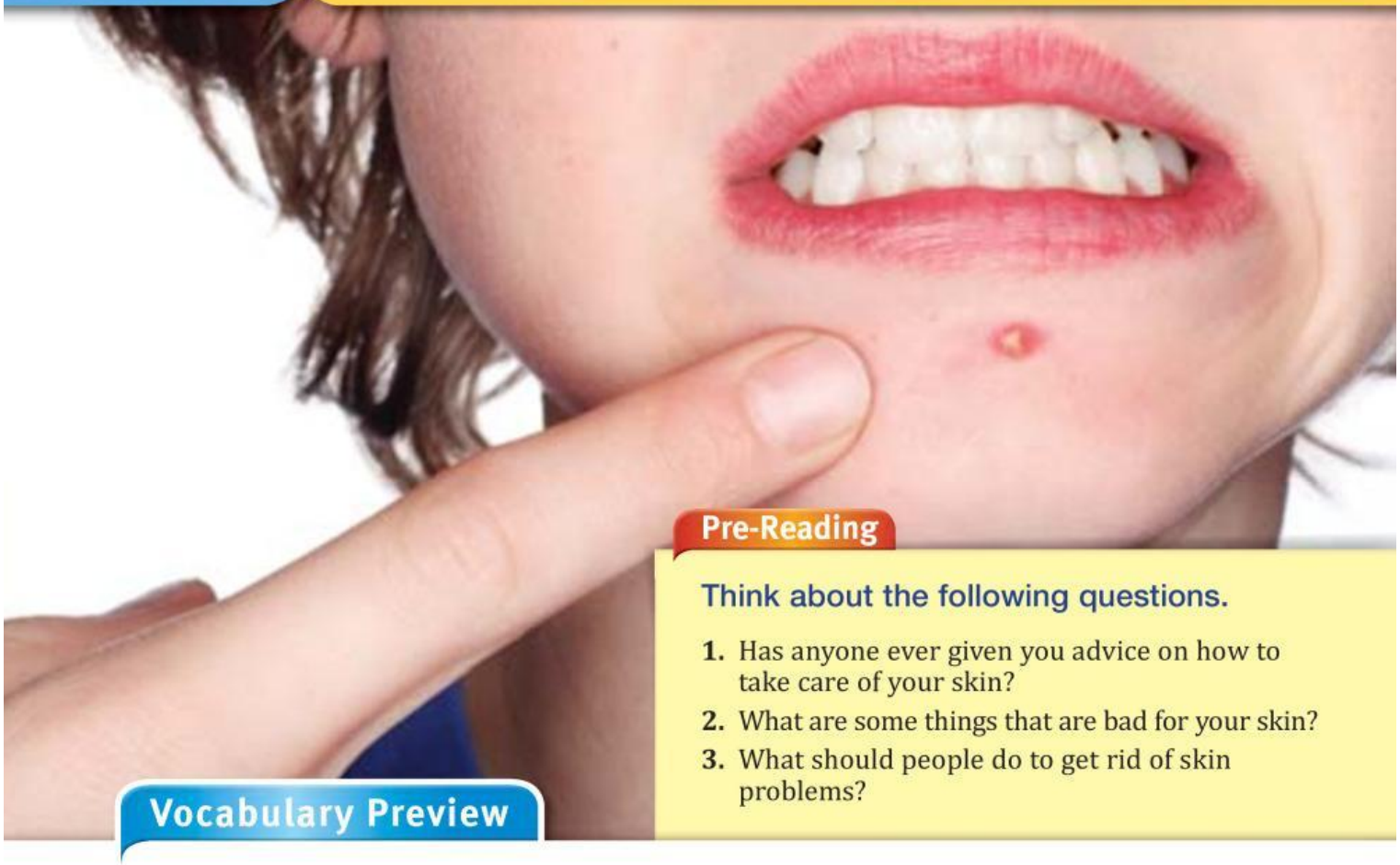
4 Myths About Pimples



Pre-Reading

Think about the following questions.

1. Has anyone ever given you advice on how to take care of your skin?
2. What are some things that are bad for your skin?
3. What should people do to get rid of skin problems?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

a. definitely; surely	d. disease caused by germs
b. kind; sort	e. make a problem worse
c. untrue story or belief	f. urge

1. ___ People say strong soap helps your skin, but that is a <u>myth</u>.
2. ___ She did not wash her finger after she cut it, so she got an <u>infection</u>.
3. ___ Don't scratch your rash. You will <u>irritate</u> it.
4. ___ I <u>encourage</u> you to stop eating candy and sweet snacks.
5. ___ Pimples are only one <u>form</u> of skin problem.
6. ___ Pimples are not <u>necessarily</u> a sign of dirty skin.

LIVEWORKSHEETS

Myths About Pimples

Track 7

Almost everybody has had **acne**. Acne, also known as **pimples** or **zits**, is a normal part of growing up. When kids reach **puberty**, their bodies experience many changes. As the levels of **hormones** in teenagers' bodies change, teenagers frequently develop pimples. Additionally, many people continue to have pimples after puberty. What can a teenager or an adult do to **cure** pimples? Unfortunately, many cures people think will work on pimples are really just myths.

Many people believe that **popping** pimples is the best way to get rid of them. Popping a pimple will actually push the **germs** further under the skin, which can cause more redness and pain, or even turn into an infection. For that reason, doctors who specialize in skin problems normally encourage people not to pop their pimples.

Also, do you think that washing your face frequently will help get rid of pimples? Of course, washing your face is a good idea, but washing your face too much could irritate the skin more, making the pimples even worse.

