. decide, 107. adopt, 108. pleasurable, 109. crunch, 110. organization, 111. medical

120. ov_____t snacks *v.* to eat more food than one needs or can comfortably consume, often to the point of discomfort or illness
121. the most am_____g feeling *adj.* extremely surprising, especially in a way that you like or admire
122. chemical re_____on *n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
123. gl____d roofing tile *adj.* having a shiny surface or coating, as if covered in glass; having a dull, blank expression
124. nonstop tr_____ll *n.* a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill
125. in_____e children *v.* to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat
126. environmental po_____on *n.* the introduction of harmful substances or waste into the natural environment that causes adverse change
127. zealous pa_____t *n.* a person who loves their nation and would fight for it if required
128. es_____te a fair value *v.* to guess or calculate the cost, size, value, etc. of something

ANSWERS: 120. overeat, 121. amazing, 122. reaction, 123. glazed, 124. treadmill, 125. indulge, 126. pollution, 127. patriot, 128. estimate

129. pediatric der_____gy *n.* a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases
130. cho_____ol levels *n.* a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high
131. on an equal ba__s *n.* the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged
132. some une_____ed events *adj.* not anticipated or regarded as likely to happen
133. su_____er field *n.* a plant with large, round flower heads that have bright yellow petals and a dark center, grown for its edible seeds and oil, as well as for decorative purposes
134. hunk of j__k *n.* discarded or unused material or objects, often considered worthless or of little value; also used to describe cheap or poorly made items or food that is high in calories but lacking in nutrition
135. a teacher's p_t *n.* an animal that you have at home as a companion and treated kindly
136. religious med_____on *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state

ANSWERS: 129. dermatology, 130. cholesterol, 131. basis, 132. unexpected, 133. sunflower, 134. junk, 135. pet, 136. meditation

137. med_____on training *n.* the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
138. re_____on sociology *n.* a deep conviction in a supernatural power that controls human destiny
139. do something irr_____nt *adj.* not connected with or related to something and therefore not important
140. th__e park *n.* a subject or topic of discourse or artistic representation
141. ad__t a bill *v.* to choose to follow something; to legally take a child from another family and care for them as if they were one's own
142. w__e with water *v.* to clean or dry something by rubbing with a piece of cloth or paper or one's hand and removing dirt, food, or liquid
143. con_____ion in English *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
144. re___e collection *n.* a set of instructions for preparing a dish, including the ingredients and the method of cooking
145. dumped ov_____rd *adv.* to an extreme or excessive degree; to a point where something becomes unreasonable or irrational
146. con_____ion of armaments *n.* the ability to focus all your time and energy on one thing without thinking about anything else.

ANSWERS: 137. meditation, 138. religion, 139. irrelevant, 140. theme, 141. adopt, 142. wipe, 143. conversation, 144. recipe, 145. overboard, 146. concentration

147. social co_____on *n.* the psychological process of perception and learning and reasoning; the mental action or process by which knowledge and understanding are developed in the mind
148. natural su_____en *n.* a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays
149. freedom of re_____on *n.* a deep conviction in a supernatural power that controls human destiny
150. ne_____t to call *v.* to not give enough care or attention to something; to leave something undone
151. app_____te her feedback *v.* to value and acknowledge the worth of someone or something; to be grateful for something or someone
152. a f_n of a plane *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
153. ol__e oil *n.* a small green or black fruit with a bitter taste that is eaten or used to produce oil or a tree on which this fruit grows
154. am_____g advances *adj.* extremely surprising, especially in a way that you like or admire
155. a p_t bird *n.* an animal that you have at home as a companion and treated kindly
156. p__p stick *n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something

ANSWERS: 147. cognition, 148. sunscreen, 149. religion, 150. neglect, 151. appreciate, 152. fin, 153. olive, 154. amazing, 155. pet, 156. prop

157. re___e book *n.* a set of instructions for preparing a dish, including the ingredients and the method of cooking
158. a s__d coat *n.* a small, hard, often round, a reproductive structure that contains a plant's genetic material and is capable of growing into a new plant
159. app_____te the value *v.* to value and acknowledge the worth of someone or something; to be grateful for something or someone
160. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
161. sh__e my head *v.* to remove body hair with a razor; to cut the price of something
162. do__h for pastry *n.* a mixture of flour, liquid, and other ingredients, typically used to make bread, pastry, or pasta
163. back f_n *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
164. d__t track *n.* soil, dust, or any substance that makes a surface not clean; the part of the earth's surface consisting of humus and disintegrated rock
165. ov_____t in response to pressures *v.* to eat more food than one needs or can comfortably consume, often to the point of discomfort or illness
166. city co_____l election *n.* a group of people who have been elected or appointed to make decisions or give advice on a particular subject or in a particular place

