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Vocabulary Builder Reference from...

Ann Cooper: What's wrong with school lunches | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

justice

n. the quality of being fair and reasonable and treating people equally according to their due

synonym: fairness, equity, impartiality

(1) criminal **justice**, (2) **justice** of Heaven

The judge's ruling was based on the principles of **justice** and fairness.

nutrition

n. the substances or the process that organisms take into their bodies as food for their growth and health

synonym: alimentation, nourishment, sustenance

(1) **nutrition** condition, (2) **nutrition** intake

This food contains all the **nutrition** your dog requires.

unify

v. to bring or join something together so that they form a single unit

synonym: bring together, consolidate, merge

(1) **unify** the system, (2) **unify** the party

The people believe that they can **unify** the country.

district

n. a part of a country or town, especially one with particular features

synonym: territory, dominion, zone

(1) school **districts**, (2) urban **districts**

Since 2001, the **district** has provided training programs for automotive technicians.

employee

n. a person who is hired to work for a business or organization in exchange for wages or salary; a worker
synonym: worker, staff, personnel

(1) **employee** benefits, (2) **employee** evaluation

The **employee** handbook outlines the rules and regulations that all employees must follow.

locate

v. to specify or determine the exact position of someone or something

synonym: discover, find, place

(1) **locate** a missing pet, (2) **locate** a tumor

The robot can accurately **locate** construction material.

spit

v. to eject saliva or other liquid from the mouth

synonym: expectorate, saliva, spew

(1) **spit** a bullet, (2) **spit** a mouthful of saliva

She tried to **spit** out the gum that she had been chewing.

vision

n. the ability to think about or see the future with imagination and intelligence; the faculty of being able to see

synonym: sight, image, concept

(1) a prodigious **vision**, (2) telescopic **vision**

Driving is difficult for me because of my poor **vision**.

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.

absolutely

adv. without restriction or limitation; completely or utterly
synonym : completely, utterly, definitely

(1) **absolutely** against, (2) **absolutely** obsessed with the girl

I am **absolutely** opposed to his idea because of morality.

symbiotic

adj. involving two varieties of animal or plant, each of which supplies the conditions for the other to exist

(1) **symbiotic** economy, (2) **symbiotic** bacteria

We have a mutually **symbiotic** connection with them.

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.

antithesis

n. the direct opposite; a contrast or opposition between two things

synonym : opposition, contrast, reverse

(1) make an **antithesis**, (2) the **antithesis** of evil

The **antithesis** of love is hate.

extinct

adj. no longer in existence

synonym : dead, obsolete, abolished

(1) **extinct** by human activity, (2) long- **extinct** volcano

Many species have become **extinct** due to habitat destruction and other human activities.

fee

n. a sum of money charged for a particular service

synonym : charge, cost, expense

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

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

premise

n. a statement or proposition that is held to be true or from which a conclusion can be drawn

synonym: assumption, postulate, supposition

(1) the major **premise**, (2) make a **premise**

The book's **premise** is that the main character must save the world from an impending disaster.

government

n. the group of people with authority to control a country or state

synonym: administration, regime, state

(1) **government** bureaucracy, (2) **government** funding

The federal **government** is planning to increase taxes for the next fiscal year.

commodify

v. to turn something into an object of trade or commerce, particularly a good or service that was previously seen as having value beyond its market value

synonym: commercialize, market, sell

(1) **commodify** user data, (2) **commodify** athletes

Many companies try to **commodify** popular trends to make a profit.

oversee

v. to watch and direct someone or something to make sure that it is being done correctly

synonym: manage, command, supervise

(1) **oversee** the process, (2) properly **oversee** the staff

A committee was appointed to **oversee** a huge budget.

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.

unhealthy

adj. not conducive to good health; detrimental to physical or mental well-being

synonym : unwholesome, detrimental, insalubrious

(1) **unhealthy** diet, (2) **unhealthy** habit

Sitting for long hours in front of the computer is considered **unhealthy**.

tacit

adj. understood or implied without being stated outright; unspoken or inferred through context or implication

synonym : implicit, unspoken, inferred

(1) **tacit** support, (2) **tacit** consent

Their friendship was based on a **tacit** understanding of each other's needs and desires.

grandchild

n. a child of someone's son or daughter

synonym : offspring, descendant, progeny

(1) **grandchild-grandparent** relationship, (2) **grandchild** development

The grandparents take care of their **grandchild** while the parents are at work.

niece

n. a daughter of one's sibling, brother-in-law, or sister-in-law

(1) a bouncing **niece**, (2) play with her **niece**

My **niece** is a talented artist who has won several awards for her drawings.

nephew

n. a son of your brother or sister

(1) three-year-old **nephew**, (2) nieces and **nephews**

My **nephew** is eight months old and still being breastfed.

agritecture

n. a design practice that combines elements of architecture, engineering, and agriculture to create sustainable and viable urban farming systems and structures

synonym : agricultural architecture

(1) **agriteculture** design, (2) urban **agriteculture**

The design of the vertical farm incorporates **agriteculture** principles to maximize yield.

decide

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym: choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

agent

n. a person who represents and negotiates on behalf of someone else, such as a literary agent or talent agent; (of chemistry and medicine) a substance that brings about a chemical or physical effect; (of computer science) a piece of software that performs a task autonomously

synonym: representative, delegate, envoy

(1) **agent** system, (2) antidiarrheal **agent**

The FBI **agent** went undercover to infiltrate the criminal organization.

stain

v. to discolor, defile, or tarnish something; (noun) a discoloration or dirty mark on a surface that is difficult to remove

synonym: discolor, tarnish, defile

(1) **stain** the carpet, (2) red wine **stain**

The allegations of corruption **stained** her reputation, and she struggled to regain public trust.

resistant

adj. not affected by something, especially changes or new ideas; of or relating to immunity to disease or infection

synonym: unsusceptible, immune, invulnerable

(1) penicillin- **resistant** bacteria, (2) **resistant** to persuasion

Insects in urban areas are becoming **resistant** to insecticides.

commerce

n. the activity of buying and selling things, especially on a large scale

synonym : trade, transaction, dealings

(1) interstate **commerce**, (2) the local chamber of **commerce**

This company has invested heavily in Internet **commerce**.

seed

n. a small, hard, often round, a reproductive structure that contains a plant's genetic material and is capable of growing into a new plant

synonym : germ, kernel, ovule

(1) a **seed** coat, (2) **seed** money

He planted the **seed** in the soil and waited for it to sprout.

grocery

n. a shop that sells food and other household items

synonym : foodstuff, market

(1) the **grocery** business, (2) run a **grocery**

I will go to the **grocery** store to buy food for dinner.

fossil

n. any preserved remains, impression, or trace of any once-living thing that has become hard and turned into rock

synonym : relic, remnant, antediluvian

(1) burning of **fossil** fuels, (2) a **fossil** leaf

It was the **fossil** of a dinosaur tooth.

fuel

n. a substance that is typically burned to generate heat or energy

synonym : energy, power, gas

(1) biomass **fuel**, (2) smokeless **fuel**

The **fuel** scarcity most severely impacted the manufacturing sector

usage

n. the way in which a word or phrase is used in a language; the extent in which how much something is used

synonym : utilization, practice, habit

(1) monthly **usage** amount, (2) linguistic **usage**
The machine had been damaged by rough **usage**.

peak

n. the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain

synonym: summit, vertex, apex

(1) at **peak** hour, (2) the **peak** current in the circuit
This measurement aims to reduce traffic at **peak** periods.

moving

adj. causing strong emotions or feelings, especially sadness or sympathy

synonym: emotional, poignant, touching

(1) **moving** experience, (2) **moving** ceremony
His **moving** speech about his struggles with addiction brought tears to the audience's eyes.

organic

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

synonym: biological

(1) **organic** soils, (2) eat **organic** food
The kidney is an **organic** component of the body.

afford

v. to have enough money or time to be able to buy or do something

(1) **afford** to buy a new car, (2) **afford** a high travel cost
He cannot **afford** a holiday.

nation

n. a large organized community of people living in a particular country or region and having a particular culture

synonym: country, state, sovereign entity

(1) **nation-state**, (2) a seafaring **nation**
The **nation** of Japan is known for its unique culture and advanced technology.

consume

v. to spend something, especially fuel, energy, or time, in a large amount

synonym: absorb, ingest, use up

(1) **consume** a large of alcohol, (2) **consume** electricity

A smaller car will **consume** less fuel.

chock-full

adj. completely filled or crowded with something; having no space or room for additional things

synonym: full, crowded, jam-packed

(1) **chock-full** schedule, (2) **chock-full** of flavor

The picnic basket was **chock-full** of sandwiches, fruit, and drinks.

chemical

adj. relating to or connected with chemistry;

synonym: chemic, synthetic

(1) toxic **chemicals**, (2) a **chemical** compound

The firm has grown into a large **chemical** manufacturing.

pesticide

n. a substance used for preventing, destroying, repelling, or mitigating any pest

synonym: insecticide, herbicide, fungicide

(1) **pesticide** application, (2) **pesticide** residue

The farmer sprayed **pesticide** on his crops to protect them from insects.

herbicide

n. a substance used to kill or control the growth of unwanted plants

synonym: weedkiller, pesticide, chemical

(1) banned **herbicide**, (2) **herbicide** resistance

The farmer sprayed **herbicide** on his crops to kill weeds.

antibiotic

n. a substance or drug that kills or slows down the growth of bacteria

synonym: antimicrobial, chemotherapeutic, germicide

(1) **antibiotic** resistance, (2) **antibiotic** allergy

He has been prescribed an **antibiotic** to treat his infection.

hormone

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**

The doctor diagnosed me with a **hormone** disorder.

soapbox

n. a makeshift platform or podium, typically one that is improvised in a public place, used for making impromptu speeches or for expressing opinions on various topics; (verb) to express one's opinions or deliver a speech in a passionate, forceful, or assertive manner

synonym: platform, podium, soap opera

(1) **soapbox** about climate change, (2) get on a **soapbox**

The politician climbed onto his **soapbox** and began his campaign speech.

husbandry

n. the care, management, and cultivation of plants, animals, or other resources to obtain productive or profitable outcomes; the practice of tending to and responsibly using natural resources

synonym: farming, agriculture, cultivation

(1) traditional **husbandry**, (2) sustainable **husbandry**

The government is planning to promote modern **husbandry** practices in the poultry industry.

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.

unbelievable

adj. beyond belief or understanding and extremely surprising
synonym: unimaginable, incredible, fantastical

(1) **unbelievable** beauty, (2) cause **unbelievable** damage

He drinks an **unbelievable** amount of beer.

