

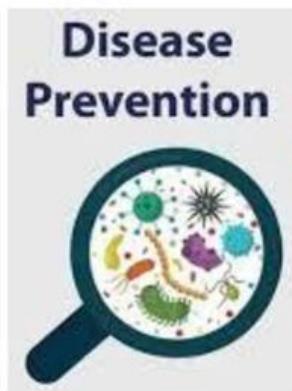
## Combined Reading Techniques: Skimming and Scanning

### Reading 1 – Academic Health Text (Long Text)

#### Title: Community Health Interventions and Disease Prevention

Community health interventions are essential for disease prevention and health promotion. These interventions focus on improving access to basic health services, education, and preventive care. In many low-income communities, nurses and health promoters work together to reduce health risks.

Research studies have shown that vaccination programs, nutritional education, and regular health screenings can significantly reduce the incidence of preventable diseases. Over the past



decade, community health programs have expanded their services to include mental health support and chronic disease management.

Before these interventions were implemented, many populations depended only on hospital care. They often sought medical help too late. As a result, complications increased. Today, early detection programs help identify health problems sooner and improve patient outcomes.

### Activity 1 – Skimming (Academic Text)

**Instructions:** Read quickly and answer.

1. What is the main topic of the text?
  - A) Hospital technology
  - B) Community health interventions
  - C) Emergency medicine
2. What is the general purpose of the text?
  - A) To advertise a hospital
  - B) To explain the importance of community health programs
  - C) To tell a personal story

### **Activity 2 – Scanning (Academic Text)**

**Instructions:** Find the specific information.

3. Name two types of programs mentioned.

---

4. What type of care did communities depend on before?

---

5. What do early detection programs help with?

---

### **Reading 2 – Journalistic Health Text (Long Text)**

#### **Title: Preventive Care Improves Community Well-being**

In recent years, preventive healthcare has become a priority in many countries. According to health authorities, community-based programs have helped reduce the number of emergency visits. These programs focus on education, early diagnosis, and lifestyle changes.

Journalists report that mobile clinics now reach remote areas where health services were limited. Nurses provide basic check-ups, health

education, and vaccination services. Many residents say their quality of life has improved.

However, challenges remain. Some communities still lack enough health professionals.

Despite this, experts agree that preventive care is one of the most effective ways to reduce long-term healthcare costs.



#### **Activity 3 – Skimming (Journalistic Text)**

6. What is the article mainly about?

- A) New hospitals
- B) Preventive healthcare in communities
- C) Medical technology

7. What is the tone of the article?

- A) Critical
- B) Informative
- C) Humorous

#### **Activity 4 – Scanning (Journalistic Text)**

8. Who provides services in mobile clinics?

---

9. What services do nurses offer?

10. What problem do some communities still have?

### **Activity 5 – Combined Skimming and Scanning**

**Instructions:** Decide which technique is best.

11. To know the general idea of Reading 1, you use \_\_\_\_\_.
12. To find who provides vaccination services, you use \_\_\_\_\_.
13. To identify challenges mentioned in Reading 2, you use \_\_\_\_\_.
14. To find examples of programs, you use \_\_\_\_\_.
15. To understand the purpose of Reading 2, you use \_\_\_\_\_.

Options: A) Skimming B) Scanning

T. SUE