



HEALTHY LIVING - READING: ACNE AND SKIN CARE

READ • THINK • CHOOSE

PART A. MATCH THE INFORMATION

1. Acne is _____

2. Acne causes _____

3. Acne affects _____

4. Acne is not _____

a. young people the most

b. a skin condition

c. a serious disease

d. small, red spots

PART B. READ AGAIN AND CHOOSE THE CORRECT ANSWER

1 What is the first paragraph 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 become serious.
- ☐ C. Acne affects more boys than girls.

3 Which age group is mentioned in the text?

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

4 How often should people wash their face?

- ☐ A. Three or four times a day
- ☐ B. No more than twice a day
- ☐ C. Only once a week

5 What should people avoid doing?

- ☐ A. Getting enough sleep
- ☐ B. Eating fruit and vegetables
- ☐ C. Touching or popping spots with dirty hands

6 When should someone see a doctor?

- ☐ A. If the acne becomes serious
- ☐ B. Every day
- ☐ C. Before going to bed