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.

coli

n. a bacterium of the genus *Escherichia* that is commonly found in the human gut and is used as a model organism in molecular biology and biochemistry

(1) *E. coli* bacteria strain, (2) **coli** cells

The study of *Escherichia coli* has led to important advancements in areas such as antibiotic resistance, gut microbiome, and synthetic biology.

prescribe

v. (of a doctor) to advise and order the use of particular medicine or treatment for someone, especially in writing; to issue commands or orders for something

synonym : define, specify, stipulate

(1) **prescribe** a drug, (2) **prescribe** in the preceding paragraph

Federal bankruptcy laws **prescribed** the reorganization process.

supple

adj. flexible and easy to bend or move; gracefully agile; adaptable or responsive to change or new ideas

synonym : flexible, pliable, bendable

(1) **supple** muscles, (2) **supple** leather

The ballerina's **supple** movements left the audience mesmerized.

agriculture

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

synonym : farming, husbandry, agribusiness

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

Agriculture is the foundation of our economy.

pound

n. the standard unit of money in the UK; the standard unit of weight equal to 16 ounces

(1) three-fourths of a **pound**, (2) thousands of **pounds**

The car's front bumper cost fifteen hundred **pounds**.

rip

v. to tear something or be torn violently or suddenly

synonym: tear, cut, slit

(1) **rip** a notebook apart, (2) **rip** a hole in the roof

During transit, the stuff may **rip** off the luggage tag.

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.

be-all

n. something that is considered the most important or all-encompassing aspect of a particular thing or concept

synonym: ultimate goal, end-all, everything

(1) **be-all** solution, (2) **be-all** answer

Going to college is often seen as the **be-all** and end-all for success in life.

sustainable

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

synonym: continuable, enduring, tolerable

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

sustainable development

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

mitigate

v. to make less severe or less intense; to alleviate or lessen the adverse effects of something

synonym: alleviate, relieve, reduce

(1) **mitigate** risk, (2) **mitigate** a natural disaster

Efforts to **mitigate** the effects of climate change require a coordinated and sustained effort by governments,

businesses, and individuals.

negative

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

synonym : minus, adverse, pessimistic

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

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

toss

v. to throw something carelessly with a light motion

synonym : throw, sway

(1) **toss** a coin, (2) **toss** the bottle into a trash can

It would be best if you **tossed** out all those old magazines.

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.

doll

n. a child's toy that typically represents a human figure, especially a young girl; an attractive woman; a woman who is subservient or passive

synonym : puppet, dolly, toy

(1) plastic **doll**, (2) rag **doll**

The antique **doll** was worth thousands of dollars.

criminal

n. a person who has committed a crime

synonym : offender, lawbreaker, delinquent

(1) wanted **criminal**, (2) **criminal** investigation

The police are searching for the **criminal** who stole the jewels.

medical

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

synonym : health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment
The **medical** team worked quickly to save the patient's life.

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**.

lifetime

n. the duration of someone's life or something's existence;
synonym: lifespan, duration

(1) **lifetime** benefits, (2) **lifetime** ban from the sport
She had lived through two world wars in her **lifetime**.

graduate

n. a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

synonym: alumna, alum, grad

(1) **graduate** degree program, (2) honor **graduate**
Many employers hire **graduate** trainees to train as managers.

insulin

n. a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes

(1) daily **insulin** dose, (2) development of **insulin** resistance
He had an **insulin** shock after drinking large quantities of fruit juices.

dependent

adj. relying on someone or something else for support or aid
synonym: reliant, subject, subordinate

(1) dose- **dependent** induction, (2) a **dependent** person
The small island nation is heavily **dependent** on tourism as its main source of income.

par

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

(1) above **par** performance, (2) not up to **par**

Shares in the company finally fell below their **par** value.

therapy

n. the act of caring for someone through medication, remedial training, etc.

synonym : antidote, medicine, treatment

(1) **therapy** for a patient, (2) field of gene **therapy**

I underwent aversion **therapy** for my addiction to alcohol.

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.

nutrient

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

synonym : food, vitamin

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

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

nutritious

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

synonym : healthy, nourishing, wholesome

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

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

nugget

n. a small piece of gold or other precious metal or mineral found ready-formed in the earth; a small round piece of some food

synonym : chunk, clod, clump

(1) a gold **nugget**, (2) **nugget** of truth

It took a few weeks to extract the **nugget** of information from

those complicated sources.

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.

soy

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

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

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

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.

cardboard

n. a stiff, thick material made from compressed paper pulp used to make boxes and other packaging materials

synonym : corrugated board, paperboard

(1) **cardboard** box, (2) **cardboard** cutout

I made a **cardboard** box to store my winter clothes in.

equip

v. to provide a person or a place with the things that are needed for a particular purpose or activity

synonym : prepare, furnish, provide

(1) **equip** an army, (2) **equip** our children with some special skills

The construction company **equipped** the building with an earthquake-resistant device.

crush

v. to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller

synonym : destroy, demolish, pulverize

(1) **crush** coffee beans, (2) **crush** a revolt

The car was completely **crushed** in the accident.

fructose

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

synonym : fruit sugar, levulose, laevulose

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

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

cocktail

n. a drink, usually an alcoholic one, made by mixing one or more spirits (= strong alcoholic drinks) and fruit juice; an appetizer served as a first course at a meal

synonym : appetizer, beverage

(1) a light **cocktail**, (2) **cocktail** of chemicals

We invited some friends for a **cocktail** party.

reimburse

v. to pay someone back for money that they have spent

synonym : compensate, repay, refund

(1) **reimburse** expenses, (2) **reimburse** money

The insurance company will **reimburse** the cost of the damage caused by the storm.

AI

n. (abbreviation for artificial intelligence) the theory and development of computer systems capable of doing activities that would ordinarily need human intelligence, such as object recognition, speech recognition, decision-making, and language translation

synonym : robot, machine learning, neural network

(1) **AI** expert, (2) apply **AI** technology to art

The evolution of processors has dramatically improved the performance of **AI**.

invention

n. the creation of a new device or process resulting from study and experimentation; the act of inventing

synonym: creation, design, innovation

(1) the **invention** of new techniques, (2) common **invention**

Necessity is the mother of **invention**.

giraffe

n. a tall African mammal with a very long neck and legs, typically with distinctive brownish-yellow fur and dark patches; an animal often found in zoos and wildlife preserves

synonym: gazelle, okapi, camelopard

(1) **giraffe** pattern, (2) **giraffe** exhibit

The **giraffe's** long neck makes reaching leaves high up in the trees easy.

opposed

adj. being completely different from something or disagreeing strongly with something

synonym: anti, averse, hostile

(1) two **opposed** characters, (2) absolutely **opposed** to abortion

I'm strongly **opposed** to that plan.

paradigm

n. a standard or typical example of something; a pattern or model

synonym: example, standard, epitome

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

He postulated a completely different **paradigm** to explain all these phenomena.

flavor

n. the taste sensation produced by a substance in the mouth

synonym: taste, savor, essence

(1) a delicate **flavor**, (2) **flavor** enhancer

The **flavor** of the coffee was rich and full-bodied.

strawberry

n. a sweet, juicy fruit with a reddish color, a seeded surface, and a green, leafy top

(1) the **strawberry** pie, (2) **strawberry** greenhouse
He had a **strawberry** smoothie for breakfast.

bush

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

synonym: copse, scrub, brushwood

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

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

syrup

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

synonym: nectar, sap, honey

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

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

process

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

synonym: procedure, method, system

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

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

scratch

v. to cut or damage the surface of something or the skin with a sharp or pointed object

synonym: claw, rub, scrape

(1) **scratch** off a name, (2) **scratch** my signature

Don't **scratch** your mosquito bites.

nourish

v. to provide a person, an animal, or plant with food to make them grow and stay healthy

synonym: feed, sustain, nurture

(1) **nourish** damaged skin, (2) **nourish** hope

The mother used her breast milk to **nourish** the baby.

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.

typical

adj. having the usual characteristics or traits of a specific group of things

synonym: characteristic, usual, distinctive

(1) **typical** leader, (2) fairly **typical** symptoms

This artwork is **typical** of her work.

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.

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.

cafeteria

n. a restaurant where customers serve themselves from a counter and pay for what they have taken, often found in factories, colleges, hospitals, etc.

synonym: canteen, mess hall, restaurant

(1) **cafeteria** lunch, (2) office **cafeteria**

The university's **cafeteria** was busy with students and staff grabbing a quick lunch.

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.

hands-on

adj. actively involved, practical; having hands involved in the doing or making of something

synonym : practical, involved, hands-in

(1) **hands-on** activity, (2) take a **hands-on** approach

The **hands-on** workshop allowed attendees to work with tools and materials, developing their skills in a hands-on environment.

academic

adj. associated with schools, colleges, and universities, especially studying and thinking, not with practical skills

synonym : educational, scholarly, theoretical

(1) **academic** probation, (2) an **academic** discussion

An excellent historian must possess an **academic** mentality.

curriculum

n. a series of subjects comprising a course of study in a school, college, etc.

synonym : program, syllabus, course of study

(1) a **curriculum** vitae, (2) an academic **curriculum**

A committee was appointed to manage the reorganization of the **curriculum**.

probable

adj. likely to happen or likely to be true

synonym : likely, possible, potential

(1) **probable** outcome, (2) **probable** cause of a fire

It seems **probable** that he has forgotten our scheduled meeting.

garner

v. to acquire or accumulate something through effort or attention

synonym : acquire, collect, obtain

(1) **garner** good reviews, (2) **garner** attention

He used his charm and charisma to **garner** support for his campaign.

pyramid

n. a polyhedron having a polygonal base and triangular sides with a common vertex; a massive monument with a square base and four triangular sides, begun by Cheops around 2700 BC as royal tombs in ancient Egypt

synonym : monument, edifice, tomb

(1) **pyramid** architecture, (2) a truncated **pyramid**

The Egyptian **pyramids** consist of a vast number of blocks.

upside

n. the positive aspect or potential of something; the upper side of something

synonym : advantage, benefit, top

(1) have no **upside**, (2) market **upside**

Many people see the **upside** of traveling as an opportunity to experience new cultures and broaden their horizons.

rainbow

n. an arch of colors in the sky caused by the refraction and dispersion of sunlight through rain

synonym : spectrum, iridescence, prism

(1) marine **rainbow**, (2) **rainbow** after a storm

She was mesmerized by the **rainbow's** colors.

visual

adj. relating to seeing or sight

synonym : optical, graphical, visible

(1) **visual** navigation, (2) field of **visual** arts

The building makes a remarkable **visual** impact.

discuss

v. to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic

synonym : talk about, converse, debate

(1) **discuss** options, (2) **discuss** solutions

We need to **discuss** the next steps for the project during our meeting tomorrow.

enlightened

adj. having or showing a rational, modern, and well-informed outlook

synonym : educated, informed, aware

(1) **enlightened** age, (2) make an **enlightened** decision

The **enlightened** teacher taught the class about the importance of compassion and empathy.

inspire

v. to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative

synonym : boost, encourage, enlighten

(1) **inspire** a feeling of curiosity, (2) **inspire** him to write a novel

The unique style of this martial arts **inspired** many action film producers.

