

## Grade 7 Vocabulary

### Use of Vocabulary Words in Context

#### Week 42

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

#### A Journey to Better Health

#### Vocabulary Words

obesity

excessive

accumulation

deem

inadvertently

stigma

cholesterol

adulterated

fatty

diet

project

prevalence

sedentary

metabolic

morbid

**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.

At the age of 30 I was dealing with **obesity**. I had **inadvertently** allowed my health to decline due to poor **diet** and a largely **sedentary** lifestyle. Though the doctor tested for **metabolic** disorders, the problem was **fatty** foods and **excessive** snacking. I was quickly sneaking up on the category of **morbid** obesity which was very dangerous.

It became my **project** to lose weight which meant I had to shake free from the **stigma** of working out while overweight and lower my **cholesterol** in a safe way. I would also need to learn to eat fresh foods, not the **adulterated** meals I had gotten used to grabbing on my way home. It was not easy, but within a year, I wanted the doctor to **deem** me a healthy weight.

I started with walking and using a step tracker. Slowly, the **accumulation** of steps grew and I started feeling better. I even had more energy. Then, I felt like I could start working out in a gym around other people. I was surprised to find a **prevalence** of people who were willing to offer encouragement. Over a year, I lost enough weight to be in a normal range and felt better than ever. I am more conscious of what I eat and enjoy getting out and being active. I hope I never have to deal with obesity again.