

# Englist.me



## Vocabulary Builder Reference from...

*Dean Ornish: The killer American diet that's sweeping the planet | TED Talk*

[https://www.ted.com/talks/dean\\_ornish\\_the\\_killer\\_american\\_diet\\_that\\_s\\_sweeping\\_the\\_planet](https://www.ted.com/talks/dean_ornish_the_killer_american_diet_that_s_sweeping_the_planet)

### All Words

#### IMPORTANT

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## Session 1: Word List

### legitimate

*adj.* accordant with or allowed by law; lawful

*synonym* : lawful, honest, fair

(1) a **legitimate** child, (2) **legitimate** question

Public political demonstrations are considered **legitimate** rights for citizens.

### avian

*adj.* relating to or characteristic of birds

*synonym* : bird-like, feathered, winged

(1) **avian** influenza, (2) **avian** habitat

The expert on **avian** species studied the behavior of different types of birds.

### influenza

*n.* (formal for flu) a highly contagious viral disease that causes fever, severe aching, and catarrh and often occurs in epidemics

*synonym* : grippe, flu

(1) an epidemic outbreak of **influenza**, (2) **influenza B** strain

The research institute allocated a lot of money to study the cause and prevention of **influenza**.

### brilliant

*adj.* extremely clever, skilled, or impressive

*synonym* : luminous, intelligent, clever

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

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

## pandemic

*n.* an outbreak of a disease that affects many people over a very wide area

*synonym*: outbreak

(1) flu **pandemic**, (2) global **pandemic**

They fear a **pandemic** of a new type of virus.

## cardiovascular

*adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)

(1) **cardiovascular** diseases, (2) **cardiovascular** tissue

Smoking places you at severe risk of **cardiovascular** and respiratory disease.

## disease

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

*synonym*: illness, ailment, affliction

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

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

## diabetes

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

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

My father was tested for **diabetes**.

## hypertension

*n.* a medical condition characterized by abnormally high blood pressure in the arteries, often leading to an increased risk of heart disease, stroke, and other health problems

*synonym*: high blood pressure

(1) **hypertension** rate, (2) arterial **hypertension**

To lower **hypertension**, it is important to maintain a healthy diet and exercise regularly.

- diet**
- n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
- synonym* : food, dietary
- (1) eat a vegetarian **diet**, (2) **Diet** approval
- A balanced **diet** is more important for health than supplements.
- globalization**
- n.* the process by which economies, societies, and cultures around the world become increasingly integrated and interconnected through the rapid exchange of goods, services, ideas, and people across international borders
- synonym* : worldwide integration
- (1) the rapid pace of **globalization**, (2) **globalization** trend
- The spread of popular culture worldwide is an example of cultural **globalization**.
- generation**
- n.* all the people born and living at about the same time, regarded collectively; the production of heat or electricity
- synonym* : cohort, age group, era
- (1) **generation** gap, (2) the **generation** of electricity
- The younger **generation** has different values and beliefs than the older one.
- obesity**
- n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
- synonym* : overweight, corpulence, fattiness
- (1) **obesity-related** diseases, (2) suffer from **obesity**
- The prevalence of **obesity** has increased significantly in recent years.
- critic**
- n.* someone who expresses opinions about the quality of books, music, etc.
- synonym* : pundit, analyst, attacker
- (1) art **critic**, (2) severe **critic**
- Advocates for legal reform hear less harsh words from their

**critics.**

**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.

**literally**

*adv.* in the real or original meaning of a word or phrase; in a literal sense or way; not figuratively

*synonym* : actually, truly, verily

(1) translate **literally**, (2) bite his tongue **literally**

He **literally** jumped out of his chair when he heard the news.

**medicinal**

*adj.* of or relating to the treatment or cure of disease

*synonym* : curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**

The **medicinal** properties of this herb have been known to help with various ailments.

**vessel**

*n.* a ship or large boat

*synonym* : boat, ship, craft

(1) blood **vessels**, (2) naval **vessels**

The **vessel** arrived in port the following day.

**combine**

*v.* to join or merge to form a single thing or group

*synonym* : coalesce, cohere, blend

(1) **combine** chemically with another substance,

(2) **combine** augmented reality

Hydrogen and oxygen **combine** to form water.

