

Grade 7 Vocabulary

Week 45: Worksheet 1

Directions: Use your knowledge of the vocabulary words below to answer the following questions.

hypertension	systolic	diastolic	remedy	toll
debilitating	lifespan	eminent	robust	trigger
urgent	precursor	arteries	indicate	consume

- 1) The average _____ for women is actually longer than for men, meaning women live longer.
- 2) Suffering from high blood pressure, also called _____ can be a signal that you need medication and to make better food choices.
- 3) Hypertension can often be a _____ to heart disease or a heart attack, especially if it is left untreated.
- 4) When the _____ get blocked by eating too much fat and processed food, your health can suffer.
- 5) When she was stressed out, she liked to _____ fast food and other forms of junk food like ice cream and cookies.
- 6) Years of poor eating habits, high stress, and little exercise had taken a _____ on his body that was now struggling just to function.
- 7) Studies _____ or show that living with high blood pressure that is untreated can lead to much more serious problems over time.
- 8) Some people feel like stress is a _____ for high blood pressure, though a poor diet is more likely to cause it long term.
- 9) The _____ number when someone takes a blood pressure is showing the times the heart has relaxed while pumping.
- 10) Those who serve in the Armed Forces are often fit and _____ because of how much they work out.



Answer Key

Worksheet 1

- 1) lifespan
- 2) hypertension
- 3) precursor
- 4) arteries
- 5) consume
- 6) toll
- 7) indicate
- 8) trigger
- 9) diastolic
- 10) robust