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Vocabulary Builder Reference from...

Barton Seaver: Sustainable seafood? Let's get smart

| TED Talk

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

All Words

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Session 1: Word List

sustainable

adj. able to continue or be continued for a long time

synonym: continuable, endurable, tolerable

(1) **sustainable** alternative fuel, (2) principles of **sustainable** development

The government should do more to support environmentally **sustainable** agriculture.

represent

v. to speak, act, or be present on behalf of another person or group; to form or constitute

synonym: depict, express, describe

(1) **represent** by a diagram, (2) the characters that **represent** numbers

We elected him to **represent** us at the international conference.

rely

v. to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.

synonym: depend, count, lean

(1) **rely** on convenience stores, (2) **rely** entirely on him
Babies heavily **rely** on others for food.

bounty

n. a reward offered for capturing or killing someone or for accomplishing a specific task

synonym: reward, premium, recompense

(1) cash **bounty**, (2) a **bounty** on exports

The **bounty** hunter was hired to capture the notorious criminal and bring him to justice.

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?

perception

n. a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses

synonym: understanding, idea, awareness

(1) keen **perception**, (2) **perception** of a stimulus

He is a man admired for the depth of his **perception**.

commodity

n. a product or a raw material that can be traded, bought, or sold

synonym: merchandise, goods, entity

(1) **commodity** tax, (2) international **commodity**

The government announced a policy to control the rise in **commodity** prices.

opportune

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

synonym: suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

restore

v. to repair or return something or someone to a previous good state or position

synonym: fix, mend, reestablish

(1) **restore** order, (2) **restore** the emperor to the throne

The military regime has promised to **restore** democracy as soon as possible.

ecosystem

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

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

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

celebrate

v. to acknowledge a memorable or good day or event with a social gathering or enjoyable activity

synonym : praise, glorify, honor

(1) **celebrate** his election, (2) **celebrate** Christmas

He **celebrated** the 10th anniversary of his tenure.

fortunate

adj. having good luck or lucky

synonym : fortuitous, lucky, blessed

(1) **fortunate** situation, (2) less **fortunate** person

He was pretty **fortunate** to pass the exam.

endure

v. to undergo or bear something difficult, unpleasant, or challenging over a period of time; to persist or continue despite hardships or adversity

synonym : bear, tolerate, withstand

(1) **endure** adversity, (2) **endure** challenges

I had to **endure** intense physical pain during the marathon to cross the finish line.

maintain

v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

synonym : preserve, uphold, sustain

(1) **maintain** order, (2) **maintain** good health

I need to **maintain** my car regularly to prevent any major mechanical issues.

replenish

v. to fill something that had previously been emptied
synonym : refill, reload, restock

(1) **replenish** a reserve fund, (2) **replenish** my spirit
Please **replenish** my glass with some more wine.

progression

n. the act or process of changing to the next stage or phase or moving forward

synonym : advancement, development, evolution

(1) **progression** of civilization, (2) **progression** of disease
The company has made great strides in its **progression** toward sustainability.

evolve

v. to develop gradually, or to cause the development of something or someone gradually

synonym : develop, mature, grow

(1) **evolve**, (2) **evolve** over the past decade
Eyeless fish **evolved** in dark caves.

dynamic

adj. having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)

synonym : energetic, active, vital

(1) a **dynamic** market, (2) **dynamic** person
The sprinter has a **dynamic** way of running.

acknowledge

v. to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;

synonym : accept, agree, declare

(1) **acknowledge** the deed, (2) **acknowledge** his help
He never **acknowledged** his fault.

relation

n. the way two persons or groups of people feel and act toward one another

synonym :

association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

engage

v. to attract and keep someone's attention and interest; to participate in or obtain services of something

synonym: confront, employ, amuse

(1) **engage** in environmental protection activities,

(2) **engage** a new employee

Many multinational companies are **engaged** in the reconstruction of that country.

encourage

v. to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

synonym: facilitate, persuade, stimulate

(1) **encourage** a sense of affinity, (2) **encourage** antisocial behavior

They **encouraged** customers with a premium for loyal patronage.

resilient

adj. able to withstand or recover quickly from difficult conditions

synonym: robust, sturdy, tough

(1) a hard and **resilient** steel, (2) **resilient** population

She is a **resilient** person and has always bounced back from setbacks.

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.

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**.

marine

adj. relating to the sea and the creatures and plants that live there

synonym: sea-dwelling, maritime, aquatic

(1) **marine** insurance, (2) variety of **marine** life

Seals and whales are **marine** animals beloved by the people.

conservation

n. the protection of something important, such as the natural environment or artificial structures, especially from the damaging effects of human activity

synonym: preservation, protection, saving

(1) soil **conservation**, (2) the **conservation** law of physics

The forest was recently designated a **conservation** area.

handy

adj. valuable and convenient; easy or ready to reach or use

synonym: clever, accessible, available

(1) a **handy-sized** bag, (2) **handy** tool

They found a **handy** place to play catch.

association

n. a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship

synonym: affiliation, collaboration, society

(1) word **associations**, (2) a scholarship **association**

His membership in the **association** provided him with numerous benefits.

sustain

v. to supply enough of what somebody or something needs to survive or exist; to accept as valid

synonym : maintain, nurture, support

(1) **sustain** a good relationship with him, (2) **sustain** a wellness lifestyle

She struggled to **sustain** the children's reading habits.

fate

n. the development of events beyond one's control; destiny; the ultimate outcome or consequence of a situation or person's actions

synonym : destiny, fortune, karma

(1) **fate** of nations, (2) accept my **fate**

The fortune teller predicted his **fate** and warned him of the looming danger.

pole

n. one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something

synonym : rod, staff, shaft

(1) a fishing **pole**, (2) the plus **pole**

The North **Pole** is the northernmost point on Earth.

fin

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

synonym : flipper, appendage, stabilizer

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

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

tuna

n. a large fish of the mackerel family, found in warm seas; commonly used for commercial and sport fishing and as a food source for humans and other animals

(1) **tuna** steak, (2) canned **tuna**

I made a **tuna** sandwich for lunch today.

bycatch

n. the unintentional capture of non-target species in fishing or harvesting operations, often resulting in their injury or death

synonym : byproduct, incidental catch

(1) reduce **bycatch**, (2) sustainable **bycatch**

The fishermen were careful to avoid **bycatch** while fishing for tuna in the ocean.

fishery

n. an area of water where fish are caught in large quantities for living; a business or practice of catching and selling fish

synonym : fishing, piscary, angling

(1) **fishery** management, (2) commercial **fishery**

The majority of the people on the island are **fishery** folk.

economy

n. the system by which a country or region produces, manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

synonym : finance, trade, business

(1) **economy** of scale, (2) **economy** class

The **economy** of the country is struggling due to the recent political instability.

predator

n. an animal whose natural behavior is to prey on others

synonym : vulture, bloodsucker

(1) apex **predator**, (2) sexual **predators**

The native South American animals were in danger because of the **predator's** arrival.

context

n. the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning

synonym : background, setting, environment

(1) historical **context**, (2) legal **context**

It's important to understand the **context** of a situation before making a decision.

steak

n. a thin slice of meat, typically beef, grilled or fried and served as a main dish

synonym : beef, chop, cutlet

(1) **steak** dinner, (2) salmon **steak**

He ordered a rare **steak** for dinner.

portion

n. one component of a larger entity

synonym : part, amount, fragment

(1) the inner **portion** of the body, (2) large **portion**

The rocket's front **portion** falls off.

gauge

n. an instrument for measuring and displaying the amount, level, or contents of something; (verb) to judge tentatively or form an estimate of something

synonym : measure, benchmark, judge

(1) pressure **gauge**, (2) take the **gauge** of a situation

We use various precision **gauges** in the manufacturing process of machinery.

antioxidant

n. a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products

(1) high levels of **antioxidants**, (2) **antioxidant** behavior

Fruits and vegetables are good sources of **antioxidants**.

mineral

n. a solid inorganic substance occurring in nature having a definite chemical composition

(1) vitamin and **minerals**, (2) **mineral** rights

The robust economy of the country is based on its **mineral** resources.

folk

n. people in general, especially those of a particular group or type

synonym : community, family, person

(1) **folk** art, (2) the **folk** songs of a particular district

Some seaweed was used as **folk** medicine in ancient times.

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.

sensibility

n. mental responsiveness and awareness toward something

synonym: emotion, sense, aesthesia

(1) cultural **sensibility**, (2) design **sensibility**

Everything he writes shows the breadth of his **sensibility**.

regard

v. to think about or consider somebody or something in a specified way

synonym: consider, see, reckon

(1) **regard** him as an enemy, (2) **regard** the situation as unfortunate

Frugality and industry are still **regarded** as virtues.

beneath

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

synonym: down, under, low

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

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

acceptance

n. the act of agreeing or approving, or the state of being agreed or approved

synonym: approval, recognition, acknowledgment

(1) a feeling of **acceptance**, (2) a letter of **acceptance**

The **acceptance** of diversity and inclusion is crucial for building a harmonious society.

expand

v. to increase or to make something greater in size, number, or importance

synonym: extend, grow, boost

(1) **expand** a lineup, (2) **expand** agricultural output

They hope to **expand** their business worldwide.

waist

n. the part of the human body between the ribs and hips or the corresponding part in other animals

synonym : midriff, torso, abdomen

(1) **waist** measurement, (2) a slim **waist**

She cinched her dress at the **waist** to accentuate her hourglass figure.

monster

n. an imaginary creature that is large and has various human and animal parts; someone or something large and powerful

synonym : giant, freak, behemoth

(1) horde of **monsters**, (2) **monster** film

This car has a **monster** engine.

profit

n. money that is earned in business or by selling things after deducting the costs involved

synonym : earnings, gain, proceeds

(1) gross **profit**, (2) make a **profit**

This business yields little **profit**.

flip

v. to turn over into a different position quickly; to throw or toss with a light motion

synonym : throw, jump

(1) **flip** over the pork chop, (2) **flip** a coin

He **flipped** when he heard that he had been accepted into the university.

jolly

adj. happy and lively

synonym : cheerful, happy, merry

(1) a **jolly** laugh, (2) **jolly** evening

He was in a **jolly** mood and sang a happy tune.

giant

adj. enormous; much bigger or more important than similar items usually are

synonym : big, gigantic, huge

(1) **giant** trees, (2) **giant** tech company

The **giant** jets gradually dominate the world's airlines.

