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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

All Words

IMPORTANT

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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.

security

n. the state of being free from danger, risk, or harm; measures taken to protect against threats or attacks; a financial asset, such as a stock or bond that derives value exclusively from the ownership interest or claim to a particular underlying asset or obligation

synonym: safety, protection, stock

(1) national **security**, (2) **security** analyst

The building's **security** system includes cameras, alarms, and security guards.

policy

n. a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective

synonym: strategy, plan, guideline

(1) health **policy**, (2) foreign **policy**

The company's new **policy** on remote work has made it a more inclusive workplace.

relevance

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

synonym: pertinence, applicability, connection

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

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

assume

v. to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance

synonym: guess, presume, suppose

(1) **assume** a lousy attitude to his boss, (2) **assume** an important role

The following example **assumes** that the capacity of each battery is the same.

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**.

brilliant

adj. extremely clever, skilled, or impressive

synonym: luminous, intelligent, clever

(1) **brilliant** idea, (2) **brilliant** performance

The more **brilliant** you are, the more people around you look at you with envy and jealousy.

cycle

n. an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

synonym: revolution, rotation, bike

(1) the **cycle** of the seasons, (2) go to the workplace by

cycle

The food chain causes a material **cycle**.

poverty

n. the condition of being extremely poor

synonym: deprivation, destitution, poorness

(1) **poverty** alleviation, (2) the cycle of **poverty**

Many studies have investigated the relationship between **poverty** and academic achievement.

hunger

n. a strong desire or craving for something; a feeling of discomfort or weakness caused by lack of food; a chronic condition of insufficient food intake and malnutrition

synonym: appetite, craving, starvation

(1) **hunger** pangs, (2) chronic **hunger**

Many people in the world suffer from **hunger** and malnourishment every day.

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.

nutrient

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

synonym: food, vitamin

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

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

develop

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

created

synonym: evolve, progress, advance

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

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

physically

adv. in a way related to a person's body or appearance rather than their mind

(1) **physically** and mentally, (2) stay **physically** fit

Having a **physically** healthy physique is essential for a great life.

bush

n. a plant growing thickly with many small branches and several stiff stems coming up from the root

synonym: copse, scrub, brushwood

(1) trees and **bushes**, (2) a **bush** of hair

I am going to trim this **bush** off.

awesome

adj. inspiring fear, admiration, or respect; very good, nice, fun, etc.

synonym: miraculous, marvelous, astounding

(1) **awesome** mental faculty, (2) have an **awesome** birthday

There is a lot of **awesome** nature and food in Hawaii.

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.

strap

n. a long, narrow strip or belt of leather, fabric, or another material used for binding, fastening, or supporting something or someone; a band or string that attaches one object to another, often used to secure items during transport

synonym : band, belt, sling

(1) leather **strap**, (2) camera **strap**

The athlete tightened the **strap** on his running shoes before the race.

buck

n. a male deer; a unit of currency, especially the US dollar; a sudden jolt or movement; a young man; (verb) to resist or oppose something, such as an authority, trend, or convention

synonym : dollar, money, currency

(1) **buck** the trend, (2) extra **buck**

I spotted a majestic **buck** with large antlers standing at the forest's edge.

fee

n. a sum of money charged for a particular service

synonym : charge, cost, expense

(1) **fee** calculation, (2) service **fee**

The lawyer's **fee** for the case was \$10,000.

awareness

n. the fact or state of knowing something exists and is important

synonym : understanding, cognition, knowledge

(1) **awareness** of my ignorance, (2) raise public **awareness**

There has been a gradual but steady rise in environmental **awareness**.

screw

v. to turn something, such as a bolt, with a driver or wrench to tighten or loosen it; (noun) a cylindrical rod with a helical ridge used to fasten things together

synonym : tighten, fix, secure

(1) **screw** the cap, (2) a female **screw**

He had to **screw** the loose knob back onto the cabinet door.

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.

earthquake

n. a sudden and violent shaking of the ground caused by the movement of rock beneath the earth's surface

synonym: seismic activity, tremor, temblor

(1) an **earthquake** zone, (2) an **earthquake-proof**

The violent **earthquake** caused widespread damage and injuries throughout the region.

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.

dramatic

adj. very sudden, very excellent, or full of action and excitement

synonym: striking, theatrical, breathtaking

(1) make **dramatic** changes, (2) a **dramatic** rescue at sea

The statement had a **dramatic** impact on house prices.

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.

incredibly

adv. in a way that is very difficult to believe; exceedingly or extremely

synonym: enormously, exceptionally, extraordinarily

(1) **incredibly** cheerful character, (2) get **incredibly**

insecure

Several cities are experiencing **incredibly** high unemployment rates.

obesity

n. the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.

synonym : overweight, corpulence, fattiness

(1) **obesity-related** diseases, (2) suffer from **obesity**

The prevalence of **obesity** has increased significantly in recent years.

unfortunately

adv. by bad luck; unluckily

synonym : regrettably, unluckily, alas

(1) **unfortunately** caught in a shower, (2) even more **unfortunately**

The treatments were done but, **unfortunately**, were unsuccessful.

export

v. to send goods or services to another country for sale; to transfer electronic data out of a database or document in a format that other programs can use

synonym : ship, send, transfer

(1) **export** goods, (2) **export** the data

The country **exports** a large amount of agricultural products.

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**.

crazy

adj. stupid or not sensible; very angry

synonym : insane, absurd, bizarre

(1) **crazy** about cars and racing, (2) a **crazy** scheme

The rain and thunder are **crazy** today.

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.

overweight

adj. weighing more than is considered normal, desirable, or healthy for a particular height and build

synonym : heavy, obese, fat

(1) dangerously **overweight**, (2) an **overweight** patient

The doctor advised him to lose weight and maintain a healthy diet to avoid becoming **overweight**.