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.

refined

adj. made pure by having impurities or unwanted elements removed by processing

synonym : cultured, purified, tasteful

(1) adopt a **refined** attitude, (2) a lot of **refined** sugar

She was highly **refined** in her choice of apparel.

crack

v. to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking

synonym : snap, burst, break

(1) **crack** an eggshell, (2) a **crack** in a board

He that would eat the kernel must **crack** the nut.

compost

n. a mixture of organic matter, such as food scraps, yard waste, and manure, that is allowed to decompose and is used as fertilizer for plants and garden soil

synonym : fertilizer, humus, manure

(1) organic **compost**, (2) **compost** pile

You can add coffee grounds and crushed eggshells to your **compost** to improve the pH balance.

recycle

v. to sort and collect things to process them and produce valuable materials that can be used again

synonym : reclaim, reuse, reprocess

(1) **recycle** the cardboard boxes, (2) **recycle** milk packaging into new paper

We largely **recycle** the circuit board of cell phones because they contain a lot of valuable metals.

partnership

n. the state of a cooperative relationship between people or groups, especially in business

synonym : alliance, participation, cooperation

(1) **partnership** across the Atlantic, (2) establish a **partnership**

The military **partnership** between the two countries created tension in the international community.

distribute

v. to give something to a large number of individuals, or to spread or furnish something

synonym : broadcast, disperse, hand out

(1) **distribute** wealth evenly, (2) **distribute** video content

His estate was **distributed** to his sons.

underfunded

adj. having insufficient funds to support or carry out an enterprise

synonym : undercapitalized, cash-strapped, insolvent

(1) severely **underfunded**, (2) **underfunded** programs

The healthcare system is **underfunded**, and patients are not receiving the needed treatment.

babysitter

n. a person hired to look after a child or children while the parents are away or occupied; someone who provides temporary care and supervision for children in the

absence of their parents or guardians

synonym : childcare provider, nanny, nurse

(1) need a trustworthy **babysitter**, (2) experienced **babysitter**

Our regular **babysitter** was sick, so we had to find a replacement at the last minute.

educational

adj. relating to education or providing knowledge or instruction

synonym : instructional, informative, enlightening

(1) **educational** system, (2) elevate **educational** standards

The museum offers a variety of **educational** programs for children and adults.

rethink

v. to consider again a plan, idea, etc., especially to change it

synonym : reexplore, review, reconsider

(1) **rethink** a marketing plan, (2) **rethink** the role of the manager

We have to **rethink** our company's product lineup for further growth.

advocacy

n. the act of supporting or promoting a particular cause or point of view, often through public campaigning or lobbying

synonym : support, promotion, defense

(1) **advocacy** group, (2) consumer **advocacy** group

The group engages in **advocacy** through lobbying and campaigning for policy changes.

foundation

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

synonym : base, support, groundwork

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

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

allocate

v. to give or distribute something, such as resources or duties, to someone or something for a particular purpose
synonym: apportion, assign, distribute

(1) **allocate** resource, (2) **allocate** budgets

The company **allocated** a portion of its profits to developing new products.

recess

n. a period of time when the members of a parliament, committee, etc., are adjourned; a short break in a trial in court

synonym: break, interval, pause

(1) a court **recess**, (2) during noon **recess**

The company decided to take a **recess** and reconvene the meeting later that day.

melt

v. to turn from something solid into something soft or liquid as a result of heating

synonym: disintegrate, soften, disappear

(1) **melt** the ice, (2) **melt** down gold

Her resistance **melted** under his persuasion.

educate

v. to provide or receive instruction or training over a period of time at a school, university, etc.

synonym: instruct, teach, train

(1) **educate** student, (2) **educate** public

The school's mission is to **educate** young children and prepare them for the future.

suppose

v. to think that something is likely to be actual or possible
synonym: guess, assume, presume

(1) **suppose** you're right, (2) **suppose** beforehand

What do you **suppose** the culprit's motive was?

institute

n. an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something

synonym : academy, university, college

(1) **institute** a lawsuit, (2) research **institutes**

This region has many **institutes** offering higher education.

appropriate

adj. suitable or proper in the circumstances; fitting

synonym : fitting, suitable, proper

(1) **appropriate** behavior, (2) an **appropriate** time

It would be **appropriate** to dress nicely for the wedding.

crazy

adj. stupid or not sensible; very angry

synonym : insane, absurd, bizarre

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

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

oversight

n. the act of supervising or watching over something; a mistake caused by not paying enough attention to something

synonym : supervision, monitoring, failure

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

Due to careless **oversight**, the product was not inspected before it was shipped to the customers.

initiative

n. the ability to act or make decisions independently and with confidence; a plan or action proposed or taken to address a problem or need

synonym : enterprise, drive, ambition

(1) a peace **initiative**, (2) take **initiative**

The teacher's **initiative** to start a school garden project was met with enthusiasm from the students.

finance

n. the management of money, credit, banking, and investments, especially by a government or commercial organization; the branch of economics that studies the

management of money and other assets

synonym : banking, investment, fund

(1) **finance** act, (2) manage my **finances**

Our company decided to hire an advisor who specializes in **finance**.

wrap

v. to cover or enclose something entirely with paper, cloth, or other material

synonym : surround, cover, bandage

(1) **wrap** a fish in foil, (2) **wrap** up a meeting

Wrap the bandage tightly around the injured arm.

aid

n. things sent to help countries in need, notably food or money; support

synonym : helper, resource, assistance

(1) financial **aid**, (2) country-by-country **aid** programs

Pakistan's **aid** budget was still being reviewed.

relate

v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

synonym : connect, link, associate

(1) **relate** a story, (2) **relate** a message

He tried to **relate** his experience to the group, but they couldn't understand.

payroll

n. a list of a company's employees and their salaries or wages; the total amount of money paid by a company to its employees regularly

synonym : salary list, wages, earnings

(1) **payroll** system, (2) **payroll** tax

The company's **payroll** department processed the paychecks every two weeks.

overhead

n. the expense of maintaining something that is involved in operating a business, such as rent and heating; (adverb)

above your head; in the sky

synonym : expense, upkeep, (adverb) aloft

(1) **overhead** capital, (2) a cloud passing **overhead**

This merger will help them reduce **overhead** costs substantially.

vent

n. a small opening to escape or release gas, air, liquid, etc.; activity or process that frees or expresses strong creative energy or emotion

synonym : duct, outlet, venthole

(1) volcanic **vent**, (2) **vent** tube

He gave **vent** to his anger by playing the guitar.

gourmet

adj. relating to high-quality food, especially that which is prepared with great skill and care; referring to someone who has refined or discerning taste in food

synonym : culinary, epicurean, gastronomic

(1) **gourmet** techniques, (2) **gourmet** coffee

The hotel boasts a **gourmet** restaurant that serves only the finest foods and wines.

ashamed

adj. feeling guilt, embarrassment, or remorse about something because of something you have done

synonym : regretful, repentant, mortified

(1) feel **ashamed** of him, (2) cast **ashamed** eyes

You don't have to be **ashamed**.

louse

n. a small, wingless insect that lives on the bodies of mammals and birds, often considered a parasite; a contemptible or despicable person

synonym : bug, insect, parasite

(1) pubic **louse**, (2) **louse** egg

The child was sent home from school because of a lice infestation caused by one **louse**.

grandparent

n. a parent of one's father or mother

(1) great- **grandparent**, (2) person of **grandparent** age
She was close to her paternal **grandparents** and often spent summers with them.

macro

n. (computing) a set of instructions that automate a frequently used series of keystrokes or mouse actions; (photography) a lens that allows you to take close-up photographs; (economics) a large-scale economic policy or system

synonym: large-scale, big-picture, major

(1) **macro** economy, (2) **macro** scale

Macro photography is a technique that allows you to take close-up photos of small objects.

president

n. the leader of a republic, for example, the US; the person in charge of the organization such as a company, university, club, etc.

synonym: leader, CEO, chairperson

(1) **president** emeritus, (2) vice- **president** for finance

The club **president** does not have absolute power.

Session 2: Spelling

1. E. c__i bacteria strain
n. a bacterium of the genus Escherichia that is commonly found in the human gut and is used as a model organism in molecular biology and biochemistry
2. re___e collection
n. a set of instructions for preparing a dish, including the ingredients and the method of cooking
3. ov_____ht committee
n. the act of supervising or watching over something; a mistake caused by not paying enough attention to something
4. ca_____ia lunch
n. a restaurant where customers serve themselves from a counter and pay for what they have taken, often found in factories, colleges, hospitals, etc.
5. rag d__l
n. a child's toy that typically represents a human figure, especially a young girl; an attractive woman; a woman who is subservient or passive
6. monthly us__e amount
n. the way in which a word or phrase is used in a language; the extent in which how much something is used
7. wanted cr_____al
n. a person who has committed a crime
8. in_____e a feeling of curiosity
v. to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
9. und_____ed programs
adj. having insufficient funds to support or carry out an enterprise

ANSWERS: 1. coli, 2. recipe, 3. oversight, 4. cafeteria, 5. doll, 6. usage, 7. criminal, 8. inspire, 9. underfunded

10. be___l solution *n.* something that is considered the most important or all-encompassing aspect of a particular thing or concept
11. toxic ch_____als *adj.* relating to or connected with chemistry;
12. sustainable hu_____ry *n.* the care, management, and cultivation of plants, animals, or other resources to obtain productive or profitable outcomes; the practice of tending to and responsibly using natural resources
13. st__n the carpet *v.* to discolor, defile, or tarnish something; (noun) a discoloration or dirty mark on a surface that is difficult to remove
14. 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
15. ma__o economy *n.* (computing) a set of instructions that automate a frequently used series of keystrokes or mouse actions; (photography) a lens that allows you to take close-up photographs; (economics) a large-scale economic policy or system
16. market up___e *n.* the positive aspect or potential of something; the upper side of something
17. gen_____on gap *n.* all the people born and living at about the same time, regarded collectively; the production of heat or electricity
18. sus_____le alternative fuel *adj.* able to continue or be continued for a long time