submit

v. to give or offer a document, proposal, etc. to a decision-maker for examination or consideration

synonym: hand in, present, propose

(1) agree to **submit** the bill, (2) **submit** an application

Please **submit** the assignment to me.

broccoli

n. a green vegetable with a bunch of small, tight florets on a thick stem that belongs to the cabbage family

(1) frozen **broccoli**, (2) **broccoli** sprout

He didn't like **broccoli** floret and avoided eating it.

shell

n. hard outer covering or case of eggs, nuts, some seeds, and some animals

synonym: ammunition, armor, cover

(1) an egg **shell**, (2) a mollusk **shell**

The outermost electron **shell** determines the chemical properties of an atom.

wedge

n. a piece of wood, metal, or other material with one thick end and a narrow edge that is driven between two things or parts of objects to secure or separate them

(1) drive a **wedge** into a relationship, (2) put a **wedge** under the door

He inserted the **wedge** into a split in the log.

ounce

n. a unit of weight equal to approximately 28 grams

(1) **ounce** weight, (2) have an **ounce** of confidence

One **ounce** of gold is worth much money.

tilapia

n. a type of freshwater fish commonly farmed for food, native to Africa and the Middle East

(1) **tilapia** fillets, (2) grilled **tilapia**

I had delicious **tilapia** for dinner last night.

mustard

n. a yellow or brown condiment that tastes spicy made from the seeds of various plants; (adjective) between yellow and brown

synonym : condiment, sauce, spice

(1) **mustard** leaf, (2) black **mustard** seed

He had to endure the **mustard** gas attack during the war.

crisp

adj. hard, dry, and brittle enough to break easily; cool, fresh, and invigorating

synonym : breakable, brittle, flaky

(1) the **crisp** air of winter, (2) **crisp** manner

Every day he wears a **crisp** white shirt to the office.

broil

v. to cook something by direct heat, typically using a grill, a hotplate, or an oven; to become very hot and feverish

synonym : grill, roast, sear

(1) **broil** pork chops, (2) **broil** vegetables

I **broiled** the steak in the oven for a delicious and easy meal.

crumb

n. a small particle or fragment of food or other substance, often one that has broken off from a larger piece; a very small amount or portion of something

synonym : fragment, particle, bit

(1) **crumb** of information, (2) bread **crumb**

My dog found a **crumb** on the floor and quickly ate it.

pile

n. a collection of objects positioned one on top of another; a large sum of something, such as money

synonym : accumulation, heap, stack

(1) a sand **pile**, (2) the height of a **pile**

After the party, they had to clean up **piles** of dirty dishes.

pecan

n. a type of tree native to North America, widely cultivated for its edible nuts, which have a rich and buttery flavor and are commonly used in cooking and baking

synonym : nut, seed, kernel

(1) roasted **pecan**, (2) **pecan** pie

I bought a bag of **pecans** to make a delicious pie for Thanksgiving.

quinoa

n. a grain-like crop grown in South America, often used as a gluten-free grain substitute in cooking and baking, known for its high nutritional value and versatility

synonym : inca rice, Peruvian rice

(1) **quinoa** salad, (2) **quinoa** porridge

She prepared a delicious **quinoa** pilaf with vegetables and herbs.

crunch

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

synonym : crushing, snapping, crisis

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

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

grill

n. a device used for cooking food by direct exposure to heat, typically a metal rack set over a fire or gas flame, or a part of an oven; (verb) to cook something over or under a grill

synonym : barbecue, broiler, griddle

(1) gas **grill**, (2) **grill** a steak

The restaurant is famous for its **grill**, where they serve the best steaks.

charred

adj. burned or blackened as a result of being subjected to high heat

synonym : burned, blackened, scorched

(1) **charred** body, (2) badly **charred**

The fire left the building a **charred** shell of its former self.

hint

n. an indirect suggestion; a slight but appreciable amount of something

synonym : clue, indication, suggestion

(1) **hint** of trouble, (2) helpful **hints**

There was no **hint** of a problem.

chili

n. a small hot-tasting fruit of a type of pepper plant used in sauces, relishes, and spice powders; a spicy stew made from ground beef and beans, typically seasoned with chili peppers

synonym : capsicum, pepper

(1) **chili** sauce, (2) red **chili** powder

I love making a big pot of **chili** on a cold winter day.

flake

n. a small, thin piece or layer of something, often with a flat or irregular shape; a person who is unreliable or inconsistent

synonym : chip, bit, shred

(1) **flakes** of snow, (2) **flake** graphite

She found a paint **flake** on the wall and realized it was time to repaint the room.

ingredient

n. one of the things used to make something, especially one of the foods used to make a particular dish

synonym : element, component

(1) secret **ingredients**, (2) compound the **ingredients**

Greed is the primary **ingredient** in the making of criminals.

nuclear

adj. of or relating to or constituting the nucleus of an atom; deriving destructive energy from the release of atomic energy

synonym : atomic

(1) **nuclear** fusion, (2) use of **nuclear** power

Many countries have now agreed to a treaty banning the use of **nuclear** weapons.

holocaust

n. the systematic killing of millions of Jews and other minority groups by the Nazis during World War II, or any similar act of mass destruction

synonym : genocide, mass murder, devastation

(1) nuclear **holocaust**, (2) the **holocaust** museum

Many **holocaust** survivors still suffer from the trauma they experienced during that time.

ravage

v. to cause damage to something badly

synonym: devastate, ruin, destroy

(1) **ravage** a country, (2) **ravage** the brain

A large fire **ravaged** the forest.

handicap

n. a physical or mental condition that limits a person's movements, senses, or activities

synonym: disability, impairment, limitation

(1) **handicap** parking space, (2) mental **handicap**

The athlete overcame his physical **handicap** to become a world champion.

complicated

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

synonym: complex, convoluted, intricate

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

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

movement

n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

synonym: motion, progression, action

(1) a circular **movement**, (2) **movement** of troops

The **movement** of the dancers on stage was graceful and elegant.

barber

n. a person who cuts men's hair and shaves beards as a profession; a shop or establishment where such services are offered

synonym: hairdresser, stylist, shaver

(1) favorite **barber**, (2) **barber** pole

The **barber** shop was closed on Monday, much to the

disappointment of many customers.

passionate

adj. showing intense emotion or strong feeling; characterized by great enthusiasm or zeal; deeply committed to a cause or belief

synonym : ardent, fervent, intense

(1) **passionate** speech, (2) **passionate** kiss

Their **passionate** argument lasted for hours, neither willing to back down.

delicious

adj. exceptionally pleasing to taste or smell

synonym : appetizing, mouthwatering, delectable

(1) **delicious** breeze, (2) variety of **delicious** foods

We could grill the meat in a **delicious** way.

revolution

n. a large-scale attempt to overthrow the government of a country, often using violence or war;

synonym : coup, innovation, rebellion

(1) beginning of the industrial **revolution**, (2) a political **revolution**

The **revolution** by the citizen resulted in a redistribution of wealth.

disregard

v. to pay no attention to or to ignore someone or something

synonym : ignore, pay no attention to, overlook

(1) **disregard** for human rights, (2) **disregard** the rules

She **disregarded** all the warnings and proceeded with her dangerous plan.

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.

shrimp

n. a small, freshwater or saltwater creature with a slender body and long legs

synonym: prawn, langoustine, scampi

(1) **shrimp** cocktail, (2) **shrimp** farming

The seafood restaurant had a variety of dishes featuring **shrimp**.

buffet

n. a meal where guests serve themselves from a counter or sideboard

synonym: sideboard, counter, smorgasbord

(1) **buffet** style, (2) have a **buffet** meal

The **buffet** at the hotel had a wide variety of food options.

decline

v. to become gradually smaller, fewer, worse, etc.; to refuse to accept

synonym: descend, drop, deny

(1) **decline** a job offer, (2) **decline** in quality

As people age, their digestive capacity also gradually **declines**.

population

n. the total number of people in a country, region, or location

synonym: people, inhabitants, folk

(1) **population** change, (2) labor **population**

In just four years, the **population** has doubled.

recommend

v. to suggest that someone or something would be a suitable fit for a particular purpose or role

synonym: advise, suggest, instruct

(1) **recommend** a hospitalization, (2) **recommend** reading

We **recommend** taking media training every six months.

consumption

n. the amount used or eaten; the act of using up a resource such as energy, food, or materials

synonym: usage, uptake, utilization

(1) average fuel **consumption**, (2) the **consumption** of food

In our country, water **consumption** usually decreases during the winter.

moth

n. an insect with wings similar to a butterfly that travels at night and is attracted to light

(1) **moth** larva, (2) **moth** attracted to the light

The **moth** is a serious threat to the farm's output.

reward

n. a thing given in acknowledgment of service, hard work, achievement, etc.

synonym: compensation, gratuity, bonus

(1) the **reward** for good works, (2) shopping **rewards** cards

Night fishing has a lot of **rewards**.

plat

n. a map or a plan that shows the division and layout of land into lots or parcels; a piece of land typically used for building or agricultural purposes

synonym: map, chart, diagram

(1) **plat** book, (2) a former **plat** of farmland

The city planning department keeps detailed **plats** of all the local properties.

chef

n. a cook, especially the chief cook in a restaurant or hotel

synonym: cook, culinary artist, gastronomer

(1) **chef** knife, (2) master **chef**

The **chef** at the restaurant was known for his creative and delicious dishes.

appetizer

n. a small dish served before a meal to stimulate the appetite

synonym: starter, hors d'oeuvre, nibble

(1) pre-dinner **appetizer**, (2) **appetizer** snack

The grilled shrimp served as a special **appetizer** for the dinner's main course.

entree

n. a main course or dish in a meal often served after an appetizer or soup

synonym: main course, dish, plate

(1) **entree** special, (2) vegetarian **entree**

I ordered the steak **entree** with a side of mashed potatoes and vegetables.

engaging

adj. attracting, pleasant, or charming

synonym: alluring, interesting, engrossing

(1) **engaging** story, (2) an **engaging** smile

She was disbarred for her **engaging** in fraud.

calorie

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

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

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

diversified

adj. characterized by diversity or variety; having different forms or types

synonym: varied, assorted, heterogeneous

(1) **diversified** portfolio, (2) **diversified** economy

The **diversified** menu offered options for everyone, from meat-eaters to vegetarians.