**reversible**

*adj.* capable of being turned or done in the opposite direction or way; capable of being reversed or undone

*synonym* : invertible, changeable, undoable

(1) **reversible** decision, (2) **reversible** fabrics

The jacket is **reversible** so that you can wear it with the fur

lining on the outside or the inside.

## technological

*adj.* based on scientific and industrial progress

*synonym* : specialized, technical

(1) **technological** advancement, (2) **technological** policy

**Technological** advances have disrupted many industries.

## state-of-the-art

*adj.* characterized by the use of the latest and most advanced technology or methods; cutting-edge

*synonym* : advanced, cutting-edge, innovative

(1) **state-of-the-art** technology, (2) **state-of-the-art** software

The hospital has **state-of-the-art** equipment and facilities to ensure the best healthcare for its patients.

## intervention

*n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so

*synonym* : interference, intercession, treatment

(1) **intervention** by foreign powers, (2) surgical

**intervention**

This **intervention** does not require the patient's consent.

## quantitative

*adj.* relating to, measuring, or expressing in terms of quantity; involving numerical or statistical data

*synonym* : numerical, measurable

(1) **quantitative** tightening, (2) **quantitative** analysis

The **quantitative** research provided statistical evidence to support the hypothesis.

## artery

*n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.

*synonym* : blood vessel, channel, roadway

(1) **artery** blockage, (2) risk of coronary **artery** disease

Continuous consumption of fatty foods leads to the hardening of the **artery**.

## cardiac

*adj.* of or relating to the heart or heart disease

(1) **cardiac** arrest, (2) **cardiac** disease

The **cardiac** output of a resting adult is around three quarts per minute.

## pet

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

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

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

## scan

*v.* to examine something hastily, with the eyes or with a machine, to get information

*synonym*: look over, scrutinize, browse

(1) **scan** the face of the man, (2) **scan** a document into PDF

She stood on the podium and **scanned** an audience.

## reverse

*v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear

*synonym*: overturn, shift, switch

(1) **reverse** the trend, (2) **reverse** the order

The restaurant **reversed** a ban on smoking.

## 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.

## prostate

*n.* a small gland located near the bladder (= an organ located in the lower abdomen) in males that produces fluid that becomes part of semen

*synonym*: gland, bladder

(1) **prostate** surgery, (2) enlarged **prostate**

Men over the age of 50 are at a higher risk for **prostate** cancer.

## cancer

*n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells

*synonym*: tumor, carcinoma, malignancy

(1) **cancer** diagnosis, (2) **cancer** research

Breast **cancer** is the most common type of cancer in women.

## regress

*v.* to move or develop backward; to return to an earlier or less advanced state or condition; to decline or deteriorate

*synonym*: retrovert, deteriorate, decline

(1) **regress** to childhood, (2) **regress** in skills

The team's failure to win games has caused them to **regress** in confidence.

## tumor

*n.* a mass of diseased tissue that forms when cells in the body divide and grow in an uncontrolled way

*synonym*: neoplasm, mass, lump

(1) **tumor** growth, (2) **tumor** at remote sites

The patient was diagnosed with a **tumor** in her lung.

## inhibit

*v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal

*synonym*: deter, hinder, impede

(1) **inhibit** desires, (2) **inhibit** tumor growth

Excessive parental interference may **inhibit** children's eagerness to learn.

## spectroscope

*n.* an optical instrument used for spectrographic analysis (= measurement of properties of light over a specific portion of the electromagnetic spectrum)

(1) infrared **spectroscope**, (2) Fourier **spectroscope**

An X-ray **spectroscope** can determine the composition of the elements in a sample.

## diminish

*v.* to reduce or be reduced in size, extent, or importance; to make something smaller, weaker, etc.

*synonym* : decline, dwindle, lessen

(1) **diminish** a reputation, (2) **diminish** swelling

As people get old, their energies may **diminish**.

## epidemic

*n.* the widespread outbreak of a particular disease in a large number of people at the same time

*synonym* : outbreak, contagion, plague

(1) a worldwide **epidemic**, (2) health **epidemic**

The disease is now reaching **epidemic** proportions in our country.

## span

*n.* the entire length of something, such as time or space from beginning to end; the amount of space that something covers

*synonym* : interval, period, length

(1) the **span** of a bird's wings, (2) the average life **span**

He slightly modified the **span** of training because it was just before a match.

