



## Mapping the Worst US Cities for Allergies

### Description

The 80 million Americans suffering from **seasonal allergies** are **bracing** themselves for a particularly challenging spring. Allergy season came early this year and is expected to last longer, with North American **pollen seasons** now 20 days longer than in 1990, due to climate change. Changes in the climate have led to earlier plant blossoming and increased frost-free days, prompting plants to release more allergy-inducing **pollen**. As of early April, the South, Southeast and parts of the Midwest have the highest **pollen counts**. Climate Central has found that allergy season has grown longer in 83% locations – around 164 of nearly 200 cities – since 1970. The top 10 cities worst affected by allergies were found to be Wichita, Virginia Beach, Greenville, Dallas, Oklahoma City, Tulsa, Richmond, Des Moines, Raleigh, and Fayetteville.

### Vocabulary Insights:

- **Seasonal allergies** /?si?z?nl ?æl?rd?iz/ (noun phrase): Allergic reactions that occur during specific times of the year, typically in response to allergens such as pollen.
- **Bracing** /?bre?s??/ (verb): Preparing oneself mentally or physically for something difficult or challenging.
- **Pollen** /?p?!?n/ (noun): Fine powder produced by flowers, trees, and grasses, carried by the wind or insects to fertilize other plants of the same species.
- **Pollen seasons** /?p?!?n ?si?z?nz/ (noun phrase): Periods during which pollen is released into the air, typically triggering allergies in susceptible individuals.

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## Vocabulary List:

1. **Seasonal allergies** // (noun phrase): Allergic reactions that occur during specific times of the year typically in response to allergens such as pollen.
2. **Bracing** // (verb): Preparing oneself mentally or physically for something difficult or challenging.
3. **Pollen** // (noun): Fine powder produced by flowers and grasses carried by the wind or insects to fertilize other plants of the same species.
4. **Pollen seasons** // (noun phrase): Periods during which pollen is released into the air typically triggering allergies in susceptible individuals.
5. **Allergy-inducing** // (adjective): Causing allergies or allergic reactions.
6. **Frost-free days** // (noun phrase): Days without frost typically associated with warmer temperatures.

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. Which term refers to a channel for conveying something?  
Option: Cogent  
Option: Conduit  
Option: Prevailing  
Option: Salubrious
2. Which word describes the state of being drunk or under the influence of alcohol?  
Option: Enchantment  
Option: Intoxication  
Option: Fortuitously  
Option: Tumultuous
3. What term signifies a great difference or inequality?  
Option: Neurological  
Option: Malady  
Option: Repore  
Option: Disparity



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4. Which word means to make something greater by adding to it?
- Option: Attribute
  - Option: Stumbled
  - Option: Groundbreaking
  - Option: Augmented
5. Which term best describes causing someone to become weak or infirm?
- Option: Postulates
  - Option: Confinement
  - Option: Instigators
  - Option: Debilitating
6. Which phrase implies causing allergic reactions?
- Option: Bracing
  - Option: Pollen seasons
  - Option: Allergy-inducing
  - Option: Frost-free days
7. What term means favorable to or promoting health or well-being?
- Option: Conduit
  - Option: Cogent
  - Option: Autopsy
  - Option: Salubrious
8. Which term refers to a meeting at a prearranged time and place?
- Option: Inconsequential
  - Option: Rendezvous
  - Option: Intoxication
  - Option: Enchantment
9. Which word means innovative or pioneering?
- Option: Neurological
  - Option: Groundbreaking
  - Option: Malady
  - Option: Repore
10. Which term means happening by chance rather than intention?
- Option: Debilitating
  - Option: Fortuitously
  - Option: Postulates
  - Option: Confinement



**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. The \_\_\_\_\_ wisdom suggests that exercise is beneficial to overall health.
12. \_\_\_\_\_ the mysterious code proved to be a daunting task for the detective.
13. Many people suffer from \_\_\_\_\_ during the spring and fall months.
14. \_\_\_\_\_ from various plants can trigger allergic reactions in sensitive individuals.
15. The police are searching for the \_\_\_\_\_ of the recent unrest in the city.
16. The doctor diagnosed her with a severe \_\_\_\_\_ that required immediate attention.
17. The country faced a \_\_\_\_\_ political upheaval that lasted for months.
18. The old castle was filled with an air of \_\_\_\_\_ and mystery.
19. Building a good \_\_\_\_\_ with your colleagues can lead to a more productive work environment.
20. The suspect was placed in \_\_\_\_\_ as the investigation continued.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. The presentation provided arguments that convinced the audience of the project's viability.
22. The forensic team conducted an _____ to determine the cause of death.
23. The minor details were deemed _____ and therefore not relevant to the investigation.
24. The resort boasted of surroundings perfect for relaxation and rejuvenation.
25. The scientist presented several _____ on the behavior of the newly discovered particles.
26. The patient underwent a series of tests to assess brain function.
27. The sea breeze invigorated the tourists as they walked along the shore.



28. The hiker upon a hidden path that led to a magnificent waterfall.

29. During the long summer the region enjoys numerous ideal for agriculture.

30. The athlete suffered a injury that put an end to his promising career.

## Answer

**Multiple Choice:** 1. Conduit 2. Intoxication 3. Disparity 4. Augmented 5. Debilitating 6. Allergy-inducing  
7. Salubrious 8. Rendezvous 9. Groundbreaking 10. Fortuitously

**Gap-Fill:** 11. Prevailing 12. Deciphering 13. Seasonal allergies 14. Pollen 15. instigators 16. Malady  
17. Tumultuous 18. Enchantment 19. Repore 20. Confinement

**Matching sentence:** 1. Cogent 2. Autopsy 3. Inconsequential 4. Salubrious 5. Postulates 6. Neurological  
7. Bracing 8. Stumbled 9. Frost-free days 10. Debilitating

## CATEGORY

1. Health - LEVEL5

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### Author

aimeeyoung99

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