consideration

n. the act or process of giving careful thought to something; a fee charged in advance to retain the services of someone

synonym: debate, regard, deliberation

(1) mature **consideration**, (2) take into **consideration**

We can rule this possibility out from our **consideration**.

heap

n. an untidy pile or mass of something; a large number or amount or extent of something

synonym: pile, accumulation, stack

(1) a **heap** of trash, (2) top of the **heap**

A **heap** of old clothes was lying in the room.

mound

n. a raised area of ground or dirt, often used for burial, construction, or as a fortification; a large, rounded pile or heap

synonym: hill, knoll, rise

(1) **mound** of dirt, (2) burial **mound**

The team discovered a hidden **mound** in the desert.

diversify

v. to make something include more different types or things; to spread out activities or investments

synonym: branch out, expand, broaden

(1) **diversify** my portfolio, (2) **diversify** energy sources

This inclusive environment has allowed the plant species to **diversify**.

anchovy

n. a small saltwater fish with a strong flavor, often used in cooking and as a pizza topping

synonym: sardine

(1) pasta with **anchovy**, (2) **anchovy** fillets

I don't particularly enjoy **anchovy** on my pizza.

mackerel

n. a type of saltwater fish commonly eaten as food, known for its oily flesh and distinctively striped appearance

(1) blue **mackerel**, (2) fresh **mackerel**

Many people enjoy grilled **mackerel** as a delicious and healthy meal option.

sardine

n. a small saltwater fish that is often canned and used for food; a crowded or tightly packed space or area

synonym: pilchard, anchovy, sprat

(1) a **sardine** fishery, (2) grilled **sardine**

I opened the can of **sardines**, and the oily smell filled the room.

uncommon

adj. not occurring or seen very often; rare

synonym : rare, scarce, unusual

(1) **uncommon** occurrence, (2) **uncommon** talents

It was **uncommon** for the store to have such a big sale.

shellfish

n. water creatures that live in shells, especially one of the types that can be eaten

synonym : clam, mollusk

(1) **shellfish** allergy, (2) edible **shellfish**

Shellfish can cause allergic reactions in certain people.

mussel

n. a type of shellfish that lives in freshwater or saltwater has a hard, elongated shell and is edible

synonym : clam, oyster, bivalve

(1) **mussel** shells, (2) **mussel** cultivation

I ordered the **mussels** in a white wine sauce for dinner.

oyster

n. a bivalve mollusk with a rough irregular shell, often eaten raw or cooked, and sometimes used as a pearl-producing animal or a source of mother-of-pearl

synonym : shellfish, clam, mussel

(1) **oyster** shell, (2) **oyster** farm

I ordered a dozen **oysters** as an appetizer at the seafood restaurant.

clam

n. a marine mollusk that burrows and lives on sand or mud, the shell closes with viselike firmness

(1) giant **clam**, (2) shuck a **clam**

The **clam** digs through the sand to a significant depth.

char

v. to burn or scorch the surface of something with fire or heat, often intentionally; to cook or prepare food over an open flame; to blacken or discolor due to excessive heat or burning; (noun) a charred piece of wood or other material; (noun, of a computer) a character or symbol in a text or string of characters in computer programming

synonym : burn, scorch, singe

(1) **char** a wall, (2) **char** layer

She decided to **char** the vegetables on the grill for added flavor.

opt

v. to make a choice from a range of possibilities

synonym: choose, select, pick

(1) **opt** out of society, (2) **opt** for a traditional wedding

I decided to **opt** for premature retirement.

fashionable

adj. popular at a particular time

synonym: chic, stylish, trendy

(1) **fashionable** designs, (2) **fashionable** café

Lengthened skirts are **fashionable** this year.

recipe

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

synonym: instructions, formula, method

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

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

invite

v. to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place

synonym: ask, request, summon

(1) **invite** guests, (2) **invite** criticism

We want to **invite** you to our annual charity event.

communal

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

synonym: collaborative, combined, collective

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

Communal elections were held in several European countries.

communion

n. the act or condition of exchanging or sharing thoughts and feelings; (Christianity) the act of participating in the celebration of the Eucharist

synonym : affinity, intimacy, camaraderie

(1) **communion** with God, (2) spiritual **communion** with nature

We use this tableware in a **communion** service.

fantastic

adj. extremely good; excellent

synonym : incredible, unbelievable, marvelous

(1) a **fantastic** dress, (2) absolutely **fantastic** event

The new amusement park ride was **fantastic**, with twists, turns, and drops that left riders screaming with excitement.

privilege

n. a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society

synonym : benefit, authorization, advantage

(1) a breach of **privilege**, (2) **privilege** of membership

In the Middle Ages, the right to hunt in the wild was the **privilege** of royalty and nobility.

childhood

n. the state or time of being a child

synonym : youth, infancy, adolescence

(1) since **childhood**, (2) **childhood** development

He had fond memories of his **childhood** spent playing in the park with his friends.

copious

adj. abundant in quantity or number; plentiful; yielding or containing a large amount or volume

synonym : abundant, plentiful, ample

(1) **copious** rainfall, (2) **copious** amounts of data

The author had **copious** notes used as references for the research paper.

quantity

n. the amount or number of something; magnitude

synonym : abundance, portion, amount

(1) half **quantity**, (2) residual **quantity**

In southward, the average annual water **quantity** increases.

starch

n. a complex carbohydrate found in many plants, including rice, wheat, and potatoes that is an important foodstuff for humans and animals

synonym: carbohydrate, glucose, dextrin

(1) **starch** granules, (2) potato **starch**

When heated, **starch** molecules absorb water and become thick and gooey, making it a useful thickening agent in cooking.

largely

adv. virtually entirely; to a large degree

synonym: mainly, chiefly, broadly

(1) **largely** accepted, (2) **largely** mitigate the issue

Nevada is **largely** a desert state.

sweat

n. the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

synonym: perspiration, steam, hardwork

(1) all in a **sweat**, (2) **sweat** bath

She wiped the **sweat** off her forehead with a towel.

hangover

n. the unpleasant physical and mental effects a person experiences after consuming too much alcohol; a lasting effect or aftereffect of something

synonym: headache, aftereffect, hang-up

(1) **hangover** cure, (2) severe **hangover**

After drinking too much at the party, he woke up with a terrible **hangover**.

disgust

n. a strong feeling of dislike or disapproval

synonym: nauseate, hate, dislike

(1) public **disgust**, (2) show **disgust** at his actions

He was filled with **disgust** and fear for the threat of war.

- dire** *adj.* extremely serious or urgent; critical, grave, or disastrous
synonym : serious, critical, desperate
(1) suffer **dire** poverty, (2) **dire** situation
The **dire** economic straits called for immediate action.
- unfortunate** *adj.* having bad luck or fortune; unlucky
synonym : unlucky, pitiful, wretched
(1) an **unfortunate** orphan, (2) an **unfortunate** situation
The **unfortunate** accident caused many injuries and some fatalities.
- burden** *n.* a duty, responsibility, etc. that is oppressive or worrisome; a load, typically a heavy one that is difficult to carry
synonym : obligation, duty, load
(1) carry a **burden**, (2) **burden** of disease
That car has a low environmental **burden**.
- straightforward** *adj.* easy to do or understand, or simple; free from ambiguity
synonym : honest, candid, forthright
(1) **straightforward** manner, (2) make a **straightforward** dash
The defendant gave a **straightforward** and accurate description of the accident.
- wholesome** *adj.* good for or likely to improve your health; conducive to or characterized by physical or moral well-being
synonym : healthy, decent, nutrient
(1) **wholesome** ingredients, (2) live a **wholesome** lifestyle
His honesty wielded a **wholesome** influence on those around him.
- butt** *v.* to strike or push something with the flat end of your hip or buttocks; to hit or knock forcefully; (noun) the remaining end of a smoked cigarette
synonym : hit, punch, strike

(1) **butt** into several people, (2) cigarette **butt**

The goats often **butt** heads when they are fighting for dominance.

penance

n. an act of voluntary self-punishment or discipline to express remorse for wrongdoing or to seek forgiveness; (of religion) an act performed to make amends for sins

synonym: atonement, repentance, contrition

(1) perform **penance** for her sins, (2) **penance** ritual

He offered to do **penance** for his mistakes by volunteering at the local charity.

genuflect

v. to kneel or bend one or both knees as a sign of respect or worship, especially in a religious context; to show deference or submission

synonym: kneel, bow, worship

(1) **genuflect** in prayer, (2) **genuflect** as a sign of respect
In some cultures, it is customary to **genuflect** when entering a place of worship.

minimize

v. to make something, especially something bad, small or less serious

synonym: diminish, mitigate, belittle

(1) **minimize** a loss, (2) way to **minimize** conflict

I bought a gadget before my trip to help **minimize** stress during the flight.

planet

n. any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

synonym: earth, world, globe

(1) **planet** like the Earth, (2) save the **planet**

Mercury is the closest **planet** to the sun.

repository

n. a place where things are stored in large quantities and can be found

synonym: storehouse, depot, warehouse

(1) wine **repository**, (2) **repository** of useful knowledge
The ocean is a rich **repository** of natural resources.

geography

n. a field of science devoted to the study of the lands, features, inhabitants, and phenomena of the Earth
synonym: landscape, terrain, topography

(1) **geography** class, (2) economic **geography**
She did well on her **geography** exam.

savor

v. to enjoy or appreciate something fully; to relish or delight in something delicious or enjoyable; to preserve or season with a savory flavor
synonym: enjoy, relish, appreciate

(1) **savor** the moment, (2) **savor** the taste
I always like to **savor** a good cup of coffee in the morning.

