Reading

Dear Pat,

First of all, you have to know that many girls your age go through what you are experiencing. Acne and pimples are a passing phase which affects many teenagers. When your hormones settle in a few years your complexion will improve. Sure, you will feel embarrassed and shy. Worrying about this will make things worse as it adds to your stress.

> **Vocab Assist**
>
> • **Over-the-counter** - items sold directly to the customer

I have a few home remedies you can try but don't expect immediate results. Just for now stop using any of the over-the-counter lotions and creams you have bought. Natural home remedies are the best solution for all kinds of skin problems. They are free from chemicals and help give us a healthy complexion.

Try using fresh coconut water as a face wash. Leave it on your face for a few minutes then wash if off thoroughly with clean tap water. Aloe vera is commonly found around most homes. The aloe vera gel can be scooped up, mixed with a few drops of lemon juice, applied on the face, then rinsed off after 20 minutes. Your face will look fresh and feel smoother. Some yoghurt can also be applied on your face, left for a few minutes then washed off. When you eat a banana or papaya, rub the inside of the skin on you face. Leave it a while and rinse with plain water.

I hope these home remedies will help you. Take care and don't get stressed.

Best,
Aunty Ann

(A) Answer the questions below using no more than five words and/or a number from the text for each answer.

1 Aunty Ann is writing to advise Pat about her problem with _____.

2 Because of acne and pimples, many teenagers feel _____.

3 Teenagers experience a poor complexion because of their _____.

4 Pat was advised to stop using any of the _____.

5 The best solution for skin problems is _____.

6 Some fruits and vegetables can be applied on the face and _____.

(B) Complete the table below with a word from the text.

Meaning	Word
1 a skin condition that produces pimples	
2 chemical substance produced by the body	
3 feeling shy and self-conscious	

LIVEWORKSHEETS