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Vocabulary Builder Reference from...

Graham Hill: Why I'm a weekday vegetarian | TED Talk

https://www.ted.com/talks/graham_hill_why_i_m_a_w eekday_vegetarian



All Words

IMPORTANT

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Session 1: Word List

vegetarian

- a person who does not eat meat or fish, or often any animal products, for health or religious reasons
- eat a vegetarian diet, (2) a strict vegetarian
 restaurant has vegetarian dishes as well.

aft

- adj. (the opposite of "forward") located at or towards the rear or back of a ship, aircraft, or other vehicle
- (1) aft cabin, (2) aft view

The **aft** section of the ship suffered significant damage after the collision with the reef.

hippie

n. a person who follows a counterculture movement that originated in the United States during the 1960s, characterized by the advocacy of nonviolence, communal living, and a rejection of traditional American values

synonym: bohemian, beatnik, free spirit

(1) hippie lifestyle, (2) hippie music

The fashion of the **hippie** movement included unconventional clothing such as tie-dye shirts and bell-bottom jeans.

par

n. a state of being equal to someone or somethingsynonym: equality, standard, balance

(1) above **par** performance, (2) not up to **par**Shares in the company finally fell below their **par** value.

cabin

n. a small, simple dwelling or shelter, typically made of wood and located in a remote or rural area; an enclosed compartment or area within a larger structure, such as an aircraft or ship, where passengers or crew members can sit or sleep

synonym: hut, cottage, shack

(1) cabin crew, (2) log cabin

The quaint **cabin** in the woods was the perfect retreat for a weekend getaway.

mere

adj. used to emphasize how insignificant or minor someone or something is

synonym: bare, minor, sheer

(1) mere acquaintance, (2) mere incident

He lost the election by **mere** votes.

cruel

adj. feeling or showing pleasure in causing pain or suffering to others

synonym: heartless, sadistic, vicious

(1) a **cruel** and unusual punishment, (2) **cruel** joke
The dictator was known for his **cruel** and oppressive regime.

hypocritical

adj. behaving in a way that contradicts one's stated beliefs or values; insincere or false in one's dealings with others; pretending to have virtues, morals, or principles that they do not actually have

synonym: insincere, two-faced, phony

(1) hypocritical actions, (2) hypocritical behavior

The politician's statements were **hypocritical** as he claimed to care about people experiencing poverty but cut funding for social services.

pet

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**.

environment

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

synonym: atmosphere, surroundings, climate

environment affairs, (2) chaotic environment
 Every human is responsible for taking care of the Earth's environment.

amazing

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

synonym: exceptional, extraordinary, wonderful

(1) **amazing** advances, (2) the most **amazing** feeling The golfer recorded an **amazing** distance.

emission

- n. the act of production or sending out gas, heat, light, etc.synonym: emanation, radiation, discharge
- (1) global **emissions** of greenhouse gases, (2) the **emission** of light

There are five distinct emissions at five unique wavelengths.

transport

- n. a system for moving people or products from one location to another using automobiles, roads, and so on synonym: shipment, transit, conveyance
- (1) **transport** facilities, (2) access to public **transport** Enhanced rail **transportation** is crucial for our business.

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.

convince

v. to persuade someone or make someone believe that something is true

synonym:

persuade, win over, convert

- (1) **convince** her to go with us, (2) **convince** an opponent I am considering what I should do to **convince** him.
- to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable

synonym: insert, wrap, pinch

(1) **tuck** a baby in the blanket, (2) **tuck** into another cigarette

You should **tuck** your shirt into your trousers.

 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.

v. to stop or cause to stop making progress; (noun) small area or booth set off for the sale of goods in a market or large covered area

synonym: halt, hamper, (noun) cubicle

(1) stall at sea, (2) stall in a tunnel

The negotiations proceeded slowly and finally stalled.

n. the property of sound that varies with variation in the frequency of vibration; the degree of a slope, especially of a roof; short presentation for selling or sharing something

synonym: angle, gradient, slope

(1) make a **pitch** for a new product, (2) a low- **pitched** sound

Her voice gradually increased in **pitch**.

n. a system of numbers that uses only two digits, 0 and 1synonym: twofold, double

tuck

steak

stall

pitch

binary

(1) a **binary** number, (2) trading in **binary** options

A **binary** star is a system in which two stars revolve around each other.

intention

- n. something you want to do and are going to dosynonym: purpose, connotation, will
- (1) intention behind his decision, (2) clear intention Our CEO's intentions are always transparent and straightforward.