## pitiful

*adj.* making people feel sorrow or sympathy; very small or poor

*synonym* : miserable, contemptible, sorry

(1) a **pitiful** fate, (2) cast **pitiful** eyes

We heard their **pitiful** laments throughout the night.

## elect

*v.* to choose someone for a specific position by voting for them; to decide or choose to do something

*synonym* : select, choose, prefer

(1) **elect** the school board, (2) **elect** death

Every five years, the provincial governors are **elected**.

## obese

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

*synonym* : overweight, corpulent, plump



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

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

## devolve

*v.* to transfer or delegate responsibility, power, or authority to someone else, often as a result of a process or procedure; to degrade, deteriorate, or regress to a less advanced or more primitive state or form

*synonym*: degenerate, drop, decline

(1) **devolve** into chaos, (2) **devolve** his rights

As time has passed, the responsibility has **devolved** to the younger generation.

## 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.

## convenient

*adj.* useful, helpful, or quick to do

*synonym*: timely, fortunate, suitable

(1) **convenient** way, (2) **convenient** location

The airport offers five **convenient** access routes.

## advisory

*adj.* giving advice or suggestions on a particular matter; having the function of providing recommendations or guidance

*synonym*: consultative, recommendatory

(1) **advisory** committee, (2) environmental **advisory**

The travel agent provided **advisory** services to the clients.

## revenue

*n.* the income that a government receives from taxes or that a company earns from its business

*synonym*: earnings, payment, remuneration

(1) tax **revenue**, (2) annual **revenue**

This graph indicates the city's tourism **revenue** over five years.

## **malaria**

*n.* a severe disease caused by a parasite that is spread by the bite of an infected mosquito

(1) **malaria** mosquitoes, (2) **malaria-endemic** area

Many people in tropical countries die from **malaria** every year.

## Session 2: Spelling

1. severe cr\_\_\_c *n.* someone who expresses opinions about the quality of books, music, etc.
2. car\_\_\_\_\_lar diseases *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
3. qua\_\_\_\_\_ive analysis *adj.* relating to, measuring, or expressing in terms of quantity; involving numerical or statistical data
4. s\_\_n a document into PDF *v.* to examine something hastily, with the eyes or with a machine, to get information
5. health ep\_\_\_\_\_ic *n.* the widespread outbreak of a particular disease in a large number of people at the same time
6. ar\_\_\_y blockage *n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.
7. qua\_\_\_\_\_ive tightening *adj.* relating to, measuring, or expressing in terms of quantity; involving numerical or statistical data
8. me\_\_\_\_\_al chemistry *adj.* of or relating to the treatment or cure of disease
9. pro\_\_\_\_\_on of disease *n.* the act or process of changing to the next stage or phase or moving forward

ANSWERS: 1. critic, 2. cardiovascular, 3. quantitative, 4. scan, 5. epidemic, 6. artery, 7. quantitative, 8. medicinal, 9. progression

10. ca\_\_\_r research *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
11. int\_\_\_\_\_ion by foreign powers *n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so
12. surgical int\_\_\_\_\_ion *n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so
13. a teacher's p\_t *n.* an animal that you have at home as a companion and treated kindly
14. the s\_\_n of a bird's wings *n.* the entire length of something, such as time or space from beginning to end; the amount of space that something covers
15. leg\_\_\_\_\_te question *adj.* accordant with or allowed by law; lawful
16. op\_\_\_\_\_ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
17. con\_\_\_\_\_nt way *adj.* useful, helpful, or quick to do
18. Fourier spe\_\_\_\_\_ope *n.* an optical instrument used for spectrographic analysis (= measurement of properties of light over a specific portion of the electromagnetic spectrum)
19. di\_\_\_\_\_es patient *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

ANSWERS: 10. cancer, 11. intervention, 12. intervention, 13. pet, 14. span, 15. legitimate, 16. opportune, 17. convenient, 18. spectroscope, 19. diabetes

20. ca\_\_\_\_c disease *adj.* of or relating to the heart or heart disease
21. ca\_\_\_\_r diagnosis *n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
22. a pi\_\_\_\_l fate *adj.* making people feel sorrow or sympathy; very small or poor
23. co\_\_\_\_e augmented reality *v.* to join or merge to form a single thing or group
24. a gas cr\_\_\_\_h *n.* a loud, crackling noise made by something being crushed or broken; a difficult or critical situation
25. re\_\_\_\_s in skills *v.* to move or develop backward; to return to an earlier or less advanced state or condition; to decline or deteriorate
26. ob\_\_\_\_y-related diseases *n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
27. tec\_\_\_\_cal policy *adj.* based on scientific and industrial progress
28. di\_\_\_\_e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
29. ma\_\_\_\_a mosquitoes *n.* a severe disease caused by a parasite that is spread by the bite of an infected mosquito

