**teaspoon** [ˋti͵spun] 茶匙；小匙: 0.17374 ounces or 4.93 mililitres

**malnourished** [mælˋnɝɪʃt] adj. 营养不良的

**pack** [pæk] v. 挤（塞，装）满

**window** [ˋwɪndo] n. 时机；机会; an interval of time during which an activity can or must take place

**rooster** [ˋrustɚ] n. 雄鸡

**have a leg up on**: ph. have an advantage over