conflict

- a strong disagreement, argument, or a violent clash between two opposing groups or individuals
- synonym: clash, discord, competition
- (1) the **conflict** between good and evil, (2) the longstanding **conflict**

He and I often had **conflicts**, not only in personality but also in ideology.

bud

a small swelling on a plant stem or twig containing an undeveloped shoot

synonym: shoot, sprout, germ

(1) pinch off a bud, (2) bud grafting

The flower was starting to show its **bud** and would soon bloom into a beautiful blossom.

commit

- v. to do something illegal or wrong synonym: engage, carry out, execute
- (1) commit suicide, (2) commit mistakes

The military has **committed** an abuse of human rights.

surprisingly

adv. in a way that causes amazement or wonder synonym: exceptionally, notably, unusually

(1) **surprisingly** advanced culture, (2) have **surprisingly** little effect

The exam was **surprisingly** tricky for everyone.

veg

 (a short for "vegetables") a meal or diet that is primarily composed of plant-based foods; (verb) to relax, do nothing, or pass the time in a lazy or unproductive manner;

synonym: vegetable, plant-based food, green

- (1) **veg** pizza, (2) **veg** out on the couch
 I like to keep a variety of fresh **veg** in my fridge to make healthy meals easily.
- n. someone who is responsible for a crime or wrongdoingsynonym: criminal, felon, fugitive
- (1) the **culprit** of global warming, (2) the arrest of the **culprit** They finally found the **culprit** of the bug after a long time.
- v. to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

synonym: harm, impair, injure

- (1) **damage** a relationship, (2) **damage** assessment During the surgery, the doctor had to be extremely cautious not to **damage** a blood vessel.
- n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym: procedure, method, system

- (1) **process** improvement, (2) decision-making **process** The **process** for applying for a visa can be lengthy and complicated.
- v. to give something and receive something in trade synonym: exchange, switch, trade
- (1) **swap** seats, (2) **swap** columns with rows

culprit

damage

process

swap

Don't **swap** horses while crossing a stream.

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.

harvest

n. yields of plants in a single growing season; the period of the year when gathering occurs on a farm

synonym: crop, reaping, yield

(1) a scanty **harvest**, (2) reap a **harvest**During **harvest**, farmers are incredibly busy.

structure

 the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

synonym: construction, architecture, establishment

(1) the **structure** of a machine, (2) **structure** and function of the brain

The organizational **structure** of start-ups is often flat and straightforward.

intake

n. the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body

synonym: consumption, absorption, inhalation

(1) a small **intake** of breath, (2) an **intake** pipe He has been advised to reduce his daily fat **intake**.

footprint

- n. a mark of a foot, shoe, or animal's foot left on a surfacesynonym: footmark, imprint, impression
- (1) **footprints** in the snow, (2) the **footprints** of an earlier civilization

We choose transportation that has a smaller carbon footprint.

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pollution

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

synonym: corrosion, deterioration, corruption

(1) environmental **pollution**, (2) high levels of air **pollution**The **pollution** is endangering the local plants and animals.

pocketbook

n. a small bag or purse usually carried in a pocket or worn on the wrist or shoulder for carrying money and other small personal items; a book or guide that contains information or tips on a particular subject, such as travel or fashion

synonym: wallet, purse, billfold

(1) **pocketbook** issues, (2) leather **pocketbook**She pulled her wallet out of her **pocketbook** to pay for the groceries.

Session 2: Spelling

1.	the longstanding coct	n.	a strong disagreement, argument, or a violent clash between two opposing groups or individuals
2.	coe chemically with another substance	v.	to join or merge to form a single thing or group
3.	trrt facilities	n.	a system for moving people or products from one location to another using automobiles, roads, and so on
4.	not up to p_r	n.	a state of being equal to someone or something
5.	tk into another cigarette	ν.	to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable
6.	above p_r performance	n.	a state of being equal to someone or something
7.	dae assessment	v.	to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
8.	fonts in the snow	n.	a mark of a foot, shoe, or animal's foot left on a surface
9.	the most amg feeling	adj.	extremely surprising, especially in a way that you like or admire

ANSWERS: 1. conflict, 2. combine, 3. transport, 4. par, 5. tuck, 6. par, 7. damage, 8. footprint, 9. amazing

