NAME :……..CLASS:……..…

UNIT 2: YOUR BODY AND YOU

LESSON: READING

ACUPUNTURE (CHÂM CỨU)

Acupuncture is one of the oldest medical treatments in the world. ***It*** originated in China more than 2,500 years ago. The practice of acupuncture is rooted in the idea of promoting harmony between yin and yang. Also there are unanswered questions, acupuncture appears to work. Scientific studies offer evidence that it can ease pain and treat from simple to complicated ailments.

The technique of acupuncture involves placing hair- thin needle in various pressure points (called acupoints) throughout the body. Stimulating these points is believed to promote the body's natural healing capabilities and enhance its functions. Originally, there were 365 acupoints, but this has increased to more than 2,000 nowadays.

Acupuncture is considered to be very safe when enough precautions are taken. The most common side effects with acupuncture are soreness, light bleeding, or discomfort. Some people may feel tired after a session. Care is also needed so that inner body parts are not touched by the needles.

Despite its general safety, acupuncture isn't for everyone. People who have bleeding problems or are taking blood related medicine should not have the treatment. It's not recommended for people who have electronic medical devices inside their bodies.

Today, a lot of people use acupuncture as a reliable alternative to modern medicine. According to a U.S. 2002 survey (the most reliable survey to date), an estimated 8.2 million American adults had tried acupuncture. This number has been reported to be increasing steadily.

Activity 2: Read the text carefully and answer the following questions.

(Đọc kỹ văn bản và trả lời các câu hỏi sau.)

1.**Where** and **when** did ***acupuncture*** **originate** ?

(Châm cứu bắt nguồn từ đâu và khi nào?)

→ _____

2.**What** is the *basic idea* of ***acupuncture***? (Ý tưởng cơ bản của châm cứu là gì?)

→ _____

3.**Why** do **a lot people** *use* **acupuncture**?

(Tại sao nhiều người sử dụng châm cứu?)

→ _____

LIVEWORKSHEETS

Activity 3: Read the text again and choose the best option.

1. ***What is the passage mainly about?***

A. acupuncture

B. technique of acupuncture

C. side effects of acupuncture

D. effects of acupuncture

2. What does the pronoun "It" in paragraph 1, line 2 refer to?

A. acupuncture B. treatment C. the world D. China

3. How many acupoints (huyệt đạo) are there nowadays?

A. 365 B. nearly 2000 C. 2000 D. over 2000

4. Which of the following are NOT mentioned(không đề cập)as one of the most common side effects with acupuncture?

A. soreness B. ease pain C. discomfort D. slight bleeding

5. According to the passage, all of the following people should not take acupuncture, EXCEPT(ngoại trừ)_____.

A. People who have bleeding problems

B. People who are taking blood related medicine

C. People who want to stimulate acupoints to enhance their body's functions.

D. People who have electronic medical devices inside their bodies.

LIVEWORKSHEETS