ANSWERS: 157. recipe, 158. seed, 159. appreciate, 160. improvisation, 161. shave, 162. dough, 163. fin, 164. dirt, 165. overeat, 166. council

167. in____e him to write a novel *v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
168. crispy mo_____el *n.* the tactile sensation or feeling of food or drink in the mouth, including its texture, viscosity, and other physical characteristics
169. a passage from the Bi__e *n.* the sacred writings of the Christian religions, consisting of the Old and New Testaments; a book regarded as authoritative in its field
170. fight against the de___y disease *adj.* likely to cause or capable of causing death
171. im___r insulin sensitivity *v.* to damage something or make it weaker or worse
172. no__y party *adj.* making a lot of sounds, especially loud or disruptive sound
173. st_____ze prices *v.* to become or cause to become steady or unlikely to give way
174. ad_____e a cooperative relationship *v.* to go or move forward; to develop in a positive way
175. co___e driveway *n.* a rounded, irregularly shaped stone used for paving streets or for building walls; (verb) to make or repair something in a rough and hurried way
176. f__t accomplishment *n.* a notable or impressive achievement, especially one that requires great skill or bravery
177. h_p on one foot *v.* to jump lightly and quickly on one foot or both feet; to move rapidly from one place to another; to travel using an aircraft, bus, etc.

ANSWERS: 167. inspire, 168. mouthfeel, 169. bible, 170. deadly, 171. impair, 172. noisy, 173. stabilize, 174. advance, 175. cobble, 176. feat, 177. hop

178. un_____hy habit *adj.* not conducive to good health; detrimental to physical or mental well-being
179. needs of pr_____nt women *adj.* having a baby or young animal developing in the uterus
180. st_____ze blood sugar levels *v.* to become or cause to become steady or unlikely to give way
181. ex_____e weather events *adj.* very great in amount or degree
182. 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
183. a friendly con_____ion *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
184. im_____e a process *v.* to make or become better
185. ove_____ing majority *adj.* very great or intense; so powerful that you cannot fight or react against it
186. in_____e a feeling of curiosity *v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
187. da___e assessment *v.* to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

ANSWERS: 178. unhealthy, 179. pregnant, 180. stabilize, 181. extreme, 182. stick, 183. conversation, 184. improve, 185. overwhelming, 186. inspire, 187. damage

188. un_____hy diet *adj.* not conducive to good health; detrimental to physical or mental well-being
189. a religious com_____nt *n.* a divine rule, especially one of the Ten Commandments; an order or law given by authority
190. intellectual f__t *n.* a notable or impressive achievement, especially one that requires great skill or bravery
191. the national con_____ion *n.* the set of fundamental principles or established precedents that a state, a country, or an organization is governed by; the act of forming or establishing something
192. an une_____ed visitor *adj.* not anticipated or regarded as likely to happen
193. car_____lar diseases *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
194. a cr_____l issue for women *adj.* extremely vital or necessary
195. his conclusion was ob_____s *adj.* easy to see, discover or understand
196. imm_____gy research *n.* the branch of medical science that deals with the immune system of the body and its functions, including the body's response to foreign substances such as viruses and bacteria; it also involves the study of immunodeficiencies, autoimmune diseases, and immunotherapies

ANSWERS: 188. unhealthy, 189. commandment, 190. feat, 191. constitution, 192. unexpected, 193. cardiovascular, 194. crucial, 195. obvious, 196. immunology

197. a de___y weapon *adj.* likely to cause or capable of causing death
198. potential health ha___ds *n.* something dangerous and likely to cause damage
199. blind pa____t *n.* a person who loves their nation and would fight for it if required

ANSWERS: 197. deadly, 198. hazard, 199. patriot

Session 3: Fill in the Blanks

1. The garden was filled with _____ and needed to be tilled before planting.
n. soil, dust, or any substance that makes a surface not clean; the part of the earth's surface consisting of humus and disintegrated rock

2. Lost mobile phones lead to another potential _____ regarding privacy.
n. something dangerous and likely to cause damage

3. The committee will _____ an investigation into the company's financial records.
v. to begin or start something; to teach the basics or fundamentals of something to somebody; to formally admit someone into a group or organization