Session 2: Spelling

1. ge_____hy class *n.* a field of science devoted to the study of the lands, features, inhabitants, and phenomena of the Earth
2. p__t book *n.* a map or a plan that shows the division and layout of land into lots or parcels; a piece of land typically used for building or agricultural purposes
3. re_____e order *v.* to repair or return something or someone to a previous good state or position
4. keen per_____on *n.* a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses
5. mu_____d leaf *n.* a yellow or brown condiment that tastes spicy made from the seeds of various plants; (adjective) between yellow and brown
6. r__y on convenience stores *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
7. pro_____on of disease *n.* the act or process of changing to the next stage or phase or moving forward
8. un_____on talents *adj.* not occurring or seen very often; rare

ANSWERS: 1. geography, 2. plat, 3. restore, 4. perception, 5. mustard, 6. rely, 7. progression, 8. uncommon

9. grilled ti____a *n.* a type of freshwater fish commonly farmed for food, native to Africa and the Middle East
10. re____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
11. back f_n *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
12. di_____fy my portfolio *v.* to make something include more different types or things; to spread out activities or investments
13. 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.
14. m__h larva *n.* an insect with wings similar to a butterfly that travels at night and is attracted to light
15. the plus p__e *n.* one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something
16. cr__p manner *adj.* hard, dry, and brittle enough to break easily; cool, fresh, and invigorating
17. have an ou__e of confidence *n.* a unit of weight equal to approximately 28 grams
18. edible sh_____sh *n.* water creatures that live in shells, especially one of the types that can be eaten

ANSWERS: 9. tilapia, 10. relation, 11. fin, 12. diversify, 13. hop, 14. moth, 15. pole, 16. crisp, 17. ounce, 18. shellfish

19. the ho_____st museum *n.* the systematic killing of millions of Jews and other minority groups by the Nazis during World War II, or any similar act of mass destruction
20. gross pr____t *n.* money that is earned in business or by selling things after deducting the costs involved
21. a mollusk sh__l *n.* hard outer covering or case of eggs, nuts, some seeds, and some animals
22. a former p__t of farmland *n.* a map or a plan that shows the division and layout of land into lots or parcels; a piece of land typically used for building or agricultural purposes
23. f__k art *n.* people in general, especially those of a particular group or type
24. a circular mo_____nt *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
25. the cr__p air of winter *adj.* hard, dry, and brittle enough to break easily; cool, fresh, and invigorating
26. qu____a porridge *n.* a grain-like crop grown in South America, often used as a gluten-free grain substitute in cooking and baking, known for its high nutritional value and versatility
27. historical co_____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning

ANSWERS: 19. holocaust, 20. profit, 21. shell, 22. plat, 23. folk, 24. movement, 25. crisp, 26. quinoa, 27. context

28. oy___r farm *n.* a bivalve mollusk with a rough irregular shell, often eaten raw or cooked, and sometimes used as a pearl-producing animal or a source of mother-of-pearl
29. sustainable by_____h *n.* the unintentional capture of non-target species in fishing or harvesting operations, often resulting in their injury or death
30. variety of ma___e life *adj.* relating to the sea and the creatures and plants that live there
31. c__r layer *v.* to burn or scorch the surface of something with fire or heat, often intentionally; to cook or prepare food over an open flame; to blacken or discolor due to excessive heat or burning; (noun) a charred piece of wood or other material; (noun, of a computer) a character or symbol in a text or string of characters in computer programming
32. a gas cr___h *n.* a loud, crackling noise made by something being crushed or broken; a difficult or critical situation
33. absolutely fa_____ic event *adj.* extremely good; excellent
34. ge_____ct as a sign of respect *v.* to kneel or bend one or both knees as a sign of respect or worship, especially in a religious context; to show deference or submission
35. gr__l a steak *n.* a device used for cooking food by direct exposure to heat, typically a metal rack set over a fire or gas flame, or a part of an oven; (verb) to cook something over or under a grill

ANSWERS: 28. oyster, 29. bycatch, 30. marine, 31. char, 32. crunch, 33. fantastic, 34. genuflect, 35. grill

36. bread cr__b *n.* a small particle or fragment of food or other substance, often one that has broken off from a larger piece; a very small amount or portion of something
37. co____s rainfall *adj.* abundant in quantity or number; plentiful; yielding or containing a large amount or volume
38. a h__p of trash *n.* an untidy pile or mass of something; a large number or amount or extent of something
39. re___e book *n.* a set of instructions for preparing a dish, including the ingredients and the method of cooking
40. sh___p cocktail *n.* a small, freshwater or saltwater creature with a slender body and long legs
41. str_____ard manner *adj.* easy to do or understand, or simple; free from ambiguity
42. have a bu___t meal *n.* a meal where guests serve themselves from a counter or sideboard
43. fas_____le caf  *adj.* popular at a particular time
44. ou__e weight *n.* a unit of weight equal to approximately 28 grams
45. make a pr___t *n.* money that is earned in business or by selling things after deducting the costs involved
46. mo____nt of troops *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

ANSWERS: 36. crumb, 37. copious, 38. heap, 39. recipe, 40. shrimp, 41. straightforward, 42. buffet, 43. fashionable, 44. ounce, 45. profit, 46. movement

47. co____s amounts of data *adj.* abundant in quantity or number; plentiful; yielding or containing a large amount or volume
48. a sand p__e *n.* a collection of objects positioned one on top of another; a large sum of something, such as money
49. a scholarship ass_____on *n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
50. a letter of acc_____ce *n.* the act of agreeing or approving, or the state of being agreed or approved
51. ce_____te Christmas *v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
52. compound the ing_____nts *n.* one of the things used to make something, especially one of the foods used to make a particular dish
53. pas_____te kiss *adj.* showing intense emotion or strong feeling; characterized by great enthusiasm or zeal; deeply committed to a cause or belief
54. the con_____on of food *n.* the amount used or eaten; the act of using up a resource such as energy, food, or materials
55. a fishing p__e *n.* one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something

ANSWERS: 47. copious, 48. pile, 49. association, 50. acceptance, 51. celebrate, 52. ingredient, 53. passionate, 54. consumption, 55. pole

56. helpful h__ts *n.* an indirect suggestion; a slight but appreciable amount of something
57. re_____sh a reserve fund *v.* to fill something that had previously been emptied
58. su_____n a wellness lifestyle *v.* to supply enough of what somebody or something needs to survive or exist; to accept as valid
59. ack_____ge the deed *v.* to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;
60. design sen_____ty *n.* mental responsiveness and awareness toward something
61. pasta with an_____y *n.* a small saltwater fish with a strong flavor, often used in cooking and as a pizza topping
62. qu___a salad *n.* a grain-like crop grown in South America, often used as a gluten-free grain substitute in cooking and baking, known for its high nutritional value and versatility
63. re___d the situation as unfortunate *v.* to think about or consider somebody or something in a specified way
64. canned t__a *n.* a large fish of the mackerel family, found in warm seas; commonly used for commercial and sport fishing and as a food source for humans and other animals

ANSWERS: 56. hint, 57. replenish, 58. sustain, 59. acknowledge, 60. sensibility, 61. anchovy, 62. quinoa, 63. regard, 64. tuna

65. shuck a c__m *n.* a marine mollusk that burrows and lives on sand or mud, the shell closes with viselike firmness
66. oy___r shell *n.* a bivalve mollusk with a rough irregular shell, often eaten raw or cooked, and sometimes used as a pearl-producing animal or a source of mother-of-pearl
67. re_____nd a hospitalization *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
68. res_____le for a customer service *adj.* answerable or accountable for something within one's power, control, or management
69. env_____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
70. less fo_____te person *adj.* having good luck or lucky
71. cultural sen_____ty *n.* mental responsiveness and awareness toward something
72. vitamin and mi_____ls *n.* a solid inorganic substance occurring in nature having a definite chemical composition
73. dy_____c person *adj.* having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)
74. severe ha_____er *n.* the unpleasant physical and mental effects a person experiences after consuming too much alcohol; a lasting effect or aftereffect of something

ANSWERS: 65. clam, 66. oyster, 67. recommend, 68. responsible, 69. environment, 70. fortunate, 71. sensibility, 72. mineral, 73. dynamic, 74. hangover

75. Doppler sh__t *n.* a slight transition in position, direction, or trend
76. cigarette b__t *v.* to strike or push something with the flat end of your hip or buttocks; to hit or knock forcefully; (noun) the remaining end of a smoked cigarette
77. show di_____t at his actions *n.* a strong feeling of dislike or disapproval
78. salmon st__k *n.* a thin slice of meat, typically beef, grilled or fried and served as a main dish
79. ge_____ct in prayer *v.* to kneel or bend one or both knees as a sign of respect or worship, especially in a religious context; to show deference or submission
80. large po_____n *n.* one component of a larger entity
81. nuclear ho_____st *n.* the systematic killing of millions of Jews and other minority groups by the Nazis during World War II, or any similar act of mass destruction
82. a bo___y on exports *n.* a reward offered for capturing or killing someone or for accomplishing a specific task
83. mi_____ze a loss *v.* to make something, especially something bad, small or less serious
84. en_____ge a sense of affinity *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

ANSWERS: 75. shift, 76. butt, 77. disgust, 78. steak, 79. genuflect, 80. portion, 81. holocaust, 82. bounty, 83. minimize, 84. encourage

85. co_____on with God *n.* the act or condition of exchanging or sharing thoughts and feelings; (Christianity) the act of participating in the celebration of the Eucharist
86. re_____nd reading *v.* to suggest that someone or something would be a suitable fit for a particular purpose or role
87. pe_____e ritual *n.* an act of voluntary self-punishment or discipline to express remorse for wrongdoing or to seek forgiveness; (of religion) an act performed to make amends for sins
88. make a str_____ard dash *adj.* easy to do or understand, or simple; free from ambiguity
89. high levels of ant_____nts *n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products
90. mo__d of dirt *n.* a raised area of ground or dirt, often used for burial, construction, or as a fortification; a large, rounded pile or heap
91. reduce by_____h *n.* the unintentional capture of non-target species in fishing or harvesting operations, often resulting in their injury or death
92. res_____le action *adj.* answerable or accountable for something within one's power, control, or management
93. mental ha_____ap *n.* a physical or mental condition that limits a person's movements, senses, or activities

ANSWERS: 85. communion, 86. recommend, 87. penance, 88. straightforward, 89. antioxidant, 90. mound, 91. bycatch, 92. responsible, 93. handicap

94. fl__es of snow *n.* a small, thin piece or layer of something, often with a flat or irregular shape; a person who is unreliable or inconsistent
95. be____h contempt *adv.* in or to a lower place than someone or something
96. carry a bu___n *n.* a duty, responsibility, etc. that is oppressive or worrisome; a load, typically a heavy one that is difficult to carry
97. sa__r the moment *v.* to enjoy or appreciate something fully; to relish or delight in something delicious or enjoyable; to preserve or season with a savory flavor
98. sh_____sh allergy *n.* water creatures that live in shells, especially one of the types that can be eaten
99. sus_____le alternative fuel *adj.* able to continue or be continued for a long time
100. en___e challenges *v.* to undergo or bear something difficult, unpleasant, or challenging over a period of time; to persist or continue despite hardships or adversity
101. ra___e the brain *v.* to cause damage to something badly
102. since ch_____od *n.* the state or time of being a child
103. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

