

Name: _____ Date: _____

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Vocabulary

"The Truth About Binge-Watching"

- 1. chronically (KRON-ih-kah-lee)** *adverb*; The adjective *chronic* (KRON-ik) means "constant" or "occurring again and again for a long time." A chronic illness or condition is one that lasts for a long time or for a lifetime, like asthma. A chronic nailbiter is someone who constantly bites his or her nails and has done so for years.

Something that is done chronically is done in a way that continues or has continued for a long time. Someone who is chronically absent from class is absent very often. Someone who is chronically tired is tired all the time. (Usually, *chronically* is used to talk about something negative.)

- 2. disable (dis-AY-buhl)** *verb*; To disable something is to make it unable to function. If your mom loses her smartphone, she might disable it so that no one else can use it. Before breaking into a museum, thieves might disable the museum's alarm system.

Disable can also mean "to seriously harm someone in a way that affects his or her ability to do certain things." If Jon is in a car accident that leaves him unable to walk, you could say that the accident disabled Jon.

- 3. enlist (en-LIST)** *verb*; If you enlist someone's help, you get that person to help you do something. If you're planning a surprise birthday party for your friend, you might enlist your other friends to help.

Enlist can also mean "to join the armed services," as in, "My grandfather enlisted in the Navy when he was 20 years old."

- 4. ingrained (in-GRAYND)** *adjective*; Something that is ingrained (such as a habit, an idea, or a belief) has existed for a long time, is firmly in place, and is difficult to change or remove. Parents remind their children over and over to say "please" and "thank you." Why? They want good manners to eventually become ingrained in their children.

- 5. sedentary (SED-n-ter-ee)** *adjective*; *Sedentary* means "involving a lot of sitting; inactive." A sedentary job is a job that requires you to sit down most of the time. Someone who leads a sedentary lifestyle doesn't get much exercise.

Directions: Below, list any other words from the article whose definitions you are not sure about. For each word, use context clues to try to figure out the meaning. Then look up the word in a few different dictionaries. Discuss the primary meaning of the word with your teacher or another adult. Then write a definition for the word and one example sentence using the word.

Vocabulary Practice

"The Truth About Binge-Watching"

Directions: Below are descriptions of three imaginary characters. Read each description. Then write one sentence about the character that uses one of the words from the box.

WORD CHOICES

chronically	ingrained
enlist	sedentary

1. Alex has decided to start a campaign to ban the use of plastic bags in his neighborhood, but he needs help. At school, Alex passes out flyers about what he hopes to accomplish. On the flyers, he asks any other students who want to help him to reach out to him.

Sentence about Alex: _____

2. After a skiing accident, Julie finds herself in a cast. She is confined to her couch for three months. She is *not* happy.

Sentence about Julie: _____

3. Toby complains about everything. Whether it's the food in the cafeteria, his new haircut, or the movie he just saw, Toby can be counted on to say something negative.

Sentence about Toby: _____

Directions: Underline the boldfaced word that best completes each sentence.

4. After running a marathon, Bella was very sore. She needed to remain **ingrained/sedentary** for a week to recover.

5. The belief that hard work pays off is deeply **disabled/ingrained** in our culture. It's a value that is held by many people.

6. To ensure that the fundraiser was a success, Eric **enlisted/disabled** the help of everyone he knew.

Directions: Complete each unfinished sentence in a way that makes the meaning of the boldfaced word clear. We've done the first one for you.

7. Our family's golden retriever has become **sedentary** in his old age. He lies on the couch a lot and doesn't like to play as much.

8. Jayden **chronically** forgets his gym shorts. Last week, _____

