

## Unit 8 - Nice and Lean

### 8A Introduction

This is a light song about a little adventure that went down while our two narrators were on vacation in Chile.

### 8B Song Lyrics

*I like to keep it nice and lean...  
So just lean on it, just lean on it,  
Just lean on it, just lean...*

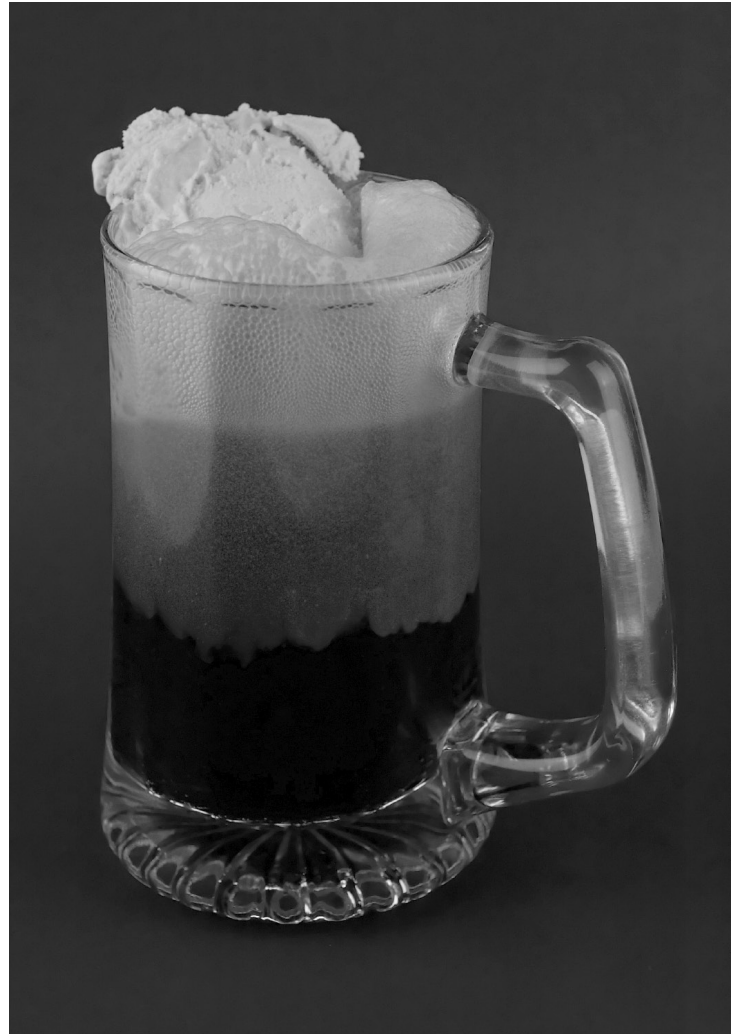
We were in Santiago, the **capital**,  
But we didn't have money or the **capital**  
To buy a car, so we walked a lot,  
And talked a lot, back and forth, like a **dialogue**.  
We talked about **former** days that came before,  
It was sunny a lot, but when it rained it poured.  
I took **preliminary** notes to prepare  
For the report I had to write when I got back there.

On day two we **encountered** a dude,  
Met a guy who told us where to get food.  
A sign **lured** us to this boat,  
Attracted us – it said they sold root beer floats.  
Now you know I love root beer floats,  
But it was just a trick, a **hoax**.  
They didn't sell any root beer floats,  
And so I told them...

*I like to keep it nice and lean...  
So just lean on it, just lean on it,  
Just lean on it, just lean...*

We're on this boat and it's **massive**,  
Bigger than a king-sized mattress.  
It was **conspicuous**, easy to see,  
Then a lady came up and started talking to me.  
She said, "I own this whole boat, believe me?"  
I was **apprehensive**, uneasy.  
I mean she was **arrogant**, thinking she's all that,  
Because she owns a boat, and we're on that.

Honestly, I don't stand in shock and **awe**,  
Just because you got a big rocking yacht.  
I know a sailboat is **propelled** by wind,  
I know moving forward is the same dang thing.  
I grabbed a tangerine from my man, Stan,  
It's **tangible**, you can hold it in your hand.  
I stick and **adhere** to a diet that's low in fat,  
That's why I go with that...



Hook

## 8C Words Defined

Below you'll find each vocabulary word that was used in the song. Each word is followed by the part of speech, a simple definition and a meaningful sentence. Some words will also have synonyms, antonyms and other forms of the word listed.

1. **adhere** (verb) to stick to, either physically or mentally

It is far easier to listen to people who *adhere* to their point.

Other forms: When something sticks to something else, it is known as *adhesive* (adj) or an *adhesive* (noun).

2. **apprehensive** (adj) unsure about trying something

The baby was always *apprehensive* about eating new foods.

Synonyms: anxious, worried, hesitant

Antonyms: confident, sure, secure

Other forms: The state of being afraid of something is known as *apprehension* (noun).

3. **arrogant** (adj) having too much pride

He would have more friends if he was less *arrogant* about everything.

