

NAME _____

DATE _____

Unit 14

EXERCISE 1 WRITING CORRECT WORDS

On the answer line, write the word from the vocabulary list that fits each definition.

- 1. A disease, ailment, or disorder 1. _____
- 2. Likely to be stricken or infected with or by 2. _____
- 3. An outbreak of contagious disease that spreads rapidly 3. _____
- 4. Something that nourishes, especially an ingredient in food 4. _____
- 5. Having a strong tendency to cause harm; very severe 5. _____
- 6. A tiny blood vessel 6. _____
- 7. To deprive of strength or vitality 7. _____
- 8. Extreme or unnatural paleness 8. _____
- 9. The outer protective layer of skin 9. _____
- 10. A physical disability 10. _____

EXERCISE 2 USING WORDS CORRECTLY

Each of the following questions contains an italicized vocabulary word. Decide the answer to the question, and write *Yes* or *No* on the answer line.

- 1. Is a *nutrient* a part of a beehive? 1. _____
- 2. Is a disease well controlled during an *epidemic*? 2. _____
- 3. Is a portion of a person's *epidermis* visible to people around him or her? 3. _____
- 4. Could an *infirmity* prevent a person from playing tennis or golf? 4. _____
- 5. Might a doctor use *pallor* to treat a patient's cough? 5. _____
- 6. Does blood flow through a healthy person's *capillaries*? 6. _____
- 7. Are people who often brush their teeth less *susceptible* to tooth decay than those who never brush their teeth? 7. _____
- 8. Might a person be *enervated* by a good night's sleep? 8. _____
- 9. Would you be likely to consult a doctor if you had a *virulent* illness? 9. _____
- 10. Is a *malady* an instrument used by a surgeon? 10. _____

EXERCISE 3 CHOOSING THE BEST WORD

Decide which vocabulary word or related form best completes the sentence, and write the letter of your choice on the answer line.

- 1. The surgery on Jerry's leg made him temporarily _____ to infection. 1. _____
a. susceptible b. virulent c. epidemic d. epidermal
- 2. After a day spent watching television, Leslie felt _____. 2. _____
a. susceptible b. epidermal c. virulent d. enervated

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| 3. The medical illustrator prepared accurate drawings of human _____.
a. infirmities b. pallor c. capillaries d. nutrition | 3. _____ |
| 4. The _____ that had kept Gillian bedridden after her accident disappeared gradually.
a. pallor b. epidemic c. nutrient d. infirmity | 4. _____ |
| 5. Nicole lost her tan when her _____ peeled.
a. capillary b. epidermis c. pallor d. malady | 5. _____ |
| 6. Maintaining careful sterilization, medical researchers grew new cultures of the _____ bacteria.
a. pallid b. nutritious c. infirm d. virulent | 6. _____ |
| 7. Mark's _____ lessened when he lay down and raised his feet.
a. pallor b. epidermis c. epidemic d. nutrient | 7. _____ |
| 8. Doctors could find no cause for Li-Ming's _____.
a. nutrient b. malady c. capillary d. epidermis | 8. _____ |
| 9. Before the development of certain medicines, _____ could greatly reduce the population of small towns.
a. nutrients b. infirmities c. epidemics d. enervation | 9. _____ |
| 10. To remain healthy, people must get sufficient _____ in their diets.
a. pallor b. nutrients c. infirmities d. capillaries | 10. _____ |

USING DIFFERENT FORMS OF WORDS

Decide which form of the vocabulary word in parentheses best completes the sentence. The form given may be correct. Write your answer on the answer line.

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|---|-----------|
| 1. Father believes in large, _____ breakfasts. (<i>nutrient</i>) | 1. _____ |
| 2. The number of cases of influenza reached _____ proportions during that very cold winter. (<i>epidemic</i>) | 2. _____ |
| 3. Rachel was unaware of the _____ of Ellen's temper. (<i>virulent</i>) | 3. _____ |
| 4. Grandmother's _____ vanished once her broken hip healed. (<i>infirmity</i>) | 4. _____ |
| 5. The campers' _____ to the cold increased when the sudden rain soaked their clothes. (<i>susceptible</i>) | 5. _____ |
| 6. Looking at the chart that compared the sizes of blood vessels, I was surprised by the smallness of the _____. (<i>capillary</i>) | 6. _____ |
| 7. The burn had affected only the _____ layer of the child's skin. (<i>epidermis</i>) | 7. _____ |
| 8. After his first ride on a roller coaster, Eric was _____ and trembling. (<i>pallor</i>) | 8. _____ |
| 9. Jeremiah's _____ did not prevent him from attending school. (<i>malady</i>) | 9. _____ |
| 10. The slow music had an _____ effect on Steven. (<i>enervate</i>) | 10. _____ |

READING COMPREHENSION

Each numbered sentence in the following passage contains an italicized vocabulary word or related form. After you read the passage, you will complete an exercise.