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.

potentially

adv. in a possible state or condition; possibly

synonym : likely, possibly, probably

(1) **potentially** affected, (2) **potentially** lucrative

The organization assisted in the de-escalation of **potentially** violent situations.

problematic

adj. full of difficulties; difficult to deal with or solve

synonym : inappropriate, inconvenient, worrisome

(1) a **problematic** situation, (2) seems to be highly **problematic**

Direct democracy is effective in quickly resolving **problematic** situations within a community.

agriculture

n. the practice or science of cultivating the land or raising stock

synonym: farming, husbandry, agribusiness

(1) organic **agriculture**, (2) intensive **agriculture**

Agriculture is the foundation of our economy.

consolidate

v. to make something more vital, more solid, or more certain

synonym: crystallize, concentrate, cement

(1) **consolidate** his debt, (2) **consolidate** a leadership

The two universities will **consolidate** in July next year.

soy

n. a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed

(1) **soy** allergy, (2) **soy** milk

Many people use **soy** sauce for sushi, stir-fries, and marinades.

wheat

n. a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc

synonym: grain, cereal

(1) harvesting **wheat**, (2) **wheat** crop

The farmer grew **wheat** on his land.

quarter

n. one of four equal parts; a fourth part or portion

synonym: fourth, one-fourth

(1) a **quarter** mile, (2) end of the first **quarter**

The unemployment rate in the first **quarter** was 2.3 percentage points higher than in the previous.

process

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

synonym: procedure, method, system

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

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

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.

grain

n. wheat or any other small hard seeds used as a food; a relatively small granular particle of a substance

synonym: seed, piece, cereal

(1) a **grain** of sand, (2) flour made from **grain**

Ordinary air purifiers cannot adequately remove pollen **grains**.

bin

n. a container, usually that has a lid and used for waste

synonym: container, trunk, garbage can

(1) a waste **bin**, (2) mail **bin**

You can open the overhead **bin** after landing.

frank

adj. honest and sincere; open and candid in expression

synonym: candid, direct, freehearted

(1) **frank** and open discussion, (2) make a **frank** apology

Full involvement means **frank** and prompt responses.

skinny

adj. having a very thin or slim body; referring to clothing that is tightly fitting and reveals the shape of the body;

referring to information or details that are kept secret or confidential

synonym : slender, lean, thin

(1) **skinny** jeans, (2) **skinny** finger

His mom was always concerned about his **skinny** frame and encouraged him to eat more

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.

topic

n. a subject that is being discussed or written about

synonym : subject, theme, issue

(1) a serious **topic**, (2) the **topic** of the book

The **topic** of the discussion was the current state of the economy.

feminist

adj. describing a belief in and advocacy for achieving gender equality in social, political, and economic spheres; advocating for the rights and empowerment of women;
(*noun*) a person who believes in and advocates for gender equality between men and women

synonym : egalitarian

(1) **feminist** movement, (2) **feminist** perspective

The **feminist** ideals of inclusivity and diversity are important

in creating a more just and equal world.

crisis

n. a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken

synonym: concern, problem, emergency

(1) financial **crisis**, (2) **crisis** management

The Chinese word for **crisis** comprises two characters, one for danger and the other for opportunity.

mass

n. a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together

synonym: abundance, crowd, mob

(1) a **mass** of molten rock, (2) critical **mass**

The **mass** of people who do not own property is politically impotent.

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.

diet

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

synonym: food, dietary

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

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

soda

n. a carbonated soft drink containing a sweetened syrup or flavoring, often used interchangeably with "pop" or "soda pop" in different regions of the world

synonym: pop, cola, soft drink

(1) **soda** pop, (2) lemon-lime **soda**

I'm craving a cold **soda** to quench my thirst.

shift

n. a slight transition in position, direction, or trend
synonym: transition, change, modification

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

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

generation

n. all the people born and living at about the same time, regarded collectively; the production of heat or electricity
synonym: cohort, age group, era

(1) **generation** gap, (2) the **generation** of electricity

The younger **generation** has different values and beliefs than the older one.

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.

diabetes

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

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

My father was tested for **diabetes**.

disease

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

synonym: illness, ailment, affliction

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

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

separate

v. to force, take, or pull apart; mark as different
synonym: disunite, isolate, ramify

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

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

import

v. to bring goods or services into a country from another country; to transfer electronic data into a database or document;

synonym: bring, spell

(1) **import** goods, (2) **import** a style sheet

The company **imports** raw materials from other countries to manufacture its products.

apparently

adv. based on what you have heard or read

synonym: evidently, obviously, supposedly

(1) **apparently** simple, (2) **apparently** unrelated

The police **apparently** believed this explanation was plausible.

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.

anniversary

n. the annual recurrence of a date marking a notable event; a date on which an event occurred in a previous year

synonym: commemoration, celebration, observance

(1) **anniversary** celebration, (2) a bicentennial **anniversary**

They celebrated their 10th **anniversary** with a romantic dinner.

crop

n. a plant that is cultivated in large amounts, particularly for food

synonym: output, produce, product

(1) **crop** field, (2) **crop** herbicide
Sow early for an early **crop**.

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.

syrup

n. a sweet, thick liquid made by dissolving sugar in water, often flavored with fruit, spices, or other ingredients

synonym: nectar, sap, honey

(1) maple **syrup**, (2) **syrup** bottle

She mixed the **syrup** with water to make a sweet drink.

icon

n. a picture or statue of a holy person considered to be a sacred thing; a little icon on the screen of a computer or smartphone that denotes an application or a file

synonym: figure, hero, idol

(1) **icon** for young people, (2) television **icon**

Some comic book characters are considered gay **icons**.

lifetime

n. the duration of someone's life or something's existence;

synonym: lifespan, duration

(1) **lifetime** benefits, (2) **lifetime** ban from the sport

She had lived through two world wars in her **lifetime**.

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.

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.

announce

v. to make something known or officially inform people about something

synonym: disclose, declare, broadcast

(1) **announce** candidacy, (2) **announce** the award winners

The third season of the anime show has been **announced**.