ANSWERS: 10. be-all, 11. chemical, 12. husbandry, 13. stain, 14. grill, 15. macro, 16. upside, 17. generation, 18. sustainable

19. 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
20. organic agr____re *n.* the practice or science of cultivating the land or raising stock
21. cr__k an eggshell *v.* to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking
22. sy__p bottle *n.* a sweet, thick liquid made by dissolving sugar in water, often flavored with fruit, spices, or other ingredients
23. fi____e act *n.* the management of money, credit, banking, and investments, especially by a government or commercial organization; the branch of economics that studies the management of money and other assets
24. vice-pr____nt for finance *n.* the leader of a republic, for example, the US; the person in charge of the organization such as a company, university, club, etc.
25. abs____ly obsessed with the girl *adv.* without restriction or limitation; completely or utterly
26. a prodigious vi____n *n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see
27. nut____us meal *adj.* providing nourishment and essential nutrients for growth, development, and overall well-being; conducive to good health and proper bodily function

ANSWERS: 19. protein, 20. agriculture, 21. crack, 22. syrup, 23. finance, 24. president, 25. absolutely, 26. vision, 27. nutritious

28. fou_____on course *n.* the lowest load-bearing part of a building, typically below ground level; a fundamental basis or principle upon which something is built or established; an organization that provides funding or support for charitable or educational purposes
29. urban di_____cts *n.* a part of a country or town, especially one with particular features
30. ta__t support *adj.* understood or implied without being stated outright; unspoken or inferred through context or implication
31. the p__k current in the circuit *n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
32. make an enl_____ed decision *adj.* having or showing a rational, modern, and well-informed outlook
33. ga___r attention *v.* to acquire or accumulate something through effort or attention
34. pr_____le outcome *adj.* likely to happen or likely to be true
35. a lot of re_____d sugar *adj.* made pure by having impurities or unwanted elements removed by processing
36. office ca_____ia *n.* a restaurant where customers serve themselves from a counter and pay for what they have taken, often found in factories, colleges, hospitals, etc.
37. gi_____e pattern *n.* a tall African mammal with a very long neck and legs, typically with distinctive brownish-yellow fur and dark patches; an animal often found in zoos and wildlife preserves

ANSWERS: 28. foundation, 29. district, 30. tacit, 31. peak, 32. enlightened, 33. garner, 34. probable, 35. refined, 36. cafeteria, 37. giraffe

38. m__t the ice *v.* to turn from something solid into something soft or liquid as a result of heating
39. manage my fi_____es *n.* the management of money, credit, banking, and investments, especially by a government or commercial organization; the branch of economics that studies the management of money and other assets
40. a cloud passing ov_____ad *n.* the expense of maintaining something that is involved in operating a business, such as rent and heating; (adverb) above your head; in the sky
41. field of vi___l arts *adj.* relating to seeing or sight
42. pubic lo__e *n.* a small, wingless insect that lives on the bodies of mammals and birds, often considered a parasite; a contemptible or despicable person
43. m__t down gold *v.* to turn from something solid into something soft or liquid as a result of heating
44. red wine st__n *v.* to discolor, defile, or tarnish something; (noun) a discoloration or dirty mark on a surface that is difficult to remove
45. the gr_____y business *n.* a shop that sells food and other household items
46. the in_____on of new techniques *n.* the creation of a new device or process resulting from study and experimentation; the act of inventing

ANSWERS: 38. melt, 39. finance, 40. overhead, 41. visual, 42. louse, 43. melt, 44. stain, 45. grocery, 46. invention

47. a truncated py____d *n.* a polyhedron having a polygonal base and triangular sides with a common vertex; a massive monument with a square base and four triangular sides, begun by Cheops around 2700 BC as royal tombs in ancient Egypt
48. 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
49. ra____w after a storm *n.* an arch of colors in the sky caused by the refraction and dispersion of sunlight through rain
50. a light co____il *n.* a drink, usually an alcoholic one, made by mixing one or more spirits (= strong alcoholic drinks) and fruit juice; an appetizer served as a first course at a meal
51. a s__d coat *n.* a small, hard, often round, a reproductive structure that contains a plant's genetic material and is capable of growing into a new plant
52. pr____nt emeritus *n.* the leader of a republic, for example, the US; the person in charge of the organization such as a company, university, club, etc.
53. de____us breeze *adj.* exceptionally pleasing to taste or smell
54. heredity fr____se intolerance *n.* a simple sugar that is found in many fruits and vegetables and is about twice as sweet as sucrose

ANSWERS: 47. pyramid, 48. protein, 49. rainbow, 50. cocktail, 51. seed, 52. president, 53. delicious, 54. fructose

55. co____il of chemicals *n.* a drink, usually an alcoholic one, made by mixing one or more spirits (= strong alcoholic drinks) and fruit juice; an appetizer served as a first course at a meal
56. re____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
57. dose-de_____nt induction *adj.* relying on someone or something else for support or aid
58. cho_____ll schedule *adj.* completely filled or crowded with something; having no space or room for additional things
59. c__i cells *n.* a bacterium of the genus Escherichia that is commonly found in the human gut and is used as a model organism in molecular biology and biochemistry
60. vi___l navigation *adj.* relating to seeing or sight
61. play with her ni__e *n.* a daughter of one's sibling, brother-in-law, or sister-in-law
62. ju_____e of Heaven *n.* the quality of being fair and reasonable and treating people equally according to their due
63. elevate edu_____al standards *adj.* relating to education or providing knowledge or instruction
64. great-gra_____nt *n.* a parent of one's father or mother
65. fr_____se content *n.* a simple sugar that is found in many fruits and vegetables and is about twice as sweet as sucrose

ANSWERS: 55. cocktail, 56. relation, 57. dependent, 58. chock-full, 59. coli, 60. visual, 61. niece, 62. justice, 63. educational, 64. grandparent, 65. fructose

66. the most am____g feeling *adj.* extremely surprising, especially in a way that you like or admire
67. re____k the role of the manager *v.* to consider again a plan, idea, etc., especially to change it
68. gr____te degree program *n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
69. mo____g experience *adj.* causing strong emotions or feelings, especially sadness or sympathy
70. 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
71. ant____ic allergy *n.* a substance or drug that kills or slows down the growth of bacteria
72. pa____l system *n.* a list of a company's employees and their salaries or wages; the total amount of money paid by a company to its employees regularly
73. the local chamber of co____ce *n.* the activity of buying and selling things, especially on a large scale
74. long-ex____t volcano *adj.* no longer in existence
75. urban agr____re *n.* a design practice that combines elements of architecture, engineering, and agriculture to create sustainable and viable urban farming systems and structures
76. a me____l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine

ANSWERS: 66. amazing, 67. rethink, 68. graduate, 69. moving, 70. plat, 71. antibiotic, 72. payroll, 73. commerce, 74. extinct, 75. agritecture, 76. medical

77. al_____te budgets *v.* to give or distribute something, such as resources or duties, to someone or something for a particular purpose
78. get on a so_____x *n.* a makeshift platform or podium, typically one that is improvised in a public place, used for making impromptu speeches or for expressing opinions on various topics; (verb) to express one's opinions or deliver a speech in a passionate, forceful, or assertive manner
79. major pa_____gm shift *n.* a standard or typical example of something; a pattern or model
80. li_____me ban from the sport *n.* the duration of someone's life or something's existence;
81. no_____h hope *v.* to provide a person, an animal, or plant with food to make them grow and stay healthy
82. interstate co_____ce *n.* the activity of buying and selling things, especially on a large scale
83. severely und_____ed *adj.* having insufficient funds to support or carry out an enterprise
84. an ac_____ic discussion *adj.* associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
85. th_____y for a patient *n.* the act of caring for someone through medication, remedial training, etc.
86. a fo____l leaf *n.* any preserved remains, impression, or trace of any once-living thing that has become hard and turned into rock

ANSWERS: 77. allocate, 78. soapbox, 79. paradigm, 80. lifetime, 81. nourish, 82. commerce, 83. underfunded, 84. academic, 85. therapy, 86. fossil

87. country-by-country a_d programs *n.* things sent to help countries in need, notably food or money; support
88. 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
89. mi_____te risk *v.* to make less severe or less intense; to alleviate or lessen the adverse effects of something
90. the str_____ry pie *n.* a sweet, juicy fruit with a reddish color, a seeded surface, and a green, leafy top
91. ca_____rd cutout *n.* a stiff, thick material made from compressed paper pulp used to make boxes and other packaging materials
92. em_____ee evaluation *n.* a person who is hired to work for a business or organization in exchange for wages or salary; a worker
93. pe_____de residue *n.* a substance used for preventing, destroying, repelling, or mitigating any pest
94. gra_____ld-grandparent relationship *n.* a child of someone's son or daughter
95. co_____fy user data *v.* to turn something into an object of trade or commerce, particularly a good or service that was previously seen as having value beyond its market value
96. plastic d__l *n.* a child's toy that typically represents a human figure, especially a young girl; an attractive woman; a woman who is subservient or passive

ANSWERS: 87. aid, 88. grill, 89. mitigate, 90. strawberry, 91. cardboard, 92. employee, 93. pesticide, 94. grandchild, 95. commodify, 96. doll

97. nu_____on intake *n.* the substances or the process that organisms take into their bodies as food for their growth and health
98. an academic cur_____um *n.* a series of subjects comprising a course of study in a school, college, etc.
99. adopt a re_____d attitude *adj.* made pure by having impurities or unwanted elements removed by processing
100. re_____se money *v.* to pay someone back for money that they have spent
101. gov_____nt funding *n.* the group of people with authority to control a country or state
102. nut_____us ingredients *adj.* providing nourishment and essential nutrients for growth, development, and overall well-being; conducive to good health and proper bodily function
103. lo___e a tumor *v.* to specify or determine the exact position of someone or something
104. fl___r enhancer *n.* the taste sensation produced by a substance in the mouth
105. enl_____ed age *adj.* having or showing a rational, modern, and well-informed outlook
106. secret ing_____nts *n.* one of the things used to make something, especially one of the foods used to make a particular dish
107. at p__k hour *n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain

ANSWERS: 97. nutrition, 98. curriculum, 99. refined, 100. reimburse, 101. government, 102. nutritious, 103. locate, 104. flavor, 105. enlightened, 106. ingredient, 107. peak