10. the coct between good and evil	n.	a strong disagreement, argument, or a violent clash between two opposing groups or individuals
11. v_g out on the couch	n.	(a short for "vegetables") a meal or diet that is primarily composed of plant-based foods; (verb) to relax, do nothing, or pass the time in a lazy or unproductive manner;
12. the stre of a machine	n.	the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
13. stre and function of the brain	n.	the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
14. a low-pihed sound	n.	the property of sound that varies with variation in the frequency of vibration; the degree of a slope, especially of a roof; short presentation for selling or sharing something
15. hie music	n.	a person who follows a counterculture movement that originated in the United States during the 1960s, characterized by the advocacy of nonviolence, communal living, and a rejection of traditional American values
16. an ine pipe	n.	the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body
ANSWERS: 10. conflict, 11. veg, 12. struc	cture,	13. structure, 14. pitch, 15. hippie, 16.

intake

17.	a small ine of breath	n.	the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body
18.	high levels of air poon	n.	the introduction of harmful substances or waste into the natural environment that causes adverse change
19.	global emons of greenhouse gases	n.	the act of production or sending out gas, heat, light, etc.
20.	log can	n.	a small, simple dwelling or shelter, typically made of wood and located in a remote or rural area; an enclosed compartment or area within a larger structure, such as an aircraft or ship, where passengers or crew members can sit or sleep
21.	inon behind his decision	n.	something you want to do and are going to do
22.	stl in a tunnel	ν.	to stop or cause to stop making progress; (noun) small area or booth set off for the sale of goods in a market or large covered area
23.	the cut of global warming	n.	someone who is responsible for a crime or wrongdoing
24.	a_t cabin	adj.	(the opposite of "forward") located at or towards the rear or back of a ship, aircraft, or other vehicle
25.	a strict vegan	n.	a person who does not eat meat or fish, or often any animal products, for health or religious reasons

ANSWERS: 17. intake, 18. pollution, 19. emission, 20. cabin, 21. intention, 22. stall, 23. culprit, 24. aft, 25. vegetarian

26.	prs improvement	n.	a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
27.	stl at sea	v.	to stop or cause to stop making progress; (noun) small area or booth set off for the sale of goods in a market or large covered area
28.	a biy number	n.	a system of numbers that uses only two digits, 0 and 1
29.	hypcal actions	adj.	behaving in a way that contradicts one's stated beliefs or values; insincere or false in one's dealings with others; pretending to have virtues, morals, or principles that they do not actually have
30.	coe augmented reality	<i>v</i> .	to join or merge to form a single thing or group
31.	a_t view	adj.	(the opposite of "forward") located at or towards the rear or back of a ship, aircraft, or other vehicle
32.	access to public trrt	n.	a system for moving people or products from one location to another using automobiles, roads, and so on
33.	stk dinner	n.	a thin slice of meat, typically beef, grilled or fried and served as a main dish
AN:	SWERS: 26. process. 27. stall. 28. bina	rv 2	9 hypocritical 30 combine 31 aft

ANSWERS: 26. process, 27. stall, 28. binary, 29. hypocritical, 30. combine, 31. aft, 32. transport, 33. steak

to do something illegal or wrong 34. co t mistakes ν. to push a stray piece of clothing or 35. t k a baby in the blanket ν. material into a particular area or position, especially to make it more orderly or comfortable 36. make a pi h for a new product the property of sound that varies with n. variation in the frequency of vibration; the degree of a slope, especially of a roof; short presentation for selling or sharing something 37. poc____ok issues a small bag or purse usually carried in a pocket or worn on the wrist or shoulder for carrying money and other small personal items; a book or guide that contains information or tips on a particular subject, such as travel or fashion 38. have sur gly little effect adv. in a way that causes amazement or wonder 39. a p t bird an animal that you have at home as a n. companion and treated kindly to give something and receive 40. s p seats ν. something in trade 41. clear in____on something you want to do and are going n. to do 42. hyp____cal behavior adj. behaving in a way that contradicts one's stated beliefs or values: insincere or false in one's dealings with others; pretending to have virtues, morals, or principles that they do not actually have

