

Grade 7 Vocabulary

Week 45: Worksheet 2

Directions: Use your knowledge of the vocabulary words below to fill in the blanks.

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

- 1) Severe arthritis can be _____ for a person, causing them to struggle to do daily tasks.
- 2) Most disorders have more than one _____ that can be beneficial as a treatment, but you should always check with your doctor before trying anything new.
- 3) There is a great deal of research to _____ that high blood pressure can be reversed with the proper diet and exercise, though some people still need medication.
- 4) The _____ pressure indicates when the heart is contracting, but the _____ pressure is when the heart is relaxed.
- 5) After 15 years of practice in the same specialty and many more years of training, Dr. Spencer was considered the _____ doctor for that area and often sought out for advice.
- 6) A normal, healthy diet only includes 2000-2500 calories daily, but most people _____ far more in their daily lives.
- 7) People in the United States have an average _____ of almost 79 years.
- 8) A highly stressful situation can _____ a panic attack for some people with anxiety.



Answer Key

Worksheet 2

- 1) debilitating
- 2) remedy
- 3) indicate
- 4) systolic, diastolic
- 5) eminent
- 6) consume
- 7) lifespan
- 8) trigger