

**Read the passage and mark A, B, C or D to indicate the correct answer to each of the questions.**

The relationship between skin problems and stress is rather complicated: skin problems often accompany stress, but it is not the stress itself that directly causes the skin problems. Instead, it is the side effects of stress, such as the use of alcohol, tobacco, and caffeine, that are often to blame.

Alcohol consumed in large quantities can cause problems with the skin by increasing the flow of blood to the skin; this makes the skin feel warmer and can really worsen the itching that accompanies conditions such as hives or rosacea. Nicotine and caffeine, on the other hand, cause problem by reducing the supply of blood to the skin; this, in return, keeps the skin from being properly nourished.

The best defense for your skin in times of stress is therefore to take the best possible care of yourself. If, when you are in periods of heavy stress, you consume large quantities of alcohol or coffee, or if you smoke heavily, it is your skin that will show the results.

**Question 1.** What is the topic of the passage?

- A. How to reduce nicotine and other addictions
- B. How stress affects the skin
- C. The effects of alcohol on health
- D. How to achieve optimal health

**Question 2.** Which of the following can worsen itching – vết ngứa?

- A. Alcohol
- B. Nicotine
- C. Caffeine
- D. A reduced supply of blood

**Question 3.** How does caffeine irritate the skin?

- A. It increases the flow of blood to the skin.
- B. It causes increased consumption of alcohol.
- C. It prevents the skin from receiving enough nourishment.
- D. It causes stress.

**Question 4.** It can be inferred from the passage that \_\_\_\_\_

- A. people often blame alcohol, tobacco, and caffeine for their stress.
- B. people tend to use alcohol, tobacco and caffeine when in stress.
- C. skin problems often cause stress.
- D. stress has side effects on the use of alcohol, tobacco and caffeine.

**Question 5.** According to the passage, when you are in times of stress, \_\_\_\_\_

- A. take good care of yourself.
- B. consume large quantities of alcohol or coffee.

- C. your skin will show you what happens.
- D. your skin will suffer from itching.