ANSWERS: 34. commit, 35. tuck, 36. pitch, 37. pocketbook, 38. surprisingly, 39. pet, 40. swap, 41. intention, 42. hypocritical

negatively affect something, such as a reputation or relationship; (noun) harm

or injury that is caused to a person,

thing, or entity

43.	principles of susle development	adj.	able to continue or be continued for a long time
44.	pinch off a b_d	n.	a small swelling on a plant stem or twig containing an undeveloped shoot
45.	the emon of light	n.	the act of production or sending out gas, heat, light, etc.
46.	envnt affairs	n.	the natural world such as air, water, and land in which humans, animals, and plants live
47.	v_g pizza	n.	(a short for "vegetables") a meal or diet that is primarily composed of plant-based foods; (verb) to relax, do nothing, or pass the time in a lazy or unproductive manner;
48.	reap a hat	n.	yields of plants in a single growing season; the period of the year when gathering occurs on a farm
49.	coce an opponent	<i>v</i> .	to persuade someone or make someone believe that something is true
50.	can crew	n.	a small, simple dwelling or shelter, typically made of wood and located in a remote or rural area; an enclosed compartment or area within a larger structure, such as an aircraft or ship, where passengers or crew members can sit or sleep
51.	crl joke	adj.	feeling or showing pleasure in causing pain or suffering to others
52.	dae a relationship	v.	to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or

ANSWERS: 43. sustainable, 44. bud, 45. emission, 46. environment, 47. veg, 48. harvest, 49. convince, 50. cabin, 51. cruel, 52. damage

53.	chaotic envnt	n.	the natural world such as air, water, and land in which humans, animals, and plants live
54.	environmental poon	n.	the introduction of harmful substances or waste into the natural environment that causes adverse change
55.	decision-making prs	n.	a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
56.	hie lifestyle	n.	a person who follows a counterculture movement that originated in the United States during the 1960s, characterized by the advocacy of nonviolence, communal living, and a rejection of traditional American values
57.	cot suicide	<i>v</i> .	to do something illegal or wrong
58.	a teacher's p_t	n.	an animal that you have at home as a companion and treated kindly
59.	the fonts of an earlier civilization	n.	a mark of a foot, shoe, or animal's foot left on a surface
60.	leather pocok	n.	a small bag or purse usually carried in a pocket or worn on the wrist or shoulder for carrying money and other small personal items; a book or guide that contains information or tips on a particular subject, such as travel or fashion

ANSWERS: 53. environment, 54. pollution, 55. process, 56. hippie, 57. commit, 58. pet, 59. footprint, 60. pocketbook

61.	susle alternative fuel	adj.	able to continue or be continued for a long time
62.	a scanty hat	n.	yields of plants in a single growing season; the period of the year when gathering occurs on a farm
63.	b_d grafting	n.	a small swelling on a plant stem or twig containing an undeveloped shoot
64.	salmon stk	n.	a thin slice of meat, typically beef, grilled or fried and served as a main dish
65.	a crl and unusual punishment	adj.	feeling or showing pleasure in causing pain or suffering to others
66.	sp columns with rows	<i>v</i> .	to give something and receive something in trade
67.	me acquaintance	adj.	used to emphasize how insignificant or minor someone or something is
68.	trading in biy options	n.	a system of numbers that uses only two digits, 0 and 1
69.	the arrest of the cut	n.	someone who is responsible for a crime or wrongdoing
70.	amg advances	adj.	extremely surprising, especially in a way that you like or admire
71.	coce her to go with us	<i>v</i> .	to persuade someone or make someone believe that something is true
72.	eat a vegan diet	n.	a person who does not eat meat or fish, or often any animal products, for health or religious reasons
73.	me incident	adj.	used to emphasize how insignificant or minor someone or something is

ANSWERS: 61. sustainable, 62. harvest, 63. bud, 64. steak, 65. cruel, 66. swap, 67. mere, 68. binary, 69. culprit, 70. amazing, 71. convince, 72. vegetarian, 73. mere

74. sur____gly advanced culture

adv. in a way that causes amazement or wonder

ANSWERS: 74. surprisingly

Session 3: Fill in the Blanks

1.	During farmers are incredibly busy.
n.	yields of plants in a single growing season; the period of the year when gathering occurs on a farm
2.	The golfer recorded an distance.
adj	i. extremely surprising, especially in a way that you like or admire
3.	The government should do more to support environmentally agriculture.
adj	able to continue or be continued for a long time
4.	Don't horses while crossing a stream.
<i>v</i> .	to give something and receive something in trade
5.	Shares in the company finally fell below their value.
n.	a state of being equal to someone or something
6.	Her voice gradually increased in
n.	the property of sound that varies with variation in the frequency of vibration; the degree of a slope, especially of a roof; short presentation for selling or sharing something
7.	The exam was tricky for everyone.
ad	v. in a way that causes amazement or wonder
8.	Enhanced rail is crucial for our business.
n.	a system for moving people or products from one location to another using automobiles, roads, and so on
	SWERS: 1. harvest, 2. amazing, 3. sustainable, 4. swap, 5. par, 6. pitch, 7. prisingly, 8. transportation