ANSWERS: 94. flake, 95. beneath, 96. burden, 97. savor, 98. shellfish, 99. sustainable, 100. endure, 101. ravage, 102. childhood, 103. opportune

104. the ground be_____h my feet *adv.* in or to a lower place than someone or something
105. ant_____nt behavior *n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products
106. d__e situation *adj.* extremely serious or urgent; critical, grave, or disastrous
107. m__h attracted to the light *n.* an insect with wings similar to a butterfly that travels at night and is attracted to light
108. mu___l shells *n.* a type of shellfish that lives in freshwater or saltwater has a hard, elongated shell and is edible
109. ex___d agricultural output *v.* to increase or to make something greater in size, number, or importance
110. ap_____er snack *n.* a small dish served before a meal to stimulate the appetite
111. the con_____ion law of physics *n.* the protection of something important, such as the natural environment or artificial structures, especially from the damaging effects of human activity
112. pr_____ge of membership *n.* a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society
113. sa__r the taste *v.* to enjoy or appreciate something fully; to relish or delight in something delicious or enjoyable; to preserve or season with a savory flavor

ANSWERS: 104. beneath, 105. antioxidant, 106. dire, 107. moth, 108. mussel, 109. expand, 110. appetizer, 111. conservation, 112. privilege, 113. savor

114. o_t out of society *v.* to make a choice from a range of possibilities
115. apex pr____or *n.* an animal whose natural behavior is to prey on others
116. pro_____on of civilization *n.* the act or process of changing to the next stage or phase or moving forward
117. o_t for a traditional wedding *v.* to make a choice from a range of possibilities
118. black mu____d seed *n.* a yellow or brown condiment that tastes spicy made from the seeds of various plants; (adjective) between yellow and brown
119. ch__i sauce *n.* a small hot-tasting fruit of a type of pepper plant used in sauces, relishes, and spice powders; a spicy stew made from ground beef and beans, typically seasoned with chili peppers
120. h__t of trouble *n.* an indirect suggestion; a slight but appreciable amount of something
121. international co_____ty *n.* a product or a raw material that can be traded, bought, or sold
122. perform pe_____e for her sins *n.* an act of voluntary self-punishment or discipline to express remorse for wrongdoing or to seek forgiveness; (of religion) an act performed to make amends for sins
123. a breach of pr_____ge *n.* a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society

ANSWERS: 114. opt, 115. predator, 116. progression, 117. opt, 118. mustard, 119. chili, 120. hint, 121. commodity, 122. penance, 123. privilege

124. horde of mo____rs *n.* an imaginary creature that is large and has various human and animal parts; someone or something large and powerful
125. word ass_____ons *n.* a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
126. c__f knife *n.* a cook, especially the chief cook in a restaurant or hotel
127. su___t an application *v.* to give or offer a document, proposal, etc. to a decision-maker for examination or consideration
128. frozen br____li *n.* a green vegetable with a bunch of small, tight florets on a thick stem that belongs to the cabbage family
129. blue ma____el *n.* a type of saltwater fish commonly eaten as food, known for its oily flesh and distinctively striped appearance
130. half qu____ty *n.* the amount or number of something; magnitude
131. br____li sprout *n.* a green vegetable with a bunch of small, tight florets on a thick stem that belongs to the cabbage family
132. de____e in quality *v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept
133. nu____r fusion *adj.* of or relating to or constituting the nucleus of an atom; deriving destructive energy from the release of atomic energy

ANSWERS: 124. monster, 125. association, 126. chef, 127. submit, 128. broccoli, 129. mackerel, 130. quantity, 131. broccoli, 132. decline, 133. nuclear

134. residual qu____ty *n.* the amount or number of something; magnitude
135. b__t into several people *v.* to strike or push something with the flat end of your hip or buttocks; to hit or knock forcefully; (noun) the remaining end of a smoked cigarette
136. a f_n of a plane *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
137. sw__t bath *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
138. pe__n pie *n.* a type of tree native to North America, widely cultivated for its edible nuts, which have a rich and buttery flavor and are commonly used in cooking and baking
139. a feeling of acc_____ce *n.* the act of agreeing or approving, or the state of being agreed or approved
140. take into con_____ion *n.* the act or process of giving careful thought to something; a fee charged in advance to retain the services of someone
141. giant c__m *n.* a marine mollusk that burrows and lives on sand or mud, the shell closes with viselike firmness
142. wa__t measurement *n.* the part of the human body between the ribs and hips or the corresponding part in other animals

ANSWERS: 134. quantity, 135. butt, 136. fin, 137. sweat, 138. pecan, 139. acceptance, 140. consideration, 141. clam, 142. waist

143. wine rep_____ry *n.* a place where things are stored in large quantities and can be found
144. pl____t like the Earth *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
145. ba____r pole *n.* a person who cuts men's hair and shaves beards as a profession; a shop or establishment where such services are offered
146. in____e criticism *v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
147. c__r a wall *v.* to burn or scorch the surface of something with fire or heat, often intentionally; to cook or prepare food over an open flame; to blacken or discolor due to excessive heat or burning; (noun) a charred piece of wood or other material; (noun, of a computer) a character or symbol in a text or string of characters in computer programming
148. 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
149. a jo__y laugh *adj.* happy and lively
150. a dy_____c market *adj.* having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)

ANSWERS: 143. repository, 144. planet, 145. barber, 146. invite, 147. char, 148. protein, 149. jolly, 150. dynamic

151. vegetarian en___e *n.* a main course or dish in a meal often served after an appetizer or soup
152. grilled sa_____e *n.* a small saltwater fish that is often canned and used for food; a crowded or tightly packed space or area
153. roasted pe__n *n.* a type of tree native to North America, widely cultivated for its edible nuts, which have a rich and buttery flavor and are commonly used in cooking and baking
154. fo_____te situation *adj.* having good luck or lucky
155. ma_____in good health *v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
156. mature con_____ion *n.* the act or process of giving careful thought to something; a fee charged in advance to retain the services of someone
157. spiritual co_____on with nature *n.* the act or condition of exchanging or sharing thoughts and feelings; (Christianity) the act of participating in the celebration of the Eucharist
158. a com_____ed process *adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze
159. ca_____e calculation *n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce

ANSWERS: 151. entree, 152. sardine, 153. pecan, 154. fortunate, 155. maintain, 156. consideration, 157. communion, 158. complicated, 159. calorie

160. red ch__i powder *n.* a small hot-tasting fruit of a type of pepper plant used in sauces, relishes, and spice powders; a spicy stew made from ground beef and beans, typically seasoned with chili peppers
161. ch_____od development *n.* the state or time of being a child
162. reduce my ca_____e intake *n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
163. an unf_____te situation *adj.* having bad luck or fortune; unlucky
164. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
165. div_____ed economy *adj.* characterized by diversity or variety; having different forms or types
166. an unf_____te orphan *adj.* having bad luck or fortune; unlucky
167. re___d him as an enemy *v.* to think about or consider somebody or something in a specified way
168. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
169. a political rev_____on *n.* a large-scale attempt to overthrow the government of a country, often using violence or war;
170. re_____nt by a diagram *v.* to speak, act, or be present on behalf of another person or group; to form or constitute

ANSWERS: 160. chili, 161. childhood, 162. calorie, 163. unfortunate, 164. opportune, 165. diversified, 166. unfortunate, 167. regard, 168. environment, 169. revolution, 170. represent

171. 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
172. co____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
173. ra____e a country *v.* to cause damage to something badly
174. a hard and re_____nt steel *adj.* able to withstand or recover quickly from difficult conditions
175. ev____e over the past decade *v.* to develop gradually, or to cause the development of something or someone gradually
176. ce_____te his election *v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity
177. shopping re____ds cards *n.* a thing given in acknowledgment of service, hard work, achievement, etc.
178. ma____e insurance *adj.* relating to the sea and the creatures and plants that live there
179. marine ec_____em *n.* all the plants and living creatures in an area and the way they affect each other and the environment
180. mu____l cultivation *n.* a type of shellfish that lives in freshwater or saltwater has a hard, elongated shell and is edible
181. ma_____in order *v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

ANSWERS: 171. protein, 172. communal, 173. ravage, 174. resilient, 175. evolve, 176. celebrate, 177. reward, 178. marine, 179. ecosystem, 180. mussel, 181. maintain

182. br__l pork chops *v.* to cook something by direct heat, typically using a grill, a hotplate, or an oven; to become very hot and feverish
183. pas_____te speech *adj.* showing intense emotion or strong feeling; characterized by great enthusiasm or zeal; deeply committed to a cause or belief
184. top of the h__p *n.* an untidy pile or mass of something; a large number or amount or extent of something
185. live a wh_____me lifestyle *adj.* good for or likely to improve your health; conducive to or characterized by physical or moral well-being
186. re___e collection *n.* a set of instructions for preparing a dish, including the ingredients and the method of cooking
187. fas_____le designs *adj.* popular at a particular time
188. save the pl___t *n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star
189. an en_____ng smile *adj.* attracting, pleasant, or charming
190. 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.
191. burial mo__d *n.* a raised area of ground or dirt, often used for burial, construction, or as a fortification; a large, rounded pile or heap

ANSWERS: 182. broil, 183. passionate, 184. heap, 185. wholesome, 186. recipe, 187. fashionable, 188. planet, 189. engaging, 190. hop, 191. mound

192. change the ec_____em *n.* all the plants and living creatures in an area and the way they affect each other and the environment
193. economic ge_____hy *n.* a field of science devoted to the study of the lands, features, inhabitants, and phenomena of the Earth
194. ch_____d body *adj.* burned or blackened as a result of being subjected to high heat
195. a slim wa__t *n.* the part of the human body between the ribs and hips or the corresponding part in other animals
196. a fa_____ic dress *adj.* extremely good; excellent
197. cash bo___y *n.* a reward offered for capturing or killing someone or for accomplishing a specific task
198. un_____on occurrence *adj.* not occurring or seen very often; rare
199. re_____e the emperor to the throne *v.* to repair or return something or someone to a previous good state or position
200. commercial fi_____y *n.* an area of water where fish are caught in large quantities for living; a business or practice of catching and selling fish
201. suffer d__e poverty *adj.* extremely serious or urgent; critical, grave, or disastrous
202. ec_____y class *n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

