

Study the definitions of the words. Then do the exercises that follow.

adequate

ad' ə kwət



adj. Enough; sufficient.

One blanket will be **adequate** on such a warm night.

Talk to your partner about whether a glass of water is adequate when you're thirsty.

administer

ad min' is tər



v. 1. To manage or direct.

The Red Cross **administers** the blood donor program.

2. To give out as treatment or assistance.

The scout leader **administered** first aid to the child who had cut his hand.

Discuss with your partner who administered the most recent test you took.

agitate

aj' ə tāt



v. 1. To disturb or upset.

Talk of sharks in the water **agitated** swimmers at the beach.

2. To move with an irregular, fast, or violent action.

Strong winds **agitated** the surface of the lake.

3. To stir up interest in and support for a cause.

The miners **agitated** for better working conditions.

Chat with your partner about a person who agitated for civil rights.

capitulate

kə pich' yōō lāt

v. To give in; to surrender.

The school board **capitulated** to the students' demands and changed the dress-code policy.

citrus

sī' trəs

n. 1. A fruit of the family that includes oranges, lemons, grapefruits, and limes.

A **citrus** is an excellent source of vitamin C.

2. A tree that produces these fruits.

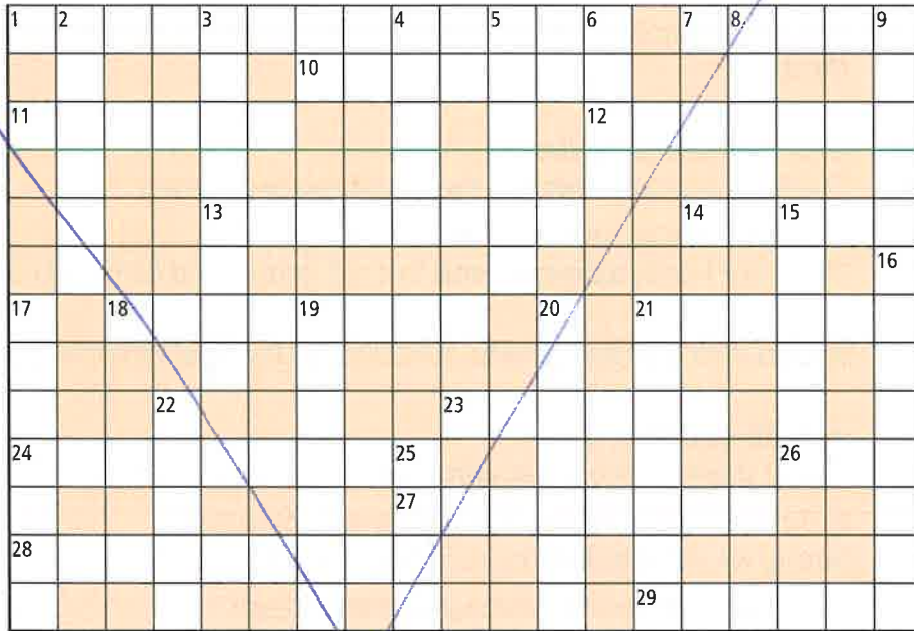
Citruses grow well in Florida.

adj. Of or relating to these fruits or trees.

The kumquat is a less well-known member of the **citrus** family.

Review

Crossword Puzzle Solve the crossword puzzle by studying the clues and filling in the answer boxes. The number after a clue is the lesson the word is from.



Clues Across

1. To become weaker; to decrease (1)
7. Forceful anger; fury (3)
10. Something that exists only in the mind (2)
11. Wise in a clever or practical way (2)
12. To gain ownership (4)
13. To keep in good condition (4)
14. Something fake or false (1)
18. Imaginary; not real (2)
21. A deadly disease that spreads rapidly (3)
23. To eat up hungrily (2)
24. Having the ability to do what is needed (4)
26. Comes before D E F
27. To make like new again (4)
28. To direct or manage activities (4)
29. Eight multiplied by ten

Clues Down

2. To present as a gift (3)
3. To figure out roughly (1)
4. Something that brings about a result (1)
5. Lacking; empty (3)
6. A luminous body in the night sky
8. Opposite of *smooth*
9. To pay attention to (3)
15. A large country in central Africa
16. A choice item of food (2)
17. Exact; specific (1)
19. To receive after the death of someone (4)
20. Not frank or honest (3)
21. Birds' feathers (2)
22. Excessive _____ on the highway can kill.
25. A long, slow, and difficult journey (1)

disrupt
dis rupt'

v. 1. To break up the orderly course of.
Angry protesters **disrupted** the president's speech.
2. To interrupt; to bring to a temporary halt.
A strike by the drivers **disrupted** service on the subway.

disruptive *adj.* Causing confusion or disorder.
Disruptive behavior is not acceptable in the classroom.

disruption *n.* A disturbance that interrupts or causes confusion.
Work on the cell towers caused a temporary **disruption** of service.