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**.

foundation

n. the lowest load-bearing part of a building, typically below ground level; a fundamental basis or principle upon which something is built or established; an organization that provides funding or support for charitable or educational purposes

synonym: base, support, groundwork

(1) **foundation** course, (2) weak **foundation**

The **foundation** of the building was cracked and needed to be repaired.

align

v. to put or arrange two or more things in a straight line or to form a straight line

synonym: coordinate, regulate, adjust

(1) **align** the economic interest of each other, (2) **align** with

a historical trend

Both parties are now entirely ideologically **aligned**.

advocate

n. a person who supports or suggests an idea, development, or way of doing something

synonym: proponent, exponent, promoter

(1) an **advocate** of disarmament, (2) public education

advocates

Advocates of abolishing the death penalty often argue that the alternative heaviest sentence should be life in prison.

domestic

adj. relating to or inside a particular country, not foreign or international

synonym: endemic, private, household

(1) **domestic** airline, (2) a **domestic** animal

GDP stands for gross **domestic** product.

argue

v. to express differing opinions or points of view, often in a heated or contentious manner; to present a case or reasoning to persuade or convince others

synonym: debate, dispute, quarrel

(1) **argue** a case, (2) **argue** passionately

The couple began to **argue** over which restaurant to go to for dinner.

organic

adj. of or derived from biological substance; producing plants and animals for food and other items without the use of synthetic chemicals

synonym: biological

(1) **organic** soils, (2) eat **organic** food

The kidney is an **organic** component of the body.

collaborate

v. to work with someone else to produce or achieve something

synonym: cooperate, unite, get together

(1) **collaborate** with the police, (2) **collaborate** on a press release

She agreed to **collaborate** with him in creating new artwork.

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.

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.

holistic

adj. relating to or dealing with the whole of something rather than just its parts

synonym: comprehensive, all-encompassing, total

(1) **holistic** education, (2) develop a **holistic** vision

The **holistic** approach to healthcare considers the person's physical, mental, and emotional well-being.

systemic

adj. affecting or related to the whole of something, especially the human body or a society

(1) the **systemic** arteries, (2) **systemic** reforms of the organization

This vaccine causes mild **systemic** side effects.

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.

protein

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

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

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

environment

n. the natural world such as air, water, and land in which humans, animals, and plants live

synonym: atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

climate

n. the weather in a particular location averaged over some long period

synonym: atmosphere, weather, environment

(1) a cold **climate**, (2) effects of **climate** change

Climate and weather have an impact on every part of our lifestyles.

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.

fertilizer

n. a natural or chemical substance added to soil to make plants grow more successfully

synonym: manure

(1) a chemical **fertilizer**, (2) nonsynthetic **fertilizer**

Nitrogen fixation by the Haber-Bosch method leads to the mass production of **fertilizers**.

negative

adj. having the quality of something bad or harmful; expressing refusal

synonym: minus, adverse, pessimistic

(1) have a **negative** effect, (2) a **negative** number

The movie has received almost universally **negative** criticism.

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.

runoff

n. the occurrence of surplus liquid such as water that exceeds the limit or capacity; another competition, election, race, etc., following a tie or inconclusive outcome

synonym: drainage, overspill, overflow

(1) agricultural **runoff**, (2) primary **runoff** election

Industrial **runoff** and wind-blown debris are prime examples of pollution.

chip

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

synonym: flake, fragment, chunk

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

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

inherent

adj. existing in something as a permanent, essential, or characteristic attribute

synonym: intrinsic, natural, innate

(1) **inherent** risk, (2) have an **inherent** dislike

Honesty is an **inherent** quality that everyone should strive to possess.

responsible

adj. answerable or accountable for something within one's power, control, or management

synonym: accountable, answerable, liable

(1) **responsible** action, (2) **responsible** for a customer service

She's a **responsible** pet owner who ensures her dog gets enough exercise and a healthy diet.

launch

v. to send or propel something into the air or space using a device such as a rocket, missile, or spacecraft; to make something available or on sale for the first time

synonym: start, initiate, begin

(1) **launch** a spaceship into orbit, (2) **launch** a big attack

The company is set to **launch** its new product line next month.

coalition

n. a temporary alliance formed by two or more political parties for combined action; the state of being combined into one body

synonym: union, confederation, alliance

(1) a three-party **coalition**, (2) **coalition** forces

The two largest opposition parties announced they would form a **coalition** in the next elections.

Session 2: Spelling

1. or____c soils *adj.* of or derived from biological substance; producing plants and animals for food and other items without the use of synthetic chemicals
2. chronic hu____r *n.* a strong desire or craving for something; a feeling of discomfort or weakness caused by lack of food; a chronic condition of insufficient food intake and malnutrition
3. he is ob____sed with the fear *v.* to fill the mind of someone continually so that one can't think of anything else
4. financial cr____s *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
5. the sy____ic arteries *adj.* affecting or related to the whole of something, especially the human body or a society
6. major paradigm sh__t *n.* a slight transition in position, direction, or trend
7. 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
8. 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

ANSWERS: 1. organic, 2. hunger, 3. obsess, 4. crisis, 5. systemic, 6. shift, 7. obese, 8. petrochemical

9. ex__t goods *v.* to send goods or services to another country for sale; to transfer electronic data out of a database or document in a format that other programs can use
10. an____ce the award winners *v.* to make something known or officially inform people about something
11. 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
12. aw____e mental faculty *adj.* inspiring fear, admiration, or respect; very good, nice, fun, etc.
13. pot____ly affected *adv.* in a possible state or condition; possibly
14. a cold cl____e *n.* the weather in a particular location averaged over some long period
15. phy____ly and mentally *adv.* in a way related to a person's body or appearance rather than their mind
16. 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
17. co____on forces *n.* a temporary alliance formed by two or more political parties for combined action; the state of being combined into one body
18. lemon-lime s__a *n.* a carbonated soft drink containing a sweetened syrup or flavoring, often used interchangeably with "pop" or "soda pop" in different regions of the world

ANSWERS: 9. export, 10. announce, 11. starve, 12. awesome, 13. potentially, 14. climate, 15. physically, 16. subsistence, 17. coalition, 18. soda

19. a serious to__c *n.* a subject that is being discussed or written about
20. det_____al to good health *adj.* causing harm or damage
21. fall pre_____sly *adv.* steeply or abruptly; quickly or suddenly, often referring to a dramatic change or decline
22. 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
23. agricultural ru___f *n.* the occurrence of surplus liquid such as water that exceeds the limit or capacity; another competition, election, race, etc., following a tie or inconclusive outcome
24. the cy__e of the seasons *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
25. go to the workplace by cy__e *n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle
26. app_____ly simple *adv.* based on what you have heard or read
27. the to__c of the book *n.* a subject that is being discussed or written about
28. 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: 19. topic, 20. detrimental, 21. precipitously, 22. intern, 23. runoff, 24. cycle, 25. cycle, 26. apparently, 27. topic, 28. starve