THE CONQUEST OF SCURVY

(1) Sailors once feared scurvy, a *malady* caused by a lack of vitamin C in the diet, more than they feared the unpredictability of oceans. (2) In its mildest form, scurvy caused *enervation* and aching muscles. (3) The disease, however, could become *virulent*, resulting in death.

Scurvy was once quite common because during their long voyages sailors lived on a diet of dried, salted, and preserved foods. (4) Although practical to store and carry for months at a time, these foods lacked the *nutrients* found in fresh fruits and vegetables.

Vasco da Gama, the Portuguese explorer, furnished the earliest description of scurvy. (5) He wrote in his ship's log in 1497 about an *infirmity* accompanied by loss of appetite that plagued his men. (6) The illness reached *epidemic* proportions when one hundred of da Gama's 170 men died by the time he had reached the Cape of Good Hope.

In 1536 Jacques Cartier, while on a winter expedition in Canada, lost twenty-six members of his exploration party to scurvy. (7) Cartier noted the extreme *pal-lor*, fever, swollen joints, and bleeding gums of his men before they died. Several members of the party and Cartier himself recovered from the disease,

however, following treatment with an Indian remedy, a water extract of pine needles.

It was not until 1749 that James Lind, a Scottish naval surgeon, began experiments that proved scurvy was caused by a dietary deficiency. (8) Lind was initially concerned about scurvy victims' *susceptibility* to other diseases. (9) He also observed that people with scurvy healed poorly and were prone to severe bruising of the *epidermis*. (10) Lind concluded that the walls of the *capillaries* became so weak that the slightest pressure could cause them to break. Lind administered different combinations of foods to

scurvy patients, noting which foods seemed to bolster resistance to disease and which promoted faster healing.

In 1753 James Lind published his "Treatise on the Scurvy," detailing the wide range of symptoms and recommending that lemons and limes be included in all ships' rations. Since sailors from Great Britain were the first to benefit from Lind's recommendations, people often referred to them as "limeys." We now know that these fruits as well as strawberries, tomatoes, and lettuce contain vitamin C, essential in human nutrition.



READING COMPREHENSION EXERCISE

Each of the following statements corresponds to a numbered sentence in the passage. Each statement contains a blank and is followed by four answer choices. Decide which choice fits best in the blank. The word or phrase that you choose must express roughly the same meaning as the italicized word in the passage. Write the letter of your choice on the answer line.

1. Scurvy is a(n) _____ caused by a lack of vitamin C in the diet.
a. accident b. disease c. misfortune d. problem 1. _____
2. Scurvy caused _____ and aching muscles.
a. illness c. weakness
b. loss of life d. digestive problems 2. _____
3. The disease could become _____.
a. uncomfortable c. very severe
b. slightly painful d. common 3. _____
4. Dried and salted foods lacked the _____ found in fresh fruits and vegetables.
a. nourishing elements c. water content
b. value d. essential taste 4. _____
5. Vasco da Gama wrote about the _____ that afflicted members of his crew.
a. anxiety b. poor sight c. infection d. frailty 5. _____
6. The illness reached _____ proportions when the majority of da Gama's crew died.
a. unbelievable c. low
b. rapidly spreading d. unforgivable 6. _____
7. Jacques Cartier noted the _____ of his men.
a. unnatural paleness c. rashes
b. bleeding d. fever 7. _____
8. James Lind was concerned about scurvy victims' _____ other diseases.
a. understanding of c. likelihood of contracting
b. familiarity with d. likelihood of ignoring 8. _____
9. Lind also observed that people with scurvy had severe bruising of the _____.
a. body c. inner layer of skin
b. outer layer of skin d. limbs 9. _____
10. Lind concluded that the walls of the _____ became weak.
a. small blood vessels c. ship
b. stomach d. skin 10. _____

WRITING ASSIGNMENT

To emphasize the importance of a nutritious diet, your health teacher has asked you to prepare a report on a vitamin-deficiency disease. Choose a topic such as rickets, beriberi, or pellagra and do library research on the cause of the disease, its symptoms, and its treatment. Use at least five of the words from this lesson and underline each one.