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Vocabulary Builder Reference from...

Ellen Gustafson: Obesity + hunger = 1 global food issue | TED Talk

https://www.ted.com/talks/ellen_gustafson_obesity_hunger_1_global_food_issue

Advanced Words Only

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Session 1: Word List

obsess

v. to fill the mind of someone continually so that one can't think of anything else

synonym: torment, beset, engross

(1) **obsess** over her weight, (2) he is **obsessed** with the fear

He's utterly **obsessed** with his promotion.

insecure

adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety

synonym: uncertain, unsure, unconfident

(1) an **insecure** future, (2) **insecure** attachment

Children in an unstructured environment often feel **insecure**.

micronutrient

adj. vitamins and minerals needed by the body in very small amounts

synonym: trace element, mineral, vitamin

(1) **micronutrient** supplements, (2) antioxidant **micronutrient**

A diet rich in **micronutrients** can help prevent deficiencies and maintain good health.

ironic

adj. using words to express something different from and often opposite to their literal or usual meaning, often for

humorous or rhetorical effect

synonym : sarcastic, wry, sardonic

(1) **ironic** result, (2) an **ironic** turn of events

It was **ironic** that the heavy rain started just as they set up for an outdoor picnic.

screenshot

n. a digital photograph or image of what is displayed on a computer or electronic screen, often used for capturing and sharing information or documenting an issue or problem

synonym : capture, screen dump

(1) **screenshot** function, (2) send a **screenshot**

I took a **screenshot** of the error message to show the tech support team.

intern

v. to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

synonym : apprentice, trainee, student

(1) **intern** civilians, (2) medical **intern**

The navy **interned** ships of defeated nations.

numb

adj. unable to feel physical sensation and movement; not showing human feeling or sensitivity

synonym : dazed, insensitive, emotionless

(1) **numb** with cold, (2) a **numb** mind

My left arm became **numb**.

obese

adj. excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more

synonym : overweight, corpulent, plump

(1) **obese** individuals, (2) **obese** children

The doctor warned him that his **obese** condition put him at risk for numerous health problems.

bifurcate

v. to divide or split into two branches or parts

synonym: branch, fork, divide

(1) **bifurcate** at the top of the mountain, (2) **bifurcate** into two separate tracks

The river **bifurcates** ahead, so we must decide which branch to take.

underpin

v. to support or strengthen the foundations of something

synonym: support, foundation, base

(1) **underpin** a structure, (2) **underpin** democratization

The research findings **underpin** the theory that human activities cause global warming.

precipitously

adv. steeply or abruptly; quickly or suddenly, often referring to a dramatic change or decline

synonym: steeply, rapidly, abruptly

(1) fall **precipitously**, (2) the mountain face descends **precipitously**

The athlete's performance started to decline **precipitously** after an injury.

starve

v. to suffer or die from lack of food; to cause someone or something to suffer or die from lack of food; to deprive something of necessary nourishment or sustenance

synonym: famish, hunger

(1) **starve** for a victory, (2) **starve** to death

If you don't eat soon, you're going to **starve**.

subsistence

n. the state or condition of being able to maintain or support oneself at a basic level, typically through food, shelter, and other vital necessities; the minimum resources required for survival

synonym: survival, livelihood, existence

(1) **subsistence** economy, (2) **subsistence** farming

The farmer's **subsistence** depended on his crops and livestock.

exodus

n. a situation in which a large number of people leave or escape from a place at the same time

synonym : emigration, evacuation, departure

(1) mass **exodus**, (2) the Oriental **exodus** from America

The rural **exodus** may cause long-term population loss.

detrimental

adj. causing harm or damage

synonym : harmful, damaging, injurious

(1) **detrimental** eating habits, (2) **detrimental** to good health

The new policy had a **detrimental** impact on small businesses.

endemic

adj. (of a disease or other problem) regularly found among particular people or in a certain area

synonym : prevalent, widespread, native

(1) **endemic** disease, (2) cholera- **endemic** area

Malaria is **endemic** in many tropical countries.

gulp

v. to swallow quickly and forcefully; to take in a large amount of air or liquid quickly and audibly because of surprise, fear, or excitement

synonym : swallow, chug, gulp down

(1) **gulp** water, (2) **gulp** air

He had to **gulp** down his coffee before rushing to work.

fructose

n. a simple sugar that is found in many fruits and vegetables and is about twice as sweet as sucrose

synonym : fruit sugar, levulose, laevulose

(1) **fructose** content, (2) heredity **fructose** intolerance

High **fructose** corn syrup is a common ingredient in processed foods.

recreate

v. to make something that existed previously happen or appear to exist again

synonym : renovate, vivify, revive

(1) **recreate** a single country, (2) **recreate** the feeling of the

1920s

She **recreated** the atmosphere of the pre-war age with her stage setting.

disparate

adj. very different or distinct from something else and is not connected or comparable in any way

synonym: different, distinct, separate

(1) **disparate** impact, (2) physically **disparate** location

The organization worked to bring together **disparate** groups in the community.

