

Grade 7 Vocabulary

Use of Vocabulary Words in Context

Week 41

Directions: Read the passage below to better understand the vocabulary words.

Vocabulary Words

diabetes

pancreas

glucose

insulin

prevention

fructose

elevate

grail

slacken

spike

imbalance

chronic

exacerbate

imperil

Hint When learning new terms, look for context clues to help determine the meaning. If the sentence you find the word in is not helpful, keep reading to see if it can be understood.

Diabetes Explained

When my mother was first diagnosed with **diabetes** it was scary. We knew something was wrong when she was walking through the house and suddenly got sick to her stomach and then passed out. She was rushed to the hospital and they found out her **glucose** levels were very low. They had to give her an IV to **elevate** it. The doctor explained that though she was newly diagnosed with the diabetes, it was a **chronic** condition. He explained her **pancreas** did not make enough of the hormone **insulin** which made her **glucose** levels **spike** or fall, sometimes unexpectedly.

When Mom got home, we talked about how the foods she ate could also cause an **imbalance** and **exacerbate** different symptoms. We learned that if she checks her glucose levels and they are low that a juice box with high **fructose** levels in it and her levels would increase. If glucose levels stay too low or too high, my mom could be **imperiled**.

The best thing to do for diabetes is to **slacken** unhealthy snack consumption and monitor your glucose levels several times a day. For those who do not have diabetes, **prevention** is best. Prevent this disorder by eating healthy and getting plenty of exercise. If you have had diabetes from birth, then prevention is not possible, but the holy **grail** of having the disorder is to keep levels in a normal range and control it mostly through diet with as little **insulin** as possible.