ANSWERS: 192. ecosystem, 193. geography, 194. charred, 195. waist, 196. fantastic, 197. bounty, 198. uncommon, 199. restore, 200. fishery, 201. dire, 202. economy

203. financial cr___h *n.* a loud, crackling noise made by something being crushed or broken; a difficult or critical situation
204. agree to su___t the bill *v.* to give or offer a document, proposal, etc. to a decision-maker for examination or consideration
205. ha___y tool *adj.* valuable and convenient; easy or ready to reach or use
206. fi_____y management *n.* an area of water where fish are caught in large quantities for living; a business or practice of catching and selling fish
207. cr__b of information *n.* a small particle or fragment of food or other substance, often one that has broken off from a larger piece; a very small amount or portion of something
208. an egg sh__l *n.* hard outer covering or case of eggs, nuts, some seeds, and some animals
209. re_____nt population *adj.* able to withstand or recover quickly from difficult conditions
210. en___e a new employee *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something
211. the height of a p__e *n.* a collection of objects positioned one on top of another; a large sum of something, such as money
212. a ha___y-sized bag *adj.* valuable and convenient; easy or ready to reach or use
213. the characters that re_____nt numbers *v.* to speak, act, or be present on behalf of another person or group; to form or constitute

ANSWERS: 203. crunch, 204. submit, 205. handy, 206. fishery, 207. crumb, 208. shell, 209. resilient, 210. engage, 211. pile, 212. handy, 213. represent

214. put a we__e under the door *n.* a piece of wood, metal, or other material with one thick end and a narrow edge that is driven between two things or parts of objects to secure or separate them
215. gas gr__l *n.* a device used for cooking food by direct exposure to heat, typically a metal rack set over a fire or gas flame, or a part of an oven; (verb) to cook something over or under a grill
216. mi____l rights *n.* a solid inorganic substance occurring in nature having a definite chemical composition
217. br__l vegetables *v.* to cook something by direct heat, typically using a grill, a hotplate, or an oven; to become very hot and feverish
218. f__e of nations *n.* the development of events beyond one's control; destiny; the ultimate outcome or consequence of a situation or person's actions
219. a sa____e fishery *n.* a small saltwater fish that is often canned and used for food; a crowded or tightly packed space or area
220. gi__t tech company *adj.* enormous; much bigger or more important than similar items usually are
221. f__p over the pork chop *v.* to turn over into a different position quickly; to throw or toss with a light motion
222. potato st__h *n.* a complex carbohydrate found in many plants, including rice, wheat, and potatoes that is an important foodstuff for humans and animals

ANSWERS: 214. wedge, 215. grill, 216. mineral, 217. broil, 218. fate, 219. sardine, 220. giant, 221. flip, 222. starch

223. ti_____a fillets *n.* a type of freshwater fish commonly farmed for food, native to Africa and the Middle East
224. jo__y evening *adj.* happy and lively
225. use of nu_____r power *adj.* of or relating to or constituting the nucleus of an atom; deriving destructive energy from the release of atomic energy
226. sexual pr_____ors *n.* an animal whose natural behavior is to prey on others
227. way to mi_____ze conflict *v.* to make something, especially something bad, small or less serious
228. ack_____ge his help *v.* to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;
229. wh_____me ingredients *adj.* good for or likely to improve your health; conducive to or characterized by physical or moral well-being
230. pop_____on change *n.* the total number of people in a country, region, or location
231. per_____on of a stimulus *n.* a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses
232. principles of sus_____le development *adj.* able to continue or be continued for a long time

ANSWERS: 223. tilapia, 224. jolly, 225. nuclear, 226. predator, 227. minimize, 228. acknowledge, 229. wholesome, 230. population, 231. perception, 232. sustainable

233. div_____ed portfolio *adj.* characterized by diversity or variety; having different forms or types
234. labor pop_____on *n.* the total number of people in a country, region, or location
235. ha_____er cure *n.* the unpleasant physical and mental effects a person experiences after consuming too much alcohol; a lasting effect or aftereffect of something
236. beginning of the industrial rev_____on *n.* a large-scale attempt to overthrow the government of a country, often using violence or war;
237. t__a steak *n.* a large fish of the mackerel family, found in warm seas; commonly used for commercial and sport fishing and as a food source for humans and other animals
238. the f__k songs of a particular district *n.* people in general, especially those of a particular group or type
239. average fuel con_____on *n.* the amount used or eaten; the act of using up a resource such as energy, food, or materials
240. de_____us breeze *adj.* exceptionally pleasing to taste or smell
241. di_____rd the rules *v.* to pay no attention to or to ignore someone or something
242. co_____ty tax *n.* a product or a raw material that can be traded, bought, or sold
243. sh___p farming *n.* a small, freshwater or saltwater creature with a slender body and long legs

ANSWERS: 233. diversified, 234. population, 235. hangover, 236. revolution, 237. tuna, 238. folk, 239. consumption, 240. delicious, 241. disregard, 242. commodity, 243. shrimp

244. mo____r film *n.* an imaginary creature that is large and has various human and animal parts; someone or something large and powerful
245. take the ga__e of a situation *n.* an instrument for measuring and displaying the amount, level, or contents of something; (verb) to judge tentatively or form an estimate of something
246. ec____y of scale *n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel
247. favorite ba____r *n.* a person who cuts men's hair and shaves beards as a profession; a shop or establishment where such services are offered
248. gi__t trees *adj.* enormous; much bigger or more important than similar items usually are
249. pre-dinner ap____er *n.* a small dish served before a meal to stimulate the appetite
250. drive a we__e into a relationship *n.* a piece of wood, metal, or other material with one thick end and a narrow edge that is driven between two things or parts of objects to secure or separate them
251. ev____e *v.* to develop gradually, or to cause the development of something or someone gradually

ANSWERS: 244. monster, 245. gauge, 246. economy, 247. barber, 248. giant, 249. appetizer, 250. wedge, 251. evolve

252. secret ing_____nts *n.* one of the things used to make something, especially one of the foods used to make a particular dish
253. become increasingly com_____ed *adj.* involving a lot of different things or parts in a way that is difficult to understand or analyze
254. fresh ma_____el *n.* a type of saltwater fish commonly eaten as food, known for its oily flesh and distinctively striped appearance
255. en_____ge antisocial behavior *v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do
256. la_____y accepted *adv.* virtually entirely; to a large degree
257. st__k dinner *n.* a thin slice of meat, typically beef, grilled or fried and served as a main dish
258. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
259. the re____d for good works *n.* a thing given in acknowledgment of service, hard work, achievement, etc.
260. public di_____t *n.* a strong feeling of dislike or disapproval
261. co_____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
262. la_____y mitigate the issue *adv.* virtually entirely; to a large degree
263. legal co_____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning

ANSWERS: 252. ingredient, 253. complicated, 254. mackerel, 255. encourage, 256. largely, 257. steak, 258. relation, 259. reward, 260. disgust, 261. communal, 262. largely, 263. context

264. major paradigm sh__t *n.* a slight transition in position, direction, or trend
265. variety of de_____us foods *adj.* exceptionally pleasing to taste or smell
266. rep_____ry of useful knowledge *n.* a place where things are stored in large quantities and can be found
267. fl__e graphite *n.* a small, thin piece or layer of something, often with a flat or irregular shape; a person who is unreliable or inconsistent
268. ha_____ap parking space *n.* a physical or mental condition that limits a person's movements, senses, or activities
269. bu___t style *n.* a meal where guests serve themselves from a counter or sideboard
270. in___e guests *v.* to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
271. de_____e a job offer *v.* to become gradually smaller, fewer, worse, etc.; to refuse to accept
272. en___e special *n.* a main course or dish in a meal often served after an appetizer or soup
273. all in a sw__t *n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
274. en___e adversity *v.* to undergo or bear something difficult, unpleasant, or challenging over a period of time; to persist or continue despite hardships or adversity

ANSWERS: 264. shift, 265. delicious, 266. repository, 267. flake, 268. handicap, 269. buffet, 270. invite, 271. decline, 272. entree, 273. sweat, 274. endure

275. master c__f	<i>n.</i> a cook, especially the chief cook in a restaurant or hotel
276. st___h granules	<i>n.</i> a complex carbohydrate found in many plants, including rice, wheat, and potatoes that is an important foodstuff for humans and animals
277. an____y fillets	<i>n.</i> a small saltwater fish with a strong flavor, often used in cooking and as a pizza topping
278. ex___d a lineup	<i>v.</i> to increase or to make something greater in size, number, or importance
279. f__p a coin	<i>v.</i> to turn over into a different position quickly; to throw or toss with a light motion
280. badly ch____d	<i>adj.</i> burned or blackened as a result of being subjected to high heat
281. soil con_____ion	<i>n.</i> the protection of something important, such as the natural environment or artificial structures, especially from the damaging effects of human activity
282. re_____sh my spirit	<i>v.</i> to fill something that had previously been emptied
283. pressure ga__e	<i>n.</i> an instrument for measuring and displaying the amount, level, or contents of something; (verb) to judge tentatively or form an estimate of something
284. the inner po____n of the body	<i>n.</i> one component of a larger entity
285. en____ng story	<i>adj.</i> attracting, pleasant, or charming

ANSWERS: 275. chef, 276. starch, 277. anchovy, 278. expand, 279. flip, 280. charred, 281. conservation, 282. replenish, 283. gauge, 284. portion, 285. engaging

286. bu___n of disease *n.* a duty, responsibility, etc. that is oppressive or worrisome; a load, typically a heavy one that is difficult to carry
287. r__y entirely on him *v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.
288. su_____n a good relationship with him *v.* to supply enough of what somebody or something needs to survive or exist; to accept as valid
289. accept my f__e *n.* the development of events beyond one's control; destiny; the ultimate outcome or consequence of a situation or person's actions
290. di_____fy energy sources *v.* to make something include more different types or things; to spread out activities or investments
291. di_____rd for human rights *v.* to pay no attention to or to ignore someone or something
292. en___e in environmental protection activities *v.* to attract and keep someone's attention and interest; to participate in or obtain services of something

ANSWERS: 286. burden, 287. rely, 288. sustain, 289. fate, 290. diversify, 291. disregard, 292. engage

