

Post-proficiency 6 vocabulary

The word gelatin **conjures** up images of semi-transparent mounds of sweet food.

to conjure up - to call an image to the mind

The gelatin **jiggled** as I put it on the table.

to jiggle - to move about quickly from side to side or up and down.

The thick meaty sauce with **chunks** of beef and pork was delicious.

chunk - a thick, solid piece of something.

Some of their food was quite nice but some was a bit **yuck!**

yuck (yuk) - an exclamation used to express strong distaste or disgust.

Neurotics are miserable because they think they're not as good as everyone else, while **oddball** eccentrics know they're different and glory in it.

oddball - strange or bizarre; of a person: strange, weird, freaky

He **downed** 5 pints of beer.

to down - to consume something

She **ground** some black pepper over her meat.

to grind - to reduce something to small particles or powder by crushing it.

You've probably seen some recent stories about vitamin D deficiencies, so here's the **lowdown** on this important nutrient.

the lowdown (low-down) - the true facts or relevant information about something.

Clip-clop, clip-clop went the horse's **hooves** as he clattered over the wooden planks.

hoof - the horny part of the foot of an ungulate animal, especially a horse.

Hydrolyzed collagen is collagen that is derived from beef bone and cartilage that is processed to extract amino acids.

to hydrolyze (hydrolyse) - in chemistry: to break down a compound by chemical reaction with water.

Without dietary vitamin C, the human animal cannot properly synthesize **collagen**.

collagen - the main structural protein found in skin and other connective tissues

Voters in America should have **picked** Hilary.

to pick - to choose

The size of the American **smoothie** market is \$2.4 billion per year.

smoothie - a thick, smooth drink of fresh fruit pureed with milk, yogurt, or ice cream.

Hydrolyzed gelatin can be added to smoothies without **messing** with the texture.

to **mess** (about/around) with - to interfere with

What about vegan gelatin? Is that a **thing**?

a thing – an established or genuine phenomenon or practice (typically used in expressions registering surprise or incredulity)

Some foods such as milk and coffee can be irritants and can **aggravate** your **gut** if consumed in large quantities.

to aggravate - to make a problem, injury, or offence worse or more serious.

gut - the stomach or belly.

Every weekend during the summer, my father would mow the lawn of **grass** that we had around our country home.

grass - small, long green plants or vegetation growing wild or cultivated outside homes, buildings, and in parks.

Don't forget to have someone **feed** your cat whenever you go on vacation.

feed - to give food to

The cattle, or cows, in the **pastures** awoke and began to call "moo" to each other.

pasture - land covered with grass and other low plants suitable for grazing animals, especially cattle or sheep.

You can mash some of the beans with a potato masher to thicken the **broth**.

broth - soup consisting of meat or vegetables cooked in stock, sometimes thickened with barley or other cereals.

Among the **perks** to consuming collagen are an improvement in gut, joint and nail health.

perk - an advantage or benefit arising from a particular situation.

Collagen may help to heal the **lining** of the gut.

lining - a layer of different material covering the inside surface of something.

Amino acids in gelatin feed the lining of the gut, which helps heal inflammatory damage you may **incur** from a poor diet, medication, etc.

to incur - to experience something, usually something unpleasant, as a result of actions you have taken

A gut that is **leaky** is a stomach whose lining has larger holes which permit larger, undigested food molecules and bad stuff to flow freely into your bloodstream.

leaky - something that has a hole or crack in it that allows liquid or gas to get through

I stood up, stiff and **achy** from my 8 hours of work in front of the computer.

achy - suffering from continuous dull pain.

The ligaments are tissues that connect the bones at the **joints**.

joint - a structure in the human or animal body at which two parts of the skeleton are fitted together.

Some people bite their **nails** when they're nervous or anxious.

nail - a thin, hard area that covers the upper side of the end of each finger and each toe

There is anecdotal evidence that collagen helps rebuild connective **tissues** in joints.

tissue - a group of connected cells in an animal or plant that are similar to each other, have the same purpose, and form the stated part of the animal or plant

Proteins are the primary structural elements that help keep skin **smooth** and nails strong.

smooth - having an even and regular surface; free from perceptible projections, lumps, or indentations.

When gelatin is mixed with hot water in the proper proportion and allowed to **set**, it turns into a solid.

to set - to harden into a solid or semi-solid state.