

Exercise 1 • Define It: Prefixes and Roots

- ▶ Read each question.
 - ▶ Locate the word in boldface type. Underline the root and circle the prefix.
 - ▶ Underline the correct meaning of the word.
 - ▶ Use a dictionary if you are unsure of the answer.
1. **tract** means “to pull”; what does **distract** mean?
a. to pull away from b. to pull in c. to pull up
 2. **fract** means “to break”; what does **diffract** mean?
a. to break in b. to factor c. to break apart
 3. **late** means “wide”; what does **dilate** mean?
a. wide apart b. narrow c. thin
 4. **tract** means “to pull”; what does **protract** mean?
a. to pull out b. to pull back c. to pull down
 5. **tect** means “to cover”; what does **protect** mean?
a. to hurt b. to attack c. to guard

Exercise 2 • Rewrite It: Adjective Suffixes

- ▶ Read each of the example sentences with your teacher.
- ▶ Replace the underlined phrase in each example sentence with an adjective with the suffix **-able** or **-ous**.
- ▶ Finish the rest of the sentences independently.
- ▶ Use your **Morphemes for Meaning Cards** for the suffixes **-able** and **-ous** as a resource.
- ▶ Reread each sentence to check your work.

Sentence with underlined phrase:	Sentence with phrase changed to a single word:
Example: The student was <u>able to be relied on</u> .	The student was _____.
Example: The comic's routine was <u>characterized by humor</u> .	The comic's routine was _____.
1. The puzzle was <u>able to be solved</u> .	The puzzle was _____.
2. The man's income was <u>able to be taxed</u> .	The man's income was _____.
3. The stormy weather was <u>able to be said ahead of time</u> .	The stormy weather was _____.
4. The actor was <u>characterized by fame</u> for his performance in the play.	The actor was _____ for his performance in the play.
5. Fortunately, the stain <u>was able to be removed</u> from her new jacket.	Fortunately, the stain was _____ from her new jacket.
6. The student was <u>characterized by curiosity</u> about many scientific discoveries.	The student was _____ about many scientific discoveries.
7. Before performing on stage, the girl was <u>characterized by nerves</u> .	Before performing on stage, the girl was _____.
8. Although the car was old, it was <u>able to be depended on</u> .	Although the car was old, it was _____.
9. The roads up the snowy mountain were <u>characterized by hazards</u> .	The roads up the snowy mountain were _____.
10. The goods manufactured by the factory were <u>able to be exported</u> .	The goods manufactured by the factory were _____.

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Exercise 3 • Define It: Phrasal Verbs

- ▶ Complete this exercise with your teacher.
- ▶ Read each sentence and underline the phrasal verb.
- ▶ Read the choices for the meaning of the phrasal verb.
- ▶ Select the correct meaning, using the context of the sentence to help you.

1. The storm victims got by without heat.
a. perished b. survived c. talked
2. We puzzled over the hints they gave us.
a. solved b. played c. pondered
3. We can pick out our favorite food.
a. choose b. eat c. prepare
4. Please turn down the volume of the radio.
a. raise b. lower c. remove
5. We had the boys look into the disappearance of the puzzle pieces.
a. find b. investigate c. inspect
6. My sister hopes I will give back her new sweater.
a. return b. borrow c. use
7. While running I got exhausted and did not think I could go on.
a. stop b. speak c. continue
8. Our teacher told us to take down notes.
a. copy b. write c. remove
9. The student left out an important detail in his essay.
a. added b. described c. omitted
10. The sports rally was put off because of the snow.
a. postponed b. held c. delayed

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Exercise 5 • Challenge Writing: An Evaluative Report

Task: Write a report that will inform other students about how to make healthy snack choices. Research the dietary guidelines published by the United States Department of Agriculture. Summarize the information you find that would help people choose good snack foods. Then choose two snack foods to evaluate. One should be a poor snack choice, and the other should be a healthy snack choice. Explain why each snack choice is healthy or not healthy, and analyze the accuracy of the information on its package. In your conclusion, provide recommendations for peers on how to make healthy snack choices.

Notes on USDA Dietary Guidelines

1. What five groups of food are recommended as part of a healthy diet?

2. How can you eat healthy snack foods?

Kinds of snacks that are good to make at home:

Kinds of snacks that are good to order when you're out at a restaurant:

Kinds of snacks that are good to buy at a store:

Ingredients in processed snacks that are best to avoid:

Summary of the USDA Dietary Guidelines

Write a one-paragraph summary of what you learned from the USDA Web site that might help other kids pick healthier snack foods. Write your summary on a separate sheet of paper.

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Exercise 5 *(continued)* • **Challenge Writing: An Evaluative Report**

Reading Snack Food Labels

Look at the snack food package and the nutrition label below. Then answer the questions.



Nutrition Facts:

Serv. size 1 package (48g)

Amount Per Serving:	
Calories 210	
	%Daily Value*
Fat Cal. 50	
Total Fat 6g	(8% DV)
Sat. Fat 2g	(10% DV)
Cholest. 0mg	(0% DV)
Sodium 230mg	(10% DV)
Total Carb. 38g	(13% DV)
Fiber Less Than 1 g	(3% DV)
Sugars 22g	
Protein 2g	
Vitamin A	(0% DV)
Vitamin C	(0% DV)
Calcium	2% DV)
Iron	(4% DV)

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2, FOLIC ACID), SUGAR, PARTIALLY HYDROGENATED CANOLA, SOYBEAN, AND/OR COTTONSEED OILS, DEXTROSE, GLYCERIN, WHEY (FROM MILK), HIGH FRUCTOSE CORN SYRUP, WHEAT STARCH, LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), EMULSIFIERS (DATEM, MONO- AND DIGLYCERIDES), SALT, CELLULOSE GUM AND GEL, NATURAL AND ARTIFICIAL FLAVOR.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

1. How much sodium does one serving of the cookies contain? _____
2. The US Department of Agriculture recommends eating foods low in saturated fat and trans fats. These fats are contained in partially hydrogenated oils. Do the cookies contain partially hydrogenated oils? yes no
3. The blurb on the front label says that the cookies are a “healthy snack” because they are low in fat. Is it true that the cookies are a healthy snack? Why or why not?

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