Session 3: Fill in the Blanks

1. She is a _____ person and has always bounced back from setbacks.
adj. able to withstand or recover quickly from difficult conditions
2. The _____ of the leaves underfoot was heard as they walked through the park.
n. a loud, crackling noise made by something being crushed or broken; a difficult or critical situation
3. His membership in the _____ provided him with numerous benefits.
n. a people or groups of people who have joined in a single organization together for a particular purpose; a social or business connection or relationship
4. Could you help me _____ some furniture?
n. a slight transition in position, direction, or trend
5. _____ can cause allergic reactions in certain people.
n. water creatures that live in shells, especially one of the types that can be eaten
6. The military regime has promised to _____ democracy as soon as possible.
v. to repair or return something or someone to a previous good state or position
7. He had fond memories of his _____ spent playing in the park with his friends.
n. the state or time of being a child
8. The team discovered a hidden _____ in the desert.
n. a raised area of ground or dirt, often used for burial, construction, or as a fortification; a large, rounded pile or heap

ANSWERS: 1. resilient, 2. crunch, 3. association, 4. shift, 5. Shellfish, 6. restore, 7. childhood, 8. mound

9. The shark's powerful _____ allowed it to swim at high speeds.
n. a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
10. The grilled shrimp served as a special _____ for the dinner's main course.
n. a small dish served before a meal to stimulate the appetite
11. There was no _____ of a problem.
n. an indirect suggestion; a slight but appreciable amount of something
12. We want to _____ you to our annual charity event.
v. to ask someone to come or join; to offer an opportunity or possibility for something to happen or take place
13. The _____ is a serious threat to the farm's output.
n. an insect with wings similar to a butterfly that travels at night and is attracted to light
14. She cinched her dress at the _____ to accentuate her hourglass figure.
n. the part of the human body between the ribs and hips or the corresponding part in other animals
15. It's important to understand the _____ of a situation before making a decision.
n. the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
16. I ordered a dozen _____ as an appetizer at the seafood restaurant.
n. a bivalve mollusk with a rough irregular shell, often eaten raw or cooked, and sometimes used as a pearl-producing animal or a source of mother-of-pearl

ANSWERS: 9. fins, 10. appetizer, 11. hint, 12. invite, 13. moth, 14. waist, 15. context, 16. oysters

17. We can rule this possibility out from our _____.
- n.* the act or process of giving careful thought to something; a fee charged in advance to retain the services of someone
18. Many _____ survivors still suffer from the trauma they experienced during that time.
- n.* the systematic killing of millions of Jews and other minority groups by the Nazis during World War II, or any similar act of mass destruction
19. The city planning department keeps detailed _____ of all the local properties.
- n.* a map or a plan that shows the division and layout of land into lots or parcels; a piece of land typically used for building or agricultural purposes
20. He was filled with _____ and fear for the threat of war.
- n.* a strong feeling of dislike or disapproval
21. After the party, they had to clean up _____ of dirty dishes.
- n.* a collection of objects positioned one on top of another; a large sum of something, such as money
22. He offered to do _____ for his mistakes by volunteering at the local charity.
- n.* an act of voluntary self-punishment or discipline to express remorse for wrongdoing or to seek forgiveness; (of religion) an act performed to make amends for sins
23. They _____ customers with a premium for loyal patronage.
- v.* to give someone support, confidence, or hope; to persuade someone to do or continue to do something by making it easier for them and making them believe it is a good thing to do

ANSWERS: 17. consideration, 18. holocaust, 19. plats, 20. disgust, 21. piles, 22. penance, 23. encouraged

24. She struggled to _____ the children's reading habits.

- v. to supply enough of what somebody or something needs to survive or exist; to accept as valid

25. This business yields little _____.

- n. money that is earned in business or by selling things after deducting the costs involved

26. She _____ all the warnings and proceeded with her dangerous plan.

- v. to pay no attention to or to ignore someone or something

27. The ____ digs through the sand to a significant depth.

- n. a marine mollusk that burrows and lives on sand or mud, the shell closes with viselike firmness

28. The _____ by the citizen resulted in a redistribution of wealth.

- n. a large-scale attempt to overthrow the government of a country, often using violence or war;

29. The goats often _____ heads when they are fighting for dominance.

- v. to strike or push something with the flat end of your hip or buttocks; to hit or knock forcefully; (noun) the remaining end of a smoked cigarette

30. He was in a _____ mood and sang a happy tune.

- adj. happy and lively

31. I need to _____ my car regularly to prevent any major mechanical issues.

- v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

ANSWERS: 24. sustain, 25. profit, 26. disregarded, 27. clam, 28. revolution, 29. butt, 30. jolly, 31. maintain

32. The _____ hunter was hired to capture the notorious criminal and bring him to justice.
- n.* a reward offered for capturing or killing someone or for accomplishing a specific task
33. The fire left the building a _____ shell of its former self.
- adj.* burned or blackened as a result of being subjected to high heat
34. A _____ of old clothes was lying in the room.
- n.* an untidy pile or mass of something; a large number or amount or extent of something
35. We elected him to _____ us at the international conference.
- v.* to speak, act, or be present on behalf of another person or group; to form or constitute
36. The government should do more to support environmentally _____ agriculture.
- adj.* able to continue or be continued for a long time
37. I always like to _____ a good cup of coffee in the morning.
- v.* to enjoy or appreciate something fully; to relish or delight in something delicious or enjoyable; to preserve or season with a savory flavor
38. We could grill the meat in a _____ way.
- adj.* exceptionally pleasing to taste or smell
39. The industrial _____ laws were passed with little to no alteration.
- n.* the way two persons or groups of people feel and act toward one another

ANSWERS: 32. bounty, 33. charred, 34. heap, 35. represent, 36. sustainable, 37. savor, 38. delicious, 39. relations

40. He did _____ pen-and-ink drawings in just a few days.

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

41. He had to endure the _____ gas attack during the war.

n. a yellow or brown condiment that tastes spicy made from the seeds of various plants; (adjective) between yellow and brown

42. Their _____ argument lasted for hours, neither willing to back down.

adj. showing intense emotion or strong feeling; characterized by great enthusiasm or zeal; deeply committed to a cause or belief

43. 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

44. He was pretty _____ to pass the exam.

adj. having good luck or lucky

45. The North _____ is the northernmost point on Earth.

n. one of two antipodal points where the Earth's axis of rotation intersects the Earth's surface; a long, slender, rounded rod, typically of wood or metal, used as a support or to hang something

46. The ocean is a rich _____ of natural resources.

n. a place where things are stored in large quantities and can be found

47. We use this tableware in a _____ service.

n. the act or condition of exchanging or sharing thoughts and feelings; (Christianity) the act of participating in the celebration of the Eucharist

ANSWERS: 40. complicated, 41. mustard, 42. passionate, 43. responsible, 44. fortunate, 45. Pole, 46. repository, 47. communion

48. I love making a big pot of _____ on a cold winter day.

- n.* a small hot-tasting fruit of a type of pepper plant used in sauces, relishes, and spice powders; a spicy stew made from ground beef and beans, typically seasoned with chili peppers

49. I bought a gadget before my trip to help _____ stress during the flight.

- v.* to make something, especially something bad, small or less serious

50. The _____ menu offered options for everyone, from meat-eaters to vegetarians.

- adj.* characterized by diversity or variety; having different forms or types

51. I had to _____ intense physical pain during the marathon to cross the finish line.

- v.* to undergo or bear something difficult, unpleasant, or challenging over a period of time; to persist or continue despite hardships or adversity

52. He never _____ his fault.

- v.* to accept or admit the existence, reality, or truth of something; to accept that someone or something has a particular authority or quality; to express obligation, thanks, or gratitude for someone's help, commitment, etc.;

53. Human conservation efforts often fail unexpectedly because they disturb the balance of the _____.

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

54. He _____ when he heard that he had been accepted into the university.

- v.* to turn over into a different position quickly; to throw or toss with a light motion

ANSWERS: 48. chili, 49. minimize, 50. diversified, 51. endure, 52. acknowledged, 53. ecosystem, 54. flipped

55. That car has a low environmental _____.

- n.* a duty, responsibility, etc. that is oppressive or worrisome; a load, typically a heavy one that is difficult to carry

56. The phone rang at the most _____ time.

- adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

57. Babies heavily _____ on others for food.

- v.* to require a specific thing or the assistance and support of someone or something to continue, run properly, or succeed.

58. Every day he wears a _____ white shirt to the office.

- adj.* hard, dry, and brittle enough to break easily; cool, fresh, and invigorating

59. Eyeless fish _____ in dark caves.

- v.* to develop gradually, or to cause the development of something or someone gradually

60. The company has made great strides in its _____ toward sustainability.

- n.* the act or process of changing to the next stage or phase or moving forward

61. I ordered the _____ in a white wine sauce for dinner.

- n.* a type of shellfish that lives in freshwater or saltwater has a hard, elongated shell and is edible

62. Night fishing has a lot of _____.

- n.* a thing given in acknowledgment of service, hard work, achievement, etc.

ANSWERS: 55. burden, 56. opportune, 57. rely, 58. crisp, 59. evolved, 60. progression, 61. mussels, 62. rewards

63. Some seaweed was used as _____ medicine in ancient times.
n. people in general, especially those of a particular group or type
64. We _____ taking media training every six months.
v. to suggest that someone or something would be a suitable fit for a particular purpose or role
65. The _____ of the dancers on stage was graceful and elegant.
n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively
66. She prepared a delicious _____ pilaf with vegetables and herbs.
n. a grain-like crop grown in South America, often used as a gluten-free grain substitute in cooking and baking, known for its high nutritional value and versatility
67. The athlete overcame his physical _____ to become a world champion.
n. a physical or mental condition that limits a person's movements, senses, or activities
68. 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
69. The defendant gave a _____ and accurate description of the accident.
adj. easy to do or understand, or simple; free from ambiguity
70. Everything he writes shows the breadth of his _____.
n. mental responsiveness and awareness toward something

ANSWERS: 63. folk, 64. recommend, 65. movement, 66. quinoa, 67. handicap, 68. protein, 69. straightforward, 70. sensibility

71. He didn't like _____ floret and avoided eating it.

- n.* a green vegetable with a bunch of small, tight florets on a thick stem that belongs to the cabbage family

72. A large fire _____ the forest.

- v.* to cause damage to something badly

73. In the Middle Ages, the right to hunt in the wild was the _____ of royalty and nobility.

- n.* a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society

74. In just four years, the _____ has doubled.

- n.* the total number of people in a country, region, or location

75. I bought a bag of _____ to make a delicious pie for Thanksgiving.

- n.* a type of tree native to North America, widely cultivated for its edible nuts, which have a rich and buttery flavor and are commonly used in cooking and baking