Another widely believed myth is that not wearing makeup can help reduce a person's chance of developing pimples. In fact, some kinds of makeup or face creams actually have special medicine in them to fight pimples. As a result, not all of them are bad for you.



Along with makeup, people claim that eating **fatty foods** or chocolate can cause acne. The truth is that eating a candy bar or a piece of pizza will not cause pimples. Even so, both teenagers and adults should still try to eat foods that are good for their bodies and their skin.

Another myth is that stress can cause acne. Stress comes in many forms, like a big exam at school or problems with friends. While it is true that stress can cause a person's skin to create extra oil, this extra oil does not necessarily cause more pimples.

Reading Time _____ minutes _____ seconds 318 words

1 *acne*: a medical term for pimples
1 *pimple*: a red spot of infection on the skin
1 *zit*: a slang word for a pimple
2 *puberty*: the teenage years when the body changes
3 *hormone*: a chemical produced in the body
5 *cure*: to fix or solve a health problem
7 *pop*: to break; to burst
8 *germ*: a very small organism that causes diseases
18 *fatty food*: a food with a lot of fat in it

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Reading Comprehension

Choose the best answer.

1. What is the main idea of this reading?

a. In the past, people thought pimples showed a serious disease.
b. People do many things to cure pimples which don't actually work.
c. Pimples are not a problem for most people.
d. Teenagers are not the only people with pimples.

2. According to the reading, who can get pimples?

a. Teenagers
b. Adults
c. Babies
d. Both teenagers and adults

3. Which of the following might really cause more pimples?

a. Taking medicine
b. Having oil on your skin
c. Eating certain foods
d. None of these

4. What might be the result of washing your face too much?

a. Less oil is produced by your skin.
b. You can make pimples worse.
c. You will not develop large pimples.
d. You will get rid of dirt deep in your skin.

5. Which of the following means about the same as "fight" in the line 16?

a. To argue with
b. To compete with
c. To have a war
d. To work against

Idiomatic Expressions

Find these idioms in the reading.

- **grow up** [to get older, especially from a child to a young adult]
  Some people never seem to grow up.
- **turn into** [to become]
  The frog turned into a prince with the kiss of the princess.
- **along with** [in addition to; as well as]
  Along with everything else I need to do, I have to take my brother to soccer practice today.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. A small cut can _____ an infection if not treated properly.

2. Children _____ very quickly.

3. She had two glasses of milk _____ her eggs and toast.

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Summary

Fill in the blanks with the correct words.

cure	**encourage**	**myth**
necessarily	**pop**	**skin**

Some of the ways people think they can 1 _____ or control pimples are really just myths. For example, teenagers often try to 2 _____ their pimples to get rid of them. However, this can cause more 3 _____ problems. For this reason, doctors 4 _____ people not to pop their pimples. Another 5 _____ people believe is that oily skin will develop pimples. Oil does not 6 _____ cause pimples, but it's still a good idea to wash your face regularly.



Listening

Pimple Treatments

Track 8

Listen to the dialog and choose the best answer.

1. What does the woman tell Milo to do?

a. Ignore the pimple
b. Pop the pimple
c. Use some special soap
d. Go to see the doctor

2. What will Milo probably do?

a. Ignore the pimple
b. Pop the pimple
c. Use some special soap
d. Go to see the doctor

3. How does the woman react to Milo's information?

a. She does not believe it.
b. She explains it is myth.
c. She plans to follow his advice.
d. She gives him better information.

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Discussion

Discuss the following questions.

1. Which myth about pimples surprised you the most? Why?
2. Do you think the suggestions in the reading are good ones? Why or why not?
3. Can you think of any other myths about health problems or remedies?

Grammar

That Introduces a Noun Clause

That can be used to introduce a noun clause as a subject complement. A comma often takes the place of *that* when a form of linking verb *to be* is used.

Another widely believed myth is (that / what) not wearing makeup can help reduce a person's chance of developing pimples.

The truth is (what / ,) eating a candy bar or a piece of pizza will not cause pimples.

Writing

Write your own short paragraph by answering the questions below.

A Health Myth

(1) What is a myth about a health problem or remedy? **(2)** How did you learn it was a myth? **(3)** What do people believe? **(4)** What is the truth about this myth? **(5)** What should people really do?

Example

It is a myth that taking lots of vitamin C is good for you. I read a book that said this was not true. People think taking lots of vitamin C tablets will keep them from getting sick. The truth is that as you take more vitamin C, the body absorbs less and less of it. People can get enough vitamin C just from eating fruits and vegetables every day.

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Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. Apartment prices are only _____ higher this year than last year.
a. clearly b. frequently c. necessarily d. slightly

2. The researcher wrote an interesting article about her new _____.
a. form b. myth c. theory d. puberty

3. My parents _____ me to study hard for the entrance exam.
a. cured b. encouraged c. irritated d. picked

4. Other _____ of the same game are not as much fun as the original.
a. forms b. pimples c. germs d. surfaces

5. She blew up the balloon so much that it _____.
a. caused b. created c. fought d. popped

6. The best thing to _____ a cold is to drink lots of juice.
a. cure b. pop c. push d. rise

7. "What do you want to be when you _____?" "I want to be a doctor."
a. figure it out b. get rid of it c. grow up d. turn into it

B. Choose the correct form of the word to fill in the blank.

8. It is not _____ for you to come to the office. Just email us the information.
a. necessity b. necessary c. necessarily

9. Pegasus and Medusa are both examples of _____ creatures.
a. myth b. mythical c. mythology

10. The doctor could not cure the patient's _____ foot.
a. infection b. infect c. infected

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