.....
Talk to your partner about the best way for teachers to handle classroom disruptions.

hovel
huv' əl

n. An unpleasant, cramped, and dilapidated place to live.
In the eleventh century, the Saxons complained that they were forced to live in **hovels**, while their Norman conquerors had fine homes.

illiterate
il lit' ə r ə t

adj. Unable to read or write.
Volunteers are needed to help teach **illiterate** adults how to read.

illiteracy *n.* Inability to read or write.
Illiteracy is practically nonexistent in Japan.

indifferent
in dif' ə r ə nt

adj. 1. Not concerned about; not caring.
The authorities can no longer afford to be **indifferent** to the problem of nuclear-waste disposal.

2. Neither very good nor very bad; passable.
Her **indifferent** grades in school worried her parents.



.....
Demonstrate how you might act indifferent to your partner.

menial
mē' nē ə l

adj. Of or relating to low-level, humble work.
Oliver accepted **menial** work with low pay, because he was glad to have a job.

permanent
pər' mən ə nt

adj. Lasting or expected to last for a long time.
A child's first **permanent** teeth appear at about the age of six.



.....
Exchange ideas with your partner about whether you think humans will ever have a permanent home on another planet.

respite
res' pit

n. A period of rest; a pause.
The rain brought a welcome **respite** from the tremendous heat.

strenuous
stren' yō ə s

adj. 1. Needing much effort; using a lot of energy.
Chopping wood is **strenuous** work.
2. Very active; vigorous.
The plan to close the local school met with **strenuous** opposition from parents.

toil v. 1. To work long and hard.
Sugarcane cutters **toil** in the fields from dawn to dusk.
2. To make one's way with difficulty.
We **toiled** up the steep hill.
n. Hard and tiring labor.
After a lifetime of **toil**, my grandmother is ready to enjoy her retirement.

urgent *ur' jənt* *adj.* Needing quick action or attention.
The county has an **urgent** need for a new hospital.
urgency *n.* The need for quick action.
The senator stressed the **urgency** of cleaning up the polluted waters of our country.



Discuss with your partner something your school has an urgent need of.

5A

Finding Meanings

Choose two phrases to form a sentence that correctly uses a word from Word List 5. Then write the sentence.

1. (a) work long and hard. (c) To toil is to
(b) To capitulate is to (d) move with an irregular, violent action.

2. (a) that can be taken two ways. (c) that is expressed with force.
(b) A strenuous response is one (d) An indifferent response is one

3. (a) Illiteracy is (c) the inability to read or write.
(b) Urgency is (d) an unwillingness to be concerned.

4. (a) a building to house animals. (c) A hovel is
(b) A respite is (d) a small and dilapidated house.

adequate
administer
agitate
capitulate
citrus
disrupt
hovel
illiterate
indifferent
menial
permanent
respite
strenuous
toil
urgent

5. (a) avoid the company of others. (c) To be indifferent is to
(b) be merely passable. (d) To be permanent is to

6. (a) To agitate (c) is to surrender.
(b) is to become bold or brave. (d) To capitulate

7. (a) seems worse than it really is. (c) A permanent problem is one that
(b) requires attention right away. (d) An urgent problem is one that

8. (a) To disrupt a program is to (c) be responsible for running it.
(b) To administer a program is to (d) provide the money for it.

9. (a) A respite is (c) a lemon or similar fruit.
(b) A citrus is (d) a task requiring hard work.

10. (a) that person is disturbed or upset. (c) If someone is agitated,
(b) that person avoids other people. (d) If someone is disruptive,

5B

Just the Right Word

Replace each phrase in bold with a single word (or form of the word) from the word list.

1. Although entry-level jobs may seem **low level and humble**, young people can still take pride in them and do them to the best of their ability.
2. Political protesters **stirred up** the crowd with their loud, expressive language.
3. The one-room apartment was **just large enough** for one person.

