UNITED ARAB EMIRATES
MINISTRY OF EDUCATION

Listen and complete the gaps with missing phrases.

Dimitri

I was a very active child and, I must say, quite 1. _____. During my summer vacation in the village, I used to get up to all kinds of adventures: climbing trees, exploring the forest, cycling here and there. On 2._____, I'd return with minor sprains and bruises. My grandmother's cure was onions! Yes, onions. She'd chop up some onions, dip them in vinegar, and wrap them in a cloth. Then she'd tie the cloth around the infected area, and I'd have to keep it there overnight. It really worked. The next day, the swelling was gone, and I was off on my next adventure.

Alicia

Whenever I 3._____ a cold, Mom would always give me a special mixture for my sore throat and cough. There was always a jar of ginger, lemon, and honey in the fridge. Mom took a large4._____ or two of the mixture and put it in a cup of boiling water to make a tea. It was very sweet and soothing for my throat. I'd sleep peacefully through the night without coughing and have more energy the next day. Today, I keep a jar of the same mixture in my own fridge. I make the tea for my family whenever they get sick. Sometimes, I even drink a cup myself to help me relax.

Brian

At 13, I suddenly developed a horrible case of acne all over my face. It was ugly and 5. _____, so I was desperate to find a cure. A friend of mine told me about a honey and cinnamon mask that seemed to have done the trick for him. I immediately went home, mixed up a thick paste of honey and cinnamon, and spread it on my face. Then I went to lie down for a while and drifted off to sleep. When I woke up a couple hours later, my eyes were 6. _____ and my face was burning up.

LIVEWORKSHEETS

Listen and complete the gaps with missing words.

When treating 1. _____ health problems at home, many people prefer natural remedies made from ingredients such as ginger, garlic, honey, or oatmeal. In some cases, these 2. _____ may provide temporary relief, although their effectiveness can vary depending on how they are used and a person's overall health condition.

For instance, drinking warm ginger tea is often recommended for people who experience 3. _____ after eating heavy meals. Ginger is believed to support digestion and reduce stomach discomfort. However, consuming large amounts of ginger in a short period of time may sometimes upset the stomach instead of improving it.

Garlic is also 4. _____ used to reduce symptoms related to colds because of its antibacterial properties. While eating garlic in food is generally considered safe, some people try applying raw garlic directly to the skin in order to speed up recovery. Health professionals often warn that this may result in redness or skin 5. _____ if used incorrectly.

Similarly, oatmeal baths are sometimes recommended for individuals who suffer from 6. _____ or mild skin irritation. Oatmeal contains natural compounds that can calm inflammation and reduce 7_____. Nevertheless, using oatmeal products too frequently may lead to increased skin sensitivity for certain people.

LIVEWORKSHEETS