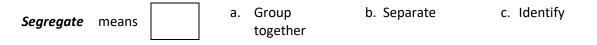
### HELA Chapter One: Vocabulary Exercise One

Name: \_\_\_\_\_\_ Date:

Key Words: segregate, race, discriminate, undermine, abolish, integrate

### 1. segregate

- We need to **segregate** the male chickens from the female chickens as early as possible.
- Our town requires that we **segregate** the paper, plastic, and aluminum when we recycle.



## 2. terrify

- I am **terrified** of clowns.
- In the movie, the aliens **terrified** Earth.

| Terrify | means | a. | To make | b. To be excited | c. To act like |
|---------|-------|----|---------|------------------|----------------|
| renijy  | means |    | afraid  | by               |                |

### 3. recommend

- The teacher recommended that I take Algebra next year.
- I would not **recommend** that movie for anyone younger than 12.

| <b>Recommend</b> means | a. To speak | b. To write | c. To suggest as |
|------------------------|-------------|-------------|------------------|
| Recommenta means       | against     | down        | a good idea      |

### 4. nourish

- The crackers were not very **nourishing**.
- The support of friends can be very **nourishing**.

| Nourish | means |  | a. | To feed |  | b. To calm<br>down | C. | To feel good |
|---------|-------|--|----|---------|--|--------------------|----|--------------|
|---------|-------|--|----|---------|--|--------------------|----|--------------|

### 5. extract

- The dentist **extracted** the rotten tooth.
- What can you **extract** from the advice she gave you?

*Extract* means a. To fix b. To take out c. To look at

### 6. asylum

- The immigrants asked for **asylum** in the United States.
- Where do you think you will find **asylum**?

| <b>Asylum</b> means | a. Protection | b. Food | c. Work |
|---------------------|---------------|---------|---------|
|---------------------|---------------|---------|---------|

# 7. lesion

- The refugee had **lesions** on both arms.
- It had been six weeks, but the **lesions** still hadn't healed.

| <i>Lesion</i> means | a. Tattoo | b. Open Sore | c. Problem |
|---------------------|-----------|--------------|------------|
|---------------------|-----------|--------------|------------|

## 8. major

- This will be a **major** change for us.
- The major reductions will be in the Army and the Navy.

| Major   means   a. Good   b. Most   c. Bac     Important   Important |
|--|
|--|

## 9. prefer

- I would **prefer** it if you didn't bring the dogs.
- They **prefer** chocolate cake to vanilla cake.

| <i>Prefer</i> me | 200 | a. To ask for | b. To be excited | c. To like better |
|------------------|-----|---------------|------------------|-------------------|
| Prejer me        | ans |               | by               |                   |

## 10. elegant

- It was an **elegant** dress.
- That was an **elegant** way to say what you were thinking.

| Elegant | means | a. | Stylish and | b. Fancy | c. Simple |  |
|---------|-------|----|-------------|----------|-----------|--|
| Liegunt | means |    | graceful    |          |           |  |

### 11. scurry

- The squirrel **scurried** across the sidewalk.
- The wind made the leaves **scurry** across the open field.

| Scurry means | a. To move<br>slowly | b. To dance | c. To hurry |
|--------------|----------------------|-------------|-------------|
|--------------|----------------------|-------------|-------------|

#### 12. tower

- The trees **towered** over the house.
- My brother **towered** over all of his sisters.

 Tower
 means
 a. To shade
 b. To threaten
 c. To be taller than