108. ov____ad capital *n.* the expense of maintaining something that is involved in operating a business, such as rent and heating; (adverb) above your head; in the sky
109. gi____e exhibit *n.* a tall African mammal with a very long neck and legs, typically with distinctive brownish-yellow fur and dark patches; an animal often found in zoos and wildlife preserves
110. go____t coffee *adj.* relating to high-quality food, especially that which is prepared with great skill and care; referring to someone who has refined or discerning taste in food
111. a b__h of hair *n.* a plant growing thickly with many small branches and several stiff stems coming up from the root
112. agr____re design *n.* a design practice that combines elements of architecture, engineering, and agriculture to create sustainable and viable urban farming systems and structures
113. go____t techniques *adj.* relating to high-quality food, especially that which is prepared with great skill and care; referring to someone who has refined or discerning taste in food
114. sy____ic bacteria *adj.* involving two varieties of animal or plant, each of which supplies the conditions for the other to exist
115. py____d architecture *n.* a polyhedron having a polygonal base and triangular sides with a common vertex; a massive monument with a square base and four triangular sides, begun by Cheops around 2700 BC as royal tombs in ancient Egypt

ANSWERS: 108. overhead, 109. giraffe, 110. gourmet, 111. bush, 112. agritecture, 113. gourmet, 114. symbiotic, 115. pyramid

116. trees and b__hes *n.* a plant growing thickly with many small branches and several stiff stems coming up from the root
117. par_____ip across the Atlantic *n.* the state of a cooperative relationship between people or groups, especially in business
118. di_____es patient *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
119. s__t a mouthful of saliva *v.* to eject saliva or other liquid from the mouth
120. an app_____te time *adj.* suitable or proper in the circumstances; fitting
121. un__y the party *v.* to bring or join something together so that they form a single unit
122. weak fou_____on *n.* the lowest load-bearing part of a building, typically below ground level; a fundamental basis or principle upon which something is built or established; an organization that provides funding or support for charitable or educational purposes
123. s__t a bullet *v.* to eject saliva or other liquid from the mouth
124. smokeless f__l *n.* a substance that is typically burned to generate heat or energy
125. take a ha_____on approach *adj.* actively involved, practical; having hands involved in the doing or making of something

ANSWERS: 116. bush, 117. partnership, 118. diabetes, 119. spit, 120. appropriate, 121. unify, 122. foundation, 123. spit, 124. fuel, 125. hands-on

126. decision-making pr____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
127. re_____se expenses *v.* to pay someone back for money that they have spent
128. a cur_____um vitae *n.* a series of subjects comprising a course of study in a school, college, etc.
129. large po_____n *n.* one component of a larger entity
130. properly ov_____e the staff *v.* to watch and direct someone or something to make sure that it is being done correctly
131. ac_____ic probation *adj.* associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
132. the major pr_____e *n.* a statement or proposition that is held to be true or from which a conclusion can be drawn
133. ma__o scale *n.* (computing) a set of instructions that automate a frequently used series of keystrokes or mouse actions; (photography) a lens that allows you to take close-up photographs; (economics) a large-scale economic policy or system
134. school di_____cts *n.* a part of a country or town, especially one with particular features

ANSWERS: 126. process, 127. reimburse, 128. curriculum, 129. portion, 130. oversee, 131. academic, 132. premise, 133. macro, 134. district

135. f_e calculation *n.* a sum of money charged for a particular service
136. female ho_____e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
137. res_____le for a customer service *adj.* answerable or accountable for something within one's power, control, or management
138. pa_____l tax *n.* a list of a company's employees and their salaries or wages; the total amount of money paid by a company to its employees regularly
139. volcanic v__t *n.* a small opening to escape or release gas, air, liquid, etc.; activity or process that frees or expresses strong creative energy or emotion
140. cho_____ll of flavor *adj.* completely filled or crowded with something; having no space or room for additional things
141. ed_____e public *v.* to provide or receive instruction or training over a period of time at a school, university, etc.
142. or_____c soils *adj.* of or derived from biological substance; producing plants and animals for food and other items without the use of synthetic chemicals
143. so_____x about climate change *n.* a makeshift platform or podium, typically one that is improvised in a public place, used for making impromptu speeches or for expressing opinions on various topics; (verb) to express one's opinions or deliver a speech in a passionate, forceful, or assertive manner

ANSWERS: 135. fee, 136. hormone, 137. responsible, 138. payroll, 139. vent, 140.

chock-full, 141. educate, 142. organic, 143. soapbox

144. re___e a story *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
145. marine ra____w *n.* an arch of colors in the sky caused by the refraction and dispersion of sunlight through rain
146. dis_____te video content *v.* to give something to a large number of individuals, or to spread or furnish something
147. 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
148. co_____e electricity *v.* to spend something, especially fuel, energy, or time, in a large amount
149. nu_____on condition *n.* the substances or the process that organisms take into their bodies as food for their growth and health
150. financial a_d *n.* things sent to help countries in need, notably food or money; support
151. make a pr_____e *n.* a statement or proposition that is held to be true or from which a conclusion can be drawn
152. un__y the system *v.* to bring or join something together so that they form a single unit
153. during noon re___s *n.* a period of time when the members of a parliament, committee, etc., are adjourned; a short break in a trial in court

ANSWERS: 144. relate, 145. rainbow, 146. distribute, 147. disease, 148. consume, 149. nutrition, 150. aid, 151. premise, 152. unify, 153. recess

154. intensive agr_____re *n.* the practice or science of cultivating the land or raising stock
155. eat or_____c food *adj.* of or derived from biological substance; producing plants and animals for food and other items without the use of synthetic chemicals
156. ga____r good reviews *v.* to acquire or accumulate something through effort or attention
157. a seafaring na____n *n.* a large organized community of people living in a particular country or region and having a particular culture
158. the ant_____is of evil *n.* the direct opposite; a contrast or opposition between two things
159. pe_____de application *n.* a substance used for preventing, destroying, repelling, or mitigating any pest
160. al_____te resource *v.* to give or distribute something, such as resources or duties, to someone or something for a particular purpose
161. environmental ov_____ht *n.* the act of supervising or watching over something; a mistake caused by not paying enough attention to something
162. AI expert *n.* (abbreviation for artificial intelligence) the theory and development of computer systems capable of doing activities that would ordinarily need human intelligence, such as object recognition, speech recognition, decision-making, and language translation

ANSWERS: 154. agriculture, 155. organic, 156. garner, 157. nation, 158. antithesis, 159. pesticide, 160. allocate, 161. oversight, 162. AI

163. ant_____ic resistance *n.* a substance or drug that kills or slows down the growth of bacteria
164. t__s the bottle into a trash can *v.* to throw something carelessly with a light motion
165. pr_____le cause of a fire *adj.* likely to happen or likely to be true
166. no_____h damaged skin *v.* to provide a person, an animal, or plant with food to make them grow and stay healthy
167. cr__h a revolt *v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller
168. temporary me_____l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
169. need a trustworthy bab_____er *n.* a person hired to look after a child or children while the parents are away or occupied; someone who provides temporary care and supervision for children in the absence of their parents or guardians
170. traditional hu_____ry *n.* the care, management, and cultivation of plants, animals, or other resources to obtain productive or profitable outcomes; the practice of tending to and responsibly using natural resources
171. su_____e you're right *v.* to think that something is likely to be actual or possible
172. app_____te behavior *adj.* suitable or proper in the circumstances; fitting

ANSWERS: 163. antibiotic, 164. toss, 165. probable, 166. nourish, 167. crush, 168. medical, 169. babysitter, 170. husbandry, 171. suppose, 172. appropriate

173. field of gene th____y *n.* the act of caring for someone through medication, remedial training, etc.
174. sc____h off a name *v.* to cut or damage the surface of something or the skin with a sharp or pointed object
175. service f_e *n.* a sum of money charged for a particular service
176. s__d money *n.* a small, hard, often round, a reproductive structure that contains a plant's genetic material and is capable of growing into a new plant
177. take ini____ve *n.* the ability to act or make decisions independently and with confidence; a plan or action proposed or taken to address a problem or need
178. cr__y about cars and racing *adj.* stupid or not sensible; very angry
179. be___l answer *n.* something that is considered the most important or all-encompassing aspect of a particular thing or concept
180. run a gr____y *n.* a shop that sells food and other household items
181. co____e a large of alcohol *v.* to spend something, especially fuel, energy, or time, in a large amount
182. nieces and ne___ws *n.* a son of your brother or sister
183. two op____d characters *adj.* being completely different from something or disagreeing strongly with something
184. af___d to buy a new car *v.* to have enough money or time to be able to buy or do something

ANSWERS: 173. therapy, 174. scratch, 175. fee, 176. seed, 177. initiative, 178. crazy, 179. be-all, 180. grocery, 181. consume, 182. nephew, 183. opposed, 184. afford

185. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
186. ad_____cy group *n.* the act of supporting or promoting a particular cause or point of view, often through public campaigning or lobbying
187. ta__t consent *adj.* understood or implied without being stated outright; unspoken or inferred through context or implication
188. t__s a coin *v.* to throw something carelessly with a light motion
189. unb_____ble beauty *adj.* beyond belief or understanding and extremely surprising
190. fairly ty_____l symptoms *adj.* having the usual characteristics or traits of a specific group of things
191. linguistic us___e *n.* the way in which a word or phrase is used in a language; the extent in which how much something is used
192. 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
193. a sand p___e *n.* a collection of objects positioned one on top of another; a large sum of something, such as money
194. experienced bab_____er *n.* a person hired to look after a child or children while the parents are away or occupied; someone who provides temporary care and supervision for children in the absence of their parents or guardians

ANSWERS: 185. decide, 186. advocacy, 187. tacit, 188. toss, 189. unbelievable, 190. typical, 191. usage, 192. pile, 193. pile, 194. babysitter

195. am_____g advances *adj.* extremely surprising, especially in a way that you like or admire
196. ov_____e the process *v.* to watch and direct someone or something to make sure that it is being done correctly
197. development of in_____n resistance *n.* a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes
198. abs_____ly against *adv.* without restriction or limitation; completely or utterly
199. pr_____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
200. make an ant_____is *n.* the direct opposite; a contrast or opposition between two things
201. r_p a hole in the roof *v.* to tear something or be torn violently or suddenly
202. eq__p our children with some special skills *v.* to provide a person or a place with the things that are needed for a particular purpose or activity
203. eq__p an army *v.* to provide a person or a place with the things that are needed for a particular purpose or activity

ANSWERS: 195. amazing, 196. oversee, 197. insulin, 198. absolutely, 199. process, 200. antithesis, 201. rip, 202. equip, 203. equip