ANSWERS: 20. cardiac, 21. cancer, 22. pitiful, 23. combine, 24. crunch, 25. regress, 26. obesity, 27. technological, 28. disease, 29. malaria

30. di\_\_\_\_\_sh a reputation *v.* to reduce or be reduced in size, extent, or importance; to make something smaller, weaker, etc.
31. car\_\_\_\_\_lar tissue *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
32. glo\_\_\_\_\_ion trend *n.* the process by which economies, societies, and cultures around the world become increasingly integrated and interconnected through the rapid exchange of goods, services, ideas, and people across international borders
33. tec\_\_\_\_\_cal advancement *adj.* based on scientific and industrial progress
34. D\_\_t approval *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
35. br\_\_\_\_\_nt idea *adj.* extremely clever, skilled, or impressive
36. tu\_\_r at remote sites *n.* a mass of diseased tissue that forms when cells in the body divide and grow in an uncontrolled way
37. hyp\_\_\_\_\_ion rate *n.* a medical condition characterized by abnormally high blood pressure in the arteries, often leading to an increased risk of heart disease, stroke, and other health problems
38. eat a vegetarian d\_\_t *n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan

ANSWERS: 30. diminish, 31. cardiovascular, 32. globalization, 33. technological, 34. diet, 35. brilliant, 36. tumor, 37. hypertension, 38. diet

39. translate li\_\_\_\_\_ly *adv.* in the real or original meaning of a word or phrase; in a literal sense or way; not figuratively
40. naval ve\_\_\_\_ls *n.* a ship or large boat
41. juvenile di\_\_\_\_\_es *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
42. av\_\_n influenza *adj.* relating to or characteristic of birds
43. in\_\_\_\_\_t tumor growth *v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
44. gen\_\_\_\_\_on gap *n.* all the people born and living at about the same time, regarded collectively; the production of heat or electricity
45. tax re\_\_\_\_\_e *n.* the income that a government receives from taxes or that a company earns from its business
46. an op\_\_\_\_\_ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
47. s\_\_n the face of the man *v.* to examine something hastily, with the eyes or with a machine, to get information
48. a worldwide ep\_\_\_\_\_ic *n.* the widespread outbreak of a particular disease in a large number of people at the same time
49. in\_\_\_\_\_za B strain *n.* (formal for flu) a highly contagious viral disease that causes fever, severe aching, and catarrh and often occurs in epidemics

ANSWERS: 39. literally, 40. vessel, 41. diabetes, 42. avian, 43. inhibit, 44. generation, 45. revenue, 46. opportune, 47. scan, 48. epidemic, 49. influenza

50. environmental ad\_\_\_\_\_ry *adj.* giving advice or suggestions on a particular matter; having the function of providing recommendations or guidance
51. re\_\_\_\_\_e the trend *v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear
52. in\_\_\_\_\_t desires *v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
53. blood ve\_\_\_\_\_ls *n.* a ship or large boat
54. pr\_\_\_\_\_te surgery *n.* a small gland located near the bladder (= an organ located in the lower abdomen) in males that produces fluid that becomes part of semen
55. risk of coronary ar\_\_\_\_\_y disease *n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.
56. a p\_t bird *n.* an animal that you have at home as a companion and treated kindly
57. a leg\_\_\_\_\_te child *adj.* accordant with or allowed by law; lawful
58. de\_\_\_\_\_e his rights *v.* to transfer or delegate responsibility, power, or authority to someone else, often as a result of a process or procedure; to degrade, deteriorate, or regress to a less advanced or more primitive state or form

ANSWERS: 50. advisory, 51. reverse, 52. inhibit, 53. vessel, 54. prostate, 55. artery, 56. pet, 57. legitimate, 58. devolve