9.	They finally found the of the bug after a long time.
n.	someone who is responsible for a crime or wrongdoing
10.	The politician's statements were as he claimed to care about people experiencing poverty but cut funding for social services.
adj	behaving in a way that contradicts one's stated beliefs or values; insincere or false in one's dealings with others; pretending to have virtues, morals, or principles that they do not actually have
11.	The organizational of start-ups is often flat and straightforward.
n.	the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
12.	The fashion of the movement included unconventional clothing such as tie-dye shirts and bell-bottom jeans.
n.	a person who follows a counterculture movement that originated in the United States during the 1960s, characterized by the advocacy of nonviolence, communal living, and a rejection of traditional American values
13.	He ordered a rare for dinner.
n.	a thin slice of meat, typically beef, grilled or fried and served as a main dish
14.	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
15.	He and I often had not only in personality but also in ideology.
n.	a strong disagreement, argument, or a violent clash between two opposing groups or individuals
	SWERS: 9. culprit, 10. hypocritical, 11. structure, 12. hippie, 13. steak, 14. rironment, 15. conflicts,

16. He has been advised to reduce his daily fat	
n. the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body	
17. The dictator was known for his and oppressive regime.	
adj. feeling or showing pleasure in causing pain or suffering to others	
18. She pulled her wallet out of her to pay for the groceries.	
n. a small bag or purse usually carried in a pocket or worn on the wrist or should for carrying money and other small personal items; a book or guide that contains information or tips on a particular subject, such as travel or fashion	er
19. The for applying for a visa can be lengthy and complicated.	
a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task of objective; a method of treating milk to make it suitable for consumption or use in other dairy products	or
20. There are five distinct at five unique wavelengths.	
n. the act of production or sending out gas, heat, light, etc.	
21. The flower was starting to show its and would soon bloom into a beautiful blossom.	
n. a small swelling on a plant stem or twig containing an undeveloped shoot	
22. I have a parrot as a	
n. an animal that you have at home as a companion and treated kindly	
23. A star is a system in which two stars revolve around each other.	
n. a system of numbers that uses only two digits, 0 and 1	
ANSWERS: 16. intake, 17. cruel, 18. pocketbook, 19. process, 20. emissions, 21. bud, 22. pet, 23. binary	

24.	We choose transportation that has a smaller carbon
n.	a mark of a foot, shoe, or animal's foot left on a surface
25.	I am considering what I should do to him.
ν.	to persuade someone or make someone believe that something is true
26.	The section of the ship suffered significant damage after the collision with the reef.
adj	 i. (the opposite of "forward") located at or towards the rear or back of a ship, aircraft, or other vehicle
27.	This restaurant has dishes as well.
n.	a person who does not eat meat or fish, or often any animal products, for health or religious reasons
28.	The is endangering the local plants and animals.
n.	the introduction of harmful substances or waste into the natural environment that causes adverse change
29.	Hydrogen and oxygen to form water.
ν.	to join or merge to form a single thing or group
30.	You should your shirt into your trousers.
<i>v</i> .	to push a stray piece of clothing or material into a particular area or position, especially to make it more orderly or comfortable
31.	During the surgery, the doctor had to be extremely cautious not to a blood vessel.
<i>v</i> .	to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
	SWERS: 24. footprint, 25. convince, 26. aft, 27. vegetarian, 28. pollution, 29. nbine, 30. tuck, 31. damage

32. He lost the election by votes.
adj. used to emphasize how insignificant or minor someone or something is
33. I like to keep a variety of fresh in my fridge to make healthy meals easily.
n. (a short for "vegetables") a meal or diet that is primarily composed of plant-based foods; (verb) to relax, do nothing, or pass the time in a lazy or unproductive manner;
34. The quaint in the woods was the perfect retreat for a weekend getaway.
n. a small, simple dwelling or shelter, typically made of wood and located in a remote or rural area; an enclosed compartment or area within a larger structure, such as an aircraft or ship, where passengers or crew members can sit or sleep
35. The military has an abuse of human rights.
v. to do something illegal or wrong
36. The negotiations proceeded slowly and finally
v. to stop or cause to stop making progress; (noun) small area or booth set off for the sale of goods in a market or large covered area
37. Our CEO's are always transparent and straightforward.
n. something you want to do and are going to do
ANSWERS: 32. mere, 33. veg, 34. cabin, 35. committed, 36. stalled, 37. intentions