204. a peace ini_____ve *n.* the ability to act or make decisions independently and with confidence; a plan or action proposed or taken to address a problem or need
205. v__t tube *n.* a small opening to escape or release gas, air, liquid, etc.; activity or process that frees or expresses strong creative energy or emotion
206. in_____te a lawsuit *n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something
207. em_____ee benefits *n.* a person who is hired to work for a business or organization in exchange for wages or salary; a worker
208. he_____de resistance *n.* a substance used to kill or control the growth of unwanted plants
209. li_____me benefits *n.* the duration of someone's life or something's existence;
210. nu_____nt medicine *n.* any substance that is essential for the maintenance and growth of living things
211. lo__e egg *n.* a small, wingless insect that lives on the bodies of mammals and birds, often considered a parasite; a contemptible or despicable person
212. daily in_____n dose *n.* a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes

ANSWERS: 204. initiative, 205. vent, 206. institute, 207. employee, 208. herbicide, 209. lifetime, 210. nutrient, 211. louse, 212. insulin

213. 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
214. a ch____al compound *adj.* relating to or connected with chemistry;
215. gov_____nt bureaucracy *n.* the group of people with authority to control a country or state
216. variety of de_____us foods *adj.* exceptionally pleasing to taste or smell
217. re___e a message *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
218. a cr__k in a board *v.* to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking
219. str_____ry greenhouse *n.* a sweet, juicy fruit with a reddish color, a seeded surface, and a green, leafy top
220. cr_____al investigation *n.* a person who has committed a crime
221. antidiarrheal ag__t *n.* a person who represents and negotiates on behalf of someone else, such as a literary agent or talent agent; (of chemistry and medicine) a substance that brings about a chemical or physical effect; (of computer science) a piece of software that performs a task autonomously

ANSWERS: 213. planet, 214. chemical, 215. government, 216. delicious, 217. relate, 218. crack, 219. strawberry, 220. criminal, 221. agent

222. un_____hy habit *adj.* not conducive to good health; detrimental to physical or mental well-being
223. 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
224. burning of fo___l fuels *n.* any preserved remains, impression, or trace of any once-living thing that has become hard and turned into rock
225. sc_____h my signature *v.* to cut or damage the surface of something or the skin with a sharp or pointed object
226. telescopic vi___n *n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see
227. three-year-old ne___w *n.* a son of your brother or sister
228. re_____nt to persuasion *adj.* not affected by something, especially changes or new ideas; of or relating to immunity to disease or infection
229. above p_r performance *n.* a state of being equal to someone or something
230. compound the ing_____nts *n.* one of the things used to make something, especially one of the foods used to make a particular dish
231. cr__h coffee beans *v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller
232. establish a par_____ip *n.* the state of a cooperative relationship between people or groups, especially in business

ANSWERS: 222. unhealthy, 223. plat, 224. fossil, 225. scratch, 226. vision, 227. nephew, 228. resistant, 229. par, 230. ingredient, 231. crush, 232. partnership

233. ex____t by human activity *adj.* no longer in existence
234. w__p a fish in foil *v.* to cover or enclose something entirely with paper, cloth, or other material
235. honor gr____te *n.* a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree
236. the inner po____n of the body *n.* one component of a larger entity
237. a cr__y scheme *adj.* stupid or not sensible; very angry
238. ho____e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
239. su___e muscles *adj.* flexible and easy to bend or move; gracefully agile; adaptable or responsive to change or new ideas
240. person of gra____nt age *n.* a parent of one's father or mother
241. re____k a marketing plan *v.* to consider again a plan, idea, etc., especially to change it
242. af___d a high travel cost *v.* to have enough money or time to be able to buy or do something
243. absolutely op____d to abortion *adj.* being completely different from something or disagreeing strongly with something
244. a court re___s *n.* a period of time when the members of a parliament, committee, etc., are adjourned; a short break in a trial in court

ANSWERS: 233. extinct, 234. wrap, 235. graduate, 236. portion, 237. crazy, 238. hormone, 239. supple, 240. grandparent, 241. rethink, 242. afford, 243. opposed, 244. recess

245. 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
246. a nu____nt for hair *n.* any substance that is essential for the maintenance and growth of living things
247. a gold nu____t *n.* a small piece of gold or other precious metal or mineral found ready-formed in the earth; a small round piece of some food
248. penicillin-re_____nt bacteria *adj.* not affected by something, especially changes or new ideas; of or relating to immunity to disease or infection
249. lo____e a missing pet *v.* to specify or determine the exact position of someone or something
250. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
251. a delicate fl____r *n.* the taste sensation produced by a substance in the mouth
252. co_____fy athletes *v.* to turn something into an object of trade or commerce, particularly a good or service that was previously seen as having value beyond its market value
253. pr_____be in the preceding paragraph *v.* (of a doctor) to advise and order the use of particular medicine or treatment for someone, especially in writing; to issue commands or orders for something
254. 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

ANSWERS: 245. disease, 246. nutrient, 247. nugget, 248. resistant, 249. locate, 250. relation, 251. flavor, 252. commodify, 253. prescribe, 254. diet

255. gra_____ld development *n.* a child of someone's son or daughter
256. consumer ad_____cy group *n.* the act of supporting or promoting a particular cause or point of view, often through public campaigning or lobbying
257. a ne_____ve number *adj.* having the quality of something bad or harmful; expressing refusal
258. feel as_____d of him *adj.* feeling guilt, embarrassment, or remorse about something because of something you have done
259. re_____e book *n.* a set of instructions for preparing a dish, including the ingredients and the method of cooking
260. organic co_____t *n.* a mixture of organic matter, such as food scraps, yard waste, and manure, that is allowed to decompose and is used as fertilizer for plants and garden soil
261. a bouncing ni___e *n.* a daughter of one's sibling, brother-in-law, or sister-in-law
262. 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
263. res_____le action *adj.* answerable or accountable for something within one's power, control, or management
264. 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: 255. grandchild, 256. advocacy, 257. negative, 258. ashamed, 259. recipe, 260. compost, 261. niece, 262. generation, 263. responsible, 264. diet

265. r_p a notebook apart *v.* to tear something or be torn violently or suddenly
266. cause unb_____ble damage *adj.* beyond belief or understanding and extremely surprising
267. in_____e him to write a novel *v.* to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
268. ty_____l leader *adj.* having the usual characteristics or traits of a specific group of things
269. have a ne_____ve effect *adj.* having the quality of something bad or harmful; expressing refusal
270. mo_____g ceremony *adj.* causing strong emotions or feelings, especially sadness or sympathy
271. juvenile di_____es *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
272. ag__t system *n.* a person who represents and negotiates on behalf of someone else, such as a literary agent or talent agent; (of chemistry and medicine) a substance that brings about a chemical or physical effect; (of computer science) a piece of software that performs a task autonomously
273. re_____e the cardboard boxes *v.* to sort and collect things to process them and produce valuable materials that can be used again
274. cultural pa_____gm *n.* a standard or typical example of something; a pattern or model

ANSWERS: 265. rip, 266. unbelievable, 267. inspire, 268. typical, 269. negative, 270. moving, 271. diabetes, 272. agent, 273. recycle, 274. paradigm

275. su___e leather *adj.* flexible and easy to bend or move; gracefully agile; adaptable or responsive to change or new ideas
276. thousands of po__ds *n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
277. a de_____nt person *adj.* relying on someone or something else for support or aid
278. de___e on a course of action *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
279. criminal ju_____e *n.* the quality of being fair and reasonable and treating people equally according to their due
280. nu___t of truth *n.* a small piece of gold or other precious metal or mineral found ready-formed in the earth; a small round piece of some food
281. un_____hy diet *adj.* not conducive to good health; detrimental to physical or mental well-being
282. not up to p_r *n.* a state of being equal to someone or something
283. s_y milk *n.* a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed
284. w__p up a meeting *v.* to cover or enclose something entirely with paper, cloth, or other material

ANSWERS: 275. supple, 276. pound, 277. dependent, 278. decide, 279. justice, 280. nugget, 281. unhealthy, 282. par, 283. soy, 284. wrap

285. principles of sus_____le
development *adj.* able to continue or be continued for a long time
286. edu_____al system *adj.* relating to education or providing knowledge or instruction
287. banned he_____de *n.* a substance used to kill or control the growth of unwanted plants
288. research in_____tes *n.* an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something
289. apply AI technology to art *n.* (abbreviation for artificial intelligence) the theory and development of computer systems capable of doing activities that would ordinarily need human intelligence, such as object recognition, speech recognition, decision-making, and language translation
290. biomass f__l *n.* a substance that is typically burned to generate heat or energy
291. 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
292. re_____e milk packaging into new paper *v.* to sort and collect things to process them and produce valuable materials that can be used again
293. s_y allergy *n.* a legume plant that is widely cultivated for its edible bean, which has many uses, such as for oil, food, and animal feed

ANSWERS: 285. sustainable, 286. educational, 287. herbicide, 288. institute, 289. AI, 290. fuel, 291. planet, 292. recycle, 293. soy

294. di_____s options *v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic
295. ed_____e student *v.* to provide or receive instruction or training over a period of time at a school, university, etc.
296. mi_____te a natural disaster *v.* to make less severe or less intense; to alleviate or lessen the adverse effects of something
297. ca_____rd box *n.* a stiff, thick material made from compressed paper pulp used to make boxes and other packaging materials
298. co_____t pile *n.* a mixture of organic matter, such as food scraps, yard waste, and manure, that is allowed to decompose and is used as fertilizer for plants and garden soil
299. common in_____on *n.* the creation of a new device or process resulting from study and experimentation; the act of inventing
300. sy_____ic economy *adj.* involving two varieties of animal or plant, each of which supplies the conditions for the other to exist
301. have no up____e *n.* the positive aspect or potential of something; the upper side of something
302. dis_____te wealth evenly *v.* to give something to a large number of individuals, or to spread or furnish something

ANSWERS: 294. discuss, 295. educate, 296. mitigate, 297. cardboard, 298. compost, 299. invention, 300. symbiotic, 301. upside, 302. distribute

303. su____e beforehand *v.* to think that something is likely to be actual or possible
304. ha____on activity *adj.* actively involved, practical; having hands involved in the doing or making of something
305. cast as____d eyes *adj.* feeling guilt, embarrassment, or remorse about something because of something you have done
306. maple sy__p *n.* a sweet, thick liquid made by dissolving sugar in water, often flavored with fruit, spices, or other ingredients
307. na____n-state *n.* a large organized community of people living in a particular country or region and having a particular culture
308. pr____be a drug *v.* (of a doctor) to advise and order the use of particular medicine or treatment for someone, especially in writing; to issue commands or orders for something
309. three-fourths of a po__d *n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
310. di____s solutions *v.* to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic

ANSWERS: 303. suppose, 304. hands-on, 305. ashamed, 306. syrup, 307. nation, 308. prescribe, 309. pound, 310. discuss