59. av\_\_n habitat *adj.* relating to or characteristic of birds
60. the gen\_\_\_\_\_on of electricity *n.* all the people born and living at about the same time, regarded collectively; the production of heat or electricity
61. de\_\_\_\_\_e into chaos *v.* to transfer or delegate responsibility, power, or authority to someone else, often as a result of a process or procedure; to degrade, deteriorate, or regress to a less advanced or more primitive state or form
62. annual re\_\_\_\_\_e *n.* the income that a government receives from taxes or that a company earns from its business
63. financial cr\_\_\_h *n.* a loud, crackling noise made by something being crushed or broken; a difficult or critical situation
64. ca\_\_\_\_\_c arrest *adj.* of or relating to the heart or heart disease
65. bite his tongue li\_\_\_\_\_ly *adv.* in the real or original meaning of a word or phrase; in a literal sense or way; not figuratively
66. el\_\_t death *v.* to choose someone for a specific position by voting for them; to decide or choose to do something
67. br\_\_\_\_\_nt performance *adj.* extremely clever, skilled, or impressive
68. an epidemic outbreak of in\_\_\_\_\_za *n.* (formal for flu) a highly contagious viral disease that causes fever, severe aching, and catarrh and often occurs in epidemics

ANSWERS: 59. avian, 60. generation, 61. devolve, 62. revenue, 63. crunch, 64. cardiac, 65. literally, 66. elect, 67. brilliant, 68. influenza

69. suffer from ob\_\_\_\_y      *n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
70. sta\_\_\_\_\_art software      *adj.* characterized by the use of the latest and most advanced technology or methods; cutting-edge
71. ma\_\_\_\_\_a-endemic area      *n.* a severe disease caused by a parasite that is spread by the bite of an infected mosquito
72. global pa\_\_\_\_\_ic      *n.* an outbreak of a disease that affects many people over a very wide area
73. re\_\_\_\_\_s to childhood      *v.* to move or develop backward; to return to an earlier or less advanced state or condition; to decline or deteriorate
74. con\_\_\_\_\_nt location      *adj.* useful, helpful, or quick to do
75. the average life s\_\_n      *n.* the entire length of something, such as time or space from beginning to end; the amount of space that something covers
76. ob\_\_e individuals      *adj.* excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more
77. ad\_\_\_\_\_ry committee      *adj.* giving advice or suggestions on a particular matter; having the function of providing recommendations or guidance
78. ob\_\_e children      *adj.* excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more

ANSWERS: 69. obesity, 70. state-of-the-art, 71. malaria, 72. pandemic, 73. regress, 74. convenient, 75. span, 76. obese, 77. advisory, 78. obese

79. infrared spe\_\_\_\_\_ope *n.* an optical instrument used for spectrographic analysis (= measurement of properties of light over a specific portion of the electromagnetic spectrum)
80. pro\_\_\_\_\_on of civilization *n.* the act or process of changing to the next stage or phase or moving forward
81. di\_\_\_\_\_e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
82. co\_\_\_\_\_e chemically with another substance *v.* to join or merge to form a single thing or group
83. the rapid pace of glo\_\_\_\_\_ion *n.* the process by which economies, societies, and cultures around the world become increasingly integrated and interconnected through the rapid exchange of goods, services, ideas, and people across international borders
84. flu pa\_\_\_\_\_ic *n.* an outbreak of a disease that affects many people over a very wide area
85. tu\_\_r growth *n.* a mass of diseased tissue that forms when cells in the body divide and grow in an uncontrolled way
86. el\_\_t the school board *v.* to choose someone for a specific position by voting for them; to decide or choose to do something
87. cast pi\_\_\_\_\_l eyes *adj.* making people feel sorrow or sympathy; very small or poor

ANSWERS: 79. spectroscope, 80. progression, 81. disease, 82. combine, 83. globalization, 84. pandemic, 85. tumor, 86. elect, 87. pitiful

88. rev\_\_\_\_\_le fabrics *adj.* capable of being turned or done in the opposite direction or way; capable of being reversed or undone
89. rev\_\_\_\_\_le decision *adj.* capable of being turned or done in the opposite direction or way; capable of being reversed or undone
90. di\_\_\_\_\_sh swelling *v.* to reduce or be reduced in size, extent, or importance; to make something smaller, weaker, etc.
91. art cr\_\_\_\_c *n.* someone who expresses opinions about the quality of books, music, etc.
92. sta\_\_\_\_\_art technology *adj.* characterized by the use of the latest and most advanced technology or methods; cutting-edge
93. arterial hyp\_\_\_\_\_ion *n.* a medical condition characterized by abnormally high blood pressure in the arteries, often leading to an increased risk of heart disease, stroke, and other health problems
94. traditional me\_\_\_\_\_al *adj.* of or relating to the treatment or cure of disease
95. enlarged pr\_\_\_\_\_te *n.* a small gland located near the bladder (= an organ located in the lower abdomen) in males that produces fluid that becomes part of semen
96. re\_\_\_\_\_e the order *v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear

ANSWERS: 88. reversible, 89. reversible, 90. diminish, 91. critic, 92. state-of-the-art, 93. hypertension, 94. medicinal, 95. prostate, 96. reverse

ANSWERS:

## Session 3: Fill in the Blanks

1. The spread of popular culture worldwide is an example of cultural \_\_\_\_\_.  
*n.* the process by which economies, societies, and cultures around the world become increasingly integrated and interconnected through the rapid exchange of goods, services, ideas, and people across international borders
2. The doctor diagnosed him with a rare \_\_\_\_\_ that had no known cure.  
*n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
3. I have a parrot as a \_\_\_\_\_.  
*n.* an animal that you have at home as a companion and treated kindly
4. Public political demonstrations are considered \_\_\_\_\_ rights for citizens.  
*adj.* accordant with or allowed by law; lawful
5. We heard their \_\_\_\_\_ laments throughout the night.  
*adj.* making people feel sorrow or sympathy; very small or poor
6. Men over the age of 50 are at a higher risk for \_\_\_\_\_ cancer.  
*n.* a small gland located near the bladder (= an organ located in the lower abdomen) in males that produces fluid that becomes part of semen
7. Continuous consumption of fatty foods leads to the hardening of the \_\_\_\_\_.  
*n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.

ANSWERS: 1. globalization, 2. disease, 3. pet, 4. legitimate, 5. pitiful, 6. prostate, 7. artery

8. The jacket is \_\_\_\_\_ so that you can wear it with the fur lining on the outside or the inside.  
*adj.* capable of being turned or done in the opposite direction or way; capable of being reversed or undone
9. The expert on \_\_\_\_\_ species studied the behavior of different types of birds.  
*adj.* relating to or characteristic of birds
10. To lower \_\_\_\_\_ it is important to maintain a healthy diet and exercise regularly.  
*n.* a medical condition characterized by abnormally high blood pressure in the arteries, often leading to an increased risk of heart disease, stroke, and other health problems
11. The phone rang at the most \_\_\_\_\_ time.  
*adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
12. The research institute allocated a lot of money to study the cause and prevention of \_\_\_\_\_.  
*n.* (formal for flu) a highly contagious viral disease that causes fever, severe aching, and catarrh and often occurs in epidemics
13. A balanced \_\_\_\_\_ is more important for health than supplements.  
*n.* the food and drink that a person, animal, or community eats and drinks regularly; a legislative assembly in certain countries, for example, Japan
14. An X-ray \_\_\_\_\_ can determine the composition of the elements in a sample.  
*n.* an optical instrument used for spectrographic analysis (= measurement of properties of light over a specific portion of the electromagnetic spectrum)

ANSWERS: 8. reversible, 9. avian, 10. hypertension, 11. opportune, 12. influenza, 13. diet, 14. spectroscope

15. The doctor warned him that his \_\_\_\_\_ condition put him at risk for numerous health problems.  
*adj.* excessively overweight, particularly to the point of being a serious health risk; having a body mass index (BMI) of 30 or more
16. Excessive parental interference may \_\_\_\_\_ children's eagerness to learn.  
*v.* to prevent something, such as an action, process, etc., from happening or make it less likely to happen than normal
17. The hospital has \_\_\_\_\_ equipment and facilities to ensure the best healthcare for its patients.  
*adj.* characterized by the use of the latest and most advanced technology or methods; cutting-edge
18. The disease is now reaching \_\_\_\_\_ proportions in our country.  
*n.* the widespread outbreak of a particular disease in a large number of people at the same time
19. \_\_\_\_\_ advances have disrupted many industries.  
*adj.* based on scientific and industrial progress
20. The \_\_\_\_\_ arrived in port the following day.  
*n.* a ship or large boat
21. The younger \_\_\_\_\_ has different values and beliefs than the older one.  
*n.* all the people born and living at about the same time, regarded collectively; the production of heat or electricity
22. The \_\_\_\_\_ output of a resting adult is around three quarts per minute.  
*adj.* of or relating to the heart or heart disease