29. al__n with a historical trend *v.* to put or arrange two or more things in a straight line or to form a straight line
30. a bicentennial ann____ry *n.* the annual recurrence of a date marking a notable event; a date on which an event occurred in a previous year
31. cholera-en____c area *adj.* (of a disease or other problem) regularly found among particular people or in a certain area
32. fr__k and open discussion *adj.* honest and sincere; open and candid in expression
33. c__p herbicide *n.* a plant that is cultivated in large amounts, particularly for food
34. 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
35. i__n for young people *n.* a picture or statue of a holy person considered to be a sacred thing; a little icon on the screen of a computer or smartphone that denotes an application or a file
36. network ext____ty *n.* a cost or benefit that affects a third party who did not choose to incur that cost or benefit
37. trees and b__hes *n.* a plant growing thickly with many small branches and several stiff stems coming up from the root
38. sk____y jeans *adj.* having a very thin or slim body; referring to clothing that is tightly fitting and reveals the shape of the body; referring to information or details that are kept secret or confidential

ANSWERS: 29. align, 30. anniversary, 31. endemic, 32. frank, 33. crop, 34. screenshot, 35. icon, 36. externality, 37. bush, 38. skinny

39. nut_____us meal *adj.* providing nourishment and essential nutrients for growth, development, and overall well-being; conducive to good health and proper bodily function
40. pot_____ly lucrative *adv.* in a possible state or condition; possibly
41. make dr_____ic changes *adj.* very sudden, very excellent, or full of action and excitement
42. un_____in democratization *v.* to support or strengthen the foundations of something
43. the cycle of po_____y *n.* the condition of being extremely poor
44. maple sy__p *n.* a sweet, thick liquid made by dissolving sugar in water, often flavored with fruit, spices, or other ingredients
45. gen_____on gap *n.* all the people born and living at about the same time, regarded collectively; the production of heat or electricity
46. develop a ho_____ic vision *adj.* relating to or dealing with the whole of something rather than just its parts
47. ar__e a case *v.* to express differing opinions or points of view, often in a heated or contentious manner; to present a case or reasoning to persuade or convince others
48. have an in_____nt dislike *adj.* existing in something as a permanent, essential, or characteristic attribute
49. 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: 39. nutritious, 40. potentially, 41. dramatic, 42. underpin, 43. poverty, 44. syrup, 45. generation, 46. holistic, 47. argue, 48. inherent, 49. intern

50. def_____ly become a problem *adv.* without any question and beyond doubt; clearly
51. re_____te the feeling of the 1920s *v.* to make something that existed previously happen or appear to exist again
52. pr_____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
53. im_____e the test score *v.* to make or become better
54. Doppler sh__t *n.* a slight transition in position, direction, or trend
55. de_____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
56. a waste b_n *n.* a container, usually that has a lid and used for waste
57. a chemical fer_____er *n.* a natural or chemical substance added to soil to make plants grow more successfully
58. sy__p bottle *n.* a sweet, thick liquid made by dissolving sugar in water, often flavored with fruit, spices, or other ingredients

ANSWERS: 50. definitely, 51. recreate, 52. process, 53. improve, 54. shift, 55. develop, 56. bin, 57. fertilizer, 58. syrup

59. di_____e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
60. the mountain face descends
pre_____sly *adv.* steeply or abruptly; quickly or suddenly, often referring to a dramatic change or decline
61. di_____es patient *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
62. ann_____ry celebration *n.* the annual recurrence of a date marking a notable event; a date on which an event occurred in a previous year
63. have an aw_____e birthday *adj.* inspiring fear, admiration, or respect; very good, nice, fun, etc.
64. de_____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
65. decision-making pr_____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
66. 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

ANSWERS: 59. disease, 60. precipitously, 61. diabetes, 62. anniversary, 63. awesome, 64. develop, 65. process, 66. ironic

67. juvenile di_____es *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
68. inc_____ly cheerful character *adv.* in a way that is very difficult to believe; exceedingly or extremely
69. effects of cl_____e change *n.* the weather in a particular location averaged over some long period
70. a do_____ic animal *adj.* relating to or inside a particular country, not foreign or international
71. an ad_____te of disarmament *n.* a person who supports or suggests an idea, development, or way of doing something
72. physically di_____te location *adj.* very different or distinct from something else and is not connected or comparable in any way
73. se_____te cream from milk *v.* to force, take, or pull apart; mark as different
74. a pro_____ic situation *adj.* full of difficulties; difficult to deal with or solve
75. extra b__k *n.* a male deer; a unit of currency, especially the US dollar; a sudden jolt or movement; a young man; (verb) to resist or oppose something, such as an authority, trend, or convention
76. ex_____t the data *v.* to send goods or services to another country for sale; to transfer electronic data out of a database or document in a format that other programs can use
77. la____h a spaceship into orbit *v.* to send or propel something into the air or space using a device such as a rocket, missile, or spacecraft; to make something available or on sale for the first time

ANSWERS: 67. diabetes, 68. incredibly, 69. climate, 70. domestic, 71. advocate, 72. disparate, 73. separate, 74. problematic, 75. buck, 76. export, 77. launch

78. ob___s over her weight *v.* to fill the mind of someone continually so that one can't think of anything else
79. nut_____us ingredients *adj.* providing nourishment and essential nutrients for growth, development, and overall well-being; conducive to good health and proper bodily function
80. get inc_____ly insecure *adv.* in a way that is very difficult to believe; exceedingly or extremely
81. env_____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
82. 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
83. pr_____n synthesis *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
84. re_____ce category *n.* the state or degree of being closely connected or appropriate to the matter at hand
85. n__b with cold *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
86. en_____c disease *adj.* (of a disease or other problem) regularly found among particular people or in a certain area
87. seems to be highly pro_____ic *adj.* full of difficulties; difficult to deal with or solve

ANSWERS: 78. obsess, 79. nutritious, 80. incredibly, 81. environment, 82. gulp, 83. protein, 84. relevance, 85. numb, 86. endemic, 87. problematic

88. mail b_n *n.* a container, usually that has a lid and used for waste
89. col_____te on a press release *v.* to work with someone else to produce or achieve something
90. 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
91. res_____le for a customer service *adj.* answerable or accountable for something within one's power, control, or management
92. D__t approval *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
93. a m__s of molten rock *n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
94. 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
95. re_____te a single country *v.* to make something that existed previously happen or appear to exist again
96. im____t goods *v.* to bring goods or services into a country from another country; to transfer electronic data into a database or document;