Synonyms: overconfident, conceited, egotistical

Antonyms: humble, modest

Other forms: The state of being arrogant is called *arrogance* (noun).

4. **awe** (noun) a feeling of amazement, sometimes along with some fear

The beginning skateboarders were in *awe* of the tricks the older kids were doing.

Synonyms: shock, wonder, reverence

Other Forms: Something that inspires *awe* is often called *awesome* (adj) .

5. **capital** (noun) 1. the city in which the center of government is located 2. money or wealth (used in business)

The *capital* city in each state is sometimes the largest city, but not always. 2. Google had enough *capital* to buy YouTube for \$1.65 billion.

Other forms: *Capital* can also be an adjective meaning “of first or primary importance”: His decision to fire Trump was of *capital* importance.

7. **conspicuous** (adj) easily seen or noticed

I would have gotten away with my behavior if I hadn't been so *conspicuous*.

Synonyms: prominent, evident

Antonyms: inconspicuous

8. **dialogue** (noun) a conversation between two or more people

Solving the conflict in the Middle East will never occur without *dialogue* between the sides.

**9. hoax** (noun) something meant to trick others

It turned out that Uncle Jake's UFO sighting was a total *hoax*.

Synonyms: prank, fraud, deception

**10. encounter** (verb) to meet or come across, usually by accident

Erin was a little shaken up after she *encountered* a big snake in the yard.

Other forms: A meeting can also be called an *encounter* (noun).

**11. former** (adj) having come before, previous

The *former* janitor now spent his time building birdhouses.

Synonyms: prior

Antonyms: latter

**12. lure** (verb) to attract on purpose, usually for evil reasons

His plan was to *lure* the bird into the cage, and keep it as a pet.

Synonyms: to entice, tempt

Other forms: *Lure* can also be a noun, used to describe anything that would attract something or someone, like a fishing *lure*.

**13. massive** (adj) extremely large, usually beyond understanding

Compared to the pond I grew up on, the ocean seemed *massive*.

Synonyms: huge, enormous, gigantic

Antonyms: tiny, miniscule

Other forms: Something that is *massive* has a lot of *mass* (noun) ; it takes up a lot of space.

**14. preliminary** (adj) done in preparation for a main event

The *preliminary* race determined who would go to the finals.

Synonyms: first, opening, preparatory

**15. propel** (verb) to send forward with some force.

The new engine on the missile would *propel* it even further.

Synonyms: to push, thrust

Other forms: The blade that spins on a plane to move it forward is called a *propeller* (noun).

**16. tangible** (adj) touchable, real or actual

His reasons for setting off the fire alarm didn't seem very *tangible* to us.

Antonyms: intangible, imaginary, abstract

## **8D Fix the Mistake**

*Each of the sentences below has a mistake. The wrong vocabulary words have been used, so the sentences don't make sense. Rewrite each sentence using the correct vocabulary word from this unit.*

1. Even though the beauty mark located above my upper lip is not huge, it is still **tangible** since it is much darker than the rest of my skin.  

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2. My friend Jeremy swears that he **adhered** an alien in his backyard during the middle of the night, after being woken up in his tent by a very bright light.  

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3. The hovercraft was **lured** by a turbine engine.  

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4. Hulk Hogan, now retired, is a **massive** professional wrestling champion.  

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5. My neighbor is a(n) **apprehensive** person; she can never stop talking about herself and her accomplishments.  

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6. Henry didn't have the **dialogue** to purchase a new house, but he did have enough to rent.  

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7. Kimberly had to earn first place in her heat during the morning **capital** round in order to qualify for the finals that evening.  

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8. My coach says that I can't flake out on practice sessions - that I need to **propel** to practicing five days a week.  

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9. In the television show *Punked*, Ashton Kutcher and his friends like to pull **awes** on other celebrities.  

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10. A mammoth was a **conspicuous** prehistoric creature, one of the largest animals to walk the Earth.  

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11. The poster displayed in the store’s window that read: “Buy One Get One Free” **encountered** me inside.
- \_\_\_\_\_
12. My friend Pamela was in shock and **hoax** after the doctor told her that she would be delivering twins instead of just one baby.
- \_\_\_\_\_
13. I don’t care about abstract ideas! I want something **former** like a car and a boat.
- \_\_\_\_\_
14. A lot of **preliminary** occurs between my friends who have cell phones with unlimited minutes.
- \_\_\_\_\_
15. Renee was **arrogant** to give the boy her phone number, since she had just met him earlier that day.
- \_\_\_\_\_

**8E Pick the Winner**

*Circle the word that best fits into the sentence. Then write a sentence below that uses the word you didn’t pick in a meaningful way.*

1. **(Former OR Conspicuous)** Confederate soldiers were punished after the Civil War because their rebellion had failed.
2. \_\_\_\_\_
3. I thought it was reality TV, but it turns out the whole thing was a **(hoax OR dialogue)**.
4. \_\_\_\_\_
5. The **(awe OR preliminary)** test results showed that his medical condition had improved.
6. \_\_\_\_\_
7. I couldn’t get the Band-Aid to **(adhere OR lure)** to the cut on my knee. It was too wet.
8. \_\_\_\_\_
9. The bodybuilder’s muscles were so **(tangible OR massive)** that he had a hard time finding clothes that properly fit him.
10. \_\_\_\_\_

**8F Draw the Relationship**

In each grouping of eight words below, draw straight lines between the synonyms (words that mean similar things) and squiggly lines between any antonyms (words that mean nearly opposite things). Every word should have at least one line connected to it. Some may have more.