ANSWERS: 15. obese, 16. inhibit, 17. state-of-the-art, 18. epidemic, 19. Technological, 20. vessel, 21. generation, 22. cardiac



23. 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
24. The airport offers five \_\_\_\_\_ access routes.  
*adj.* useful, helpful, or quick to do
25. My father was tested for \_\_\_\_\_.  
*n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
26. This \_\_\_\_\_ does not require the patient's consent.  
*n.* the action or process of being done to improve or help a circumstance, often they have not been asked to do so
27. The team's failure to win games has caused them to \_\_\_\_\_ in confidence.  
*v.* to move or develop backward; to return to an earlier or less advanced state or condition; to decline or deteriorate
28. They fear a \_\_\_\_\_ of a new type of virus.  
*n.* an outbreak of a disease that affects many people over a very wide area
29. Hydrogen and oxygen \_\_\_\_\_ to form water.  
*v.* to join or merge to form a single thing or group
30. She stood on the podium and \_\_\_\_\_ an audience.  
*v.* to examine something hastily, with the eyes or with a machine, to get information
31. The patient was diagnosed with a \_\_\_\_\_ in her lung.  
*n.* a mass of diseased tissue that forms when cells in the body divide and grow in an uncontrolled way

ANSWERS: 23. progression, 24. convenient, 25. diabetes, 26. intervention, 27. regress, 28. pandemic, 29. combine, 30. scanned, 31. tumor

32. He \_\_\_\_\_ jumped out of his chair when he heard the news.

*adv.* in the real or original meaning of a word or phrase; in a literal sense or way; not figuratively

33. As people get old, their energies may \_\_\_\_\_.

*v.* to reduce or be reduced in size, extent, or importance; to make something smaller, weaker, etc.

34. 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

35. The restaurant \_\_\_\_\_ a ban on smoking.

*v.* to change something's direction, order, position, decision, etc., to the opposite one; (adjective) directed or moving toward the rear

36. Every five years, the provincial governors are \_\_\_\_\_.

*v.* to choose someone for a specific position by voting for them; to decide or choose to do something

37. Smoking places you at severe risk of \_\_\_\_\_ and respiratory disease.

*adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)

38. The \_\_\_\_\_ research provided statistical evidence to support the hypothesis.

*adj.* relating to, measuring, or expressing in terms of quantity; involving numerical or statistical data

39. The more \_\_\_\_\_ you are, the more people around you look at you with envy and jealousy.

*adj.* extremely clever, skilled, or impressive

ANSWERS: 32. literally, 33. diminish, 34. crunch, 35. reversed, 36. elected, 37. cardiovascular, 38. quantitative, 39. brilliant

40. He slightly modified the \_\_\_\_\_ of training because it was just before a match.  
*n.* the entire length of something, such as time or space from beginning to end; the amount of space that something covers
41. Many people in tropical countries die from \_\_\_\_\_ every year.  
*n.* a severe disease caused by a parasite that is spread by the bite of an infected mosquito
42. Breast \_\_\_\_\_ is the most common type of cancer in women.  
*n.* abnormal growth of cells that can invade and destroy surrounding tissues and organs; a disease characterized by the uncontrolled growth and spread of abnormal cells
43. This graph indicates the city's tourism \_\_\_\_\_ over five years.  
*n.* the income that a government receives from taxes or that a company earns from its business
44. The \_\_\_\_\_ properties of this herb have been known to help with various ailments.  
*adj.* of or relating to the treatment or cure of disease
45. The travel agent provided \_\_\_\_\_ services to the clients.  
*adj.* giving advice or suggestions on a particular matter; having the function of providing recommendations or guidance
46. The prevalence of \_\_\_\_\_ has increased significantly in recent years.  
*n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
47. Advocates for legal reform hear less harsh words from their \_\_\_\_\_.  
*n.* someone who expresses opinions about the quality of books, music, etc.

ANSWERS: 40. span, 41. malaria, 42. cancer, 43. revenue, 44. medicinal, 45. advisory, 46. obesity, 47. critics

48. As time has passed, the responsibility has \_\_\_\_\_ to the younger generation.
- v. to transfer or delegate responsibility, power, or authority to someone else, often as a result of a process or procedure; to degrade, deteriorate, or regress to a less advanced or more primitive state or form

ANSWERS: 48. devolved