ANSWERS: 88. bin, 89. collaborate, 90. obese, 91. responsible, 92. diet, 93. mass, 94. petrochemical, 95. recreate, 96. import

97. br_____nt performance *adj.* extremely clever, skilled, or impressive
98. I don't care a c__p *n.* a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat
99. an in_____re future *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
100. se_____ty analyst *n.* the state of being free from danger, risk, or harm; measures taken to protect against threats or attacks; a financial asset, such as a stock or bond that derives value exclusively from the ownership interest or claim to a particular underlying asset or obligation
101. fe_____st perspective *adj.* describing a belief in and advocacy for achieving gender equality in social, political, and economic spheres; advocating for the rights and empowerment of women; (noun) a person who believes in and advocates for gender equality between men and women
102. di_____e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
103. an ear_____ke zone *n.* a sudden and violent shaking of the ground caused by the movement of rock beneath the earth's surface
104. li_____me benefits *n.* the duration of someone's life or something's existence;

ANSWERS: 97. brilliant, 98. chip, 99. insecure, 100. security, 101. feminist, 102. disease, 103. earthquake, 104. lifetime

105. sk___y finger *adj.* having a very thin or slim body; referring to clothing that is tightly fitting and reveals the shape of the body; referring to information or details that are kept secret or confidential
106. aw_____ss of my ignorance *n.* the fact or state of knowing something exists and is important
107. a gr__n of sand *n.* wheat or any other small hard seeds used as a food; a relatively small granular particle of a substance
108. app_____ly unrelated *adv.* based on what you have heard or read
109. an_____ce candidacy *v.* to make something known or officially inform people about something
110. a dr_____ic rescue at sea *adj.* very sudden, very excellent, or full of action and excitement
111. cr__y about cars and racing *adj.* stupid or not sensible; very angry
112. have a ne_____ve effect *adj.* having the quality of something bad or harmful; expressing refusal
113. s__a pop *n.* a carbonated soft drink containing a sweetened syrup or flavoring, often used interchangeably with "pop" or "soda pop" in different regions of the world
114. service f_e *n.* a sum of money charged for a particular service
115. even more unf_____ely *adv.* by bad luck; unluckily
116. 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

ANSWERS: 105. skinny, 106. awareness, 107. grain, 108. apparently, 109. announce, 110. dramatic, 111. crazy, 112. negative, 113. soda, 114. fee, 115. unfortunately, 116. screenshot

117. in____re attachment *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
118. org_____ion chart *n.* a group of people who work together for a shared purpose
119. fou_____on course *n.* the lowest load-bearing part of a building, typically below ground level; a fundamental basis or principle upon which something is built or established; an organization that provides funding or support for charitable or educational purposes
120. harvesting wh__t *n.* a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc
121. po_____y alleviation *n.* the condition of being extremely poor
122. public education ad_____tes *n.* a person who supports or suggests an idea, development, or way of doing something
123. sy_____ic reforms of the organization *adj.* affecting or related to the whole of something, especially the human body or a society
124. unf_____ely caught in a shower *adv.* by bad luck; unluckily
125. b__k the trend *n.* a male deer; a unit of currency, especially the US dollar; a sudden jolt or movement; a young man; (verb) to resist or oppose something, such as an authority, trend, or convention
126. sc__w the cap *v.* to turn something, such as a bolt, with a driver or wrench to tighten or loosen it; (noun) a cylindrical rod with a helical ridge used to fasten things together

ANSWERS: 117. insecure, 118. organization, 119. foundation, 120. wheat, 121. poverty, 122. advocate, 123. systemic, 124. unfortunately, 125. buck, 126. screw

127. a ne____ve number *adj.* having the quality of something bad or harmful; expressing refusal
128. wh__t crop *n.* a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc
129. as___e an important role *v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
130. critical m__s *n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
131. c__p field *n.* a plant that is cultivated in large amounts, particularly for food
132. the gen_____on of electricity *n.* all the people born and living at about the same time, regarded collectively; the production of heat or electricity
133. a qu_____r mile *n.* one of four equal parts; a fourth part or portion
134. im_____e a process *v.* to make or become better
135. li_____me ban from the sport *n.* the duration of someone's life or something's existence;
136. bi_____te at the top of the mountain *v.* to divide or split into two branches or parts
137. f_e calculation *n.* a sum of money charged for a particular service

ANSWERS: 127. negative, 128. wheat, 129. assume, 130. mass, 131. crop, 132. generation, 133. quarter, 134. improve, 135. lifetime, 136. bifurcate, 137. fee

138. have no re_____ce *n.* the state or degree of being closely connected or appropriate to the matter at hand
139. hu___r pangs *n.* a strong desire or craving for something; a feeling of discomfort or weakness caused by lack of food; a chronic condition of insufficient food intake and malnutrition
140. 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
141. ob_____y-related diseases *n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
142. 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
143. as___e a lousy attitude to his boss *v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
144. in_____nt risk *adj.* existing in something as a permanent, essential, or characteristic attribute
145. antioxidant mic_____ent *adj.* vitamins and minerals needed by the body in very small amounts
146. stress pr_____n *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

ANSWERS: 138. relevance, 139. hunger, 140. subsistence, 141. obesity, 142. ironic, 143. assume, 144. inherent, 145. micronutrient, 146. protein

147. intensive agr_____re *n.* the practice or science of cultivating the land or raising stock
148. fe_____st movement *adj.* describing a belief in and advocacy for achieving gender equality in social, political, and economic spheres; advocating for the rights and empowerment of women; (noun) a person who believes in and advocates for gender equality between men and women
149. ext_____ty costs *n.* a cost or benefit that affects a third party who did not choose to incur that cost or benefit
150. cr____s management *n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
151. eat a vegetarian d__t *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
152. primary ru____f election *n.* the occurrence of surplus liquid such as water that exceeds the limit or capacity; another competition, election, race, etc., following a tie or inconclusive outcome
153. a n__b mind *adj.* unable to feel physical sensation and movement; not showing human feeling or sensitivity
154. di_____te impact *adj.* very different or distinct from something else and is not connected or comparable in any way

ANSWERS: 147. agriculture, 148. feminist, 149. externality, 150. crisis, 151. diet, 152. runoff, 153. numb, 154. disparate