76. The fishermen were careful to avoid _____ while fishing for tuna in the ocean.

- n.* the unintentional capture of non-target species in fishing or harvesting operations, often resulting in their injury or death

77. A great stretch of the lake lay _____ them.

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

78. The _____ at the hotel had a wide variety of food options.

- n.* a meal where guests serve themselves from a counter or sideboard

ANSWERS: 71. broccoli, 72. ravaged, 73. privilege, 74. population, 75. pecans, 76. bycatch, 77. beneath, 78. buffet

79. I opened the can of _____ and the oily smell filled the room.
n. a small saltwater fish that is often canned and used for food; a crowded or tightly packed space or area
80. His honesty wielded a _____ influence on those around him.
adj. good for or likely to improve your health; conducive to or characterized by physical or moral well-being
81. Please _____ my glass with some more wine.
v. to fill something that had previously been emptied
82. The rocket's front _____ falls off.
n. one component of a larger entity
83. She did well on her _____ exam.
n. a field of science devoted to the study of the lands, features, inhabitants, and phenomena of the Earth
84. The _____ economic straits called for immediate action.
adj. extremely serious or urgent; critical, grave, or disastrous
85. The _____ shop was closed on Monday, much to the disappointment of many customers.
n. a person who cuts men's hair and shaves beards as a profession; a shop or establishment where such services are offered
86. The forest was recently designated a _____ area.
n. the protection of something important, such as the natural environment or artificial structures, especially from the damaging effects of human activity

ANSWERS: 79. sardines, 80. wholesome, 81. replenish, 82. portion, 83. geography, 84. dire, 85. barber, 86. conservation

87. Mercury is the closest _____ to the sun.

- n.* any of the nine large celestial bodies that circle in the solar system; any celestial body that revolves around a star

88. Please _____ the assignment to me.

- v.* to give or offer a document, proposal, etc. to a decision-maker for examination or consideration

89. One _____ of gold is worth much money.

- n.* a unit of weight equal to approximately 28 grams

90. Many people enjoy grilled _____ as a delicious and healthy meal option.

- n.* a type of saltwater fish commonly eaten as food, known for its oily flesh and distinctively striped appearance

91. When heated, _____ molecules absorb water and become thick and gooey, making it a useful thickening agent in cooking.

- n.* a complex carbohydrate found in many plants, including rice, wheat, and potatoes that is an important foodstuff for humans and animals

92. It was _____ for the store to have such a big sale.

- adj.* not occurring or seen very often; rare

93. This inclusive environment has allowed the plant species to _____.

- v.* to make something include more different types or things; to spread out activities or investments

94. The majority of the people on the island are _____ folk.

- n.* an area of water where fish are caught in large quantities for living; a business or practice of catching and selling fish

ANSWERS: 87. planet, 88. submit, 89. ounce, 90. mackerel, 91. starch, 92. uncommon, 93. diversify, 94. fishery

95. In some cultures, it is customary to _____ when entering a place of worship.
- v.* to kneel or bend one or both knees as a sign of respect or worship, especially in a religious context; to show deference or submission
96. The robust economy of the country is based on its _____ resources.
- n.* a solid inorganic substance occurring in nature having a definite chemical composition
97. They hope to _____ their business worldwide.
- v.* to increase or to make something greater in size, number, or importance
98. 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
99. Greed is the primary _____ in the making of criminals.
- n.* one of the things used to make something, especially one of the foods used to make a particular dish
100. He inserted the _____ into a split in the log.
- n.* a piece of wood, metal, or other material with one thick end and a narrow edge that is driven between two things or parts of objects to secure or separate them
101. He is a man admired for the depth of his _____.
- n.* a belief, opinion, or image you have based on how you regard, understand, or interpret something; the ability to see, hear, or notice something through the senses
102. _____ elections were held in several European countries.
- adj.* belonging to or used by a group rather than individuals; for common use

ANSWERS: 95. genuflect, 96. mineral, 97. expand, 98. environment, 99. ingredient, 100. wedge, 101. perception, 102. Communal

103. I _____ the steak in the oven for a delicious and easy meal.

- v.* to cook something by direct heat, typically using a grill, a hotplate, or an oven; to become very hot and feverish

104. He _____ the 10th anniversary of his tenure.

- v.* to acknowledge a memorable or good day or event with a social gathering or enjoyable activity

105. The government announced a policy to control the rise in _____ prices.

- n.* a product or a raw material that can be traded, bought, or sold

106. She wiped the _____ off her forehead with a towel.

- n.* the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

107. The native South American animals were in danger because of the _____ arrival.

- n.* an animal whose natural behavior is to prey on others

108. The _____ of the country is struggling due to the recent political instability.

- n.* the system by which a country or region produces manages, and distributes goods and services, including the money and finances involved in these activities; (of an airline) the lowest-priced, most basic option for seating in commercial travel

109. In our country, water _____ usually decreases during the winter.

- n.* the amount used or eaten; the act of using up a resource such as energy, food, or materials

110. The restaurant is famous for its _____ where they serve the best steaks.

- n.* a device used for cooking food by direct exposure to heat, typically a metal rack set over a fire or gas flame, or a part of an oven; (verb) to cook something over or under a grill

ANSWERS: 103. broiled, 104. celebrated, 105. commodity, 106. sweat, 107. predator's, 108. economy, 109. consumption, 110. grill,

111. Many countries have now agreed to a treaty banning the use of _____ weapons.

adj. of or relating to or constituting the nucleus of an atom; deriving destructive energy from the release of atomic energy

112. The new amusement park ride was _____ with twists, turns, and drops that left riders screaming with excitement.

adj. extremely good; excellent

113. I ordered the steak _____ with a side of mashed potatoes and vegetables.

n. a main course or dish in a meal often served after an appetizer or soup

114. Nevada is _____ a desert state.

adv. virtually entirely; to a large degree

115. In southward, the average annual water _____ increases.

n. the amount or number of something; magnitude

116. She found a paint _____ on the wall and realized it was time to repaint the room.

n. a small, thin piece or layer of something, often with a flat or irregular shape; a person who is unreliable or inconsistent

117. The _____ of diversity and inclusion is crucial for building a harmonious society.

n. the act of agreeing or approving, or the state of being agreed or approved

118. I don't particularly enjoy _____ on my pizza.

n. a small saltwater fish with a strong flavor, often used in cooking and as a pizza topping

ANSWERS: 111. nuclear, 112. fantastic, 113. entree, 114. largely, 115. quantity, 116. flake, 117. acceptance, 118. anchovy

119. The outermost electron _____ determines the chemical properties of an atom.

n. hard outer covering or case of eggs, nuts, some seeds, and some animals

120. We use various precision _____ in the manufacturing process of machinery.

n. an instrument for measuring and displaying the amount, level, or contents of something; (verb) to judge tentatively or form an estimate of something

121. My dog found a _____ on the floor and quickly ate it.

n. a small particle or fragment of food or other substance, often one that has broken off from a larger piece; a very small amount or portion of something

122. I made a _____ sandwich for lunch today.

n. a large fish of the mackerel family, found in warm seas; commonly used for commercial and sport fishing and as a food source for humans and other animals

123. She decided to _____ the vegetables on the grill for added flavor.

v. to burn or scorch the surface of something with fire or heat, often intentionally; to cook or prepare food over an open flame; to blacken or discolor due to excessive heat or burning; (noun) a charred piece of wood or other material; (noun, of a computer) a character or symbol in a text or string of characters in computer programming

124. Seals and whales are _____ animals beloved by the people.

adj. relating to the sea and the creatures and plants that live there

125. The _____ at the restaurant was known for his creative and delicious dishes.

n. a cook, especially the chief cook in a restaurant or hotel

126. He ordered a rare _____ for dinner.

n. a thin slice of meat, typically beef, grilled or fried and served as a main dish

ANSWERS: 119. shell, 120. gauges, 121. crumb, 122. tuna, 123. char, 124. marine, 125. chef, 126. steak

127. I decided to ____ for premature retirement.

v. to make a choice from a range of possibilities

128. As people age, their digestive capacity also gradually _____.

v. to become gradually smaller, fewer, worse, etc.; to refuse to accept

129. The sprinter has a _____ way of running.

adj. having a lot of energy, ideas, and enthusiasm, and a strong personality; of or relating to dynamics (= the branch of physics and engineering concerned with the forces that cause motions of bodies)

130. The fortune teller predicted his ____ and warned him of the looming danger.

n. the development of events beyond one's control; destiny; the ultimate outcome or consequence of a situation or person's actions

131. The seafood restaurant had a variety of dishes featuring _____.

n. a small, freshwater or saltwater creature with a slender body and long legs

132. Fruits and vegetables are good sources of _____.

n. a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products

133. 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.

134. It would be best if you burned off _____ through vigorous exercise.

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

ANSWERS: 127. opt, 128. declines, 129. dynamic, 130. fate, 131. shrimp, 132. antioxidants, 133. hopped, 134. calories

135. Lengthened skirts are _____ this year.

adj. popular at a particular time

136. The _____ accident caused many injuries and some fatalities.

adj. having bad luck or fortune; unlucky

137. The author had _____ notes used as references for the research paper.

adj. abundant in quantity or number; plentiful; yielding or containing a large amount or volume

138. This car has a _____ engine.

n. an imaginary creature that is large and has various human and animal parts; someone or something large and powerful

139. The _____ jets gradually dominate the world's airlines.

adj. enormous; much bigger or more important than similar items usually are

140. After drinking too much at the party, he woke up with a terrible _____.

n. the unpleasant physical and mental effects a person experiences after consuming too much alcohol; a lasting effect or aftereffect of something

141. She was disbarred for her _____ in fraud.

adj. attracting, pleasant, or charming

142. Frugality and industry are still _____ as virtues.

v. to think about or consider somebody or something in a specified way

143. I had delicious _____ for dinner last night.

n. a type of freshwater fish commonly farmed for food, native to Africa and the Middle East

ANSWERS: 135. fashionable, 136. unfortunate, 137. copious, 138. monster, 139. giant, 140. hangover, 141. engaging, 142. regarded, 143. tilapia

144. Many multinational companies are _____ in the reconstruction of that country.

v. to attract and keep someone's attention and interest; to participate in or obtain services of something

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

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

146. They found a _____ place to play catch.

adj. valuable and convenient; easy or ready to reach or use

ANSWERS: 144. engaged, 145. recipe, 146. handy