

**December 27, 2005 New York Times Vital Signs**

**Effects: Dark Chocolate: A Fix for Smokers' Plumbing? By NICHOLAS BAKALAR**

1. Write the main idea of the first paragraph.

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2. Determine the meaning of consumed by finding a synonym in the paragraph.

3. Search the paragraph to find a synonym for the word investigators.

4. Define the word platelet.

5. The opposite of flexibility is:

- a. stiffness            b. bending            c. supple            d. b and c

6. What are the two measures of healthy function?

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7. Use prefix, suffix and roots to define: antioxidant

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8. In your own words, not by copying, describe what occurred when the people in the study ate:

- a. dark chocolate

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b. white chocolate

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9. Use the context to define polyphenols.

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10 Use the context to define flavonols.

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11. Explain why scientist think that dark chocolate has a more powerful antioxidant effect than white chocolate.

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12. Which has more polyphenol concentration dark chocolate or blueberries?

13. State the main idea of the third paragraph

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14. In this context the word counter is a:

- a. noun                      b. verb                      c. adjective                      d. adverb

15. In this context the word counter means to:

- a. offset                      b. deal with                      c. eliminate                      d. a, b and c

16. Ill effects means:

- a. diseases                      b. negative results                      c. fatigue                      d. a and c

17. Vascular:

- a. refers to vessels that carry blood
- b. refers to being masculine
- c. a blood disease
- d. a person who smokes

18. Potent means:

- a. weak
- b. powerful
- c. restful
- d. diseased

19. From the context of this article, explain why you think that dark chocolate will or will not prevent cancer.

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