155. heredity fr_____se intolerance *n.* a simple sugar that is found in many fruits and vegetables and is about twice as sweet as sucrose
156. nonsynthetic fer_____er *n.* a natural or chemical substance added to soil to make plants grow more successfully
157. 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
158. weak fou_____on *n.* the lowest load-bearing part of a building, typically below ground level; a fundamental basis or principle upon which something is built or established; an organization that provides funding or support for charitable or educational purposes
159. mass ex___s *n.* a situation in which a large number of people leave or escape from a place at the same time
160. se_____te video into chapter *v.* to force, take, or pull apart; mark as different
161. a cr__y scheme *adj.* stupid or not sensible; very angry
162. 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.
163. television i__n *n.* a picture or statue of a holy person considered to be a sacred thing; a little icon on the screen of a computer or smartphone that denotes an application or a file

ANSWERS: 155. fructose, 156. fertilizer, 157. gulp, 158. foundation, 159. exodus, 160. separate, 161. crazy, 162. hop, 163. icon

164. a b__h of hair *n.* a plant growing thickly with many small branches and several stiff stems coming up from the root
165. a c__p of wood *n.* a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat
166. a three-party co_____on *n.* a temporary alliance formed by two or more political parties for combined action; the state of being combined into one body
167. leather st__p *n.* a long, narrow strip or belt of leather, fabric, or another material used for binding, fastening, or supporting something or someone; a band or string that attaches one object to another, often used to secure items during transport
168. say def_____ly *adv.* without any question and beyond doubt; clearly
169. flour made from gr__n *n.* wheat or any other small hard seeds used as a food; a relatively small granular particle of a substance
170. im___t a style sheet *v.* to bring goods or services into a country from another country; to transfer electronic data into a database or document;
171. s_y allergy *n.* a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed

ANSWERS: 164. bush, 165. chip, 166. coalition, 167. strap, 168. definitely, 169. grain, 170. import, 171. soy

172. nu_____nt medicine *n.* any substance that is essential for the maintenance and growth of living things
173. det_____al eating habits *adj.* causing harm or damage
174. agricultural org_____ion *n.* a group of people who work together for a shared purpose
175. s_y milk *n.* a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed
176. br_____nt idea *adj.* extremely clever, skilled, or impressive
177. a female sc__w *v.* to turn something, such as a bolt, with a driver or wrench to tighten or loosen it; (noun) a cylindrical rod with a helical ridge used to fasten things together
178. make a fr__k apology *adj.* honest and sincere; open and candid in expression
179. mic_____ent supplements *adj.* vitamins and minerals needed by the body in very small amounts
180. bi_____te into two separate tracks *v.* to divide or split into two branches or parts
181. con_____te a leadership *v.* to make something more vital, more solid, or more certain
182. foreign po___y *n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective

ANSWERS: 172. nutrient, 173. detrimental, 174. organization, 175. soy, 176. brilliant, 177. screw, 178. frank, 179. micronutrient, 180. bifurcate, 181. consolidate, 182. policy

183. con_____te his debt *v.* to make something more vital, more solid, or more certain
184. stay phy_____ly fit *adv.* in a way related to a person's body or appearance rather than their mind
185. 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.
186. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
187. eat or_____c food *adj.* of or derived from biological substance; producing plants and animals for food and other items without the use of synthetic chemicals
188. end of the first qu_____r *n.* one of four equal parts; a fourth part or portion
189. an ear_____ke-proof *n.* a sudden and violent shaking of the ground caused by the movement of rock beneath the earth's surface
190. ho_____ic education *adj.* relating to or dealing with the whole of something rather than just its parts
191. health po____y *n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective

ANSWERS: 183. consolidate, 184. physically, 185. hop, 186. environment, 187. organic, 188. quarter, 189. earthquake, 190. holistic, 191. policy

192. a nu_____nt for hair *n.* any substance that is essential for the maintenance and growth of living things
193. ar__e passionately *v.* to express differing opinions or points of view, often in a heated or contentious manner; to present a case or reasoning to persuade or convince others
194. un_____in a structure *v.* to support or strengthen the foundations of something
195. raise public aw_____ss *n.* the fact or state of knowing something exists and is important
196. col_____te with the police *v.* to work with someone else to produce or achieve something
197. an ove_____ht patient *adj.* weighing more than is considered normal, desirable, or healthy for a particular height and build
198. 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
199. res_____le action *adj.* answerable or accountable for something within one's power, control, or management
200. suffer from ob_____y *n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
201. al__n the economic interest of each other *v.* to put or arrange two or more things in a straight line or to form a straight line
202. la____h a big attack *v.* to send or propel something into the air or space using a device such as a rocket, missile, or spacecraft; to make something available or on sale for the first time

ANSWERS: 192. nutrient, 193. argue, 194. underpin, 195. awareness, 196. collaborate, 197. overweight, 198. exodus, 199. responsible, 200. obesity, 201. align, 202. launch

203. national se____ty
- n.* the state of being free from danger, risk, or harm; measures taken to protect against threats or attacks; a financial asset, such as a stock or bond that derives value exclusively from the ownership interest or claim to a particular underlying asset or obligation
204. do____ic airline
- adj.* relating to or inside a particular country, not foreign or international
205. organic agr____re
- n.* the practice or science of cultivating the land or raising stock
206. fr____se content
- n.* a simple sugar that is found in many fruits and vegetables and is about twice as sweet as sucrose
207. dangerously ove____ht
- adj.* weighing more than is considered normal, desirable, or healthy for a particular height and build
208. camera st__p
- n.* a long, narrow strip or belt of leather, fabric, or another material used for binding, fastening, or supporting something or someone; a band or string that attaches one object to another, often used to secure items during transport

ANSWERS: 203. security, 204. domestic, 205. agriculture, 206. fructose, 207. overweight, 208. strap

Session 3: Fill in the Blanks

1. 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
2. Many people in the world suffer from _____ and malnourishment every day.
n. a strong desire or craving for something; a feeling of discomfort or weakness caused by lack of food; a chronic condition of insufficient food intake and malnutrition
3. The third season of the anime show has been _____.
v. to make something known or officially inform people about something
4. Some comic book characters are considered gay _____.
n. a picture or statue of a holy person considered to be a sacred thing; a little icon on the screen of a computer or smartphone that denotes an application or a file
5. We can use this campaign as a bargaining _____ in the negotiations.
n. a small fragment of something broken off from the whole; a long and thin piece of potato fried in oil or fat
6. 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
7. The company is set to _____ its new product line next month.
v. to send or propel something into the air or space using a device such as a rocket, missile, or spacecraft; to make something available or on sale for the first time