nutritious

adj. providing nourishment and essential nutrients for growth, development, and overall well-being; conducive to good health and proper bodily function

synonym: healthy, nourishing, wholesome

(1) **nutritious** ingredients, (2) **nutritious** meal

Eating a balanced and **nutritious** diet is important for maintaining good health.

petrochemical

n. a chemical compound derived from petroleum or natural gas, used as a raw material in the manufacture of plastics, synthetic fibers, and other products

synonym: oil-based, chemical-based, refinery product

(1) **petrochemical** complex, (2) **petrochemical** plant

The town's economy relies heavily on the **petrochemical** industry.

externality

n. a cost or benefit that affects a third party who did not choose to incur that cost or benefit

synonym: impact, consequence, effect

(1) **externality** costs, (2) network **externality**

The negative **externality** of pollution affects not just the polluter but also people living in the surrounding area.

Session 2: Spelling

1. fr____se content *n.* a simple sugar that is found in many fruits and vegetables and is about twice as sweet as sucrose
2. in____re attachment *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
3. network ext______ty *n.* a cost or benefit that affects a third party who did not choose to incur that cost or benefit
4. a n__b mind *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
5. ob__e individuals *adj.* excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more
6. sub______ce farming *n.* the state or condition of being able to maintain or support oneself at a basic level, typically through food, shelter, and other vital necessities; the minimum resources required for survival
7. en____c disease *adj.* (of a disease or other problem) regularly found among particular people or in a certain area
8. an in____re future *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
9. the Oriental ex____s from America *n.* a situation in which a large number of people leave or escape from a place at the same time

ANSWERS: 1. fructose, 2. insecure, 3. externality, 4. numb, 5. obese, 6. subsistence, 7. endemic, 8. insecure, 9. exodus

10. re_____te a single country
v. to make something that existed previously happen or appear to exist again
11. nut_____us ingredients
adj. providing nourishment and essential nutrients for growth, development, and overall well-being; conducive to good health and proper bodily function
12. the mountain face descends
pre_____sly
adv. steeply or abruptly; quickly or suddenly, often referring to a dramatic change or decline
13. un_____in democratization
v. to support or strengthen the foundations of something
14. fall pre_____sly
adv. steeply or abruptly; quickly or suddenly, often referring to a dramatic change or decline
15. g__p water
v. to swallow quickly and forcefully; to take in a large amount of air or liquid quickly and audibly because of surprise, fear, or excitement
16. det_____al to good health
adj. causing harm or damage
17. bi_____te into two separate tracks
v. to divide or split into two branches or parts
18. pet_____cal complex
n. a chemical compound derived from petroleum or natural gas, used as a raw material in the manufacture of plastics, synthetic fibers, and other products
19. ir___c result
adj. using words to express something different from and often opposite to their literal or usual meaning, often for humorous or rhetorical effect

ANSWERS: 10. recreate, 11. nutritious, 12. precipitously, 13. underpin, 14. precipitously, 15. gulp, 16. detrimental, 17. bifurcate, 18. petrochemical, 19. ironic

20. di_____te impact *adj.* very different or distinct from something else and is not connected or comparable in any way
21. scr_____ot function *n.* a digital photograph or image of what is displayed on a computer or electronic screen, often used for capturing and sharing information or documenting an issue or problem
22. physically di_____te location *adj.* very different or distinct from something else and is not connected or comparable in any way
23. g__p air *v.* to swallow quickly and forcefully; to take in a large amount of air or liquid quickly and audibly because of surprise, fear, or excitement
24. re_____te the feeling of the 1920s *v.* to make something that existed previously happen or appear to exist again
25. nut_____us meal *adj.* providing nourishment and essential nutrients for growth, development, and overall well-being; conducive to good health and proper bodily function
26. pet_____cal plant *n.* a chemical compound derived from petroleum or natural gas, used as a raw material in the manufacture of plastics, synthetic fibers, and other products
27. in___n civilians *v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria

ANSWERS: 20. disparate, 21. screenshot, 22. disparate, 23. gulp, 24. recreate, 25. nutritious, 26. petrochemical, 27. intern

28. n__b with cold *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
29. det_____al eating habits *adj.* causing harm or damage
30. mass ex____s *n.* a situation in which a large number of people leave or escape from a place at the same time
31. send a scr_____ot *n.* a digital photograph or image of what is displayed on a computer or electronic screen, often used for capturing and sharing information or documenting an issue or problem
32. bi_____te at the top of the mountain *v.* to divide or split into two branches or parts
33. ext_____ty costs *n.* a cost or benefit that affects a third party who did not choose to incur that cost or benefit
34. heredity fr_____se intolerance *n.* a simple sugar that is found in many fruits and vegetables and is about twice as sweet as sucrose
35. cholera-en_____c area *adj.* (of a disease or other problem) regularly found among particular people or in a certain area
36. un_____in a structure *v.* to support or strengthen the foundations of something
37. st____e to death *v.* to suffer or die from lack of food; to cause someone or something to suffer or die from lack of food; to deprive something of necessary nourishment or sustenance