Session 3: Fill in the Blanks

1. 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
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. Many companies try to _____ popular trends to make a profit.
v. to turn something into an object of trade or commerce, particularly a good or service that was previously seen as having value beyond its market value
4. 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
5. The club _____ does not have absolute power.
n. the leader of a republic, for example, the US; the person in charge of the organization such as a company, university, club, etc.
6. You can add coffee grounds and crushed eggshells to your _____ to improve the pH balance.
n. a mixture of organic matter, such as food scraps, yard waste, and manure, that is allowed to decompose and is used as fertilizer for plants and garden soil
7. The politician climbed onto his _____ and began his campaign speech.
n. a makeshift platform or podium, typically one that is improvised in a public place, used for making impromptu speeches or for expressing opinions on various topics; (verb) to express one's opinions or deliver a speech in a passionate, forceful, or assertive manner

ANSWERS: 1. responsible, 2. disease, 3. commodify, 4. piles, 5. president, 6. compost, 7. soapbox

8. He tried to _____ his experience to the group, but they couldn't understand.
- v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
9. He used his charm and charisma to _____ support for his campaign.
- v.* to acquire or accumulate something through effort or attention
10. He has been prescribed an _____ to treat his infection.
- n.* a substance or drug that kills or slows down the growth of bacteria
11. She mixed the _____ with water to make a sweet drink.
- n.* a sweet, thick liquid made by dissolving sugar in water, often flavored with fruit, spices, or other ingredients
12. I underwent aversion _____ for my addiction to alcohol.
- n.* the act of caring for someone through medication, remedial training, etc.
13. He postulated a completely different _____ to explain all these phenomena.
- n.* a standard or typical example of something; a pattern or model
14. The car was completely _____ in the accident.
- v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller
15. The FBI _____ went undercover to infiltrate the criminal organization.
- n.* a person who represents and negotiates on behalf of someone else, such as a literary agent or talent agent; (of chemistry and medicine) a substance that brings about a chemical or physical effect; (of computer science) a piece of software that performs a task autonomously

ANSWERS: 8. relate, 9. garner, 10. antibiotic, 11. syrup, 12. therapy, 13. paradigm, 14. crushed, 15. agent

16. 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
17. The book's _____ is that the main character must save the world from an impending disaster.
- n.* a statement or proposition that is held to be true or from which a conclusion can be drawn
18. He that would eat the kernel must _____ the nut.
- v.* to break or cause to break without dividing into separate parts; (noun) a line on the surface of something along which it has separated without breaking
19. It took a few weeks to extract the _____ of information from those complicated sources.
- n.* a small piece of gold or other precious metal or mineral found ready-formed in the earth; a small round piece of some food
20. He had an _____ shock after drinking large quantities of fruit juices.
- n.* a hormone produced in the pancreas that controls the amount of sugar in the blood, or a similar artificial substance used for the treatment of diabetes
21. The people believe that they can _____ the country.
- v.* to bring or join something together so that they form a single unit
22. 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
23. Efforts to _____ the effects of climate change require a coordinated and sustained effort by governments, businesses, and individuals.
- v.* to make less severe or less intense; to alleviate or lessen the adverse effects of something

ANSWERS: 16. generation, 17. premise, 18. crack, 19. nugget, 20. insulin, 21. unify, 22. ingredient, 23. mitigate

24. She tried to _____ out the gum that she had been chewing.
- v.* to eject saliva or other liquid from the mouth
25. The _____ of the coffee was rich and full-bodied.
- n.* the taste sensation produced by a substance in the mouth
26. _____ photography is a technique that allows you to take close-up photos of small objects.
- n.* (computing) a set of instructions that automate a frequently used series of keystrokes or mouse actions; (photography) a lens that allows you to take close-up photographs; (economics) a large-scale economic policy or system
27. The _____ teacher taught the class about the importance of compassion and empathy.
- adj.* having or showing a rational, modern, and well-informed outlook
28. The Egyptian _____ consist of a vast number of blocks.
- n.* a polyhedron having a polygonal base and triangular sides with a common vertex; a massive monument with a square base and four triangular sides, begun by Cheops around 2700 BC as royal tombs in ancient Egypt
29. The police are searching for the _____ who stole the jewels.
- n.* a person who has committed a crime
30. 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
31. She had lived through two world wars in her _____.
- n.* the duration of someone's life or something's existence;

ANSWERS: 24. spit, 25. flavor, 26. Macro, 27. enlightened, 28. pyramids, 29. criminal, 30. protein, 31. lifetime

32. The lawyer's ____ for the case was \$10,000.
- n.* a sum of money charged for a particular service
33. Due to careless _____ the product was not inspected before it was shipped to the customers.
- n.* the act of supervising or watching over something; a mistake caused by not paying enough attention to something
34. The picnic basket was _____ of sandwiches, fruit, and drinks.
- adj.* completely filled or crowded with something; having no space or room for additional things
35. The government is planning to promote modern _____ practices in the poultry industry.
- n.* the care, management, and cultivation of plants, animals, or other resources to obtain productive or profitable outcomes; the practice of tending to and responsibly using natural resources
36. The group engages in _____ through lobbying and campaigning for policy changes.
- n.* the act of supporting or promoting a particular cause or point of view, often through public campaigning or lobbying
37. This merger will help them reduce _____ costs substantially.
- n.* the expense of maintaining something that is involved in operating a business, such as rent and heating; (adverb) above your head; in the sky
38. 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: 32. fee, 33. oversight, 34. chock-full, 35. husbandry, 36. advocacy, 37. overhead, 38. grill,

39. The _____ team worked quickly to save the patient's life.

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

40. The teacher's _____ to start a school garden project was met with enthusiasm from the students.

n. the ability to act or make decisions independently and with confidence; a plan or action proposed or taken to address a problem or need

41. The golfer recorded an _____ distance.

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

42. He cannot _____ a holiday.

v. to have enough money or time to be able to buy or do something

43. He drinks an _____ amount of beer.

adj. beyond belief or understanding and extremely surprising

44. The university's _____ was busy with students and staff grabbing a quick lunch.

n. a restaurant where customers serve themselves from a counter and pay for what they have taken, often found in factories, colleges, hospitals, etc.

45. Our regular _____ was sick, so we had to find a replacement at the last minute.

n. a person hired to look after a child or children while the parents are away or occupied; someone who provides temporary care and supervision for children in the absence of their parents or guardians

46. The grandparents take care of their _____ while the parents are at work.

n. a child of someone's son or daughter

ANSWERS: 39. medical, 40. initiative, 41. amazing, 42. afford, 43. unbelievable, 44. cafeteria, 45. babysitter, 46. grandchild

47. The _____ workshop allowed attendees to work with tools and materials, developing their skills in a hands-on environment.
adj. actively involved, practical; having hands involved in the doing or making of something
48. Their friendship was based on a _____ understanding of each other's needs and desires.
adj. understood or implied without being stated outright; unspoken or inferred through context or implication
49. The kidney is an _____ component of the body.
adj. of or derived from biological substance; producing plants and animals for food and other items without the use of synthetic chemicals
50. An excellent historian must possess an _____ mentality.
adj. associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
51. This company has invested heavily in Internet _____.
n. the activity of buying and selling things, especially on a large scale
52. She was highly _____ in her choice of apparel.
adj. made pure by having impurities or unwanted elements removed by processing
53. 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
54. We could grill the meat in a _____ way.
adj. exceptionally pleasing to taste or smell

ANSWERS: 47. hands-on, 48. tacit, 49. organic, 50. academic, 51. commerce, 52. refined, 53. relations, 54. delicious

55. The child was sent home from school because of a lice infestation caused by one _____.
- n.* a small, wingless insect that lives on the bodies of mammals and birds, often considered a parasite; a contemptible or despicable person
56. This food contains all the _____ your dog requires.
- n.* the substances or the process that organisms take into their bodies as food for their growth and health
57. The _____ of love is hate.
- n.* the direct opposite; a contrast or opposition between two things
58. Driving is difficult for me because of my poor _____.
- n.* the ability to think about or see the future with imagination and intelligence; the faculty of being able to see
59. Insects in urban areas are becoming _____ to insecticides.
- adj.* not affected by something, especially changes or new ideas; of or relating to immunity to disease or infection
60. I'm strongly _____ to that plan.
- adj.* being completely different from something or disagreeing strongly with something
61. This measurement aims to reduce traffic at _____ periods.
- n.* the point to which something or someone is at its strongest, best, or most successful; the pointed top of a mountain
62. 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

ANSWERS: 55. louse, 56. nutrition, 57. antithesis, 58. vision, 59. resistant, 60. opposed, 61. peak, 62. planet

63. Going to college is often seen as the _____ and end-all for success in life.
- n.* something that is considered the most important or all-encompassing aspect of a particular thing or concept
64. The evolution of processors has dramatically improved the performance of ____.
- n.* (abbreviation for artificial intelligence) the theory and development of computer systems capable of doing activities that would ordinarily need human intelligence, such as object recognition, speech recognition, decision-making, and language translation
65. The company's _____ department processed the paychecks every two weeks.
- n.* a list of a company's employees and their salaries or wages; the total amount of money paid by a company to its employees regularly
66. The study of Escherichia _____ has led to important advancements in areas such as antibiotic resistance, gut microbiome, and synthetic biology.
- n.* a bacterium of the genus Escherichia that is commonly found in the human gut and is used as a model organism in molecular biology and biochemistry
67. The machine had been damaged by rough _____.
- n.* the way in which a word or phrase is used in a language; the extent in which how much something is used
68. The _____ of the building was cracked and needed to be repaired.
- n.* the lowest load-bearing part of a building, typically below ground level; a fundamental basis or principle upon which something is built or established; an organization that provides funding or support for charitable or educational purposes
69. The school's mission is to _____ young children and prepare them for the future.
- v.* to provide or receive instruction or training over a period of time at a school, university, etc.