ANSWERS: 1. screenshot, 2. hunger, 3. announced, 4. icons, 5. chip, 6. disparate, 7. launch

8. She agreed to _____ with him in creating new artwork.
v. to work with someone else to produce or achieve something
9. A diet rich in _____ can help prevent deficiencies and maintain good health.
adj. vitamins and minerals needed by the body in very small amounts
10. We must _____ a new system to streamline our workflow and increase efficiency.
v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
11. He's utterly _____ with his promotion.
v. to fill the mind of someone continually so that one can't think of anything else
12. He had to _____ the loose knob back onto the cabinet door.
v. to turn something, such as a bolt, with a driver or wrench to tighten or loosen it;
(noun) a cylindrical rod with a helical ridge used to fasten things together
13. The lawyer's ____ for the case was \$10,000.
n. a sum of money charged for a particular service
14. The new policy had a _____ impact on small businesses.
adj. causing harm or damage
15. The movie has received almost universally _____ criticism.
adj. having the quality of something bad or harmful; expressing refusal

ANSWERS: 8. collaborate, 9. micronutrients, 10. develop, 11. obsessed, 12. screw, 13. fee, 14. detrimental, 15. negative

16. 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.

17. 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

18. I'm craving a cold _____ to quench my thirst.

- n.* a carbonated soft drink containing a sweetened syrup or flavoring, often used interchangeably with "pop" or "soda pop" in different regions of the world

19. Children in an unstructured environment often feel _____.

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

20. A balanced _____ is more important for health than supplements.

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

21. Sow early for an early _____.

- n.* a plant that is cultivated in large amounts, particularly for food

22. The treatments were done but, _____ were unsuccessful.

- adv.* by bad luck; unluckily

23. 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

ANSWERS: 16. hopped, 17. precipitously, 18. soda, 19. insecure, 20. diet, 21. crop, 22. unfortunately, 23. interned

24. The river _____ ahead, so we must decide which branch to take.
v. to divide or split into two branches or parts
25. 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
26. 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
27. The rain and thunder are _____ today.
adj. stupid or not sensible; very angry
28. The two largest opposition parties announced they would form a _____ in the next elections.
n. a temporary alliance formed by two or more political parties for combined action; the state of being combined into one body
29. Many studies have investigated the relationship between _____ and academic achievement.
n. the condition of being extremely poor
30. Several cities are experiencing _____ high unemployment rates.
adv. in a way that is very difficult to believe; exceedingly or extremely
31. There has been a gradual but steady rise in environmental _____.
n. the fact or state of knowing something exists and is important

ANSWERS: 24. bifurcates, 25. gulp, 26. nutritious, 27. crazy, 28. coalition, 29. poverty, 30. incredibly, 31. awareness

32. 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
33. 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
34. The violent _____ caused widespread damage and injuries throughout the region.
- n.* a sudden and violent shaking of the ground caused by the movement of rock beneath the earth's surface
35. The _____ of the building was cracked and needed to be repaired.
- n.* the lowest load-bearing part of a building, typically below ground level; a fundamental basis or principle upon which something is built or established; an organization that provides funding or support for charitable or educational purposes
36. The unemployment rate in the first _____ was 2.3 percentage points higher than in the previous.
- n.* one of four equal parts; a fourth part or portion
37. The athlete tightened the _____ on his running shoes before the race.
- n.* a long, narrow strip or belt of leather, fabric, or another material used for binding, fastening, or supporting something or someone; a band or string that attaches one object to another, often used to secure items during transport
38. The doctor advised him to lose weight and maintain a healthy diet to avoid becoming _____.
- adj.* weighing more than is considered normal, desirable, or healthy for a particular height and build

ANSWERS: 32. exodus, 33. externality, 34. earthquake, 35. foundation, 36. quarter, 37. strap, 38. overweight

39. Industrial _____ and wind-blown debris are prime examples of pollution.
- n.* the occurrence of surplus liquid such as water that exceeds the limit or capacity; another competition, election, race, etc., following a tie or inconclusive outcome
40. The body needs a certain amount of _____ to build and repair tissues.
- n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
41. Many people use ____ sauce for sushi, stir-fries, and marinades.
- n.* a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed
42. The kidney is an _____ component of the body.
- adj.* of or derived from biological substance; producing plants and animals for food and other items without the use of synthetic chemicals
43. Full involvement means _____ and prompt responses.
- adj.* honest and sincere; open and candid in expression
44. 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
45. She mixed the _____ with water to make a sweet drink.
- n.* a sweet, thick liquid made by dissolving sugar in water, often flavored with fruit, spices, or other ingredients
46. We need to _____ the aspect of his personality from the part of his competence when making an investment decision.
- v.* to force, take, or pull apart; mark as different

ANSWERS: 39. runoff, 40. protein, 41. soy, 42. organic, 43. frank, 44. obese, 45. syrup, 46. separate

47. _____ is the foundation of our economy.
- n.* the practice or science of cultivating the land or raising stock
48. The company _____ raw materials from other countries to manufacture its products.
- v.* to bring goods or services into a country from another country; to transfer electronic data into a database or document;
49. The two universities will _____ in July next year.
- v.* to make something more vital, more solid, or more certain
50. Could you help me _____ some furniture?
- n.* a slight transition in position, direction, or trend
51. The more _____ you are, the more people around you look at you with envy and jealousy.
- adj.* extremely clever, skilled, or impressive
52. My father was tested for _____.
- n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
53. The Chinese word for _____ comprises two characters, one for danger and the other for opportunity.
- n.* a time of great disagreement, confusion, or danger when problems must be resolved or critical decisions must be taken
54. The company's new _____ on remote work has made it a more inclusive workplace.
- n.* a set of rules, guidelines, principles, or procedures that govern decision-making or action, often used in the context of business or government; a course of action or plan of action adopted or followed by an organization or individual to achieve a goal or objective

ANSWERS: 47. Agriculture, 48. imports, 49. consolidate, 50. shift, 51. brilliant, 52. diabetes, 53. crisis, 54. policy

