

YOUR HOMEWORK

Exercise 1: Write each word or phrase under the correct picture

sunburn

chapped skin

acne



1. _____



2. _____



3. _____

Exercise 2: Read the passage again and choose the correct answer A, B, or C.

1. The first paragraph is mainly about _____.

- A. what acne is
- B. how to avoid acne
- C. why people have acne

2. Which statement is NOT correct about acne?

- A. Acne is a skin condition.
- B. Acne may get serious.
- C. Acne affects more boys than girls.

3. Most age group does acne affect the most?

- A. 12 – 20
- B. 12 – 30
- C. 70 – 80

4. How should you wash your face?

- A. 3 – 4 times a day.
- B. With soap for acne.
- C. With cold water.

5. What does the word “it” in the last sentence refer to?

- A. acne
- B. disease
- C. spot

Acne is a skin condition, it causes small, red spots on the face and the back. It affects 70-80% of young people between 12 and 30. More girls have acne than boys. It's not a serious disease but young people want to avoid it.

Here are some tips for taking care of skin with acne.

- Go to bed early and get enough sleep.
- Eat more fruit and vegetables, and less fast food.
- Wash your face with special soap for acne, but no more than twice a day.
- Don't touch or pop spots, especially when your hands are dirty.
- If it gets serious, see a doctor.

Exercise 3: Listen and tick (✓) the habits mentioned



1. eating

2. drinking

3. travelling

4. exercising

5. sleeping

6. cooking

7. cleaning

Exercise 4: Write a passage about the ways to protect our health. (about 80 words)

For example:

Health is very important for a person. There are some ways to have a healthy body. First, I usually **maintain the habit of exercising regularly every morning**. I will **walk or go cycling in the park near my house**. Sometimes, I **go swimming with my friends**. Second, **I will eat a lot of coloured vegetables like carrots, tomatoes.... and fruits**. Finally, I **always go to bed before 10 o'clock and don't surf the net late at night**. I hope I have good health.