ANSWERS: 63. be-all, 64. AI, 65. payroll, 66. coli, 67. usage, 68. foundation, 69. educate

70. Since 2001, the _____ has provided training programs for automotive technicians.
- n.* a part of a country or town, especially one with particular features
71. The military _____ between the two countries created tension in the international community.
- n.* the state of a cooperative relationship between people or groups, especially in business
72. Our company decided to hire an advisor who specializes in _____.
- n.* the management of money, credit, banking, and investments, especially by a government or commercial organization; the branch of economics that studies the management of money and other assets
73. During transit, the stuff may ____ off the luggage tag.
- v.* to tear something or be torn violently or suddenly
74. We have to _____ our company's product lineup for further growth.
- v.* to consider again a plan, idea, etc., especially to change it
75. It seems _____ that he has forgotten our scheduled meeting.
- adj.* likely to happen or likely to be true
76. It was the _____ of a dinosaur tooth.
- n.* any preserved remains, impression, or trace of any once-living thing that has become hard and turned into rock
77. 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

ANSWERS: 70. district, 71. partnership, 72. finance, 73. rip, 74. rethink, 75. probable, 76. fossil, 77. diet

78. The unique style of this martial arts _____ many action film producers.
v. to make somebody fill with the desire, confidence, or enthusiasm, especially to do something creative
79. The government should do more to support environmentally _____ agriculture.
adj. able to continue or be continued for a long time
80. A committee was appointed to _____ a huge budget.
v. to watch and direct someone or something to make sure that it is being done correctly
81. I am _____ opposed to his idea because of morality.
adv. without restriction or limitation; completely or utterly
82. The farmer sprayed _____ on his crops to protect them from insects.
n. a substance used for preventing, destroying, repelling, or mitigating any pest
83. A smaller car will _____ less fuel.
v. to spend something, especially fuel, energy, or time, in a large amount
84. The ballerina's _____ movements left the audience mesmerized.
adj. flexible and easy to bend or move; gracefully agile; adaptable or responsive to change or new ideas
85. 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

ANSWERS: 78. inspired, 79. sustainable, 80. oversee, 81. absolutely, 82. pesticide, 83. consume, 84. supple, 85. plats

86. 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

87. I will go to the _____ store to buy food for dinner.

- n.* a shop that sells food and other household items

88. The _____ long neck makes reaching leaves high up in the trees easy.

- n.* a tall African mammal with a very long neck and legs, typically with distinctive brownish-yellow fur and dark patches; an animal often found in zoos and wildlife preserves

89. The allegations of corruption _____ her reputation, and she struggled to regain public trust.

- v.* to discolor, defile, or tarnish something; (noun) a discoloration or dirty mark on a surface that is difficult to remove

90. The museum offers a variety of _____ programs for children and adults.

- adj.* relating to education or providing knowledge or instruction

91. He gave _____ to his anger by playing the guitar.

- n.* a small opening to escape or release gas, air, liquid, etc.; activity or process that frees or expresses strong creative energy or emotion

92. The small island nation is heavily _____ on tourism as its main source of income.

- adj.* relying on someone or something else for support or aid

93. The construction company _____ the building with an earthquake-resistant device.

- v.* to provide a person or a place with the things that are needed for a particular purpose or activity

ANSWERS: 86. diabetes, 87. grocery, 88. giraffe's, 89. stained, 90. educational, 91. vent, 92. dependent, 93. equipped

94. Federal bankruptcy laws _____ the reorganization process.
- v. (of a doctor) to advise and order the use of particular medicine or treatment for someone, especially in writing; to issue commands or orders for something
95. The hotel boasts a _____ restaurant that serves only the finest foods and wines.
- adj. relating to high-quality food, especially that which is prepared with great skill and care; referring to someone who has refined or discerning taste in food
96. The mother used her breast milk to _____ the baby.
- v. to provide a person, an animal, or plant with food to make them grow and stay healthy
97. A committee was appointed to manage the reorganization of the _____.
- n. a series of subjects comprising a course of study in a school, college, etc.
98. Necessity is the mother of _____.
- n. the creation of a new device or process resulting from study and experimentation; the act of inventing
99. The building makes a remarkable _____ impact.
- adj. relating to seeing or sight
100. She couldn't _____ whether to order the pizza or the pasta for dinner.
- v. to make up someone's mind about something; to come to a conclusion or judgment after considering options
101. The judge's ruling was based on the principles of _____ and fairness.
- n. the quality of being fair and reasonable and treating people equally according to their due

ANSWERS: 94. prescribed, 95. gourmet, 96. nourish, 97. curriculum, 98. invention, 99. visual, 100. decide, 101. justice

102. I made a _____ box to store my winter clothes in.

n. a stiff, thick material made from compressed paper pulp used to make boxes and other packaging materials

103. This region has many _____ offering higher education.

n. an organization that has a specific purpose, particularly one dealing with science, education, or a particular profession; (verb) to initiate, introduce, or establish something

104. The rain and thunder are _____ today.

adj. stupid or not sensible; very angry

105. I am going to trim this _____ off.

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

106. She was mesmerized by the _____ colors.

n. an arch of colors in the sky caused by the refraction and dispersion of sunlight through rain

107. Many employers hire _____ trainees to train as managers.

n. a person who has a first degree from university or college; (verb) to complete the first course of university or college and get a degree

108. The car's front bumper cost fifteen hundred _____.

n. the standard unit of money in the UK; the standard unit of weight equal to 16 ounces

109. His estate was _____ to his sons.

v. to give something to a large number of individuals, or to spread or furnish something

ANSWERS: 102. cardboard, 103. institutes, 104. crazy, 105. bush, 106. rainbow's, 107. graduate, 108. pounds, 109. distributed

110. It would be _____ to dress nicely for the wedding.

adj. suitable or proper in the circumstances; fitting

111. We have a mutually _____ connection with them.

adj. involving two varieties of animal or plant, each of which supplies the conditions for the other to exist

112. He had a _____ smoothie for breakfast.

n. a sweet, juicy fruit with a reddish color, a seeded surface, and a green, leafy top

113. We need to _____ the next steps for the project during our meeting tomorrow.

v. to talk about or examine in detail through conversation or debate; to exchange ideas, opinions, or information on a particular topic

114. The farmer sprayed _____ on his crops to kill weeds.

n. a substance used to kill or control the growth of unwanted plants

115. The _____ scarcity most severely impacted the manufacturing sector

n. a substance that is typically burned to generate heat or energy

116. They used fast-acting _____ on the flowers in the flower beds.

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

117. Eating a balanced and _____ diet is important for maintaining good health.

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

118. Many people use _____ sauce for sushi, stir-fries, and marinades.

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

ANSWERS: 110. appropriate, 111. symbiotic, 112. strawberry, 113. discuss, 114. herbicide, 115. fuel, 116. nutrients, 117. nutritious, 118. soy

119. My _____ is eight months old and still being breastfed.

n. a son of your brother or sister

120. The antique _____ was worth thousands of dollars.

n. a child's toy that typically represents a human figure, especially a young girl; an attractive woman; a woman who is subservient or passive

121. The design of the vertical farm incorporates _____ principles to maximize yield.

n. a design practice that combines elements of architecture, engineering, and agriculture to create sustainable and viable urban farming systems and structures

122. This artwork is _____ of her work.

adj. having the usual characteristics or traits of a specific group of things

123. Pakistan's _____ budget was still being reviewed.

n. things sent to help countries in need, notably food or money; support

124. The _____ of Japan is known for its unique culture and advanced technology.

n. a large organized community of people living in a particular country or region and having a particular culture

125. His _____ speech about his struggles with addiction brought tears to the audience's eyes.

adj. causing strong emotions or feelings, especially sadness or sympathy

126. Many people see the _____ of traveling as an opportunity to experience new cultures and broaden their horizons.

n. the positive aspect or potential of something; the upper side of something

ANSWERS: 119. nephew, 120. doll, 121. agritecture, 122. typical, 123. aid, 124. nation, 125. moving, 126. upside

127. What do you _____ the culprit's motive was?
v. to think that something is likely to be actual or possible
128. Shares in the company finally fell below their ____ value.
n. a state of being equal to someone or something
129. Sitting for long hours in front of the computer is considered _____.
adj. not conducive to good health; detrimental to physical or mental well-being
130. _____ is the foundation of our economy.
n. the practice or science of cultivating the land or raising stock
131. The robot can accurately _____ construction material.
v. to specify or determine the exact position of someone or something
132. The firm has grown into a large _____ manufacturing.
adj. relating to or connected with chemistry;
133. The company _____ a portion of its profits to developing new products.
v. to give or distribute something, such as resources or duties, to someone or something for a particular purpose
134. It would be best if you _____ out all those old magazines.
v. to throw something carelessly with a light motion
135. The company decided to take a _____ and reconvene the meeting later that day.
n. a period of time when the members of a parliament, committee, etc., are adjourned; a short break in a trial in court

ANSWERS: 127. suppose, 128. par, 129. unhealthy, 130. Agriculture, 131. locate, 132. chemical, 133. allocated, 134. tossed, 135. recess

136. Don't _____ your mosquito bites.

- v.* to cut or damage the surface of something or the skin with a sharp or pointed object

137. The movie has received almost universally _____ criticism.

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

138. High _____ corn syrup is a common ingredient in processed foods.

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

139. The _____ handbook outlines the rules and regulations that all employees must follow.

- n.* a person who is hired to work for a business or organization in exchange for wages or salary; a worker

140. 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

141. She was close to her paternal _____ and often spent summers with them.

- n.* a parent of one's father or mother

142. The doctor diagnosed me with a _____ disorder.

- n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

ANSWERS: 136. scratch, 137. negative, 138. fructose, 139. employee, 140. recipe, 141. grandparents, 142. hormone

143. We largely _____ the circuit board of cell phones because they contain a lot of valuable metals.

- v.* to sort and collect things to process them and produce valuable materials that can be used again

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

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

145. Her resistance _____ under his persuasion.

- v.* to turn from something solid into something soft or liquid as a result of heating

146. The healthcare system is _____ and patients are not receiving the needed treatment.

- adj.* having insufficient funds to support or carry out an enterprise

147. The rocket's front _____ falls off.

- n.* one component of a larger entity

148. He planted the _____ in the soil and waited for it to sprout.

- n.* a small, hard, often round, a reproductive structure that contains a plant's genetic material and is capable of growing into a new plant

149. The insurance company will _____ the cost of the damage caused by the storm.

- v.* to pay someone back for money that they have spent

150. My _____ is a talented artist who has won several awards for her drawings.

- n.* a daughter of one's sibling, brother-in-law, or sister-in-law

ANSWERS: 143. recycle, 144. process, 145. melted, 146. underfunded, 147. portion, 148. seed, 149. reimburse, 150. niece

151. Many species have become _____ due to habitat destruction and other human activities.

adj. no longer in existence

152. We invited some friends for a _____ party.

n. a drink, usually an alcoholic one, made by mixing one or more spirits (= strong alcoholic drinks) and fruit juice; an appetizer served as a first course at a meal

153. _____ the bandage tightly around the injured arm.

v. to cover or enclose something entirely with paper, cloth, or other material

154. The federal _____ is planning to increase taxes for the next fiscal year.

n. the group of people with authority to control a country or state

155. You don't have to be _____.

adj. feeling guilt, embarrassment, or remorse about something because of something you have done

ANSWERS: 151. extinct, 152. cocktail, 153. Wrap, 154. government, 155. ashamed