

adequate

adjective

#2

▶ Say it: ad • e • quate Write it: _____

Academic Vocabulary Toolkit

Meaning	Example
enough of something to fill a need <i>Synonym:</i> satisfactory <i>Antonym:</i> inadequate	I have an old _____, but it is adequate for keeping me _____ during the winter.



Family

- *Adverb:* adequately

Word Partners

- _____ number of Our school doesn't have an **adequate number of** lockers, so students have to share.
- _____ time To finish the entire exam, you will need to budget **adequate time** for each section.
- lack _____ Many communities in the world **lack adequate** access to clean water.

Verbal Practice

Talk about It Read each sentence and think about how you would complete it.

Discuss your idea with your partner using the sentence frame.

Listen carefully to your partner's and classmates' ideas.

Write your favorite idea in the blank.

- 1 I hope that my grades are **adequate** for me to _____
this year.
- 2 For an apology to be **adequate**, you have to _____.

Writing Practice

Collaborate Work with your partner to complete the sentence using **adequate** and appropriate content.

People need _____ amounts of _____ in order to be happy and healthy.

Your Turn Work independently to complete the sentence using **adequate** and appropriate content.

I don't need a new _____ because the one I have now is _____.

Be an Academic Author Work independently to write two sentences. In your first sentence, use **adequate** with the word partner *adequate number of*. In your second sentence, use **adequate** with the word partner *adequate time*.

- 1 _____

- 2 _____

grammar tip

An adjective usually comes before the noun it describes.

an adequate excuse

a big house

a green jacket

Write an Academic Paragraph Complete the paragraph using **adequate** and original content.

Most people know that a healthy diet should include an _____¹ number of fruits and vegetables, but do you know exactly how many of these foods you should eat for _____²? In 2011, the U.S. Department of Agriculture introduced MyPlate, an icon that uses colored sections to demonstrate _____³ portion sizes of fruits, vegetables, grains, proteins, and dairy. According to MyPlate, half of every person's plate should have fruits and vegetables, while the other half should _____⁴ grains and proteins. A small serving of dairy, such as a cup of milk or a slice of cheese, is considered _____⁵ for one meal. If you follow these dietary _____⁶ and get plenty of exercise, you will be _____⁷ and fit for years to come.