4. The work of a logger is **tiring because it requires a lot of effort**.
5. The man who was **causing a disturbance** during the performance was asked to be quiet.
6. I'm afraid that this ink stain is **not going to go away**.
7. Although I asked him for help repeatedly, he was **not interested in listening** to my requests.
8. We worked in the garden all afternoon without a **break from our activity**.
9. What an unpleasant task it was to **make my way with difficulty** through five hundred pages of small print.
10. This medicine must be **given to the patient** by a nurse or doctor.

5C

Applying Meanings

Circle the letter or letters next to each correct answer. There may be more than one correct answer.

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toil
urgent

1. Which of the following would be a matter of **urgency**?

(a) a fire	(c) a hurricane warning
(b) a sudden epidemic	(d) an overdue library book
2. Which of the following can become **agitated**?

(a) water	(c) a rock
(b) a crowd	(d) a child
3. Which of the following is a **citrus** fruit?

(a) a grapefruit	(c) an orange
(b) an avocado	(d) a banana
4. Which of the following might an **illiterate** person do?

(a) play checkers	(c) solve a crossword puzzle
(b) write a report	(d) play a word game
5. Which of the following can **capitulate**?

(a) an army	(c) a person
(b) a country	(d) a building

6. Which of the following is a **strenuous** activity?
 (a) shoveling snow (c) washing dishes
 (b) swimming (d) taking a stroll
7. Which of the following can be **disrupted**?
 (a) a speech (c) one's education
 (b) a meeting (d) one's vacation
8. Which of the following is an **adequate** grade?
 (a) A- (c) B
 (b) C+ (d) F

5D

Word Study: Analogies

Complete the analogies by selecting the pair of words whose relationship most resembles the relationship of the pair in capital letters. Circle the letter next to the pair you choose.

1. INCREASE : SUBSIDE ::
 (a) praise : flatter (c) lessen : abate
 (b) guess : estimate (d) expand : contract
2. ILLITERATE : READ ::
 (a) immortal : die (c) urgent : urge
 (b) dilapidated : renovate (d) tired : stumble
3. SURRENDER : CAPITULATE ::
 (a) heed : annihilate (c) arrive : depart
 (b) rest : toil (d) gain : acquire
4. UPSET : AGHAST ::
 (a) mortal : immortal (c) hungry : thirsty
 (b) genuine : authentic (d) tired : exhausted
5. HEED : IGNORE ::
 (a) lend : debt (c) accept : reject
 (b) disturb : agitate (d) maintain : declare
6. HOVEL : PALACE ::
 (a) hut : shelter (c) money : health
 (b) king : queen (d) poverty : wealth
7. LEMON : CITRUS ::
 (a) apple : orange (c) letter : package
 (b) wheat : grain (d) plant : animal

8. TOIL : TIRED ::
 (a) devour : full (c) hiking : devious
 (b) judging : impartial (d) supplies : adequate
9. REPRIMAND : PRAISE ::
 (a) disrupt : interrupt (c) surrender : capitulate
 (b) correspond : match (d) insult : flatter
10. PERMANENT : TEMPORARY ::
 (a) astute : clever (c) competent : able
 (b) abbreviated : brief (d) industrious : lazy

5E

Vocabulary in Context

Read the passage.



Harvest of Shame

Many Americans are lucky to have access to ample supplies of fruits and vegetables in their supermarkets twelve months a year. And who harvests all this food? More than a million women, children, and men do. They crisscross the United States picking asparagus and strawberries in Washington State, **citrus** fruits in Florida, apples in New York State, and a host of different fruits and vegetables in California. These laborers are called migrant farmworkers because they move from place to place, wherever crops need picking. Most would prefer **permanent** full-time employment, but it is not often available to them.

The workday is **strenuous**; pickers bend and stoop, often under a blazing hot sun. And the day is exceptionally long—from seven in the morning until seven at night. Their only **respite** may be a twenty-minute lunch break. It is considered **menial** work; wages are low, and laborers are paid only when they pick. If it rains, or if they are too sick to work, they get nothing. What's more, they often have difficulty obtaining **adequate** medical treatment when they are ill or injured.

