

Read the passage carefully and choose the best answer.

Nowadays, natural healing **methods** are becoming more popular. Color therapy is one of the oldest natural therapies. It has been used since ancient times. According to color therapists, colors can affect us both mentally and physically. That's because color is light of a certain wavelength and energy, so each color has unique healing powers.

Warm colors, such as red, orange, and yellow, are thought to have energizing effects. Color therapists believe red can help increase blood flow, reduce tiredness, and relieve colds. They think yellow helps you feel better when you feel down. They also think it helps when you have trouble digesting food.

On the other hand, cool colors, such as violet, blue, and green, are thought to have calming effects. They are thought to make you relaxed. You can use blue and violet to relieve headaches and heal wounds. **They** can also help you get a good night's sleep.

Try color therapy in your daily life. You can decorate your room with a certain color, wear clothes that have your favorite color, or eat some colored food. Or, you can simply imagine that color. But don't focus on one color all the time. It might have a bad effect on you! Just try different colors to see how you feel about them.

Question 1. What is the main idea of this passage?

- A. Color therapy is very old.
- B. Color can cause bad feelings.
- C. There are cool colors and warm colors.
- D. Color can be used to help heal our bodies and minds.

Question 2. Which colors would help relieve a cold?

- A. cool colors
- B. warm colors
- C. red and green
- D. black and white

Question 3. Which is NOT an example of color therapy mentioned in this passage?

- A. eating some colored food
- B. wearing clothes of a certain color
- C. focusing on only one color all the time
- D. decorating your room with a certain color

Question 4. Which can replace the word "methods**" in line 1?**

- A. plays
- B. ways
- C. roles
- D. changes

Question 5. The word "They**" in paragraph refers to _____.**

- A. headaches
- B. wounds
- C. effects
- D. blue and violet