ANSWERS: 28. numb, 29. detrimental, 30. exodus, 31. screenshot, 32. bifurcate, 33. externality, 34. fructose, 35. endemic, 36. underpin, 37. starve

38. ob___s over her weight *v.* to fill the mind of someone continually so that one can't think of anything else
39. he is ob___sed with the fear *v.* to fill the mind of someone continually so that one can't think of anything else
40. antioxidant mic_____ent *adj.* vitamins and minerals needed by the body in very small amounts
41. an ir___c turn of events *adj.* using words to express something different from and often opposite to their literal or usual meaning, often for humorous or rhetorical effect
42. medical in___n *v.* to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
43. ob__e children *adj.* excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more
44. sub_____ce economy *n.* the state or condition of being able to maintain or support oneself at a basic level, typically through food, shelter, and other vital necessities; the minimum resources required for survival
45. st___e for a victory *v.* to suffer or die from lack of food; to cause someone or something to suffer or die from lack of food; to deprive something of necessary nourishment or sustenance

ANSWERS: 38. obsess, 39. obsess, 40. micronutrient, 41. ironic, 42. intern, 43. obese, 44. subsistence, 45. starve

46. mic_____ent supplements

adj. vitamins and minerals needed by the body in very small amounts

ANSWERS: 46. micronutrient

Session 3: Fill in the Blanks

1. A diet rich in _____ can help prevent deficiencies and maintain good health.
adj. vitamins and minerals needed by the body in very small amounts
2. The organization worked to bring together _____ groups in the community.
adj. very different or distinct from something else and is not connected or comparable in any way
3. I took a _____ of the error message to show the tech support team.
n. a digital photograph or image of what is displayed on a computer or electronic screen, often used for capturing and sharing information or documenting an issue or problem
4. Children in an unstructured environment often feel _____.
adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety
5. If you don't eat soon, you're going to _____.
v. to suffer or die from lack of food; to cause someone or something to suffer or die from lack of food; to deprive something of necessary nourishment or sustenance
6. Eating a balanced and _____ diet is important for maintaining good health.
adj. providing nourishment and essential nutrients for growth, development, and overall well-being; conducive to good health and proper bodily function
7. High _____ corn syrup is a common ingredient in processed foods.
n. a simple sugar that is found in many fruits and vegetables and is about twice as sweet as sucrose

ANSWERS: 1. micronutrients, 2. disparate, 3. screenshot, 4. insecure, 5. starve, 6. nutritious, 7. fructose

8. Malaria is _____ in many tropical countries.

adj. (of a disease or other problem) regularly found among particular people or in a certain area

9. It was _____ that the heavy rain started just as they set up for an outdoor picnic.

adj. using words to express something different from and often opposite to their literal or usual meaning, often for humorous or rhetorical effect

10. The rural _____ may cause long-term population loss.

n. a situation in which a large number of people leave or escape from a place at the same time

11. The doctor warned him that his _____ condition put him at risk for numerous health problems.

adj. excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more

12. The river _____ ahead, so we must decide which branch to take.

v. to divide or split into two branches or parts

13. The town's economy relies heavily on the _____ industry.

n. a chemical compound derived from petroleum or natural gas, used as a raw material in the manufacture of plastics, synthetic fibers, and other products

14. He had to _____ down his coffee before rushing to work.

v. to swallow quickly and forcefully; to take in a large amount of air or liquid quickly and audibly because of surprise, fear, or excitement

15. My left arm became _____.

adj. unable to feel physical sensation and movement; not showing human feeling or sensitivity

ANSWERS: 8. endemic, 9. ironic, 10. exodus, 11. obese, 12. bifurcates, 13. petrochemical, 14. gulp, 15. numb

16. He's utterly _____ with his promotion.
v. to fill the mind of someone continually so that one can't think of anything else
17. The research findings _____ the theory that human activities cause global warming.
v. to support or strengthen the foundations of something
18. The athlete's performance started to decline _____ after an injury.
adv. steeply or abruptly; quickly or suddenly, often referring to a dramatic change or decline
19. The new policy had a _____ impact on small businesses.
adj. causing harm or damage
20. The farmer's _____ depended on his crops and livestock.
n. the state or condition of being able to maintain or support oneself at a basic level, typically through food, shelter, and other vital necessities; the minimum resources required for survival
21. The navy _____ ships of defeated nations.
v. to put someone in prison, especially for political or military reasons; (noun) a student or trainee who works, sometimes for free, to get work experience or to fulfill qualification criteria
22. The negative _____ of pollution affects not just the polluter but also people living in the surrounding area.
n. a cost or benefit that affects a third party who did not choose to incur that cost or benefit
23. She _____ the atmosphere of the pre-war age with her stage setting.
v. to make something that existed previously happen or appear to exist again

ANSWERS: 16. obsessed, 17. underpin, 18. precipitously, 19. detrimental, 20. subsistence, 21. interned, 22. externality, 23. recreated

ANSWERS: