

# 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?l?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?l?n ?si?z?nz/ (noun phrase): Periods during which pollen is released into the air, typically triggering allergies in susceptible individuals.

## 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, trees, 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

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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