The children suffer enormous disadvantages because their education is **disrupted** as they move from school to school. In fact, only one student in ten graduates from high school. Young people often drop out of school altogether to **toil** in the fields alongside their parents. It is there that they may be exposed to the chemical pesticides that are routinely sprayed on crops. One California

- adequate
- administer
- agitate
- capitulate
- citrus
- disrupt
- hovel
- illiterate
- indifferent
- menial
- permanent
- respite
- strenuous
- toil
- urgent

study demonstrated that the cancer rate among migrant workers' children was twelve times the national average rate.

In the 1960s, laborers in California began to **agitate** for more progressive working conditions. The growers were **indifferent** to their demands. So the migrant workers, under the leadership of two Mexican Americans, Cesar Chavez and Dolores Fernandez Huerta, formed a labor union called the United Farm Workers of America. When growers tried to oppose the union, it called strikes and organized boycotts of California lettuce and grapes. There were years of struggle, many organized marches, and sometimes violent clashes, but in the end the majority of growers **capitulated**. In 1966, they recognized the union's right to represent workers.

Despite the union's efforts, conditions have improved minimally since the 1960s. One notable accomplishment has been the creation of the East Coast Migrant Head Start Project, which **administers** many childcare centers for migrants. Started in 1974, it now serves over three thousand children annually along the East Coast. Motivation, Education & Training (MET) is a similar program that helps migrant workers in five states. Though these programs have helped improve conditions in some areas, the need for additional programs is **urgent**. Educational programs could lower **illiteracy** rates among migrant workers and their families, while outreach programs could help improve migrant workers' living conditions. Many workers survive without running water or electricity. These necessary additions and repairs to homes would help convert them from inadequate **hovels** into acceptable community housing.

In 1960, a CBS documentary film about migrant workers aired on television the day after Thanksgiving. It brought into people's homes the truth about how the nation's crops were harvested, and it shocked the nation. Fifty years later, in 2010, CBS television broadcast a program to mark the occasion. It showed that while there had been some improvement in wages and working conditions, much remains to be done. The name of the documentary film is *Harvest of Shame*.

- Answer each of the following questions with a sentence. If a question does not contain a vocabulary word from the lesson's word list, use one in your answer. Use each word only once.

1. What is the meaning of **strenuous** as it is used in the passage?

2. What do oranges, grapefruit, and lemons have in common?

3. What is the meaning of **administers** as it is used in the passage?

4. Describe the living conditions of many migrant farmworkers.

5. In what ways did the union **agitate** for better conditions?

6. Is there still much need to improve the conditions of migrant workers?

7. What is the meaning of **disrupted** as it is used in the passage?

8. Why do some consider this type of work **menial**?

9. What did farmworkers gain when the growers **capitulated** in 1966?

10. What is the meaning of **toil** as it is used in the passage?

11. How would **permanent** employment improve the state of migrant workers?

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12. Why is a twenty-minute lunch break especially welcome to farmworkers?

13. What is the meaning of **indifferent** as it is used in the passage?

14. Why is the produce section at supermarkets usually well stocked?

15. How could educational programs help the workers and their families?

Fun & Fascinating FACTS

- The noun formed from the verb **administer** is *administration*; its general meaning is “the management of a business,” but it also has a specialized meaning, “the members of the executive branch of government, headed by the president.” In this meaning, the word is usually capitalized. (During the Clinton *Administration*, Janet Reno became the first female Attorney General of the United States.) The other two branches of government are the legislative (the Senate and the House of Representatives) and the judicial (headed by the United States Supreme Court).
- The Latin word for *break* is *ruptura*; from this word, we form the verbs **disrupt** and *interrupt*. If you *interrupt* a speaker, you *break* in on what that person is saying. If you try to *disrupt* a meeting, you are attempting to *break* it up.
- The antonym of **illiterate** is *literate*. Its primary meaning is “able to read,” but it has two secondary meanings: “well read” (a *literate* scholar), and “well written; polished” (a *literate* essay).

5

Vocabulary Extension

adequate

adjective Enough; sufficient.



Word Family

adequately (adverb)

inadequate (adjective)

inadequately (adverb)

Context Clues

These sentences give clues to the meaning of **adequate**.

*The donation was more than **adequate** to cover the cost of the supplies for the project.*

*If a plant does not receive an **adequate** amount of sunlight and water, it cannot grow.*

Discussion & Writing Prompt

How many hours of sleep do you feel is **adequate** for you? Explain your reasoning.

2 min.

1. Turn and talk to your partner or group.

Use this space to take notes or draw your ideas.

3 min.

2. Write 2–4 sentences.

Be ready to share what you have written.