<b>1</b>	capital confident	conversation amazement	awe apprehensive	dialogue riches
.....				
<b>2</b>	conceited touchable	tangible preliminary	arrogant fall off	adhere final
.....				
<b>3</b>	trick lure	hoax previous	massive former	tiny send away
.....				
<b>4</b>	headquarters bump into	capital encounter	propel eye-catching	push conspicuous

**8G Understanding What You Read**

Read the passage below. Then answer the questions.

Did you know that the turkey was almost chosen as the United States national bird instead of the bald eagle? This is not a hoax. It really is true.

In 1776, the first national seal design team came together. It was made up of three important figures: Benjamin Franklin, Thomas Jefferson, and John Adams. During preliminary discussions, no one even brought up the bald eagle for consideration. Ben Franklin did, however, bring up the possibility of the turkey. The three men never reached an agreement as to what bird to use, so they decided instead to design a seal that had Lady Liberty holding a shield. Six years later, the Continental Congress changed the national seal to one with a bald eagle on it.

Ben Franklin was apprehensive about the change and the selection of the eagle as the national bird. In fact, he was propelled to write a letter to his own daughter about why he felt

the turkey should have been picked instead. This is some of what he wrote:

“...For my own part, I wish the bald eagle had not been chosen the representative of our country. He is a bird of bad moral character. He does not get his living honestly. You may have seen him perched on some dead tree near the river, where, too lazy to fish for himself, he watches the labor of the fishing hawk; and when that diligent bird has at length taken a fish, and is bearing it to his nest for the support of his mate and young ones, the bald eagle pursues him and takes it from him.

“...the turkey is in comparison, a much more respectable bird ...though a little silly, [he is] a bird of courage, and would not hesitate to attack a grenadier of the British guards who should presume to invade his farmyard with a red coat on.”

You are probably wondering why Ben Franklin was upset, and some of you are probably thinking, I’m glad that the turkey wasn’t picked. Would we really want to eat the national bird every Thanksgiving? Well, one thing you should know is that turkeys we are used to today are much different than the turkeys Ben Franklin described in his letter. The turkey Franklin described was a wild turkey. Wild turkeys can fly! The turkeys we are used to eating for Thanksgiving cannot fly. Wild turkeys are also more massive and have longer legs. They live in forests, are very colorful, and also like to fly together in groups. The reason why we are not very familiar with this type of turkey is because the wild turkeys were almost wiped out by Americans as they moved west and cut down more and more forests to build towns.

Despite the disapproval of Benjamin Franklin, Congress decided to adhere to their initial decision, and the bald eagle is still our national bird today.

**1. According to the text, Benjamin Franklin**

- (A) liked to eat turkey for Thanksgiving
- (B) liked turkey bacon because it’s nice and lean
- (C) did not want the bald eagle on the national seal
- (D) did not want the turkey to replace the bald eagle

**2. Which of the following is NOT true of wild turkeys?**

- (A) They are larger than the turkeys we normally eat.
- (B) They have colorful feathers.
- (C) They can fly.
- (D) They are stronger than bald eagles.

**3. According to the text, in what year was the national seal changed to include an eagle?**

- (A) 1774
- (B) 1776
- (C) 1782
- (D) 1784

**4. Which of the following statements is NOT supported by facts from the reading passage?**

- (A) The first national seal had Lady Liberty on it holding a shield.
- (B) There were three men on the first national seal design team.
- (C) Ben Franklin was uneasy about an eagle being on the national seal.
- (D) Congress changed the seal after hearing Ben Franklin’s argument.

**5. Though he wanted the turkey on the seal, Ben Franklin admitted that the bird was**

- (A) a little silly
- (B) strong and noble in character
- (C) delicious
- (D) too massive

**8H Thinking Creatively**

Answer each question below. Don't be afraid to think creatively.

1. What is the least **tangible** thing you can think of?

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2. What's the best way to be **conspicuous** while walking down the street?

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3. If you could **encounter** any celebrity, who would it be and why?

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4. Write a brief description of a movie called *Propelled By Time*.

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5. Describe a time when you were **lured** to do something.

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**Word Breakdown**

The word *capital* comes from the Latin word *caput* meaning "head." *Capital* punishment today means the death penalty. In the past, the death penalty was enforced by cutting off someone's head. Washington D.C. is the location of the head of our government; thus it is our *capital*.

The word is also used to describe wealth or property, and is where the term *capitalism* comes from. Capitalism is the economic system that exists in most of the world, in which companies can set whatever prices they want and people can buy whatever products they want. The term *capitalist* was first used in France during the French Revolution, and it was a dirty word. It was a word for people who cared more about their wealth than they cared about the country.