

1. **Calibrate (verb)**

**Meaning;** To check or adjust by comparison with a standard.



**Synonyms:** Determine, calculate

**Antonyms:** Approximate, Estimate

2. **Jag (verb)**

**Meaning;** A sharp projection.



**Synonyms:** spiky, pointed

**Antonyms:** soft, smooth

3. **Salubrious (adjective)**

**Meaning;** Promoting health or well-being



**Synonyms:** medicinal, healthful

**Antonyms:** unhealthy, harmful

4. **Terse (adjective)**

**Meaning;** Of speech or style: brief, concise, to the point.



**Synonyms:** laconic, concise

**Antonyms:** elaborate, verbose

5. **Proscribe (verb)**

**Meaning;** A problem affecting function



**Synonyms:** ban, prohibit

**Antonyms:** allow, permit

6. **Jockey (verb)**

**Meaning;** To maneuver (something) by skill for one's advantage.



**Synonyms:** manoeuvre, engineer

**Antonyms:** mislead, misguide

7. **Brazen (Adjective)**

**Meaning;** Extremely strong



**Synonyms:** bold, straight

**Antonyms:** shy, quiet