55. 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

56. The _____ for applying for a visa can be lengthy and complicated.

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

57. You can open the overhead ____ after landing.

- n.* a container, usually that has a lid and used for waste

58. The farmer grew _____ on his land.

- n.* a cereal plant that is the most important kind grown in temperate countries, the grain of which is ground to make flour for bread, pasta, pastry, etc

59. The country _____ a large amount of agricultural products.

- v.* to send goods or services to another country for sale; to transfer electronic data out of a database or document in a format that other programs can use

60. The _____ of the discussion was the current state of the economy.

- n.* a subject that is being discussed or written about

61. This vaccine causes mild _____ side effects.

- adj.* affecting or related to the whole of something, especially the human body or a society

62. The food chain causes a material _____.

- n.* an interval during which a recurring sequence of events occurs; a bicycle or motorcycle

ANSWERS: 55. starve, 56. process, 57. bin, 58. wheat, 59. exports, 60. topic, 61. systemic, 62. cycle

63. The couple began to _____ over which restaurant to go to for dinner.
v. to express differing opinions or points of view, often in a heated or contentious manner; to present a case or reasoning to persuade or convince others
64. We want to _____ ties between our two countries.
v. to make or become better
65. Direct democracy is effective in quickly resolving _____ situations within a community.
adj. full of difficulties; difficult to deal with or solve
66. Ordinary air purifiers cannot adequately remove pollen _____.
n. wheat or any other small hard seeds used as a food; a relatively small granular particle of a substance
67. 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
68. Every human is responsible for taking care of the Earth's _____.
n. the natural world such as air, water, and land in which humans, animals, and plants live
69. Honesty is an _____ quality that everyone should strive to possess.
adj. existing in something as a permanent, essential, or characteristic attribute
70. 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

ANSWERS: 63. argue, 64. improve, 65. problematic, 66. grains, 67. petrochemical, 68. environment, 69. inherent, 70. subsistence

71. The statement had a _____ impact on house prices.

adj. very sudden, very excellent, or full of action and excitement

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

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

73. She had lived through two world wars in her _____.

n. the duration of someone's life or something's existence;

74. His mom was always concerned about his _____ frame and encouraged him to eat more

adj. having a very thin or slim body; referring to clothing that is tightly fitting and reveals the shape of the body; referring to information or details that are kept secret or confidential

75. I spotted a majestic _____ with large antlers standing at the forest's edge.

n. a male deer; a unit of currency, especially the US dollar; a sudden jolt or movement; a young man; (verb) to resist or oppose something, such as an authority, trend, or convention

76. They celebrated their 10th _____ with a romantic dinner.

n. the annual recurrence of a date marking a notable event; a date on which an event occurred in a previous year

77. 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

78. The _____ of people who do not own property is politically impotent.

n. a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together

ANSWERS: 71. dramatic, 72. disease, 73. lifetime, 74. skinny, 75. buck, 76. anniversary, 77. recreated, 78. mass

79. The following example _____ that the capacity of each battery is the same.
- v.* to think or accept something to be true without having proof of it; to take or begin to have power; to begin to exhibit a specific quality or appearance
80. The building's _____ system includes cameras, alarms, and security guards.
- n.* the state of being free from danger, risk, or harm; measures taken to protect against threats or attacks; a financial asset, such as a stock or bond that derives value exclusively from the ownership interest or claim to a particular underlying asset or obligation
81. Having a _____ healthy physique is essential for a great life.
- adv.* in a way related to a person's body or appearance rather than their mind
82. The _____ ideals of inclusivity and diversity are important in creating a more just and equal world.
- adj.* describing a belief in and advocacy for achieving gender equality in social, political, and economic spheres; advocating for the rights and empowerment of women; (noun) a person who believes in and advocates for gender equality between men and women
83. Both parties are now entirely ideologically _____.
- v.* to put or arrange two or more things in a straight line or to form a straight line
84. The police _____ believed this explanation was plausible.
- adv.* based on what you have heard or read
85. The prevalence of _____ has increased significantly in recent years.
- n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.

ANSWERS: 79. assumes, 80. security, 81. physically, 82. feminist, 83. aligned, 84. apparently, 85. obesity

86. The research findings _____ the theory that human activities cause global warming.
v. to support or strengthen the foundations of something
87. GDP stands for gross _____ product.
adj. relating to or inside a particular country, not foreign or international
88. Malaria is _____ in many tropical countries.
adj. (of a disease or other problem) regularly found among particular people or in a certain area
89. _____ of abolishing the death penalty often argue that the alternative heaviest sentence should be life in prison.
n. a person who supports or suggests an idea, development, or way of doing something
90. Nitrogen fixation by the Haber-Bosch method leads to the mass production of _____.
n. a natural or chemical substance added to soil to make plants grow more successfully
91. The organization assisted in the de-escalation of _____ violent situations.
adv. in a possible state or condition; possibly
92. My left arm became _____.
adj. unable to feel physical sensation and movement; not showing human feeling or sensitivity
93. There is a lot of _____ nature and food in Hawaii.
adj. inspiring fear, admiration, or respect; very good, nice, fun, etc.

ANSWERS: 86. underpin, 87. domestic, 88. endemic, 89. Advocates, 90. fertilizers, 91. potentially, 92. numb, 93. awesome

94. The _____ approach to healthcare considers the person's physical, mental, and emotional well-being.
adj. relating to or dealing with the whole of something rather than just its parts
95. 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
96. She's a _____ pet owner who ensures her dog gets enough exercise and a healthy diet.
adj. answerable or accountable for something within one's power, control, or management
97. The younger _____ has different values and beliefs than the older one.
n. all the people born and living at about the same time, regarded collectively; the production of heat or electricity
98. I am going to trim this _____ off.
n. a plant growing thickly with many small branches and several stiff stems coming up from the root
99. _____ and weather have an impact on every part of our lifestyles.
n. the weather in a particular location averaged over some long period
100. They used fast-acting _____ on the flowers in the flower beds.
n. any substance that is essential for the maintenance and growth of living things
101. The paper is _____ worth reading thoroughly.
adv. without any question and beyond doubt; clearly

ANSWERS: 94. holistic, 95. fructose, 96. responsible, 97. generation, 98. bush, 99. Climate, 100. nutrients, 101. definitely

102. The _____ of this information to the current situation needs to be investigated.

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

103. 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

104. She is the president of a large international _____.

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

ANSWERS: 102. relevance, 103. ironic, 104. organization