4. The revitalization of technology companies is _____ to the country's growth.
adj. extremely vital or necessary

5. Internet traffic volumes have increased significantly with the advent of _____.
n. a mobile phone that functions as a computer and connects to the Internet

6. He planted the _____ in the soil and waited for it to sprout.
n. a small, hard, often round, a reproductive structure that contains a plant's genetic material and is capable of growing into a new plant

7. This evidence will form the _____ for our discussion.
n. the most important facts, ideas, or events from which something is developed; the way how things are organized or arranged

ANSWERS: 1. dirt, 2. hazard, 3. initiate, 4. crucial, 5. smartphones, 6. seed, 7. basis

8. The sperm whale can _____ to 1,000 meters.
v. to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
9. 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
10. High levels of _____ can increase the risk of heart disease.
n. a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high
11. She couldn't _____ whether to order the pizza or the pasta for dinner.
v. to make up someone's mind about something; to come to a conclusion or judgment after considering options
12. He has shown signs of uneasiness and _____ worry.
adj. very great or intense; so powerful that you cannot fight or react against it
13. I have a parrot as a _____.
n. an animal that you have at home as a companion and treated kindly
14. 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)
15. The shark's powerful _____ allowed it to swim at high speeds.
n. a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance

ANSWERS: 8. dive, 9. dermatology, 10. cholesterol, 11. decide, 12. overwhelming, 13. pet, 14. cardiovascular, 15. fins

16. He grew a thick _____ to change his appearance.
n. hair that grows on a man's face, often around the mouth and chin
17. There was a chemical _____ of the lime with the groundwater.
n. a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
18. The _____ instructor guided the group through the relaxation and breathing exercises.
n. the act of focusing one's mind on a particular object or thought; activity to train attention and achieve a mentally clear and emotionally calm and stable state
19. The _____ of the leaves underfoot was heard as they walked through the park.
n. a loud, crackling noise made by something being crushed or broken; a difficult or critical situation
20. After retiring, he continued to be an _____ to politicians.
n. a person who gives advice about a particular subject
21. 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
22. The professor focused on the research of infant _____.
n. the psychological process of perception and learning and reasoning; the mental action or process by which knowledge and understanding are developed in the mind
23. The _____ of the new policy was that it would be more expensive for customers.
n. the negative aspects or consequences of something; the potential for loss or failure

ANSWERS: 16. beard, 17. reaction, 18. meditation, 19. crunch, 20. adviser, 21. stick, 22. cognition, 23. downside

24. I always seem to _____ when I eat at a restaurant.

- v.* to eat more food than one needs or can comfortably consume, often to the point of discomfort or illness

25. The _____ of unarmed civilians is considered a war crime.

- n.* the act of causing death; a sudden and intense force or effect that causes significant damage or destruction; a situation where someone is making a substantial amount of money or experiencing significant financial success

26. Please _____ your sweat with this towel.

- v.* to clean or dry something by rubbing with a piece of cloth or paper or one's hand and removing dirt, food, or liquid

27. The _____ in carbon emissions has been significant since the implementation of the new policy.

- n.* a decrease in size, amount, or degree

28. The worker survived the impact because they were wearing sturdy _____.

- n.* a protective covering for the head, worn for safety or as part of a uniform or ceremonial dress

29. We have finally lost our last _____.

- n.* a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something

30. The town is known for its historic _____ streets, which were laid by hand in the 19th century.

- n.* a rounded, irregularly shaped stone used for paving streets or for building walls; (verb) to make or repair something in a rough and hurried way

ANSWERS: 24. overeat, 25. killing, 26. wipe, 27. reduction, 28. helmets, 29. prop, 30. cobble

31. The _____ of the city is reflected in its architecture.
n. the culture and traditions that are passed down from previous generations
32. The _____ is endangering the local plants and animals.
n. the introduction of harmful substances or waste into the natural environment that causes adverse change
33. 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
34. I like to watch TV while running on the _____ to pass the time.
n. a piece of exercise equipment consisting of a moving belt on which the user walks, jogs, or runs in place; a monotonous, repetitive task or activity that feels like it is going nowhere, much like a person walking on a treadmill
35. That supermarket tried to _____ certain costs by saving electricity.
v. to remove body hair with a razor; to cut the price of something
36. Despite their tragic loss, the family is showing great _____.
n. the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people
37. Sitting for long hours in front of the computer is considered _____.
adj. not conducive to good health; detrimental to physical or mental well-being
38. He looked at her with a _____ expression, not quite comprehending what she was saying.
adj. having a shiny surface or coating, as if covered in glass; having a dull, blank expression

ANSWERS: 31. heritage, 32. pollution, 33. medical, 34. treadmill, 35. shave, 36. spirit, 37. unhealthy, 38. glazed

39. They frequently _____ their abilities and felt inferior.
v. to think or suppose that a quantity, price, or size is smaller than it is
40. The paper is _____ worth reading thoroughly.
adv. without any question and beyond doubt; clearly
41. They enjoyed reading under the _____ trees.
n. a small green or black fruit with a bitter taste that is eaten or used to produce oil or a tree on which this fruit grows
42. Educating hundreds of thousands of recruits is a _____ task.
adj. extremely surprising or overwhelming and, therefore, difficult to understand or imagine
43. Their _____ strictly prohibits them from drinking or gambling.
n. a deep conviction in a supernatural power that controls human destiny
44. He created a beautiful piece of music using only _____.
n. the act of making something up on the spot or creating or performing something without preparation
45. He is more of a hypocrite than a _____ to be honest.
n. a person who loves their nation and would fight for it if required
46. When the _____ is amended, it often creates a great deal of controversy throughout the country
n. the set of fundamental principles or established precedents that a state, a country, or an organization is governed by; the act of forming or establishing something

ANSWERS: 39. underestimated, 40. definitely, 41. olive, 42. mind-boggling, 43. religion, 44. improvisation, 45. patriot, 46. constitution

47. My friend is a _____ woman who celebrates Hanukkah every year.
adj. of or relating to people whose traditional religion is Judaism
48. Your _____ reflects your thoughts.
n. an informal talk between two or more people to exchange their views, ideas, information, etc.
49. He was known to be very _____ and would often work late into the night.
adj. hardworking, diligent, and persistent in effort
50. The unique style of this martial arts _____ many action film producers.
v. to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
51. This exam requires excellent _____ to pass.
n. the ability to focus all your time and energy on one thing without thinking about anything else.
52. They removed _____ content from the slides.
adj. not connected with or related to something and therefore not important
53. She _____ in a warm bath after a long day at work.
v. to allow oneself or another person to have or enjoy something, especially something that is considered to be a luxury or treat
54. Our marital life was full of happiness and _____ excitement.
adj. giving satisfaction or pleasure; enjoyable
55. We _____ the season's total trade deficit at \$50 billion.
v. to guess or calculate the cost, size, value, etc. of something

ANSWERS: 47. Jewish, 48. conversation, 49. industrious, 50. inspired, 51. concentration, 52. irrelevant, 53. indulged, 54. pleasurable, 55. estimated

56. The museum houses a _____ collection of Celtic artifacts.

adj. extremely interesting

57. There are _____ differences between the two wine-producing regions.

adj. easy to see, discover or understand

58. Many bookshops no longer carry printed _____ but some libraries still hold onto their collections.

n. a comprehensive reference work containing articles on a wide range of subjects or numerous aspects of a particular field or discipline, usually arranged alphabetically or thematically

59. She mixed flour, yeast, sugar, and water to make _____ for the bread.

n. a mixture of flour, liquid, and other ingredients, typically used to make bread, pastry, or pasta

60. His public _____ resulted from a cruel prank played by his colleagues.

n. the feeling of being made to feel ashamed or foolish

61. Wearing _____ to protect your skin from harmful UV rays is important.

n. a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays

62. The _____ for the cake is passed down from generation to generation in her family.

n. a set of instructions for preparing a dish, including the ingredients and the method of cooking

63. The _____ of his idea came from watching birds flying in flocks.

n. a very tiny living that causes the disease; a piece of something such as an organism, concept, etc., capable of growing into a new one or part of one

ANSWERS: 56. fascinating, 57. obvious, 58. encyclopedias, 59. dough, 60. humiliation, 61. sunscreen, 62. recipe, 63. germ

64. He _____ his health to make the project a success.
v. to not give enough care or attention to something; to leave something undone
65. The _____ of the novel is the corrupting influence of power.
n. a subject or topic of discourse or artistic representation
66. The _____ rainstorm caused the collapse of the corral.
adj. not anticipated or regarded as likely to happen
67. Students have loved this textbook for many years as a biology _____.
n. the sacred writings of the Christian religions, consisting of the Old and New Testaments; a book regarded as authoritative in its field
68. She is the president of a large international _____.
n. a group of people who work together for a shared purpose
69. He went _____ with his criticism, and it hurt her feelings.
adv. to an extreme or excessive degree; to a point where something becomes unreasonable or irrational
70. The creamy _____ of the ice cream was due to the high-fat content.
n. the tactile sensation or feeling of food or drink in the mouth, including its texture, viscosity, and other physical characteristics
71. The members of religious organizations released _____ poisonous gas on a subway train.
adj. likely to cause or capable of causing death
72. Solar gravity creates _____ pressures and temperatures.
adj. very great in amount or degree

ANSWERS: 64. neglected, 65. theme, 66. unexpected, 67. bible, 68. organization, 69. overboard, 70. mouthfeel, 71. deadly, 72. extreme

73. During the surgery, the doctor had to be extremely cautious not to _____ a blood vessel.
- v. to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
74. We will attempt to _____ some of your suggestions into our future strategy.
- v. to include something as a part of a larger entity
75. Scientific knowledge will _____ significantly with the power of AI.
- v. to go or move forward; to develop in a positive way
76. The _____ seeds can be roasted and eaten as a snack.
- n. a plant with large, round flower heads that have bright yellow petals and a dark center, grown for its edible seeds and oil, as well as for decorative purposes
77. The city _____ voted to approve the new development project.
- n. a group of people who have been elected or appointed to make decisions or give advice on a particular subject or in a particular place
78. She _____ a new chapter into her manuscript.
- v. to put something inside something else
79. The national assembly has _____ the budget.
- v. to choose to follow something; to legally take a child from another family and care for them as if they were one's own
80. Recent advances in _____ have shown promise in the fight against cancer
- n. the branch of medical science that deals with the immune system of the body and its functions, including the body's response to foreign substances such as viruses and bacteria; it also involves the study of immunodeficiencies, autoimmune diseases, and immunotherapies

ANSWERS: 73. damage, 74. incorporate, 75. advance, 76. sunflower, 77. council, 78.

inserted, 79. adopted, 80. immunology

81. The accident made his vision _____.
- v. to damage something or make it weaker or worse
82. The rabbit _____ over the fence.
- v. to jump lightly and quickly on one foot or both feet; to move rapidly from one place to another; to travel using an aircraft, bus, etc.
83. The Lord of the Rings _____ is a classic in the fantasy genre.
- n. a series of three related works, such as books, plays, or movies, that are connected in some way, often by plot, characters, or theme
84. Jockey's superior _____ brought him victory.
- n. a particular way or art of doing something that needs skill
85. X-rays revealed a small tumor in his _____.
- n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling
86. We want to _____ ties between our two countries.
- v. to make or become better
87. 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
88. It is a basic instinct to _____ from a dangerous situation.
- v. to leave by running away, especially out of fear or danger

ANSWERS: 81. impaired, 82. hopped, 83. trilogy, 84. technique, 85. brain, 86. improve, 87. feat, 88. flee

89. I need to clear out some of the _____ in my garage.

- n.* discarded or unused material or objects, often considered worthless or of little value; also used to describe cheap or poorly made items or food that is high in calories but lacking in nutrition

90. He _____ himself in his research.

- v.* to become fully involved in a particular activity; to dip or submerge in a liquid, especially so that they or it are entirely covered

91. The raising of interest rates _____ the inflation rate.

- v.* to become or cause to become steady or unlikely to give way

92. 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

93. She vacated the position when she got _____.

- adj.* having a baby or young animal developing in the uterus

94. The content is _____ and informative for me.

- adj.* sharply exact or accurate or delimited

95. We would _____ an early reply.

- v.* to value and acknowledge the worth of someone or something; to be grateful for something or someone

96. These articles cite five _____ of climate change.

- n.* a particular example or single occurrence of something

97. He was punished because he contravened a _____ of God.

- n.* a divine rule, especially one of the Ten Commandments; an order or law given by authority

ANSWERS: 89. junk, 90. immersed, 91. stabilizes, 92. mentioned, 93. pregnant, 94. precise, 95. appreciate, 96. instances, 97. commandment

98. The golfer recorded an _____ distance.

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

99. The wild party at the beach turned into an _____ of drinking and dancing.

n. a wild and uninhibited party or celebration; excessive, often sexual, indulgence; a group activity characterized by chaotic, unrestrained behavior

100. The construction outside was creating a _____ distraction from my work.

adj. making a lot of sounds, especially loud or disruptive sound

ANSWERS: 98. amazing, 99. orgy, 100. noisy